The whole works ... / [Thomas Sydenham] ; translated from the original Latin, by John Pechey.

Contributors

Sydenham, Thomas, 1624-1689
Pechey, John, 1655-1716

Publication/Creation

London : Richard Wellington, 1696.

Persistent URL

https://wellcomecollection.org/works/tq96kpq8

License and attribution

This work has been identified as being free of known restrictions under copyright law, including all related and neighbouring rights and is being made available under the Creative Commons, Public Domain Mark.

You can copy, modify, distribute and perform the work, even for commercial purposes, without asking permission.

Wellcome Collection
183 Euston Road
London NW1 2BE UK
T +44 (0)20 7611 8722
E library@wellcomecollection.org
https://wellcomecollection.org

SYDENHAM

WORKS

1696





A. XXX. Syd

WELLCOME
HIST. MED. MUSEUM

24986

760
Hodgson
23/6/10

50465/B

24986

THE WHOLE WORKS

Of that Excellent

Practical Physician,

Dr. *Thomas Sydenham.*

WHEREIN

Not only the History and Cures of Acute Diseases are treated of, after a New and Accurate Method; But also the Shortest and Safest Way of Curing most Chronical Diseases.

Translated from the Original *Latin*, by *John Pechey*, of the *College* of *Physicians* in *London*.

LONDON,

Printed for *Richard Wellington*, at the *Lute*, and *Edward Castle*, at the *Angel* and *Crown*, in St. *Paul's* Church-Yard, 1696.

WELLCOME
HISTORICAL
MEDICAL
LIBRARY

THE TRANSLATOR's PREFACE.

HE that designs to attain to the right understanding of any Art or Profession, usually chooses some Eminent Man of the Art to be his Guide and Pattern, by whose Directions and Example, join'd with a tolerable Capacity, and sufficient Diligence, he is, and is deem'd, at a stated Period, legally qualified for the ex-

ercise of the Art he professes. And this I take to be the best and readiest way of attaining to the knowledge of any Art.

But seeing by the Custom of our Country Physicians are educated another way, and chiefly improve themselves by Study and Books, it behoves them to make choice of such Authors as have been much conversant in Practice, and are generally accounted Candid and Sincere. In the first Rank of these I place this Author who was peculiarly disposed for Practice, and a Vein of Sincerity runs through his whole Works, a thing very rare in Physical Authors, especially

in the Modern ; and for this reason it was he was so much calumniated by ill Men.

This Worthy Man was always busied in improving the Practice of Physick, even then when he was stepping on the Threshold of the other World, and, like the Great Archimedes, *would not suffer himself to be interrupted by any thing but resistless Fate.*

He died in the Sixty eighth Year of his Age ; A great Age it was for one that had been closely besieged, near half the time, with the Opprobrium Medicorum, *the* Gout ; *which*

find-

finding its frequent Efforts repell'd by his great Skill, called in its Auxiliary, the Stone, *and together, with much a-do, they ſtorm'd the tottering Tenement of Clay, when by reaſon of Age it was ſcarce Tenible any longer.*

He was born in Dorſetſhire: *His Father was a Gentleman of good Reputation, and a plentiful Eſtate. He was educated in* All-Souls *College in* Oxford, *and was Fellow of the ſame, and afterwards a Member and Ornament of the* College of Phyſicians *in* London.

He

PREFACE.

He was Religious, Loyal, Learned, of a Solid Judgment, and Sterling Honesty: But I shall say no more of him, his Book will be the best and most lasting Monument of his Fame.

From the *Angel* and *Crown* in *Bazing-lane London*, *October* 12. 1695.

THE

The AUTHOR's PREFACE.

AS the Human Body is ſo framed by Nature, that by reaſon of a continual flux of Particles, and the force of external things, it cannot always continue the ſame; upon which account there have been great numbers of Diſeaſes in all Ages, ſo, without doubt, the neceſſity of finding out the Art of Healing has exerciſed the Wits of Men for many Ages, not only before the *Græcian Æſculapius*, but the *Ægyptian* too, who was a thouſand Years his Senior. And indeed, as there is no Man can tell who firſt contrived the uſe of Houſes and Cloaths to defend us from the Injuries of the Weather, ſo the beginning of the Art of Phyſick can be no more diſcovered than the Fountain of the River *Nile*; for this, as well as other Arts, has been always in uſe, though it has been more or leſs cultivated, according to the various Diſpoſition of Times and Countries. How much the Ancients, and amongſt the chief, *Hippocrates*, have performed, is well known from whom, and whoſe Writings we have received the beſt part of the *Therapeuticks*: And in ſucceeding Ages the Induſtry of ſome has appeared, who have inlarged the Province of Phyſick, by applying themſelves either to Anatomy, Pharmacy, or the Art of Healing, to ſay nothing of *Britain*, and of this Age, wherein there has not been wanting ſome, who have labour'd in every kind of Science, whereby they might encreaſe the Medical Art: But I am unable

to ſpeak their Praiſe. But how great ſoever others Endeavours have been, I always thought I liv'd in vain unleſs I, being of the ſame Employment, contributed ſomething, how ſmall ſoever, to the Treaſury of Phyſick: Wherefore, after long Meditation, and a diligent and faithful Obſervation of many Years, at length I reſolved to propoſe my Opinion, by what means the Art of Healing may be further promoted, and then to publiſh a Specimen of my Endeavours in this buſineſs.

I think our Art may be beſt improved, firſt, by a Hiſtory, or Deſcription of all Diſeaſes, as graphically and naturally as poſſibly may be, and, ſecondly, by a perfect and ſtable Practice or Method reſpecting them. It is indeed very eaſie to deſcribe Diſeaſes groſly; but ſo to write the Hiſtory of them, that the Cenſure of my Lord *Bacon* may be avoided, whereby he chaſtiſes ſome ſuch Promiſers, is much more difficult. *We know*, ſays the Noble Author, *we may have a natural Hiſtory large of Bulk, and pleaſant for Variety, and neatly contrived: But if any one ſhould weed out the Fables, Quotations, needleſs Controverſies, and Flouriſhes, which are more proper for Table-Talk, and Stories in a Chimney-corner, than for an Inſtitution in Philoſophy, the Matter would fall to nothing. This is far from the Hiſtory we propoſe.* In like manner the Hiſtory of Diſeaſes, according to Cuſtom, are eaſily propoſed. But to do this ſo as that Words may paſs into Actions, and that the Event may be agreeable to the Promiſes, they will judge is a Task more difficult, who ſee there are many Diſeaſes in practical Writers, which neither they, nor nobody elſe are able to cure.

But as to the Hiſtory of Diſeaſes, if any one weighs the Matter carefully, he will ſoon perceive, that the Writer ought to apply his Mind to many more things than is commonly thought. It will be ſufficient to touch upon a few of them at preſent.

Firſt,

First, It is neceſſary that all Diſeaſes ſhould be reduced to certain and definite Species, with the ſame diligence we ſee it is done by Botanick Writers in their Herbals. For there are found Diſeaſes that are reduced under the ſame Genius and Name, and as to ſome Symptoms, are like one another; yet they are different in their Natures, and require a different way of Cure. Every one knows that the Word *Carduus* is extended to a great many Species of Herbs; but he would be thought a very ignorant Herbaliſt, that ſhould content himſelf to propoſe only the general Deſcription of this Plant, whereby it differs from the reſt, and in the mean while ſhould neglect the proper and peculiar Signs of every Species, whereby they are diſtinguiſhed one from another; ſo it is not ſufficient for a Writer to mark only the common Appearances of any Diſeaſe: For though the ſame variety does not happen to all Diſeaſes, yet very many that are treated of by Authors under the ſame Title, without any diſtinction of Species, are very unlike, as I hope to make appear plainly in the following Pages, and when they are diſtributed into Species, it is moſt commonly done to ſerve an Hypotheſis built upon the true *Phænomena*; and ſo ſuch a Diſcrimination is not ſo much accommodated to the Nature of the Diſeaſe, as to the Humour of the Author, and his Theory of Philoſophizing. How much Phyſick has been obſtructed for want of ſuch an exactneſs in this Matter, many Diſeaſes ſhew, the Cures whereof had not been now to ſeek, if Writers in communicating their Experiments and Obſervations had not took one Diſeaſe for another: And this, I ſuppoſe, is the reaſon why the *Materia Medica* is ſo wonderfully encreaſed, and to ſo little purpoſe.

Moreover, in writing a Hiſtory of Diſeaſes, every Philoſophical Hypotheſis that has inveigled the Writers Mind, ought to be ſet aſide, and then the clear and natural *Phænomena* of Diſeaſes, how ſmall ſoever they

they are, ſhould be exactly marked, as Painters expreſs the ſmalleſt Spots or Moles in the Face: For it can ſcarce be imagined how many Errors have been occaſioned by Hypotheſes, when Writers, deceiv'd by falſe Colours, have aſſigned ſuch *Phænomena* for Diſeaſes, as are no where to be found but in their own Brains; but they ought to appear, if the Truth of the Hypotheſis, which they count certain, were manifeſt. Moreover, if any Symptom, which exactly ſuits with the ſaid Hypotheſis, really belongs to the Diſeaſe they are about to delineate, that they magnifie above meaſure, as if that were all; but if it do not well agree with their Hypotheſis, they either paſs it by in ſilence, or touch it by the bye, unleſs they can by ſome Philoſophical Subtlety make it ſerve a turn.

But, *thirdly*, It is neceſſary in deſcribing any Diſeaſe to mention the peculiar and perpetual *Phænomena* apart from thoſe which are accidental and adventitious; ſuch are thoſe which come from the Temper and Age of the Patient, and from the different Methods of Cure; for it often happens, that the Face of the Diſeaſe varies according to the various Proceſſes of Healing, and ſome Symptoms rather proceed from the Phyſician than from the Diſeaſe, thoſe that labour of the ſame Diſeaſe are treated with different Methods, have various Symptoms; therefore, unleſs Caution be uſed, the Judgment about the Symptoms of Diſeaſes will be very uncertain; to ſay nothing of rare Caſes, which do no more properly belong to the Hiſtory of Diſeaſes, than in the Deſcription of Sage, the biting of the Palmer is to be accounted among the diſcriminating Signs of that Plant.

Laſtly, The Seaſons of the Year, which chiefly favour any kind of Diſeaſes, are carefully to be obſerved. I confeſs ſome come at any time; yet others, and not a few, by a certain occult inſtinct of Nature, follow the Seaſons of the Year, as certainly as ſome Birds and Plants do. I have often indeed wondered,

dered, that this Diſpoſition of ſome Diſeaſes, which is ſo obvious, has been yet obſerved but by a few; whereas many have curiouſly obſerved under what Planet Plants ſpring, and Beaſts generate. But whatever is the cauſe of this neglect, I do affirm, that the knowledge of Seaſons wherein Diſeaſes are wont to come, is very advantageous for the Phyſician, both as to the knowledge of the Species of the Diſeaſe, and to the manner of extirpating of it; and when this Obſervation is neglected, the Event of either of theſe is not good.

Theſe things, though they are not all, yet are they the moſt conſiderable, which ought to be obſerved in writing the Hiſtory of Diſeaſes. The Utility of which Hiſtory, with reſpect to practice, exceeds all Eſtimation, in compariſon wherewith the nice Diſcourſes, which nauſeouſly ſtuff the Books of modern Authors are of no value; for by what more compendious, or other way, can the curative Indications, or the Morbifick Cauſe, which we are to oppoſe, be ſearched for, than by a certain and diſtinct perception of peculiar Symptoms: Nor is there any Circumſtance ſo ſmall or contemptible, as not to ſerve for both uſes: For though we muſt grant, that there is ſome variety upon the account of the temperament of Individuals, and the management of the Cure; yet notwithſtanding the order of Nature is ſo equal in producing Diſeaſes, that the ſame Symptoms of the ſame Diſeaſes are moſt commonly found in divers Bodies; and thoſe which were obſerved in *Socrates* in his Sickneſs, are generally the ſame in any other Man afflicted with the ſame Diſeaſe; as the univerſal Characters of Plants are the ſame in all the Individuals of every kind: He, for inſtance, that has accurately deſcribed a Violet, as to its Colour, Taſte, Smell, Figure, and the like, will perceive that that Deſcription agrees almoſt in every thing with all the Violets in the whole World.

And indeed I think the chief reaſon why we ſtill want an exact Hiſtory of Diſeaſes, is becauſe moſt ſuppoſe, that they are only the confus'd and diſordered Effects of Nature ill defending her ſelf, and, that he labours to no purpoſe, who endeavours a juſt Narration of them.

But to return to the buſineſs: A Phyſician may as certainly take the curative Indications from the ſmalleſt Circumſtances of the Diſeaſe, as he does the Diagnoſtick from them: And therefore I have often thought, if we had an exact Hiſtory of every Diſeaſe, we ſhould never want a Remedy ſuitable to it, the various *Phænomena* of it plainly ſhewing the way we ought to proceed in; which *Phænomena*, if they were carefully compared one with another, would lead us to thoſe obvious Indications, which are taken truly from Nature, and not from the Errors of Fancy.

And by theſe Means and Helps, the excellent *Hippocrates* arrived at the top of Phyſick, who laid this ſolid Foundation for building the Art of Phyſick upon; *viz. Nature cures Diſeaſes.* And he delivered plainly the *Phænomena* of every Diſeaſe, without preſſing any Hypotheſis for his Service, as may be ſeen in his Books of Diſeaſes, Affections, and the like. He alſo delivered ſome Rules gathered from the Obſervation of that Method that Nature uſes in promoting and removing Diſeaſes; ſuch are his *Prænotiones*, his *Aphoriſms*, and the like: And of theſe things conſiſted the Theory of the Divine old Man, which was not drawn from a vain and laſcivious Fancy, like the Dreams of ſick Men, but it exhibited a legitimate Hiſtory of thoſe Operations of Nature, which ſhe produces in the Diſeaſes of Men. And now ſeeing this Theory was nothing elſe but an exquiſite Deſcription of Nature, it was very reaſonable, that in Practice, his only aim ſhould be to relieve her when ſhe was oppreſſed, by the beſt means he could; and therefore he allowed no other Province for Art, than the ſuccouring of Nature when ſhe was weak, the reſtraining her when ſhe was outrageous, and the reducing her to order, and to do all this in that way

and

and manner whereby Nature endeavours to expel Diſeaſes; for the ſagacious Man perceive that Nature Judges Diſeaſes, and does all in all, being help'd by a few ſimple Forms of Remedies, and ſometimes without any.

The other Method whereby, in my Opinion, the Art of Healiag may be further promoted, conſiſts of a fix'd and perfect Method of Healing, ſuch an one I mean, which has been ſufficiently ſtrengthned by a great number of Experiments, and has been found able to cure this or that Diſeaſe; for I do not think that it is enough to publiſh particular Succeſſes either of a Method or Remedy, if neither one nor the other has been found to attain univerſally the end in all, at leaſt the Circumſtances being ſo and ſo; for I declare, that we ought as certainly to know that this or that Diſeaſe may be cured, if we anſwer this or that Intention; as we certainly know that this or that Remedy will anſwer this or that Intention, which though not always, yet moſt commonly anſwers our Deſires, ſo we purge with *Senna*, and cauſe ſleep with *Poppies*. But I do not deny that the Phyſician ought to mind carefully the particular Events both of Method and Remedy, which he uſes in the Cure of Diſeaſes, and to lay them up for uſe, both to eaſe his Memory, and to render him more skilful, ſo that at length he may eſtabliſh a Method, from which he need not recede a whit in the Cure of this or that Diſeaſe; but the publiſhing of particular Obſervations is not, in my Opinion, ſo beneficial: For if the Obſervator deſigns only to acquain us, that this Diſeaſe was once or oftner cured by this Remedy, what advantage, I pray, will it be that one unknown Medicine is added to the almoſt infinite heap of celebrated Medicines. But if I, laying aſide all other Forms of Medicines, wholly addict my ſelf to this, ought not the Virtue of it to be approved by a great many Experiments? and are not a great many Circumſtances to be weighed reſpecting the Sick, and the Method, before we can gain any Fruit by a ſolitary Obſervation? If

the Medicine always ſucceed with the Obſervator, why does he take up with Particulars, unleſs he diſtruſts himſelf, or thinks he may eaſier impoſe upon the World by piece-meal? But how eaſie it is to write large Volumes of this kind, every one that is but little converſant in Practice knows: And on the contrary, how difficult it is to contrive a perfect Method of Healing in all Diſeaſes? If but only one in an Age had treated but of one Diſeaſe in this manner, the Art of Healing, which is the Phyſician's Province, had come to as great Perfection many Years ago as our mortal Condition would have allowed of. But, which is our great Miſery, we long ago forſook our ancient and skilful Guide *Hippocrates*, and the ancient Method of Healing, founded upon the Knowledge of conjunct Cauſes, which may be certainly known, ſo that the Art which is now exerciſed, contrived by Men given to quaint Words, is rather the Art of Talking than of Healing. But that it may not be thought that I ſpeak this raſhly, I beg leave to make a little Digreſſion, that I may prove, that the remote Cauſes which take up the vain Speculations of curious Men, and wherein they triumph, are wholly inſcrutable, and that only conjunct Cauſes can be known by us, and that the curative Indications are to be taken only from theſe.

We muſt therefore obſerve, that if the Humours are retained longer in the Body than they ought, either becauſe Nature cannot concoct them, and afterwards expel them; or becauſe they have contracted a Morbifick Diſpoſition, by this or that Conſtitution of the Air; or, laſtly, becauſe they are infected with ſome Venom; by theſe, I ſay, and the like ways, the ſaid Humours are exalted into a ſubſtantial Form or Species, which diſcovers it ſelf by this or that diſorder, that is agreeable with its own Eſſence; and theſe Symptoms, though to the leſs wary they may ſeem to ariſe from the Nature of the Part which the Humour poſſeſſes, or from the Nature of the Humour, before it has put on this Species, yet

yet they are really Diſorders proceeding from the Eſſence of the ſaid Species newly raiſed to this degree, ſo that every ſpecifick Diſeaſe is a Diſorder ariſing from this or that ſpecifick Exaltation, or Specification of ſome Juice in the Body. Under this kind may be comprehended the greateſt part of Diſeaſes, that have a certain Type and and Form, and Nature is as methodical in producing and ripening theſe, as of Plants and Animal: For as proper and peculiar Affections belong to every Plant and Animal, ſo it is in every Exaltation of any Juice, when it has broke out into a Species. We have a clear inſtance of this in thoſe Species of Excreſcences, which Trees and Shrubs emit, either upon the account of the perverſion, and depravation of the Nutritious Juice, or by other Cauſes, in the form of Moſs, Miſletoe, Muſhrooms, and the like; all which are Eſſences or Species plainly different from the Tree or Shrub they grow on. And indeed, he that ſhall exactly conſider thoſe *Phænomena* that accompany a *Quartan Ague*, *viz.* That it moſt commonly comes about Autumn; that it keeps a certain Order, repeating its periodical revolutions, as certainly as a Clock ſtrikes, unleſs the Order of it be diſturbed by ſome extrinſick thing; that it begins with ſhivering, and a notable Senſe of Cold, which is ſucceeded by a ſenſible Heat, which at length ends in large Sweats; and, laſtly, that this Diſeaſe, whomſoever it invades, is ſeldom cured before the *Vernal Equinox*; he, I ſay, that ſhall exactly weigh all theſe things, may as reaſonably believe, that this Diſeaſe is a Species as a Plant is ſo, which in like manner ſprings out of the Ground, flowers, and dies, and in other things is affected according to its Eſſence. For it cannot be eaſily imagined why this Diſeaſe ſhould ariſe from a Combination of Principals, or evident Qualities; whereas a Plant is reckoned by all a Subſtance and diſtinct Species in Nature, though we do not deny, that whereas every Species of Plants or Animals, excepting a very few, ſubſiſt of themſelves; but that the Species of

Diſ-

Diſeaſes depend on tooſe Humours from whence they were generated.

But tho' it appears from what has been ſaid, that the Cauſes of moſt Diſeaſes are wholly inſcrutable, yet the Queſtion, how they may be cured, may notwithſtanding be reſolved; for we Diſcourſe here only of the remote Cauſes, and any one may ſee, that the curious Speculators of remote Cauſes loſe their Labour, whilſt they endeavour to underſtand them, though Nature oppoſe; and yet they contemn the mediate and conjunct Cauſes, that are near at hand, which it is neceſſary to know, and may be ſo without ſuch Trifles; for they offer themſelves plainly to the Underſtanding, or may be diſcovered by the Teſtimony of the Senſes, or by others Anatomical Obſervations made long ago. And as it is plainly impoſſible that a Phyſician ſhould underſtand thoſe Cauſes of Diſeaſes, which have no manner of Commerce with the Senſes, ſo neither is it neceſſary; for it is ſufficient if we know the immediate riſe of the Diſeaſe, and ſuch Defects and Symptoms of it, as may enable us to diſtinguiſh exactly betwixt this and another Diſeaſe not unlike it: In a *Pleuriſie*, for inſtance, he will weary himſelf in vain, and will not be able to underſtand the ill Diſpoſition, and the incoherent Texture of the Blood, which is the firſt Origin of it: But he that rightly knows the Cauſe whereby it is immediately produced, and can diſtinguiſh it from all other Diſeaſes, will as certainly cure it, though he neglect the trifling and unprofitable ſearch after remote Cauſes: But this by the bye.

But now if any one ſhould ask, whether to the two foreſaid things that are wanting in Phyſick, namely, a true and genuine Hiſtory of Diſeaſes, and a certain and confirmed Method of Cure, a third ought not to be added, *viz.* the invention of Specifick Remedies, I agree with him, though Method ſeems to me moſt commodious for curing acute Diſeaſes, in doing which, when Nature has appointed ſome certain way of Evacuation, whatever Method aſſiſts her in promoting

moting the ſaid Evacuation, neceſſarily conduces to the healing of it. But it were indeed to be wiſhed that the Sick might arrive to Health by a nearer way, by the help of Specificks, if any ſuch can be found, and which is of greater moment, may be placed out of the dangers which follow thoſe Errors, whereinto Nature often and willingly falls, how powerfully and learnedly ſoever ſhe may be ſuccoured by the Phyſicians Aſſiſtance.

But as to the Cure of Chronical Diſeaſes, tho' I do not at all doubt, that a greater Progreſs may be hoped for from a Method alone, than can be preſently imagined, yet it is very manifeſt, that that is wanting in the Cure of Chronical Diſeaſes chiefly for this reaſon, *viz.* becauſe Nature has not an effectual Method in theſe Diſeaſes to eject the morbifick Matter as in Acute, whereby, we aſſiſting, and aiming at the right Mark, the Diſeaſe may be cured. In conquering therefore a Chronick Diſeaſe, he may deſervedly be call'd a Phyſician, that has ſuch a Medicine as is able to deſtroy the Species of the Diſeaſe, not he who only introduces from the firſt or ſecond Quality ſome new one in the room of the former, which may indeed be done, and the Species not extinguiſhed: For inſtance; he that is afflicted with the *Gout* may be heated or cooled, and yet the *Gout* may be as violent as ever; for Specifick Diſeaſes are not more immediately cured by that Method, wherewith only different Qualities are introduced, than a Fire is extinguiſhed by a Sword: For what, I pray, can Heat, Cold, Moiſture, Siccity, or any other of the Second Qualities that depend on theſe ſignifie as to the Cure of a Diſeaſe, whoſe Eſſence conſiſts of none of theſe. If any one ſhould object here, that we had long ago a ſufficient number of Specifick Remedies, this very Man, if he will make diligent ſearch, would be ſoon of another mind; for the *Peruvian Bark* is all the Specificks we have. For there is a vaſt difference betwixt thoſe things which anſwer ſpecifically to this or that curative Indication, which we attend well to, the Diſeaſe may be cured,

cured, and such things as cure this or that Disease specifically and immediately, no respect being had to this or that Intention, or curative Indication. For instance; *Mercury* and the Roots of *Sarsa* are commonly accounted Specificks in the *French Pox*; and yet they ought not to be counted proper and immediate Specificks, unless it can be proved by sufficient Arguments, that *Mercury* without Salivation, and *Sarsa* without Sweat, have performed the Business; for in the same manner other Diseases are cured with other Evacuations, and yet the Remedies that are used, do no more immediately conduce to the Cure of those Diseases, which are cured by those Evacuations, for the procuring which, such Remedies are very properly designed, than a Lancet for a *Pleurisie*, which, I suppose, no one will call a Specifick in this Disease.

Therefore Specifick Medicines, if they are restrained to this our Sense of them, do not fall to every Man's share; and yet I do not at all doubt, but out of that abundant Plenitude, with which Nature over-flows, by the appointment of the excellent Maker of all things, care is taken for the Preservation of all, by the Cure of those great Diseases which afflict Men, and that near at hand in every Country. And indeed it is to be lamented, that the Nature of Plants is not better known to us, which seem to me the chiefest of the *Materia Medica*, and to be the likeliest to afford such Remedies as we have now discoursed of. For parts of Animals seem to agree too much with the Human Body, and Minerals differ too much; upon which account Minerals answer, I confess, Indications more powerfully than either things taken from Plants or Animals, but not specifically in the sense and manner we have mentioned. I have spent much time in the search after these things, but have not succeeded so well, as that I may prudently publish the result.

But though Plants please me best, yet I would by no means contemn those excellent Medicines taken from another Tribe, which have been found by the Indu-

Induſtry and Labour of Men of this or any other Age to anſwer Intentions well. Amongſt theſe Dr. *Goddard*'s Drops claim the firſt place. They are prepared by the Learned and diligent Searcher after Method and Remedies, Dr. *Goodal*: the Efficacy and Vertue whereof for attaining the end to which they are commonly directed, I prefer before all other volatile Spirits whatever.

To conclude: Having in this Introduction promiſed to give a Specimen of thoſe things, which I endeavoured to the encreaſe of this Art, I will now endeavour to fulfil my Promiſe in delivering the Hiſtory and Cure of acute Diſeaſes; in doing which I am very ſenſible that I ſhall expoſe to the lazy and ignorant, all the Fruit of thoſe things which I have laboured for in Body and Mind, through the better part of my Life: But I ſufficiently underſtand that this ill-natured Age, and I expect therefore to receive nothing but Reproaches, and that I ſhould have much more advanced my Fame, if I had contrived ſome vain and fruitleſs Specification: But be it ſo, I expect my Reward elſewhere. If any one ſhould here object, That others that are as much converſant in Practice as I, are not of my mind: It does not concern me to inquire what others think, but to propoſe faithfully my own Obſervations; in doing which I beg the Reader's Patience, not his Favour; for the thing it ſelf will ſhortly ſhow, whether I have acted ſincerely, or whether I have been a Manſlayer; only I beg pardon for that I have not ſo accurately deſcribed the Hiſtory and Cure of Diſeaſes, as I propoſed; for I do not pretend to have compleated the Work, but have only encouraged thoſe of better Parts to undertake hereafter, what I have now imperfectly handled.

One thing yet remains, whereof the Reader is to be admoniſhed, *viz.* That I do not intend to inlarge the following Treatiſe with a great number of particular Obſervations, whereby I may give a Reputation to the Method there delivered: For it would be to no purpoſe, and nauſeous to repeat thoſe things ſingly, which

which have been treated of together. I count it sufficient at the end of every general Observation, at least as it respects the late Years, to add here and there a particular Observation, wherein the Substance of the preceding Method is contained; and I declare, that no general Method has been published by me, which has not been established by repeated Experience.

He will be disappointed that expects a great number of Remedies and Forms here: The Physician must use those according to his Judgment that the occasion requires; it is sufficient for me to mention by what Indications he must work, and in what order and time: For the Practice of Physick chiefly consists in this, *viz.* in being able to find out the genuine Indications, and not Remedies to answer them; and they that have not observed this, have instructed Empericks to imitate Physicians.

But if any one objects, That in some things I have not only renounced the Pomps of Medicines, but have proposed such Remedies as are scarce reducible to the *Materia Medica*, so simple and inartificial are they. But in this, I suppose, I shall only displease unthinking People; for the Wise know that all things are good that are useful, and that *Hippocrates*, when he proposed the use of Bellows in the *Iliack Passion*, and nothing for a Cancer, and the like, which may be seen in almost every Page of his Writings, deserved as well for his Medical Art, as if he had filled all with pompous Forms of Remedies.

I designed also to have treated of Chronical Diseases, at least of those that I had been most conversant with; but it being a great Task, I will omit it for the present, and am willing to see first how these things will be received.

INDEX.

A.

AGues Page 40, 359
Appetetite depraved, 419

B.

Bleeding at Nose, 245
Bloody-Flux, 132, 566
Blood-spitting, 246
Burns, 230

C

Child-bed Purgations, 471
Cholera Morbus, 129, 357
Cholick Bliows, 162
Cholick Hysterick, 168, 470
Chorea Sancti Viti, 561
Coma, 189, 184, 560
Consumption, 466
Contusions, 522
Cough, 197, 32
Cough Convulsive, 154
Courses immoderate, 475
Courses obstructed, 461

D

Diabetes, 368
Dropsie, 525

E.

Erysipelas, 238

F.

Fevers continual, 15, 117, 144, 176
Fevers new, 552
Fever Winter, 547
Fever Pestilential, 65
Fever Scarlet, 216
Fevers Intercurrent, 211
Fever of Children, 569
French-Pox, 396
Frensie, 30

G.

Green-sickness, 461
Gout, 481
Gripes, 565

H.

Hypercatharsis, 529
Hypochondriacal Diseases, 440
Hysterick Diseases, Ibid.

Jaun-

INDEX.

I.

Jaundice, 172
Iliack Paſſion, 36, 567
Itch, 241

M.

Madneſs, 60
Meaſles, 150, 187
Miſcarriage, 477

P.

Peripneumony Baſtard, 227
Plague, 65
Pleuriſie, 224
Pleuriſie malignant, 197
Poyſon, 380

Q.

Quinſie, 243

R.

Rheumatiſm, 231, 378
Rickets, 58, 457
Running of the Reins, 390

S.

Scurvy, 236
Skin Diſeaſes, 241
Small-Pox regular, 88
Small-Pox irregular, 156, 189, 407, 578
Stone in the Kidneys, 505 519

T.

Tendon prick'd, 225
Teneſmus, 143

V.

Vapours, 475
Urine-Bloody, 586

W.

Watchings, 30
Whites, 369
Womb falling, 477

Laudanum liquid. 139

Dr.

Dr. *Sydenham*'s Practice OF PHYSICK.

SECT. I. CHAP. I.

Of Acute Diſeaſes in general.

REASON dictates, if I judge right, that a Diſeaſe is nothing elſe but Nature's Endeavour to thruſt forth with all her might the Morbifick Matter, for the Health of the Patient, tho' the cauſe of it be contrary to Nature: for ſeeing it has pleaſed GOD, the Governour of all things, that Human Nature ſhould be fitted to receive the various Impreſſions that come from abroad, it could not be, but it muſt be ſubject alſo to many Diſeaſes, which partly proceed from Particles of Air ill agreeing with the Body, which when they have inſinuated themſelves into it, and are mixed with the Blood, affect the whole with a morbifick Contagion, partly from the various ferments or putrefaction of Humors, which are detain'd in the Body beyond their due time, becauſe it was not able to digeſt or evacuate them, either upon the account of their bulk, being too great,

or the incongruity of their quality theſe. Circumſtances being ſo nearly join'd to the Human Eſſence, that no Man can clearly free himſelf from them, Nature provided for her ſelf ſuch a method, and concatenation of Symptoms, as that ſhe might exclude the peccant matter thereby, which would otherwiſe ruine the whole Fabrick; and She would much oftener than ſhe does, attain Health by theſe harſh means, if ſhe were not forced out of her courſe by the Ignorant: But though ſhe be left to her ſelf, ſhe deſtroys the Man, either by doing too much or too little for her ſelf, and ſo obeys reſiſtleſs Fate, to which we are all indebted, according to the Saying of *Boetius*,

A Law eternal does Decree,
That all things born ſhould mortal be.

But to confirm what I have ſaid by an Inſtance or two; What, I pray you, is the *Plague*, but a complication of Symptoms, by which Nature uſes to caſt out the malignant Particles, by Impoſthumes in the Emunctories, or other eruptions that were drawn in by the Air? What is the *Gout*, but Nature's Contrivance to purifie the Blood of Old Men, and to purge the deep parts of the Body, to uſe *Hippocrates*'s Phraſe? And the like may be ſaid of many other Diſeaſes, that are perfectly formed. But Nature performs this Office ſometimes quicker, and ſometimes ſlower, according to the different methods ſhe uſes, to exclude the morbifick Cauſe; for when ſhe requires the help of a *Fever*, whereby ſhe may be able to ſeparate the vitiated Particles from the Blood, and afterwards expel them, either by Sweat, a Looſeneſs, or ſome Eruptions, or the like Evacuations, the whole buſineſs is done in the maſs of Blood, which is a thin and fluid body, and that by violent motions of the parts; therefore it is abſolutely neceſſary that it ſhould not only be determined ſuddenly, either for the Health or Death of the Patient, *viz.* as Nature can either critically diſſolve the morbifick Matter, or is oppreſſed and vanquiſhed thereby, but alſo that it ſhould be accompanied with worſe and more vehement Symptoms. And of this ſort are theſe:

theſe Diſeaſes, which are called *Acute*, which move to their ſtate quickly, and with danger. And tho' it be not ſo proper, yet it is as true, to ſay, that thoſe Diſeaſes are to be accounted *Acute*, which tho' with reſpect to the Paroxyſms taken together move ſlow, but with reſpect to one particular Fit, quickly attain their end. Of this ſort are all intermitting *Fevers*; but when the containing Matter of the Diſeaſe is of that nature, that it cannot have the aſſiſtance of a *Fever*, for the univerſal ſeparation of it; or when this kind of Matter is fixed to any part which is unable to exclude it, either upon the account of its conformation, as it is in the morbifick Matter of a *Palſie*, that the Nerves are ſtuffed with, and in the ſuppurated Matter in the Cavity of the Breaſt of thoſe that have an *Empyema*; or by the defect of the Natural Heat and Spirits, as when Flegm falls upon the Lungs of thoſe that are weakened by Age or a long Cough: Or laſtly, upon the account of a continual flux of new matter, wherewith the vitiated Blood, which is only diſpoſed to carry it off, does oppreſs and overwhelm the part: I ſay, in theſe caſes the Matter is very ſlowly, or not at all, concocted; and ſo Diſeaſes that proceed from ſuch unconcocted Matter, are, and are call'd *Chronical*; therefore from theſe two Principals, that are contrary one to the other, concerning which we have now treated, ſome *Acute* and ſome *Chronical Diſeaſes* ariſe.

As to *Acute Diſeaſes*, which I intend to treat of now, ſome proceed from a ſecret and inexplicable alteration of the Air, infecting Mens Bodies: nor do they at all depend on a peculiar craſis of the Blood and Humors, any otherwiſe than the occult influence of the Air has imprinted the ſame upon them. They continue as long as this ſecret conſtitution of the Air, and no longer, neither do they come at any other time: Theſe are called *Epidemicks*.

Other *Acute Diſeaſes* ariſe from this or that particular Irregularity of particular Bodies, which becauſe they are not produced by a general cauſe, do not therefore invade many at once: beſides, this ſort comes every year, and at any time of the year, excepting

thoſe we ſhall mention, when we come to ſpeak particularly of this kind. Theſe I call *Intercurrent* or *Sporadick*, becauſe they happen at any time, when *Epidemicks* rage. I begin with *Epidemicks*, and firſt of all propoſe a general Hiſtory of them.

CHAP. II.

Of Epidemick Diſeaſes.

I Think nothing will cauſe ſuch Admiration in him that diligently views the Province of Phyſick, as the great Variety of *Epidemical Diſeaſes*; not ſo much for that they reſemble the various Seaſons of the ſame Year, as that they are like the divers Conſtitutions of Years, that vary one from the other, and depend on them. And this manifeſt difference of theſe Diſeaſes will plainly appear by their proper and peculiar Symptoms, and the different method of Cure which each requires. And tho' theſe Diſeaſes may ſeem alike to the Unwary, becauſe in ſome ſort they do agree to outward appearance, yet if you ſeriouſly conſider, they are very different; and it is hard to ſay whether a diligent ſearch, for which the ſhort Life of one Man is not ſufficient, would teach us, that *Epidemical Diſeaſes* circle about in one continued ſeries, or whether they come diſorderly, according to the occult Diatheſis of the Air, or the inexplicable courſe of Times. But this I am ſure of by many Obſervations, that the abovemention'd Species of Diſeaſes, eſpecially continual *Fevers*, do very much differ; for that method which is ſucceſsful one year, may perhaps be deſtructive another. And when I had once happily met with a method of Cure, which this or that kind of *Fever* did particularly require, I ſcarce ever fail'd of Succeſs, reſpect being had to the Temperament, and Age, and the like, till this Species was extinct; but when a new one did ariſe, I was in doubt which way I ſhould ſteer, ſo as to be ſerviceable to my Patient; and unleſs I took great

great Care, and uſed my utmoſt Endeavours, I could ſcarce help, but that one or two of thoſe I had firſt in hand would be in great danger, till I had found out the *Genius* of the Diſeaſe, and then I could again proceed readily to the curing of it.

And tho' I have obſerv'd with as much diligence as poſſibly I could, the various Diſpoſitions of divers Years, as to the manifeſt qualities of the Air, that from thence I might learn the Cauſes of this great variety of *Epidemical Diſeaſes*, yet I have receiv'd no Benefit thereby; for I perceive that Years that do agree as to the manifeſt Temper of the Air, are infeſted with various Diſeaſes; and ſo on the contrary. And thus it happens there are many Conſtitutions of Years that ariſe neither from Heat nor Cold, nor Moiſture nor Drought, but proceed from a ſecret and inexplicable alteration in the Bowels of the Earth, whereby the Air is contaminated with ſuch *effluvia* as diſpoſe Bodies to this or that Diſeaſe, as long as the ſame Conſtitution prevails, which at length in a certain ſpace of time withdraws, and gives way to another. Every one of theſe general Conſtitutions is accompanied with a *Fever* proper and peculiar to it ſelf, which never appears at any other time; therefore I call theſe *Fevers* ſtationary.

Moreover, there are particular Temperaments of the ſame Year, as I may ſay, wherein, tho' according to the manifeſt qualities of the Air, thoſe *Fevers* that follow the general Conſtitution of the Year are more or leſs Epidemical, or come ſooner or later; yet chiefly thoſe *Fevers* that come every Year (which therefore we call *Intercurrents*) owe their Riſe to this or that manifeſt Temper of the Air, *viz.* a *Pleuriſie*, *Quinſie*, and the reſt of this ſort, which moſt commonly proceed from ſudden heat, following preſently a long and ſevere cold Seaſon. Therefore 'tis probable, that the ſenſible qualities of the Air may be inſtrumental in producing thoſe *Fevers* which exert themſelves in every Conſtitution; but not as to thoſe that are peculiar to any one Conſtitution: We muſt confeſs, that the abovemention'd qualities of the Air do more or leſs diſpoſe our Bodies to generate this or that *Epidemick*

Diſeaſe, which is likewiſe to be ſaid of any Error in the ſix Nonnaturals.

But we muſt take notice, that ſome *Epidemical Diſeaſes* in this or that Year are regular, and have the like *Phenomena* and Symptoms in almoſt all that are infected with them, and go off in the ſame way and manner; therefore a true and certain Hiſtory of *Epidemick Diſeaſes*, is to be learnt from theſe, as being moſt perfect of the kind.

There be other Diſeaſes of other Years, which tho' they be Epidemical, yet are they ſo irregular, that they cannot be comprehended under any form, and are indeed ill-condition'd upon the account of the uncertain variety of Symptoms, and their certain changeableneſs, and alſo as to the method whereby they are cured. This great diſparity ariſes from hence, *viz.* becauſe every Conſtitution produces *Diſeaſes* that are very much unlike thoſe of the ſame kind, under another Conſtitution, which not only happens in *Fevers*, but in many other *Epidemick Diſeaſes*.

And this is not all, for there is a variety of wanton Nature, that is of a more nice ſpeculation, *viz.* that the ſame *Diſeaſe* ſhould vary often under one and the ſame Conſtitution, as to its beginning, ſtate, and declination, which is of ſo great conſequence, that the Curative Indications are to be omitted or us'd, according as the Diſeaſe is diſpos'd.

Moreover, we muſt take notice, that *Epidemick Diſeaſes* muſt be divided into two ranks, *viz.* *Vernal* and *Autumnal*; and tho' they may happen at any other time of the year, if they do, they belong to that rank they are neareſt; for ſo it falls out ſometimes, that the Temper of the Air does ſo much agree with ſome one *Epidemick Diſeaſe*, that by the help of it, it comes before its time: and on the contrary, 'tis defer'd when there is no ſuitableneſs; ſo that it does not invade the Body prediſpos'd till ſome time after: Therefore when I mention the Spring or Autumn, I do not exactly mean the Æquinox, whether Vernal or Autumnal.

Some *Epidemick Diſeaſes* begin early in the Spring, *viz.* in *January*, and encreaſing by degrees, come to their heighth about the Vernal Æquinox, then decreaſe

and

and vaniſh about the Summer Solſtice, ſaving that a very few afterwards may now and then happen. Of this ſort are the *Meaſles*, and *Spring-Tertians*, which tho' they appear ſomewhat later, *viz.* in *February*, yet they alſo withdraw at the approach of the Summer Solſtice: but others that begin in the Spring encreaſe daily, and do not come to their ſtate till the Autumnal Æquinox, which being paſt, they begin to retreat, and at length are extinguiſh'd by the cold of Winter. Of this kind is the *Plague* and *Small-Pox*, in thoſe years they are Epidemical. The *Cholera Morbus* belongs to the Family of Autumnal Epidemicks; it begins in *Auguſt*, and finiſhes its courſe in the ſpace of a month: There are other Diſeaſes that begin at the ſame time, but continue till Winter; for inſtance, the *Bloody-Flux* and *Autumnal Fevers*, both *Tertian* and *Quartan*; all theſe loſe the Name and Nature of Epidemicks in the ſpace of two months moſt commonly, but ſome are afflicted with them ſometimes longer, ſometimes not ſo long.

But in particular as to *Fevers*, we muſt take notice, that the greateſt part which are continual have yet no Names allotted them, as they proceed from the influence of a general Conſtitution, but they borrow thoſe Appellations they are known by from ſome remarkable alteration imprinted upon the Blood, or from ſome evident Symptom, and upon this account they are called *putrid*, *malignant ſpotted*, and the like; but for as much as every Conſtitution is prone to propagate ſome other Diſeaſe of note at the ſame time more epidemical, beſides the *Fevers* it produces, of which ſort is the *Plague*, *Bloody-Flux*, *Small-Pox*, and the like, I cannot ſee why ſuch *Fevers* ſhould not rather take their Names from the Conſtitution, as it favours the Production of either of theſe Diſeaſes at the time when they appear, than from any alteration of the Blood, or any particular Symptom, which may as well agree with *Fevers* of another kind. *Intermittents* take their names from the Intervals between the Fits; and this is ſufficient to diſtinguiſh them, if the Seaſons of the Year wherein they happen, *viz.* *Spring* or *Fall*, be conſidered; but ſome of theſe have no very viſible Character,

whereby they may be diſtinguiſh'd, tho' they really participate of the nature of *Intermittents*; as when Autumnal Intermitting *Fevers* come early, *viz.* in *July*, and are common, they do not preſently put on their own Shapes, (which is cuſtomary in Spring Intermitting *Fevers*) for they imitate Continual *Fevers* ſo well, that 'tis hard to diſtinguiſh them. But the Violence of the Conſtitution being a little quell'd about the end of Autumn, they put off their Diſguiſe, and then openly appear to be Intermittents, either *Tertians* or *Quartans*, as indeed they were really at firſt: And if this be not carefully obſerv'd, we ſhall be deceiv'd in our Preſcriptions, much to the prejudice of our Patients, while we miſtake *Fevers* of this kind, which are to be accounted *Intermittents* for real *Continual Fevers*.

Moreover, we muſt diligently obſerve, that when many of theſe Diſeaſes infeſt the ſame Year, one is more predominant, and all the reſt are as it were under it, and don't rage ſo much at that time, ſo that as this encreaſes they decreaſe, and when this decreaſes they encreaſe; and ſo by turns they vex poor Mortals, as the *Genius* of the Year, and the ſenſible Temper of the Air favour moſt this or that Diſeaſe; but that Diſeaſe which rages moſt, and is moſt deadly about the Autumnal Æquinox, names the Conſtitution of the whole Year: for it plainly appears, that whatſoever Diſeaſe prevails over the reſt at that Seaſon, will have the dominion over the reſt for the whole Year, to whoſe *Genius* all the Epidemicks that are Contemporaries with it accommodate themſelves, as far as it conſiſts with their nature: For inſtance; When the *Small-Pox* did rage, at the ſame time the *Fever* that did wander here and there did plainly partake of that Inflamation which produc'd the *Small-Pox*; for both Diſeaſes began after the ſame manner, and there was great likeneſs betwixt the proper Symptoms of each, excepting the Eruption of the *Small-Pox*, and the reſt that depended on it, as it manifeſtly appear'd by that great inclination to ſpontaneous Sweats and Spitting, which were proper to both. In like manner, when the *Bloody-Flux* chiefly prevail'd, the *Fever* that raged that Year was not a little like it, (only it did put off the

Mor-

Morbifick Cauſe by Stool, and ſome other Symptoms aroſe from thence) which did manifeſtly appear, for that the beginning of both were alike, and thoſe that had either Diſeaſe were enclin'd to *Aphthæ*, and did mutually partake of the ſame Symptoms. And truly the *Bloody-Flux* we now ſpeak of was that very *Fever* introverted which did exonerate it ſelf into the Inteſtines, and was put off that way. It is to be noted, that the chief Epidemick that rages about the Autumnal Equinox recedes at the approach of Winter, and the Epidemicks of a lower rank exert themſelves until the chief Epidemick of the Year returns and ſuppreſſes them.

Laſtly, We muſt obſerve, that when any Conſtitution produces various ſpecies of Epidemicks, that each ſpecies differs in kind from thoſe that have the ſame Name, but are under another Conſtitution: But how many ſoever peculiar Species there be that invade under one and the ſame Conſtitution, they all agree in the common and general Cauſe that produces them, *viz.* in this or that peculiar Diatheſis of the Air, and by conſequence, how much ſoever they differ one from the other, as to their Type and ſpecifick Form, yet the Conſtitution that is common to all reduces the Subject-matter of Particulars to the like condition and ſtate; ſo that the chief Symptoms which do not belong to a particular manner of evacuation, are alike in all: And in this they all agree, *viz.* they equally encreaſe and decreaſe at the ſame time. Moreover, we muſt obſerve that in thoſe Years wherein various Species of theſe break forth, they all make an Aſſault at the ſame time, and after the ſame manner, and have the ſame Symptoms at their firſt invaſion.

Hence we may learn the various and accurate method Nature uſeth in generating Diſeaſes, which I believe no Man has hitherto ſufficiently obſerved: And from hence it appears (ſeeing the ſpecifical differences of Popular Diſeaſes, *viz.* *Fevers*, ariſe from the ſecret conſtitution of Years) that thoſe labour in vain who deduce the Reaſons of divers *Fevers* from a morbifick cauſe reſerv'd in the Body: for it is evident, that if any Perſon who is very well travels to ſome parts of this King-

Kingdom, he will be ſeiz'd with the *Fever* that rages there, and yet it is ſcarce credible that any manifeſt Change ſhould be imprinted by the Air upon the Humours of this Man in ſo ſhort a time. Nor is it leſs difficult to accommodate general Rules, and to fix ſome certain Bounds, which we may not paſs in the cure of theſe *Fevers*. Therefore in ſo great Uncertainty, I think it beſt to pauſe a while, when any new *Fever* ariſes, eſpecially, to proceed gently, and with deliberation, to great Remedies and in the mean while to obſerve diligently the *Genius* of it, and likewiſe thoſe things that do either Good or Harm, that we may avoid the one, and chuſe the other.

In a word, as it is very hard to reduce all the Species of Epidemicks into Claſſes, according to the variety of their *Phenomena*, and to decipher the Idiopathick Characters of each, and to accommodate a method of Healing particular to every one; ſo alſo, becauſe they do not invade in any certain Series of Years, (at leaſt not yet known) perhaps the Age of one Phyſician will not be ſufficient to collect an exact *apparatus* of Obſervations of them. But though this Labour be ſo tedious, we muſt perform it before we can juſtly boaſt of any thing we have done fit to be remember'd in explicating the various Series of theſe Diſeaſes,

But how may we give an account of the diſtinct Species of Epidemicks, that do not only (at leaſt as it appears to us) invade by chance, but alſo for one Year or one certain Series of Years, are of the ſame *Genus*, in another Year are diſtinguiſh'd *in ſpecie* one from another? Why, in this caſe no Method ever ſeem'd more fit to me than that which deſcribed them in the order they ſucceeded one-another for a ſufficient number of Years; which that I may do according to my own Model, I will faithfully deliver to the Learned World the Hiſtory and Cures of thoſe Epidemicks (as well as I could poſſibly collect them from the moſt accurate Obſervations) that did rage from the Year 1661, to the year 1676, *viz.* for the ſpace of Fifteen years; for it ſeems to me plainly impoſſible to perform this Work by aſſigning the Cauſes of the Riſe of them

to

to the manifeſt qualities of the Air, much leſs to ſome particular diſcraſie in the Blood and Humors, unleſs as it ariſes from a ſecret Influence of the Air.

Moreover, it is alſo impoſſible to deliver the Species of various Epidemicks, which ariſe from ſpecifick alterations of the Air, tho' it may ſeem very eaſie to thoſe who are wont to give Names to *Fevers*, according to their notions ill grounded upon the Speculations of thoſe Alterations which may ariſe in Human Blood and its Humors; for when we do not follow Nature the beſt Guide, but allow our ſelves to gueſs, there will be ſo many ſpecies of Diſeaſes as we can repeat; and in the mean while we take that Licenſe which no Man will grant to a *Botaniſt*, from whom we require the Teſtimony of the Senſes for his Relation of Plants, not a ſpeculative Diſcourſe, tho' he may be excellent in this particular, and exceed others.

I do not aſſume ſo much to my ſelf, as that I would be thought to have accompliſh'd what I now treat of; perhaps I have not ſo much as repeated all the Families of Epidemicks: Nor can I ſay, that the Diſeaſes which in the Years paſt, whereof I now treat, did mutually ſucceed one-another in that order we ſhall mention hereafter, will likewiſe continue to do ſo for Years to come. All what I pretend to is, to declare how this thing has been of late, and to confirm by the Obſervations of ſome few Years what relates to theſe Regions, and this City wherein we live, that I may offer my Mite for the beginning a Work which, if I am not miſtaken, will be very much to the Advantage of Mankind, when it is perfected by Poſterity, who may traverſe the whole Series of Epidemicks in Years to come.

CHAP.

CHAP. III.

The Epidemick Conſtitution of the Year 1661, 62, 63, 64.

IN the Year 61, the Autumnal Intermitting *Fevers* which for ſome Years paſt prevail'd, did again break forth afreſh (eſpecially obſtinate *Tertians*) about the beginning of *July*, and daily encreaſing, fiercely raged in *Auguſt*, and in many places whole Families being ſeiz'd, they were very mortal; and then decreaſing by degrees, they were extinguiſh'd by the Cold of Winter coming upon them, ſo that there was very few in *October*. The Symptoms which accompanied this *Tertian* chiefly differ'd from the Symptoms of other *Tertians* in other Years, in theſe things, *viz.* the Fit was fiercer, and the Tongue was blacker and dryer, and when the Fit was paſt, the *Fever* did not clearly go off; the Appetite and Strength were more dejected, and the Fits more enclin'd to double: in ſhort, all the Accidents were worſe, and the whole Diſeaſe fiercer than was uſual in *Intermitting Fevers*. When this Diſeaſe ſeiz'd People that were in years, or thoſe that were of an ill habit of Body, or others that were weaken'd by Bleeding, or any other evacuation, it continued for two or three months. Some few *Quartans* accompanied the *Fevers* now deſcrib'd, but both being unable to bear the approach of Winter, (for then they invaded none that were not infected before) withdrew, and were ſucceeded by a continual *Fever*, differing from the intermitting Autumnals only in this; Thoſe did come at certain times, and This was continual: for they invaded the Patient almoſt alike, and thoſe that violently labour'd of either vomited, their External Parts were dry, and their Tongues black, and they were thirſty, and the morbifick matter of both was readily exterminated at their declinations by Sweats. It was manifeſt, this *Fever* belong'd to the Family of

Au-

Autumnal Intermittents, becauſe it rarely appear'd in the *Spring*, and it was a ſort of Compendium of the Intermittents, and on the contrary every one of their Fits ſeem'd to be a Compendium of this *Fever*. So that the difference chiefly conſiſted in this, *viz.* that the *Continual Fever* perfected its Efferveſcence, once begun, with the ſame degree of heat; but the *Intermittents* perform their buſineſs by parts, and at ſeveral times. I cannot ſay how long this *Fever* has prevail'd, for hitherto I have had enough to do to attend upon the general Symptoms of *Fevers*, for as yet I have not been able to diſtinguiſh them according to the various craſis of Years, or according to the various ſeaſons of the ſame Year. This I certainly know, that there was but one ſpecies of a *Continual Fever* till the Year 1665, and the *Autumnal Intermittents* which were frequent till this Year, afterwards became more rare.

But to return to the buſineſs: That *Tertian Fever* which in the ſaid Year ſo much prevail'd, contracted it ſelf into a leſs compaſs when the Year was over; and in the following Autumns the *Quartans* exceeded the other Epidemicks, as long as this conſtitution of the Air remain'd; but after Autumn, the *Quartans* always decreaſing, the *Continual Fever* (which thro' all this time appear'd a little) now violently raged till Spring, at which time the Vernal *Intermitting Fevers* ſucceeded; which going off likewiſe about *May*, the *Small-Pox* here and there appear'd, and diſappear'd again at the approach of the Autumnal Epidemicks, I mean the *Continual Fever*, and the *Quartans*. And in this order the Epidemick Diſeaſes follow'd one-another, and paſſed thro' this whole conſtitution of the Air. I ſhall particularly treat of theſe, *viz.* the *Fever*, and the *Vernal* and *Autumnal Intermtttents*, which chiefly infeſted this Conſtitution.

I will begin with this *Fever*, which ſeems to me the chiefeſt of all, becauſe Nature acted in it more regularly than in any other, both in bringing the febrile matter to a due concoction, and by caſting it forth at a certain appointed time. Moreover, foraſmuch as thoſe Conſtitutions of Years that produce Autumnal Intermittents, much oftener returning *communibus annis*

nis than thoſe that cauſe other Epidemicks, it neceſſarily follows, that the Continual Fevers that accompany them ſhould oftener happen.

Beſides the Symptoms that belong to other Fevers, this was alſo accompanied with theſe following. The Sick moſt commonly was violently ill, he vomited, his Tongue was dry and black, there was a great and ſudden dejection of the Strength, the External Parts were dry, the Urine always thick or thin, both were equally a ſign of Crudities: In the declination of the Diſeaſe there was a Looſeneſs, unleſs the Phyſician chanced to prevent it at the beginning, which prolong'd the Diſeaſe; but according to its own nature and genius, it went off about the 14th or 21th day, at which time it was expel'd by Sweat, or rather gentle breathing; and the Signs of Concoction appear'd moſt commonly in the Urine about this time, and not before. Other Symptoms ſuperven'd when the Diſeaſe was unskilfully handl'd, but theſe and the whole genius of it will more clearly appear from the peculiar method that heretofore I accommodated to this Fever, which therefore I will transfer hither (at leaſt as much as concerns the buſineſs) as I publiſh'd it long ago, at which time I did not know there was any other kind of Fever to be found any where.

CHAP.

CHAP. IV.

Of the Continual FEVER *of the Year* 1661, 62, 63, 64.

FIRST, I obſerve, that the inordinate Commotion of the Blood, the Cauſe or Companion of this Fever, is ſtirred up by Nature, either that ſome heterogeneous matter contained in it, and offenſive to it, ſhould be caſt out, or that the Blood ſhould be ſome way alter'd.

And in this buſineſs the word *Commotion* pleaſes me beſt, becauſe it is more large and general than either *Fermentation* or *Ebulition*, for it prevents the occaſion of a vain Diſpute about Terms, that perhaps words of that kind may ſeem to countenance, tho' they may admit of an explication that is not incommodious, yet are they thought ſomething improper by ſome; for tho' the Commotion of the Blood may be ſometimes like the Fermentation, ſometimes like the Ebulition of Vegetable Liquors, yet there are ſome that think it very much differs from both, and they produce one or two Examples of Fermentation. Firſt, tho' Liquids fermenting are wont to obtain a Vinous Nature, ſo that a hot Spirit may be drawn from them by diſtillation, and eaſily turns to Vinegar, which is notably ſharp, and yields by diſtillation an acid Spirit, yet they ſay, that neither of theſe Diſpoſitions has hitherto been found in the Blood.

And they obſerve, that in Vinous Liquors the fermentation and depuration are finiſh'd at the ſame time, and as it were keep pace together, but the depuration of the Blood in Fevers does not accompany, but follows its eſtuation, which they think is manifeſt even to ſight, in a feveriſh Fit carried off by Sweat.

But

But as to Ebulition, the Analogy ſeems more difficult to them, and which Experience contradicts in many caſes, where the Fury of the Blood is not ſo violent as that it may deſerve the name of *Ebulition*; but be it as it will, (for I will by no means engage in theſe Diſputes) ſeeing the terms of *Ebulition* and *Fermentation* have been very much uſed among modern Phyſicians, I will not refuſe to uſe them too now and then, whilſt it is manifeſt, from what has been ſaid, that theſe words ſerve only in this Treatiſe for a clearer explication of what is to be diſcourſed of.

Undoubtedly all ſorts of Fevers that are accompanied with Eruptions make it appear, that this feveriſh Commotion of the Blood is raiſed for the ſecretion of ſome heterogeneous matter, that is contrary to Nature; for that in theſe, by the help of Ebullition, an Excrement of an ill quality is caſt upon the Skin that lay hid before in the Blood.

And I think it is no leſs probable, that the febrile commotion of the Blood ſhould often (not to ſay oftener) aim at no more than to be changed into ſome new ſtate and diſpoſition, and that a Man whoſe Blood is pure and untainted may be ſeiz'd with a Fever, as we commonly find it happens to healthy People, in whom we find there is no Morbifick Furniture, either as to a *Plethora*, or ill Habit, no unhealthy indiſpoſition of the Air, which may occaſion a Fever; and yet, notwithſtanding, by reaſon of ſome notable alteration of the Air preceding, or change of Diet, or of the reſt of the Non-naturals, as they are called, ſuch Men are likewiſe ſeiz'd with a Fever; and the reaſon is, becauſe the Blood endeavours to gain a new ſtate or condition, ſuch as the Air and manner of Diet requires; not that the irritation of vitious Particles lodg'd in the Blood cauſe the Fever, tho' I do not at all doubt, but that the matter that is commonly excreted in the deſpumation of the Blood after the Febrile Commotion, is vitious, tho' the Blood before was well diſpos'd, which is no more to be wonder'd at, than that ſome part of what we eat ſhould be corrupted and ſtink, after it has been conſiderably alter'd in the Body, and ſeparated from the reſt.

Secondly,

Secondly, I reckon, that the true and natural Indications that arise in this Disease shew, that the commotion of the Blood must be kept in that degree which is suitable to Nature's purpose, that it do not rise too high on the one hand, from whence great Symptoms flow, nor be depress'd too low on the other hand, whereby the protrusion of the morbifick matter may be hinder'd, or the endeavours of the Blood affecting a new state frustrated; so that whether the *Fever* arise from some heterogeneous matter irritating it, or from the Blood affecting a new condition, in both cases the Indications are the same. These things being premised, I order the Method of Cure in the following manner.

When I am called to Patients, whose Blood of it self is weak, as it is most commonly in Children, or when it wants Spirits, as in Old-age, and in Youngmen weaken'd by long Sickness, I forbear bleeding; for if I should bleed such, their Blood being already too weak, it would become unfit to perform the business of Depuration, and consequently the whole mass would be perverted, and the Life of the Patient hazarded, (as when the fermentation of Beer, or any new Liquor is unseasonably stop'd, it is most commonly spoil'd) for Nature can no more associate with the Particles which it has once begun to eject, which tho' they were pure when they were equally mixed with the Blood, are now corrupt, and apt to infect the other Humors. Truly, I know very well, that those that are injur'd by bleeding are sometimes restored by proper Cordials, the Blood being enabled by them to purifie its self: but Prevention is better than a Cure.

When I am called to those whose Blood is of a contrary Nature, such as is wont to be in Young Men of a strong Constitution and sanguine Temper, I order bleeding in the first place, which cannot here be omitted without danger (besides, in some cases to be mentioned hereafter) for otherwise not only *Pleurisies*, *Phrensies*, and such *Inflammations* may be feared, by reason of the too great ebulition of the Blood, but

alſo on the account of the ſuperfluity and ſtagnation of the whole maſs.

As to the quantity, I only take away ſo much Blood as I ſuppoſe will free the Sick from thoſe Dangers whereunto, as we ſaid, he is obnoxious by the violent commotion of it. Moreover, I regulate the eſtuation by repeating bleeding, or omitting it, by uſing or forbidding the uſe of hot Cordials, and laſtly, by keeping the Body looſe, or ſtopping it, as I find that motion is high or low.

After bleeding, if it be neceſſary, according to the above-mention'd caſes, I carefully enquire whether the Sick was enclin'd to nauſeouſneſs or vomiting at the beginning of the *Fever*; and if ſo, I preſently order a Vomit, unleſs ſome great weakneſs of the Patient, or the tender age forbid it. Indeed a Vomit is ſo neceſſary, when an inclination to vomiting went before, that unleſs that Humour be evacuated, it will occaſion many difficult ſymptoms, that will obſtruct the Phyſician in performing the Cure, and very much endanger the Sick. A Looſeneſs is the chief and moſt frequent, which moſt commonly follows in the declination of the *Fever*, when Vomits were omitted, when they were indicated; for in the progreſs of the Diſeaſe, when Nature has ſomewhat quell'd the malignant Humour in the Stomach, and thruſt it down to the Guts, they are ſo corroded by a continual flux of a ſharp Humour from this Fountain in the Stomach, that a Looſeneſs muſt neceſſarily follow. But I have taken notice, that in inflammatory *Fevers*, which are commonly called *malignant*, a Looſeneſs did not conſtantly follow the omiſſion of a Vomit, as it did in this *Fever*, tho' ſuch an inclination to vomiting went before: But of this matter more hereafter. This ſort of Looſeneſs is more dangerous, becauſe the Sick being much weakened before, is more enervated thereby: beſides, which is worſt, it happens at the declination of the *Fever*, when the Blood ſhould contract it ſelf, and uſe its utmoſt endeavours for finiſhing Deſpumation, but is hinder'd by this Evacuation.

But

But that you may not doubt that this Humour lodged in the Stomach, unleſs it be expell'd by a Vomit, will in a ſhort time cauſe a Looſeneſs, upon enquiry we almoſt always find, that when a Looſeneſs accompanies this *Fever*, the Sick was enclin'd to vomit at the beginning of the Diſeaſe, but a Vomit was not given. Furthermore, you may take notice, that tho' the inclination to vomiting went off long before, yet the Looſeneſs will ceaſe for the moſt part upon taking a Vomit, if the Sick be able to bear it: But I have frequently obſerv'd, that when the Looſeneſs is come, aſtringent Remedies do little or nothing, either taken inwardly, or outwardly apply'd to ſtop it.

I commonly uſe the following Vomit.

Take of Vinum Benedictum *ſix drams, of* Oxymel of Squills *and Compound-Syrup of Scabious, each half an ounce; mingle them, make a Vomit.*

I order it ſhould be taken two hours after a ſmall Dinner, and that it may work the better, ſix or eight pints of Poſſet-drink may be provided, for theſe Medicines are dangerous, if they are not waſh'd off; and therefore as often as the Patient vomits, or goes to ſtool, he muſt take preſently a draught of it, whereby the Gripes will be prevented, and he will vomit eaſily.

After a nice view of the matter caſt up by Vomit, which was neither much nor ill, I often wonder'd how it comes to paſs that the Sick ſhould be ſo much relieved by it; for as ſoon as the Vomit had done working, the violent ſymptoms, *viz.* the nauſeouſneſs, anxiety, reſtleſneſs, ſighing, and blackneſs of the Tongue were commonly mitigated, which before afflicted the Sick, and frighten'd the by-ſtanders, ſo that the reſt of the Diſeaſe was very tolerable.

It is to be obſerv'd, that if the caſe requires bleeding and vomiting, it is ſafeſt to bleed firſt, for otherwiſe the Veſſels being ſtretch'd with Blood, there is great danger, leſt by violent ſtraining to vomit, the Veſſels of the Lungs ſhould be broken, and the Brain hurt, the Blood being violently poured in and out, and ſo the

Patient may dye of an *Apoplexy*; whereof I could mention some instances, if it were proper, it is sufficient that I warn you to use great caution in this case.

If any one should ask, at what time of the *Fever* I would give a Vomit, I say at the very beginning, if I had my choice, for by this means the Sick may be preserved from those dreadful symptoms that rise from the filth of those Humours that lurk in the Stomach and neighbouring parts, and perhaps you may stop the Disease at the beginning, which otherwise would encrease to the hazard of the Patient, and become tedious, being nourish'd by the forementioned Humours, which either by reason of their substance pass into the innermost parts of the Body, and are mingled with the Blood, or because they are kept too long in the Body, wax worse, and put on a venomous quality, which they continually impart to the Blood as it passes by their Nest: And of this, not to go far, the Disease called *Cholera Morbus* is a clear instance; for sometimes when the vomiting is unseasonably stop'd in that Disease, whether it be by an Opiate, or astringent Medicines, a worse train of Symptoms follows; for the sharp and corrupted Humours being on this account repelled, whose exclusion ought to have been permitted a while, till they were sufficiently evacuated, exert their fury and force upon the Blood, and kindle a *Fever*, which is wont to be irregular, and accompanied with ill symptoms, and can scarce be cured without a Vomit, tho' the Patient do not then vomit.

But if we are called in late, as we are often, so that we cannot assist the Patient at the beginning of the *Fever*, by ordering a Vomit, yet I have thought it proper to give one at any time of the Disease, if the Patient has strength to bear the working of it: indeed I have given a Vomit with good success on the twelfth day of the *Fever*, tho' the Sick had left off vomiting before, and so I have stopped the Looseness, which obstructed the Blood in performing its despumation; and I should not doubt to do it later, unless the Patient, by reason of weakness, cannot bear it.

After

After vomiting, I always endeavour to quiet the tumult raiſed in the Humours by the Vomit, and therefore I order an Anodyne to be taken at bed-time, after the Vomit.

Take of Red Poppy-water two ounces, of Aqua Mirabilis *two drams, of Syrup of white and red Poppies each half an ounce, mingle them, make a Draught.*

But if there be no fear of raiſing the Ebulition for the future, either by reaſon of a great loſs of Blood, which was taken away in order to the cure, or by frequent vomiting and ſtools occaſion'd by the Vomit, or by a preſent apurexy or weakneſs of the *Fever*, or its declining ſtate, then I boldly order a large doſe of *Diacodium*, either by it ſelf, or mixed with ſome Cordial Water inſtead of the Anodyne above deſcrib'd, and it is really an *excellent Medicine*, if it be given in a due quantity.

And now, before I leave off diſcourſing of Vomits, I muſt acquaint you, that it is by no means ſafe, at leaſt in this *Fever*, to give Vomits of *Vinum Benedictum* to Children, or to any under fourteen, no, not in the leaſt quantity: it were to be wiſh'd that in the room of this we had ſome ſafer Medicine that was as powerful, which might root out the Humour, that almoſt always threatens a Looſeneſs at the declination of the *Fever*; at leaſt, that we had ſuch a one as would ſo alter the ſharp matter, that it could not occaſion a Looſeneſs.

I have indeed been frequently at a ſtand, when I have viſited *Infants* and *Children* in a *Fever*, and have ſeen an Indication which perſwaded the uſe of a Remedy that would have cured them, and yet I did not dare to order it, for fear of the ill conſequence; but in grown People I have hitherto obſerv'd no hurt proceeding from a Vomit, if it were given with the Cautions above mention'd.

Vomiting being over, I conſider whether, notwithſtanding the foregoing evacuation, the Blood rages ſo much that it is ſtill neceſſary to leſſen its effervеſcence, or whether it be ſo very low, that it wants to be

heightened; or laſtly, whether the fermentation, being reduced to a due degree, may be left to it ſelf without danger to the Sick. Of each of theſe I ſhall ſay ſomething.

Firſt therefore, if the Blood ferments ſo violently that we may reaſonably fear the Sick is in danger of a *Phrenſy*, or ſome other ill ſymptom, proceeding from too great an ebullition of the Blood, the day after taking the Vomit I order the following Glyſter.

Take of the common Decoction for a Glyſter one pint, of Syrup of Violets and brown Sugar each two ounces, mingle them, make a Glyſter; and I order it ſhould be repeated upon occaſion.

By which, moſt commonly, the *Blood* being ſomewhat cooled, its effervеſcence is ſufficiently reſtrained; but ſometimes it is neceſſary to repeat bleeding once again, *viz.* in thoſe of a very ſanguine conſtitution, and in the flower of their age, or in others who have inflam'd their *Blood* by drinking Wine frequently; but moſt commonly there is no need of ſo great a Remedy as is Repeated Bleeding, and excepting the caſes above mentioned, the effervеſcence may be ſufficiently reſtrained by the uſe of Glyſters; wherefore if the *Blood* boil too much, I order a Glyſter every day, or every other day, as the caſe requires, to the tenth day of the Diſeaſe; but if much *Blood* has been taken away, or the Sick is old, I order no Glyſters at that time, tho' the *Blood* be very hot, for in theſe caſes, as there is no fear that by the omiſſion of Glyſters the Ebullition begun ſhould proceed ſo far, as that there ſhould be great danger from ſome violent ſymptom; ſo it is moſt certain, that by the uſe of them the ſtrength and, as I may ſay, tho' leſs properly, the tone of the *Blood* is ſo much relaxed, eſpecially in old People, (for Glyſters are not uſed ſo ſucceſsfully in old People as in young) that Nature is obſtructed in her buſineſs; but if not much *Blood* has been taken away, then, as I ſaid, I order'd Glyſters to the tenth day, more or leſs, and ſometimes to the twelfth day, eſpecially for thoſe I did

not

not dare to bleed, for ſome fall into continual *Fevers* after Autumnal *Agues*, (whether they are *tertian* or *quartan*) becauſe they were not purged after the *Agues* left them; and if ſuch ſhould be blooded, there will be danger, leſt that Sediment which the preceding fermentation put off ſhould be again ſucked into the maſs of *Blood*, and ſo ſhould cauſe new tumults; therefore in this caſe, inſtead of bleeding, I uſe Glyſters till the twelfth day, if the Patient be young, and the fermentation too high.

But whether bleeding be uſed or not, if the Effervescence be too low, and wants to be ſtirred up, in this caſe we muſt wholly abſtain from the uſe of Glyſters, even before the tenth day, and much rather if it be paſt; for to what purpoſe ſhould we endeavour any more to reſtrain the fermentation, which is already too languid? but if after that time, *viz.* in the declenſion of the Diſeaſe, we ſhould uſe Glyſters, it would be as ridiculous as if any one ſhould give too large vent to *Beer* when it is dying; for, by reaſon of this evacuation Nature is obſtructed, ſo that ſhe cannot attend the ſeparation of the morbifick matter with all her ſtrength; therefore when by proper evacuations the Sick is out of danger from thoſe ſymptoms which are occaſion'd by too great ebullition; or when the Diſeaſe is in its declination, the more the body is bound, the leſs danger there is, *viz.* the febrile matter moving gently to its own concoction: wherefore if the preceding evacuations have induced as it were a laxity of the maſs of *Blood*, or threaten the ſame; or if the *Fever* goes off before its due time, or is come to its full period, I do not only leave off the uſe of Glyſters, but think that Cordials are to be given, and preſently endeavour to ſtop the *Belly*.

As to Cordials, I have found by Experience that the too early uſe of them has been very prejudicial, *viz.* bleeding having not been firſt uſed, for there is danger, leſt the crude matter ſhould fall upon the Membranes of the *Brain*, or the like, or on the *Pleura*, and therefore I always take care that Cordials be not given when no *Blood*, or but very little, has been taken away, and there has been no other conſiderable evacua-

tion, or when the Sick has not pass'd the vigor of his age, for I cannot see to what purpose the *Blood* that is rich enough of it self, should be heightened to the Patient's ruine; but rich enough it is, nor wants it Restoratives, as long as considerable evacuations have not weaken'd its innate heat, such Patients are well enough furnish'd with Cordials within themselves, and as to those which come from abroad, they are either unnecessary or else injurious, and therefore I would either reject all, or at least admit only of the smallest; but if the Patient be weaken'd by large evacuations, or be aged, I use to give Cordials even at the beginning of the *Fever*, but on the twelfth day of the Disease, things then tending to secretion, I think we ought freely to use hotter Medicines, and indeed a little sooner, if there be no danger of driving the febrile matter upon the principal parts, for at this time the more I heat, so much the more I hasten concoction: nor really can I understand what Physicians would be at, who so often inculcate their Precepts concerning the giving of Remedies to promote the concoction of the febrile matter, which they often do, being called in at the beginning of the Disease, and yet notwithstanding at the same time order such Medicines as qualifie the *Fever*, which is Nature's instrument, whereby she separates the pure from the impure. By this means wholly imperceptible, she proceeds from the beginning to the height of the Disease, but performs the business more manifestly at its declination, which may be discerned by the Urine. The concoction of the febrile matter denotes no more than the separation of the peccant matter from the good. Now in the hastening of it you must not busie your self with I know not what Attemperaters, but the Efferveſcence of the *Fever* is to be let alone, so long as the safety of the Patient will permit; but when it tends to the declination, Secretion being manifest, then we ought to follow it with hotter Medicines, to perform the business sooner and safer. And this is indeed to promote the concoction, whereas evacuations and coolers cause delays, and obstruct the cure, and drive away approaching health, as I have frequently observed.

If

If the fermentation go on well, the deſpumation will be perform'd about the fourteenth day; but if you uſe any coolers too late, and thereby leſſen the Effervescence, it is no wonder if the *Fever* continue to the one and twentieth day, and in weak bodies ill treated much longer.

Moreover, which is worth taking notice of, it ſometimes happens that the Patient, by the uſe of Glyſters, and other Purges, unſeaſonably or der'd, about the declination of the Diſeaſe, ſeems a little to be relieved, and ſometimes is wholly freed from his *Fever*, but after a day or two you will perceive not ſo much the old *Fever* has recover'd ſtrength, as that a new one has broke out, *viz.* ſhaking and ſhivering preſently ſeize him, and heat and a *Fever* ſoon follow about to run the ſame courſe above deſcrib'd, unleſs it happen to turn to an *Ague*; in this caſe the Patient muſt be manag'd as if he had no *Fever* before; and the ſame method is to be repeated, for Deſpumation, which muſt follow Ebullition now begun, will not be finiſh'd in leſs time than before mention'd, *viz.* fourteen days, how tedious ſoever it may ſeem to the Patient, much weaken'd by the former Diſeaſe, to wait ſo long for Health.

The Cordials I order are ſuch as I will mention by and by; Thoſe that are moderate I uſe at the beginning of the Diſeaſe, when the heat is extream, proceeding always by degrees to the uſe of hotter, according to the progreſs of the Diſeaſe, and the degrees of Ebullition, always remembring that it is lawful, if much Blood has been taken away, or if the Patient be old, to give ſtronger Cordials than when bleeding has not preceded, or when the Patient was in the flower of his age.

Thoſe Cordials I call moderate are made of diſtilled Waters, *viz.* of *Borage*, *Citron*, *Strawberries*, *Treacle*, *Compound Scordium-water mingled with the Syrups of Baum of* Fernelius, of *Gilliflowers*, of the Juice of *Citron*, and the like; but the ſtronger of *Gaſcoign's Powder*, *Bezoar*, *Confection of Hyacinth*, *Venice Treacle*, and the like. The following are frequently uſed.

Take

Take of the Waters of Borage, Citron, Compound Scordium, Black-Cherries, each two ounces, of Cinnamon-water with Barley one ounce, of Pearles prepared two drams, of Cryſtalline Sugar a ſufficient quantity; mingle them, take four ſpoonfuls often in a day, eſpecially in the Fits.

Take of the Waters of the whole Citron, and of Strawberries, each three ounces, of the cold Cordial Water of Saxony *one ounce, of Treacle-water, of the Syrups of Baum of* Fernelius, *of Gillyflowers and of the Juice of Citron, each half an ounce; mingle them, make a Julep, of which take often.*

Take of Gaſcoign's *Powder, of the Oriental and Occidental Bezoar-ſtone, and of* Contra yerva, *each one ſcruple, one Leaf of Gold; mingle them, and make a very fine Powder; take twelve grains as oft as there is occaſion in the Syrup of the Juice of Citron and Gillyflowers, each two drams, drinking upon it a few ſpoonfuls of the Julep preſcribed.*

Take of Treacle-water four ounces, of the Seeds of Citron two drams, beat them together, and make an Emulſion; add to the ſtrained Liquor a ſufficient quantity of pearled Sugar, to make it taſte pleaſantly; take two ſpoonfuls three times in a day.

It is unneceſſary to mention more forms, for they are innumerable, or may be ſo, and they are to be varied in the courſe of the Diſeaſe, according to the various ſeaſons and ſymptoms.

If the fermentation be neither too high nor too low, I leave it in that ſtate, and uſe no Remedies, unleſs I am obliged to do ſomething by the importunity of the Sick, or his Friends about him, that may pleaſe them without hindering my deſign.

And now I muſt acquaint you, that when I was called to a poor Body, who was not able to be at the charge of going through a long courſe of Phyſick, I did nothing after bleeding and purging was over, if they

they were indicated, but order them to keep their Beds all the time of their ſickneſs, and to drink Oatmeal and Barley Broths, and the like, and that they ſhould drink moderately Small Beer warm'd to quench their thirſt. I alſo order'd that they ſhould have a Glyſter of Milk and Sugar every day, or every other day, till the tenth or eleventh day, and towards the end of the *Fever*; ſeparation being now begun, if it were ſlow, I allowed them now and then ſtronger Drink, to help inſtead of a Cordial, and ſo without more ado, except that I uſed to give a gentle Purge at the end of the Diſeaſe, I cured them.

But to return to the buſineſs: If the method before mentioned be well obſerved, I uſually perceive about the fifteenth day, both from the ſigns of a laudable ſeparation in the Urine, and alſo from a plain remiſſion of all the ſymptoms, that it is fit to give a purging Potion to evacuate the Sediment put off here and there by the foregoing fermentation, and unleſs it be done timely, there is danger leſt it ſhould return into the maſs of Blood, and ſo cauſe a Relapſe, or may by its abode in the natural parts upon which it is thrown, cauſe hereafter a dreadful Minera of laſting ills in the Body, *viz.* Separation being now finiſhed, the groſs and impure Humours ſent from the Arteries to the Blood, paſſing back in the Veins, eaſily hinder its return, whereby various ſorts of Obſtructions, and at length various Fermentations ariſe.

But it is to be noted, that purging is not altogether ſo neceſſary after *Spring-Fevers* as after *Fevers* in the *Fall*, becauſe the Sediment put off by *Autumnals* is more, and of a more earthy and malignant quality; and which is alſo to be obſerv'd in the *Small-Pox*, and in many other Diſeaſes raging in the *Spring*, wherein it is not ſo dangerous as in the caſes before mentioned.

And indeed he will not be miſtaken much who ſhould affirm, that more Diſeaſes ariſe hence, *viz.* from the omiſſion of purging after Autumnal Diſeaſes, than from any other cauſe whatever.

If the Patient be weak, or if there be not a perfect deſpumation, ſo that we cannot ſafely give a Purge on the fifteenth day, I defer it to the ſeventeenth, and then I give the following, or the like, according to the ſtrength of the Patient.

Take of Tamarinds half an ounce, of Sena two drams, of Rhubarb one dram and an half, boil them in a ſufficient quantity of Fountain-water, to three ounces of the ſtrained Liquor add of Manna and Syrup of Roſes ſolutive, each one ounce; mingle them and make a Potion to be taken in the morning.

After purging, I order the Patient to riſe who has been kept in Bed hitherto by my order, and to return by degrees to his uſual Diet, for that which I preſcribed to this time was in a manner the ſame with that which I have mention'd before, as Oaten and Barley-broth, and Panado made of Bread and the yolk of an Egg in Water with Sugar, thin Chicken-broth, Small-beer, and ſometimes, when the *Fever* is high, the Juice of Orange newly expreſſed, and a little boiled to correct the crudity mixed with it, and the like, tho' Oatmeal-broth is as good as any; but to deny Small-beer to be taken now and then moderately, is a needleſs ſeverity, and very often hurtful.

It frequently happens, eſpecially in old Men, that the Sick, tho' the *Fever* be cured, and the Body well purged, is notwithſtanding very weak, and ſometimes expectorates by Cough, and ſometimes hawks up a great quantity of clammy Flegm, which does not only terrifie the Patient, but alſo impoſes upon the Phyſician, if he be not wary, and makes him believe that this will cauſe a *Conſumption*; tho' I have obſerved that the thing is not very dangerous. I order the Sick in this caſe to drink old *Malaga* or *Muskadine* with a Toſt, which (ſtrengthening the Craſis of the Blood, much weaken'd by the preceding *Fever*, and conſequently unable to aſſimulate the Juices of the Meat lately eaten) removes that ſymptom in the ſpace of a few days, as I have often found.

By

By this method which I have propoſed the Sick will be ſecured from many ill ſymptoms, which are uſually attributed to Malignity; for nothing is more frequent with unexperienced Phyſicians than to blame Malignity, when by cooling Medicines, and the unſeaſonable uſe of Glyſters they have ſo looſen'd the Craſis of the Blood, and ſo weaken'd Nature in performing the deſpumation of it, that Faintings and other ſymptoms (which are really the natural effects of ſuch hinderances occaſion'd by Art) happen. But if the Diſeaſe, by continuing long, eſcaped this Aſperſion, then whatever afterwards obſtructs the Cure is laid upon the *Scurvy*, tho' really neither the ſymptoms which happen'd whilſt the Diſeaſe was at its height were the effects of Malignity, nor thoſe which come at its declination of the *Scurvy*, but both are occaſion'd by ill treatment; as I have frequently obſerved. Not that I, or any one elſe, who has been any whit acquainted with the Hiſtory of Diſeaſes, can be ignorant that there are *Fevers* which do not only conſiſt of an Intemperies or putrid heat, but alſo of a malignant quality, the plain ſymptoms whereof cannot but appear in the ſick; or that I deny that ſometimes the *Scurvy* and many other Diſeaſes may be complicated with a *Fever*; only I ſay, that theſe Diſeaſes are often undeſervedly cenſured.

If the fermentation go on well, there will be a perfect deſpumation of the morbifick matter within the time before mention'd: But if Glyſters or cooling Remedies have been uſed too late, the *Fever* will continue much longer, eſpecially in very old Men, ill treated by the Phyſician. I have been ſometimes called to ſuch after they have had a *Fever* forty days or more, and have try'd all things to promote the deſpumation of the Blood; but it was ſo much weaken'd, partly by Old-age and partly by Glyſters and cooling Medicines, that I could not obtain my End either by Cordials or any other ſtrengthening Medicines, but either the *Fever* continued, or if it ſeem'd to ceaſe, the Patient's ſtrength was very low, and in a manner gone.

But other Remedies being uſed without ſucceſs, I have been often forced to take this courſe, and really with good ſucceſs, *viz.* I have apply'd the vigorous heat

heat of young People to the Patient; nor is there any reason why any one should much admire that the sick is so much strengthen'd, and feeble Nature relieved thereby, tho' it be unusual, as that it can free it self from the Relicks of the matter to be ejected, seeing it is easie to conceive a transfusion of great quantities of vigorous *Effluvia* from the sound and strong Body to the weak one of the sick. Nor have I ever perceiv'd that the repeated application of hot Cloaths could do what this has done; for the heat apply'd is more agreeable to the human Body, gentle, moist, equal, and lasting; and tho' this way of emitting *Balsamick Spirits* into the Body of the Patient might seem ridiculous at the time when I order'd it, yet it hath since been used by others with good success. Nor indeed am I asham'd to mention this Remedy, tho' perhaps some impertinent Men superciliously contemning all things vulgar, may ridicule me for it, for I reckon the Health and Good of my Neighbour is much to be prefer'd before their vain Opinions.

He that with due consideration has follow'd the method deliver'd, will secure his Patient, if not from all, yet at least from most of those symptoms, which are either wont to accompany the *Fever*, or to follow it, and which makes the Physician doubtful, and at a loss in the course of the Cure, and often kill the Patient, tho' the nature of the Disease does not seem deadly. But because such Accidents frequently happen, either by reason the sick neglected to call the Physician in time, or upon the account of the negligence and unskilfulness of the Physician, I judge it proper to treat briefly of their peculiar Cure, but will only confine my self to those symptoms which require a different cure proper to themselves, when they happen, tho' they might often have been prevented, if the sick had followed the aforesaid method.

If the sick, either upon the account of taking hot Medicines unseasonably, or by being naturally of too hot a constitution, fall into a *Phrensie*, or which is next to it, if he cannot sleep, often calls out, or uses incoherent words, if he looks and talks fierce, if he takes Medicines and common Drink greedily, and as it were

were ſnatches it, and laſtly, has a ſuppreſſion of Urine; in this caſe, I ſay, I bleed more freely than before, and uſe Glyſters and cooling Medicines oftener, eſpecially in the *Spring*. And tho' this ſymptom does not appear in young People, and in thoſe whoſe Blood is vigorous, they admit of theſe Remedies without much danger, and by the uſe of ſuch Remedies I endeavour to keep up the Patient till the Diſeaſe has laſted a while, and then it is not hard to remove the ſymptom and the Diſeaſe too. And this may be done by ordering ſome Narcotick Medicine in a large doſe; for tho' when the *Fever* is at the height, thoſe things that are of a Narcotick quality do no good, nor anſwer the Phyſician's intention, yet being given ſeaſonably at the declination of the Diſeaſe, they are very uſeful; but before they can do no good, partly becauſe they cannot ſtop the force of fermentation, tho' they are taken in the largeſt doſe, and partly, which is moſt conſiderable, becauſe the peccant matter at that time equally mixed with the Blood, and not yet tending to ſeparation, is reſtrained by ſuch a Medicine, and ſo the deſpumation ſo much to be deſired is obſtructed: But whether this be the reaſon of this *Phenomenon*, or ſome other more abſtruſe, let thoſe judge who deſire and have leiſure to think on ſuch things. But I affirm, that it is moſt certain, from a faithful and due collection of many Obſervations, that *Laudanum* or any other Narcotick in the beginning, encreaſe, or ſtate of this *Fever*, does no good for vanquiſhing this ſymptom, but is often injurious; but in the declination of the Diſeaſe it is uſed ſucceſsfully in a moderate doſe. I once order'd a Narcotick on the twelfth day of the Diſeaſe to good purpoſe, but I never knew it uſed ſooner with any ſucceſs; but if it be deferred to the fourteenth day, it will ſucceed better, ſeparation then being more perfect. Nor indeed does this dreadful ſymptom, tho' it often much terrifie the by-ſtanders, preſently kill; for I have frequently taken notice, that it could, and was wont to bear a truce till it was fit to give Narcoticks, if care was taken that the Intemperies begun was not heighten'd too much by Cordials and hot Medicines; for if ſo, the Patient dyes ſuddenly. The Narcoticks which I frequently give are either *London Laudanum*,

from

from one grain to one grain and a half, or the following.

Take of Cowslip-flowers one handful, boil them in a sufficient quantity of Blackcherry-water, dissolve half an ounce of Diacodium, *and half a spoonful of the Juice of Lemons, in three ounces of the strained Liquor; mingle them.* Or,

Take of Blackcherry-water one ounce and a half, Epidemick-water two drams, Liquid Laudanum *sixteen drops, Syrup of Gilliflowers one dram; mingle them.*

I will only add this one thing, which I think fit to be noted, That if this symptom will grant a truce so long, it is best to purge the Patient before the taking of the Anodyne, for then it will prove more effectual; wherefore I frequently gave two scruples of the *Pill. Coch. maj.* dissolved in *Bettony-water* ten or twelve hours before the taking of the Narcotick. Nor is there any danger from that tumult which that hot Pill would otherwise cause, for the vertue of the following Narcotick will quell those Commotions, and establish most gentle and sweet Peace.

But if the Watchings remain after the *Fever* and other symptoms are gone off, I have observ'd, that a Rag dip'd in Rose-water, and apply'd cold to the Forehead and Temples, does more good than any Narcotick whatever.

It frequently happens that the sick is vex'd with a *Cough*, through the whole course of the Disease, the mass of Blood being in a commotion, and raging violently, all things now tending to sedition, it comes to pass, that the Humours let loose, and flowing from the mass of Blood by the Vessels of the Lungs, are also by an apertion of them, cast upon the inner Membrane of the Wind-pipe, to wit, the thinner being of exquisite sense; and hence the *Cough* arises, which is first dry, because the matter being yet thin, frustrates the expulsive faculty, presently it grows thick, and is difficultly expectorated, because by degrees it is baked by the *Fever*;

Fever, ſo that the Patient is diſcourag'd, by the fear of choaking, becauſe he wants ſtrength to cough up the clammy matter. In this caſe I ſeldom uſe any thing but *Oyl of Sweet Almonds* freſh drawn, unleſs the ſick has wholly an averſion to Oyl; and ſometimes it is ſo, and then we muſt uſe the common Pectorals; but I reckon *Oyl of Almonds* if the Patient can take it, is to be preferred before other Pectorals, for this reaſon chiefly, for that it is neceſſary they are given in a larger quantity, if we do any thing to the purpoſe; and by this means we overcharge the Stomach, which was too weak before, and diſpoſed to be nauſeous; and ſometimes alſo we are hinder'd upon the ſame account, ſo that we cannot attend on thoſe things which are to be diſpatched at the ſame time; neither can I underſtand nor learn by experience why we ſhould abſtain from the uſe of this Oyl (which we have now mention'd) in *Fevers*, to wit, becauſe it's inflamable, and therefore to be feared, leſt it ſhould encreaſe the *Fever*; for, ſuppoſe it naturally hot, yet certainly its heat is not ſo great, but that the advantage of it upon another account may compenſate for it, for it is plainly more pectoral than other things, and opens and ſmoothens the paſſages, and helps Expectoration, whereby, eſpecially if it happens to be large, the Blood is freed from a troubleſome Humour, and alſo ſomewhat cooled; and therefore I am not much concern'd when at any time I perceive this ſymptom intervenes, for by it the Patient is much relieved; only it is to be noted, that it is not good to give it at firſt by whole ſpoonfuls, leſt it make the ſtomach nauſeous, and occaſion a Looſeneſs, therefore it muſt be given ſparingly and frequently night and day, whereby Expectoration being made, the *Cough* is not only leſſen'd, but alſo, which is of ſome moment, the Patient's ſtrength worn out, is ſomewhat renew'd with a gentle nouriſhment.

Sometimes it happens that bleeding at the Noſe ſupervenes, either becauſe too hot Medicines were uſed at the beginning of the *Diſeaſe*, or that the Ebullition was not ſufficiently reſtrained when the Patient was in the flower of his age, or the ſeaſon of the Year furthered it. If it ſo happens, theſe things will do little

good to ſtop it, *viz.* Bleeding, Ligatures, aſtringent and agglutinative Medicines, or thoſe things that qualifie the Acrimony of the Blood, or the like; for tho' theſe things and the like may be uſed according to the diſcretion of the Phyſician, yet the main buſineſs is to bridle the ebullition of the Blood, with ſome fit Medicine that may ſtop the force of it ruſhing upon every Precipice. Indeed if the ſymptom be conſider'd apart, theſe things we have mention'd before, eſpecially Bleeding, are proper enough, neither would I doubt to uſe them, but truly they do not ſufficiently anſwer the cauſe of this ſymptom, at leaſt if you except Bleeding. And really it is as rational to endeavour with a Sword to put out a Fire, as to take off this ſymptom by the things above mention'd: Therefore having try'd in vain other things in this caſe, I uſed to preſcribe ſome ſuch thing as follows.

Take of Purſlain and Erratick Poppy-water each one ounce and an half, of Diacodium *ſix drams, of Syrup of Cowſlips half an ounce; mingle them for a Draught.*

I would not be ſo underſtood, as if I would preſently ſtop every Hemorrhage, for the Patient may be much relieved thereby, partly by ſuppreſſing too great an Ebullition, and ſometimes by carrying off the Diſeaſe critically. And truly it is to little purpoſe to uſe the aforeſaid Remedy for this ſymptom before it has continued ſome time, or before a Vein has been open'd in the Arm: But it is to be noted, that this and all other immoderate Hemorrhages have this peculiar to them, that as ſoon as they are ſtop'd, by what means ſoever it be, the Patient is in danger of a Relapſe, if ſome gentle Purge be not given, and therefore we muſt purge, tho' with reſpect to the *Fever*, it is wont and ought to be put off for a longer time, unleſs this ſymptom happens.

The *Hickops* moſt commonly happen to old Men after large evacuations by a Looſeneſs, but eſpecially by Vomiting; they are very often the forerunners of Death. I confeſs I cannot ſatisfie my ſelf as to the cauſe of the

the *Hickops*, yet I have taken notice, that they ariſe from a diſturbance in the Stomach, and the neighbouring parts, raiſed by rough Medicines, for the quelling and reducing whereof to its former Peace, when the ſtrength of Nature is not ſufficient, there is great danger; and therefore I thought it neceſſary to provide for it, that what Nature could not do her ſelf, ſhe ſhould do by the aſſiſtance of Art; and two drams of *Diaſcordium* has done the buſineſs when I could do no good with the Seeds of *Dill*, and other things that are counted Specificks.

If a Looſeneſs happens in the courſe of this Diſeaſe, which, as we have ſaid, uſed to come when a Vomit was indicated at the beginning of this Diſeaſe, and yet was not given, in this caſe, I ſay, a Vomit may be uſed at any time of the *Diſeaſe*, if the Patient be not too weak, tho' the inclination to vomiting be long ſince paſt: But becauſe I ſuppoſe I have ſpoken enough of this before, I will only mention what is to be done if a Looſeneſs come, tho' a Vomit has been given, which truly is very rare, unleſs in an *Inflammatory Fever*, where a Vomit occaſions it, which muſt be obſerved; therefore in this caſe the following Glyſter is more beneficial than any other Aſtringent whatever.

Take of the Bark of Pomegranats half an ounce, of Red Roſes two pugils, boil them in a ſufficient quantity of Cows Milk, diſſolve half an ounce of Diaſcordium in half a pint of the ſtrained Liquor; mingle them, and make a Glyſter.

It is not convenient that the quantity of the Glyſter ſhould be greater, for tho' it may be naturally aſtringent, yet there is danger, leſt it ſhould weary the Guts by its bulk, and ſo provoke the Flux, which we endeavour to ſtop.

But here ſome may object, that it ſeems more proper eſpecially at the declination of the *Diſeaſe*, that the Looſeneſs, if it happens, ſhould rather be let alone than ſtop'd, becauſe it is ſometimes critical, and carries off the *Diſeaſe*: I anſwer, that ſometimes indeed the *Fever* is carried off this way, but this ſo ſeldom happens,

that we may not depend upon it: And that account (wherein having ſpoken generally of the Cure of all *Fevers*, we endeavour'd to prove the neceſſity of ſtopping this Flux) is alſo here much to the purpoſe; and now this is to be added, and I think it is worth noting, *viz.* that for a genuine depuration of the Blood, it is not only neceſſary that there be a ſecretion of ſome parts by the feces, but it is requiſite alſo, that others like Flowers be ſeparated, which is daily ſeen in other rich and heterogeneous Liquors; wherefore if we too much indulge the Looſeneſs, the depuration ſo much deſired would be only imperfect, and perchance that which ſhould be caſt out laſt would be ſecreted firſt. Indeed, I confeſs that ſeparation by Flowers being made, (which by the by is performed gradually and inſenſibly, and more frequently by large perſpiration than by manifeſt ſweat) the Looſeneſs if it ſhould chance to happen, would not be very dangerous; but it is to be noted, that then it only happens, becauſe purging to carry off the feces was not ſeaſonably order'd, which by their continuance growing malignant, provoke the Inteſtines to Excretion, to ſay nothing of the liquid conſiſtence of the Excrements (for ſo they are moſt commonly) which ſufficiently indicates, that it is not to be counted a critical ſolution of the *Diſeaſe*.

I ſuppoſe the *Iliack Paſſion* may be reckon'd among the ſymptoms of *Fevers*, becauſe violent Vomitings, which are wont to appear at the beginning of *Fevers*, ſometimes occaſion it.

This dreadful *Diſeaſe*, which has been hitherto accounted mortal by almoſt all, ariſes from the inverted and prepoſterous motion of the Guts, the Fibres of them, which ought to be contracted from the ſuperior towards the inferior, are drawn to the ſuperior; ſo that whatever is contained in the Guts is vomited up, and Glyſters, how ſharp ſoever, become vomitive: Purges alſo taken by the Mouth are caſt up by Vomit; and I ſuppoſe the exquiſite and intolerable Pain coming upon this *Diſeaſe* is only occaſion'd by the 'foreſaid prepoſterous motion of the Guts; for whereas thoſe Folds which the many circumvolutions of the Guts make are ſo formed by Nature, that they ſhould

moſt

most fitly conduce to the carrying down of the feces; when they, I say, are forced to give way to a motion contrary to their Fibres, the aforesaid pain is occasion'd from thence, which is fixed to one part, and this is like the boring of an Auger, when either the Valve, which is placed at the beginning of the Colon, hinders the going back of the Excrements to the *Ilium*, or any other Membrane belonging to the *Sinus*, sustains alone the force of this prepostrous Impulse.

We may assign a twofold cause of this Inversion from whence the pain arises, *viz.* Obstruction and Irritation.

First therefore, whatever violently obstructs the Intestines, so that nothing can pass downwards, necessarily occasions this contrary motion in them; among these, Authors are wont to reckon the Excrements harden'd, gross Wind collected in a great quantity, and tying up as it were the Guts, the constriction of them in a Rupture; and lastly, an *Inflammation*, and other great Tumors, which stop up the internal cavity of the Guts. In the mean time we must not deny that this contrary motion arising from these causes is rather to be accounted the motion of the things taken in, than of the Intestines: Nor is this an Inversion of the whole duct of the Intestines, but only of those which are situated above the seat of that Obstruction; wherefore I call an *Iliack Passion* proceeding from hence *spurious*. Secondly, I suppose, that in the *Iliack Passion* the cause of the inversion of the peristaltick motion of the Intestines is most commonly after this manner, *viz.* sharp and malignant Humors are cast upon the stomach and guts that are next to it, by the Blood raging by reason of the *Fever* begun of late, whereby the motion of the stomach is first inverted, and forced violently to cast up what is contained in it; at length the small Guts that are joyn'd to the stomach being weaken'd, yield to the violent motion of it, and with them at last the greater follow by consent, the stomach vomiting, leading as it were the dance; this I call the true *Iliack Passion*, and which is treated of now; the method of curing it has been hitherto in a manner unknown, whatever

some boast of the use of *Quicksilver* and Bullets, which are very often injurious, and seldom do much good. I have used successfully the following method.

When it appears by Glysters vomited up, and other signs, that it is a true *Iliack Passion*, I endeavour three things; first, that the contrary motion of the stomach which occasions the same motion of the Guts, may be hinder'd: secondly, that the Intestines, being weaken'd by the sharp Humor, may be strengthen'd: thirdly, that the stomach and guts be freed from those Humors. And that I may answer these Indications, I order the cure after the following manner. First, I prescribe one scruple of *Salt of Wormwood* in a spoonful of *Juice of Lemons*, to be taken Morning and Evening; but at other times of the day I order some spoonfuls of *Mint-water*, without *Sugar* or any thing else, to be taken twice in an hour, by the repeated use whereof alone the vomiting and the pain proceeding thence will soon vanish. At the same time I order a live Kitling to lye always upon the naked Belly; but after the pain and vomiting has wholly ceased for the space of two or three days, I give one dram of the *Pill. Coch. maj.* dissolved in *Mint-water*, which I also order to be used very often all the time of the working of the Pills, that I may the more certainly hinder the return of the vomiting: nor is the Kitling to be removed before the Patient has taken the Pills.

I have taken notice, that it is to no purpose to give these Pills, or any other Purge how strong soever, until the stomach is corroborated and reduced to its natural motion, and the guts to theirs, for otherwise all Purges taken inwardly will prove a Vomit, and so do more hurt than good; and therefore I do not use purging Medicines, until for some time I have used those Medicines which respect the stomach.

I prescribe a very thin Dyet, for I allow only some spoonfuls of Chicken-broth to be taken twice or thrice a day; in the mean while I order the Patient to keep his Bed all the time of the sickness, till the signs of perfect Health appear; and when he is well, I appoint him to persist in the use of the 'foresaid Water, for a long time:

time, and to keep his Belly warm with Flannels doubl'd, that there may not be a Relapse, to which this *Disease* is more obnoxious than any other.

My whole method of curing this *Disease* consists of these few things, which I trust will not be despised by any judicious person, by reason of its simplicity and want of Rhetorick, and pomp of Medicines. And these are the symptoms that are wont to happen in this *Fever:* There are some others which I will not now mention, partly because they are of less moment, and partly because they do not require a peculiar way of cure, for the *Fever* being well treated, they go off of themselves. And so much for the *Continual Fever* of this constitution, and of its symptoms.

CHAP. III.

Of the AGUES *of the Year* 1661, 62, 63, 64.

FOraſmuch as we ſaid before, the Conſtitution of all the foremention'd Years did ſo much favour the producing *Agues*, I will here impart thoſe Obſervations that I then carefully collected, I will add moreover thoſe things which I obſerved of ſome few Intermittents, which from that time happen'd ſporadically, that I may not interrupt the Hiſtory of the following Years.

And firſt, that we may at leaſt make ſome conjecture about the nature and genius of *Agues*, it is to be obſerved, that theſe three ſeaſons are to be conſider'd in the Fits; firſt, the time of ſhaking; ſecondly, of ebullition; thirdly, of deſpumation. To ſpeak briefly of theſe things, I ſuppoſe it proceeds hence, *viz.* becauſe the febrile matter, not as yet turgent, was in ſome ſort aſſimulated by the maſs of Blood; and being at length not only uſeleſs, but become an Enemy to Nature, does in a manner exagitate and provoke it; whence it comes to paſs, that being ſtirred up by a certain natural ſenſe, and as it were endeavouring to eſcape, it cauſes a ſhivering and ſhaking in the Body, a true witneſs of its averſion, juſt as purging Potions taken by ſqueamiſh perſons, or Poiſons caſually taken uſe preſently to cauſe a ſhivering, and other ſymptoms of that kind. Nature therefore being irritated in this manner (that I may now come to the time of ebullition) that ſhe may the more eaſily keep this Enemy from her Throat, falls upon fermentation, the uſual Engine which it is accuſtomed to make uſe of in *Fevers*, and ſome other acute *Diſeaſes*, when

when it endeavours to free the Blood from inteſtine Enemies; for the disjoined parts of this peccant matter, which were equally mixed with the Blood, do by the help of this Effervescence begin in some sort to be gathered together, and so may the more easily be wrought upon, so as to be made fit for despumation: And it seems very probable that it may be so, for they which dye of *Agues*, if they dye in the Fit, go off at first with a shaking; for if they reach the hot Fit, they escape, at least for that time, and the Patient is worst at the time of shaking, which being past, despumation follows, and then all the symptoms abate, and at length quite cease. By the word *Despumation* I mean nothing else than the expulsion or separation of the febrile matter, now brought under, and as it were conquer'd, and what is separated is of the nature of Yeast and Lees; as we may observe in other Liquors.

These things being premised, let us consider how it happens that the Fit returns, seeing the Patient at present seems to be well. Indeed the febrile matter is not yet wholly gone, but as young Bees grow up leisurely at set times, so this latent matter, according to the nature of the Fits, appears again, and causes new trouble, running the same course as before. But if any one should ask the reason why the hidden Fomes being not throughly subdued by the preceding effervescence, and therefore not expelled with the rest of the peccant matter, and so about to cause new Troubles, should not proceed alike in all *Agues*, for sometimes it requires one day, sometimes three, before it comes to maturity and makes a new Fit. I say, if any one should enquire about this matter, I would plainly confess, I knew not, nor has any other that I know sufficiently explicated this hidden work of Nature. I do not covet the Name of a *Philosopher*; and I admonish those that reckon they have merited that title, and perhaps blame me, because I have not endeavour'd to dive into these secrets of Nature, to try their Faculties in other works of Nature, which are every where to be seen, before they censure others; for I would fain know why a Horse comes to his growth in seven years, and a Man

at

at twenty one; why some *Plants* flower in *May*, and some in *June*, to say nothing of other things. And if the most learned men are not asham'd to confess openly their Ignorance of these things, I cannot see why I should be blamed if I forbear reasoning about a thing as difficult to the full, and perhaps wholly inexplicable; yet I am perswaded, that the progress of Nature is as certain and regular in this case as in any other, and that the matter of a *quartan* and *tertian Ague* is as subject to Nature's Laws, and govern'd by them, as well as any other Bodies whatever.

All *Agues* begin with shivering and shaking, and are presently succeeded by heat, and then sweat; the sick most commonly vomits both in the cold and hot Fit, is very sick, dry, and thirsty, and his Tongue is very dry, and the like; all which symptoms retreat by degrees, as the sweat comes on, and when it is very plentiful, the Fit seems to be at an end, and he that was just now sick seems to be very well, till the Fit returns at its wonted time, *viz.* a *quotidian* once every natural day, a *tertian* every other day, a *quartan* every third day, reckoning from the beginning of one Fit to the beginning of the next, tho' often the two last are doubled; so that a *tertian* invades daily, the *quartan* two whole days, the third being free from a Fit; and sometimes also it comes for three days together, when 'tis a triple *quartan*, the *Ague* taking its name from the shape it first assumed, which doubling of the Fits sometimes proceeds from the excess and too great activity of the febrile matter, in which case the adventitious Fit comes before the first, sometimes also from the loss of strength, the patient being much weaken'd, and the vigor of the Fit broken, either by cooling too much, or by evacuation above measure. In this case the adventitious Fit follows the first, and does not last so long: in the former instance the turgescency or fury of the matter does not wait for the return of the period due to it, and performs its despumation somewhat sooner: in the latter the Blood being not vigorous enough to put off the febrile matter at once, presently substitutes another afresh, whereby it may expel the Relicks of it: and perhaps from these two oppo-

site

site causes depend as well the anticipation of the Fits, as the slow access of them in an ordinary and regular *Ague*, both whereof frequently happen in these *Fevers*, which, as has been said, continue a night and a day, either coming before the usual time of the Fit, or after it.

Of Agues.

Some belong to the *Spring*, and some to the *Fall*; for tho' some come betwixt these two seasons, yet because they are not so frequent, they may be reduced to the two former, *viz.* to those that are nearest: therefore I shall comprehend them under these two kinds, the seasons whereunto they are for the most part to be referred particularly, are the months of *January* and *August*, tho' sometimes they come sooner, according to the greater or lesser disposition of the Air to produce them, and consequently they are more or less epidemical, of which we have a clear instance in the *Agues* of the year 1661, at which time I remember a Woman, my Neighbour, had the first Fit of a *quartan* on *St. John*'s day, and many others were seized very early with *Agues* about that time, which were afterwards very epidemical; and this shews, that there was then a great disposition of the Air to those *Diseases*; and moreover, as the Year encreased they grew more numerous.

And this distinction of *Agues* is so necessary, that unless we observe it well, we can neither make our *Prognostick* aright, how long they will last, nor keep our patient's Body to a due regimen, with respect to the different nature both of the *Seasons* and *Agues*. I confess, the *Agues* of each season are naturally not altogether unlike, whether you consider the manner of their first coming, which first begins with shivering, then heat follows, and at length sweat; or the difference of their Types, in respect whereof some are *tertians* both *Spring* and *Fall*, yet I do not question but they are very different in their nature or essence. And to speak first of *Vernal Agues*; They arealmost all either *quotidians* or *tertians*, and they come either sooner or later,

later, according to the various disposition of the season, for in the Winter-time the spirits are concentrated, and in their recess gather strength, which being now brisk, the heat of the approaching *Sun* draws out, and being mixed with the viscid Humors, (yet they are not so viscid as those the heat of the foregoing *Fall* has torrefy'd) which Nature during Winter had heaped up in the mass of Blood, while they endeavour'd to fly away, are as it were entangled, and so cause the *Vernal Ebullition*, as Vessels full of Beer kept long in a cold Cellar, if they are set near the Fire, presently begin to work, and the Liquor is apt to flye. The Blood being in this manner adfected, endeavours the purging it self, and by the help of volatile spirits does the business soon enough, unless it chance to be too full of viscid Juices, which obstruct the fermentation begun; and tho' this happens, yet the Vernal Effervescence is seldom continued and constant, but is usually divided into several Fits; for the Blood being now turgid with rich spirits, Nature falls to her work in haste, and makes secretion of some parts by particular Fits, in the manner of perfect solution before she performs universal separation: and this is probably the reason why in *Spring*-time (especially that part of it which is neareſt *Summer*) we meet with few *Continual Fevers*, unless the Constitution chance to be Epidemick, for the fermentations that then rise are either quickly laid, or hasten to an Intermission; or lastly, part of the Humors being more enclin'd to separation, are hastily and with some violence translated to another place, whereby *Quinsies*, *Peripneumonies*, *Pleurisies*, and the like presently arise, shewing their Heads, especially at the latter end of the *Spring*.

I have observ'd, that *Spring-Agues* are seldom lasting, and always beneficial, so that the oldest man, or any weak person, can scarce be destroy'd, even by the over-officiousness and destructive nicety of the most ignorant; yet I have seen *Spring-tertians* protracted to the time wherein *Autumnal Agues* used to come, by bleeding and purging unseasonably used, together with a regimen disagreable to the *Disease*; but that season being very contrary to the nature of it, presently extinguish'd it,

it, but the patient is in the mean while almoſt ruin'd by the frequent doubling of the Fits, and the long continuance of them, ſo that he ſeems to be in much danger, yet ſo far as I have obſerv'd, he has always recover'd: Nor could I perceive thoſe ill ſymptoms in ſuch as recover of this *Diſeaſe* as follow long *Autumnal Agues*, as ſhall be ſaid by and by, I mean a deadly Inflammation of the Almonds of the Ears, and hard Belly, a *Dropſie*, and the like. But I have more than once obſerved, that when the ſick has been extreamly weaken'd by the length of the *Diſeaſe* and doublings of the Fits, together with miſchievous evacuations repeated, he has been ſeized with a *Mania* when he firſt began to recover, but it went off by degrees as ſtrength returned.

But *Autumnal Agues* are much different; for, firſt, a *tertian*, tho' ſometimes it goes off ſoon, and is not accompanied with more ſymptoms than *Vernal Tertians* are wont to be when it is not epidemical, and ſeizes ſound people; yet when it is epidemical, and falls on thoſe that are in years, and of an ill habit of Body, it is dangerous, and laſts two or three months, and ſometimes till the beginning of the next *Spring*. But *quartans* are more dangerous and obſtinate than thoſe we treated laſt of; for when they ſeize old people they ſometimes kill them, after they have had a few Fits, and when it is ſo they dye moſt commonly in the cold Fit, as was ſaid before; but if the patient be not very ancient, there is not much danger of his being diſpatched at firſt, yet he will ſcarce recover till the next Year, and that time approaches wherein he was firſt ſeized; and ſometimes alſo they leave behind them ſomething that kills the Patient. A *quartan* ſometimes varies its Type and alſo occaſions many ſymptoms: for example; the *Scurvy* and *hard Belly*, a *Dropſy*, and the like: But young people are able to bear this *Diſeaſe*; yet moſt commonly it continues till *March*, and ſometimes till the next *Fall*, when they have been blooded and purged. I have ſeen Infants hold out to admiration for ſix months, and they have alſo recover'd.

It is here to be obſerved, that of what age or temperament ſoever he be that is ſeized with a *quartan*, it will not laſt long upon him, if ever he had it before, tho' it were long ago, but after a few Fits will go off it ſelf. And this is worth taking notice of.

As to the cure of *Spring-Agues*, I ever thought they were to be left to themſelves without doing any thing, becauſe I never knew any one deſtroyed by them; and on the contrary, that thoſe that endeavoured to cure them, made them only more obſtinate and laſting: But if the ſick earneſtly deſire a *Phyſicians* Help, they may be ſucceſsfully treated by various methods, as I have frequently obſerved.

A Vomit given ſo as that it might have done working before the Fit, has ſucceeded well, eſpecially if a moderate doſe of *Diacodium*, or any other Anodyne has been given after it has done working, juſt before the Fit comes.

Sometimes *Diaphoreticks* perform the cure by promoting the ſweat coming at the end of the Fit, the Patient being well covered with Clothes, which muſt be continued as long as he can bear it; and this does the buſineſs often in *Spring-Agues*, eſpecially in *quotidians*, for the Humor being not very thick at this time, the *Diſeaſe* is carried quite off, which otherwiſe would return again: But this never happens in *Autumn*. I have ſometimes cured *tertian Agues* by Glyſters given three or four days of the well days.

But if by bleeding, (to which the ſeaſon of the year ſoon inclines the unwary) or by reaſon of the foregoing weakneſs of the Patient, the Spirits that ſhould preſently endeavour deſpumation, are ſo much weakened, that they cannot well perform it, it may happen that theſe *Spring-Agues* may continue as long as *Autumnals*, notwithſtanding all that can be done, tho' they are not wont to laſt ſo long, for either they go off of their own accord, or are ſoon cured by gentle Remedies. But *Agues* in the *Fall* are not ſo ſoon removed, and therefore I ſhall ſay ſomething of theſe. If the Autumnal Conſtitution be epidemick, they are wont to come about *June*; if not, they do not invade till *Auguſt*, or the beginning

ginning of *September*; but they ſeldom happen in the months next following.

You may obſerve that a great many of them come together, they come moſt commonly in the ſame day, and at the ſame hour of the day, the Fits coming ſometimes ſooner, ſometimes later, in the ſame way and manner, unleſs it happen that the order be perverted or changed by Remedies that have a faculty of haſtening or retarding them in ſome Bodies.

It is to be obſerved, that it is a hard matter at the beginning of *Agues* (eſpecially of thoſe that are epidemical in the *Autumn*) to diſtinguiſh them at the firſt invaſion, for they are at firſt accompanied with a *Continual Fever*: Nor is it eaſie for ſome time afterwards, unleſs you take great notice to perceive any thing more than a remiſſion, but by degrees they perfectly intermit, and exactly agree with the ſeaſon of the year.

They are either *tertians* or *quartans*, and it may be well ſaid of *quartans*, that they are the genuine product of the *Fall*. Theſe *Agues* are ſo allied to one another, that they frequently change from one to the other; but *Spring-tertians* never aſſume the ſhape of *quartans*, for they differ as much as can be poſſibly imagined: Moreover, I never obſerved a *quotidian* in this ſeaſon, unleſs any one will have a double *tertian*, or a triple *quartan*, ſo called.

Theſe *Agues*, I ſuppoſe, ariſe moſt commonly in the manner we ſhall now briefly mention; according to the progreſs of the Year the Blood is proportionably exalted (as Vegetables by their growth and decay ſhew the courſe of the Year) till it comes to its height, and then again keeping pace with the declining ſeaſon of the Year, it declines alſo, and more eſpecially when puſhed down by ſome accidental cauſe, as by immoderate loſs of Blood, by taking cold, by crude and excrementitious Meats, by the unſeaſonable uſe of Baths, and the like: And when the Blood is in this ebbing ſtate, it ſoon receives every morbifick impreſſion that any conſtitution of the Air will make upon it, which is epidemical at this time for *Agues*; and the Ebullition preſently begun tends hither, which ſeizing the Blood ſometimes very degenerate, the *Fever* ariſing

from

from thence is wont to be untoward, and full of malignant and dreadful ſymptoms. But however it happens, the Blood having loſt a great part of its ſpirits, and being much torrified by the foregoing *Summer*, performs the Ebullition ſlowly, and requires a very long period for its deſpumation.

Now, that it may plainly appear how difficult it is to cure theſe *Agues*, I mean *Autumnal*, we muſt conſider, that the difference betwixt them and the *Continual Fevers* in this ſeaſon, conſiſts eſpecially in this, *viz.* *Continual Fevers* conſtantly carry on the Efferveſcence in one and the ſame order, when it is once begun, and *Agues* perform the ſame at ſeveral times, but Fermentation is finiſh'd in both by Nature's guidance in 336 hours or thereabouts, for the maſs of Blood in an human Body is not commouly purged ſooner or later than ſo, if the buſineſs be left to Nature; as *Sider*, *Wine*, and *Beer* have each of them their peculiar period wherein they are depurated; and tho' in *Agues* the Blood ſometimes, as it happens in a *quartan*, endeavours its deſpumation in the ſpace of ſix months, and at length finiſhes it; yet if you calculate right, there is not more time ſpent in performing it, than what naturally is wont to be ſpent in *Continual Fevers*; for fourteen times twenty four hours, or fourteen natural days, make 336 hours, and allowing five hours and an half for every Fit of a *quartan*, you will have in a *quartan* the value of fourteen days, that is 336 hours. Now if any one ſhould ſay, that a *quartan*, for inſtance, and the like, is to be underſtood of other *Agues*, ſometimes runs beyond the ſpace of ſix months, before it finiſhes its period, I anſwer, That the ſame is frequently ſeen in *Continual Fevers* of this conſtitution, which are many times protracted beyond fourteen days. But in either caſe, if you have a care that the Efferveſcence (eſpecially towards the end of *Fevers*) proceeds well, and in good order, and be kept up brisk, deſpumation will be finiſh'd within the ſpace of time aforeſaid, that is in 14 days, or 336 hours; but if at that time, that is towards the declination of the *Fever*, you unſeaſonably obſtruct the Efferveſcence, either by Medicines that cool the fermentation, or by Glyſters, that give a check to it,

it, no wonder if they last long, because the order of Nature is disturbed, for by this means the tone of the Blood is in a manner loosen'd, so that it cannot betake it self effectually to perform despumation; yea, sometimes in weak Bodies the same happens of its own accord, unless you assist weak Nature by the help of Cordials, that it may be enabled to perform despumation.

But here it must be observed, that those things which we have mention'd above concerning the space and duration of the fermentation, are only to be understood of those *Fevers* that have arrived to a setled state and habit, for there are some *Fevers*, both continual and intermittent, which are of a transient and uncertain nature, and do not reach the destined periods in their Effervescencies: Of this kind are those that sometimes take their rise from some small Error in the six Nonnaturals, as they are called, as from a disorder in eating and drinking, or of the Air, and the like. They who are seized with these Diseases often recover soon; and the same happens in young Men, whose Blood is pure, and stock'd with many Spirits, for their *Fevers* depending on a spiritual and thin matter, that easily flies away, soon perform their fermentation, and having swiftly run their race, disappear; for this is principally necessary to fermentation, *viz.* that the matter to be fermented, whether Blood, Wine, or any other kind of Liquor, should be so clammy and tenacious, as to retain the entangled Spirits in such a manner, as that they may be stirred and moved in the Liquor, as Birds catched in Bird-lime, and Flyes in Honey may struggle and buzz, but cannot fly away. But by the by, the forementioned Liquors ought not to be so clammy, as to overwhelm and quite oppress the Spirits, so that they cannot move at all.

These things being laid down (which in my opinion are reasonable enough, however they may seem to others) it will not be strange, if I propose no other method of Cure than what seems useful to perfect the despumation in *Continual Fevers*, for that they do no way differ from them, if you consider the method whereby Nature is wont to expel the matter of them, *viz.* by Effervescence contained in a certain period; tho' I must own they dif-

fer from *Continual Fevers*, and very much among themſelves with a reſpect to the kind of them, and the propriety of their nature. We muſt therefore take an Indication, either by obſerving carefully the method that Nature uſes to free her ſelf from this Diſeaſe, and ſo quicken fermentation when begun, and by that means cure our Patient, or by enquiring into the ſpecifick cauſe, we muſt endeavour to conquer the Diſeaſe by effectual and ſpecifick Remedies, Indications muſt be taken from one of theſe two. I have gone both ways to work, with great care and intention of Mind, but have not been able to remove *Agues* in the *Fall*, before they had finiſh'd their ſtated fermentations we have mentioned before, how troubleſome ſoever this may ſeem to thoſe that have *Agues*, who are ſo long and unwillingly compell'd to wait for Health. But if there be any man who knows how to ſtop the career of theſe *Agues*, either by a Method or a Specifick, he is certainly oblig'd to diſcover a thing ſo beneficial to Mankind; but if he refuſe to do it, he is neither a good Citizen nor a prudent Man; for it does not become a good Citizen to reſerve that for himſelf which may be advantagious to Mankind; neither is it the part of a prudent man to deprive himſelf of that Bleſſing he may reaſonably expect from Heaven, if he makes it his buſineſs to promote the Good of the Publick; and truly, Virtue and Wiſdom are more valued by good Men than either Riches or Honour.

But tho' it is hard to cure *Agues* in the *Fall*, yet I will mention what I have found moſt ſucceſsful in the management of them.

I have found by frequent Experience, that it is very dangerous to attempt the cure of *Agues* in the *Fall* by purging, (unleſs we proceed in the way to be mention'd by and by) but eſpecially by bleeding, for in *tertians* (eſpecially if the conſtitution be very epidemick) if Bleeding does not preſently remove the Diſeaſe, it is prolonged thereby, even in young People, and in ſuch as are of a ſtrong conſtitution; but in old People, after they have been a long while afflicted with the *Ague*, Death follows, and the deadly Inflammation of the Almonds is commonly the fore-runner of it. Moreover,

Bleeding

Bleeding haſtens thoſe other ſymptoms, which we ſaid accompanied *Autumnal Agues* at their latter end, or follow'd preſently after them; but Bleeding is ſo very prejudicial in *quartans*, that by reaſon of it they continue a whole year upon young People, whereas otherwiſe they would go off in half the time. And whereas ancient People may be freed from them within a year if they do not bleed, there is danger if they do of their continuance beyond the appointed time, and of their dying of them. What has been ſaid of bleeding may eaſily ſuit with purging, only it is not ſo very prejudicial, unleſs it be often repeated.

I begin with *tertian Agues* in the *Fall*, in the following manner; the patient being put to Bed and well covered, I ſweat him with *Sage Poſſet-drink*, about four hours before the Fit comes, and as ſoon as he begins to ſweat, I give him two ſcruples of *Pill. Coch. maj.* diſſolved in an ounce of the following mixture.

Take of Aqua vitæ *one pint*, *of* Venice Treacle *three ounces*, *of* Engliſh Saffron *one dram*; *mingle them, keep them for uſe.*

When he has taken theſe things, let the ſweat be continued for ſome hours after the time wherein the Fit ſhould come, taking great care of thoſe interruptions of ſweating, which perhaps Stools may occaſion, by reaſon of the *Purge*. I had better ſucceſs by the uſe of this Medicine in the cure of *tertians*, than by the common Decoction of the Roots of *Gentian*, and the tops of *Centuary* with a little *Sena* and *Agarick*, which aims at the ſame thing; for ſeeing it provokes at the ſame time thoſe two contrary motions of ſweating and going to ſtool, it has the ſame effect as the other by confounding and interrupting the ordinary courſe of the Fit, and indeed is more effectual, and full as ſafe. I have cured a great many *tertian Agues* in the *Fall* by this method; neither could I in theſe years find a better.

In a double *tertian*, which has varied its type, by reason the sick was weaken'd by Evacuations, or any other way, the sweat must be raised as before, and at the same distance of time from the next Fit, either by the Medicine before mentioned (but the *Pill. Coch.* must be omitted, for it is neither safe, nor to any purpose to weaken the sick more by purging, when he has been weaken'd by it already; and so by it to further the doublings of the Fits) or by some other strong sweat, which may be also repeated in the genuine Fit next following. When the patient is extreamly weakened by the doubling Fits, I order the following Electuary.

Take of the Conserve of Flowers of Borage and Bugloss each one ounce, of Conserve of Rosemary-flowers one ounce, of candied Citron-peel, of Nutmegs candied, and of Venice *Treacle, each three drams, of Confection of Alkermes two drams; mingle them and make an Electuary, whereof let him take the quantity of a small Nut morning and evening, drinking upon it six spoonfuls of the following Julep.*

Take of the Waters of Meadow-sweat and Treacle each three ounces, of Syrup of Gilliflowers one ounce; mingle them.

Or instead of this, I give some simple Epidemick Waters sweeten'd with Sugar: I forbid the use of Glysters, and order the sick to eat Oatmeal and Chicken-broth, and the like.

As to the cure of *quartans*, I suppose every one who is but little conversant in this Art, knows how unsuccessful all the methods have hitherto been, which are designed for the cure of them, except the *Peruvian Bark*, which indeed oftener stops it than conquers it; for after it has teased a fortnight or three weeks, to the great advantage of the patient, who having been severely handled by it, has a little breathing time, it begins again afresh, tormenting him as bad as ever; and for the most part, how often soever the Medicine be repeated, it requires a long time before it can be vanquished;

quiſhed; yet I will mention what I have obſerved concerning the Method of giving it.

But you muſt take care not to give the *Jeſuite's Powder* too ſoon, before the Diſeaſe has a little waſted it ſelf; unleſs the weakneſs of the Patient requires it ſhould be given ſooner, for the giving it too ſoon may render it ineffectual, and endanger the Patient's Life, if a ſudden ſtop be put to the fermentation of the Blood, whilſt it is endeavouring earneſtly deſpumation. In the next place no part of the febrile matter muſt be evacuated by purging, much leſs by bleeding, for by either of them the Oeconomy of the Body is weaken'd, and ſo the Fits may more readily and certainly return as ſoon as the vertue of the Powder is gone. I think it is better to Tincture the Blood leiſurely with the 'foreſaid Medicine, and a good while before the Fit, than to endeavour at once to hinder the Fit juſt approaching, for by this means the Remedy has more time to perform its buſineſs throughly, and then the Patient is freed from the danger that might happen by a ſudden unſeaſonable ſtop, whereby we endeavour to ſuppreſs the Fit that is now about to exert it ſelf with all its might. Laſtly, the Powder muſt be repeated at ſuch ſhort diſtances of time, that the vertue of the former Doſe be not quite ſpent before the other be given; for by the frequent repetition a good habit of Body will be recovered, and the Diſeaſe wholly vanquiſh'd. And for theſe reaſons I like this method better than any other.

Take of the Jeſuit's Powder one ounce, of the Syrup of red Roſes two ounces; mingle them.

Let the Patient take the quantity of a large Nutmeg morning and evening daily, of thoſe days the genuine Fit does not come, till he has taken all the Confection, and let it be repeated once a fortnight for thrice.

And perhaps the Bark may be uſed with as good ſucceſs in Spring and Autumnal *Tertians*; but to ſpeak the Truth, and not to boaſt abſurdly of Art, if the Patient ſeized with any of theſe *Agues* be either an Infant, or young, it's beſt (as far as I yet underſtand) to uſe no Medicine at all, nor to change the Air or Dyet, for I

never found hitherto any ill from thence, if the buſineſs be wholly left to Nature; which I often obſerved with admiration, eſpecially in Infants; for the Blood having performed its depuration, theſe *Agues* go off of themſelves. But on the contrary, if a ſtrict courſe of Dyet be order'd, or purging Medicines given (for they uſed to be preſcribed forſooth to open Obſtructions, and to carry off the Humors lodged in the firſt Paſſages;) or if eſpecially Bleeding be uſed in an Epidemical Conſtitution, it comes to paſs that the Diſeaſe is much prolonged, and the Patient expoſed to a thouſand dangerous Symptoms. But if the Patient be ancient, there is great danger in both Diſeaſes, I mean *Autumnal Tertians* and *Quartans*, not only of their long continuance, but alſo of Death it ſelf; therefore in this caſe the Phyſician ought to act ſo, as that if he cannot take off the Diſeaſe, neither by the Bark nor any other method, he ſhould at leaſt aſſiſt Nature, ſo that ſhe may be able to perform her own Work; for certainly in weak Bodies, unleſs the fermentation be kept up by the help of Cordials and a ſtrengthening Dyet, as with Wormwood-wine, and the like, the Patient will be weakened, and troubled with uncertain and fruitleſs Fits, and the Diſeaſe will continue long; ſo that Nature being very languid, and ſeized with a grievous Fit, cannot reach the time of ebullition, ſo he dies in the cold Fit. And this frequently happens to Old Men, that have been weaken'd by a long courſe of Catharticks, and ſometimes they dye in the ſhaking of the firſt Fits, whereas they might have been kept up, for ſome time at leaſt, by ſome ſtrong Cordial.

When the Blood has paſſed the time that is requiſite for perfecting its deſpumation, ancient Patients muſt at that time remove to another Air very different, or which is better, into ſome warmer Country, or at leaſt ſhould leave the place where they were firſt ſeized with this Diſeaſe. It is indeed ſtrange how much the change of Air prevails for the total extirpation of this Diſeaſe; but the change of Air before this time is not proper; for tho' any one ſhould remove into an hot and ſoutherly Country, yet it is neceſſary that the Blood ſetled in this ſickly diſpoſition ſhould finiſh its depuration: And

it

it will be in vain to expect any benefit from an unusual and new Air, till the motion of the Blood proceeding and growing perfect, is capable of recovering Health; a considerable alteration of the Air is therefore then to be appointed, when the Sick is freed from the Fit: for instance, in a *Quartan* which first began in *Autumn*, the Air must not be changed till the beginning of *February*; but if the Patient will not, or cannot conveniently remove, he ought at this time to use some strong Medicine, so powerful, as may be able at once to promote the languid depuration, and if possible to perfect it.

Take of the Electuary of the Egg, or of Venice *Treacle, one dram and an half, dissolve it in two ounces of* Aqua cœlestis, *or of common* Aqua vitæ; *give it two hours before the Fit.*

I have used this with good success at the declination of such Diseases; but hot things given sooner have either doubled the Fits, or changed them into a *Continual Fever*; as was long ago observed by *Galen*. The same may be given with caution to young People in this Disease; but I have long ago found them prejudicial to Children.

But before I leave this Argument, I must acquaint you, that those things which have been spoken of the duration of *Autumnal Agues*, and of the time required for the despumation of the Blood, are so to be understood, *viz.* that we respect now only that which Nature is wont to perform by the assistance only of common Medicines; for we have not designedly discoursed so of these things to discourage learned and diligent Physicians from searching for better methods of cure, and more effectual Remedies, whereby they may hasten the cure of such Diseases; Indeed I am so far from thinking so, that I do not despair of finding out one day such a Method or Remedy.

The Disease being removed, care must be taken that the Patient be purged, for it can scarce be imagined how many Diseases are occasioned by the omission of purging after *Autumnal Agues*; and I wonder this is taken so little notice of, and no more provided for by

Physicians; for whenever I have seen these Diseases happen to People somewhat in years, and purging was neglected, I could certainly foretell that some dangerous Disease would befal them, tho' they had not the least thought of it, being as it were perfectly recovered.

But the Patient must not be purged before the Disease is quite vanquish'd; for tho' the natural parts may seem by this means to be freed from the filth which the *Ague* had cast upon them, yet fresh matter will suddenly spring up, being supplied by the *Fever* returning again by reason of the force of the Catharticks, and the agitation of the Humors; and so all we gain by purging is the rendering the Disease more stubborn. And we find this daily by Examples of those who yielding to that Theory which places all the hope of Cure in opening Obstructions, and in evacuating the melancholy Humour, which is vulgarly reckon'd the cause of this Disease, are miserably punish'd by Catharticks repeated at the declination of the Disease; and indeed, whatever that Humour be which is evacuated with them, it is apparent that the *Fever* is more rooted thereby, and more obstinately maintains its ground, by being provoked. Wherefore I by no means give a Purge before that time wherein the perceptible Fits are quite gone, and also that alteration, how little soever it be, that is felt of those days whereon the Fit uses to come; and moreover, till a month be past; after which I prescribe some Lenitive Potion, and I order it should be repeated once a week for two or three months following, and after every Purge an Anodyne at Bed-time, the Medicine having done working, to prevent the coming of the Fit afresh, which perhaps might be otherwise occasion'd by the tumult the gentlest Purges raise.

Therefore I purge at such a distance of time as may free the Patient from the fear of a Relapse, which truly may be easily occasioned by the agitation of the Humors, and too frequent Bleeding. But when this Danger is over, the following Apozem may be used often.

Take

Take of Monks Rhubarb two ounces, of the Roots of Asperagus, Butchers-broom, Parsley, and Polipody of the Oak, each one ounce, of the middle Rind of an Ash and of Tamarisk, each half an ounce, of the Leaves of Agrimony, Ceterach, and Maidenhair, each one handful, of Sena cleansed one ounce and an half, sprinkled with three ounces of Whitewine, of Dodder of Thyme half an ounce, of Agarick trochiscated two drams, of Fennel-seeds four scruples; let them be boiled in a pint and an half of Fountain-water; towards the end add three ounces of the juice of Oranges; mix with the strained Liquor of the Syrup of Succory with Rhubarb, and of the Magisterial Syrup for Melancholy, each one ounce and an half; make an Apozem, whereof let him take half a pint every morning for three days, and let it be repeated as often as there is occasion.

And now at length, that we may treat of those Symptoms which accompany *Agues* at their declination, we must take notice, that very few, compared with the *Autumnal*, belong to *Agues* in the *Spring*, because they are not so lasting, nor consist of such earthy and malignant Humours.

A *Dropsie* now and then occurring, is the chiefest, wherein the Legs swell first, and then the Belly also; it is occasion'd by the Blood wasting a great many Spirits, by reason of frequent fermentations, which the diuturnity of the Disease is the cause of, especially in Old People; so that being extreamly weaken'd, it cannot any more assimulate the Juices taken in with the Nourishment, whereof a crude and indigested heap is at length put off upon the Legs; and when they are distended so that they can receive no more, upon the Belly also, and so it becomes a true *Dropsie*. But this Disease seldom happens to young Men, unless it has been foolishly brought upon them by Purges repeated frequently in the course of the *Ague*.

But a *Dropsie* coming from the cause above mentioned is easily cured at first by Catharticks and opening Medicines. Nor am I concerned at the event, when I

hear

hear of this Diſeaſe proceeding hence, for then I reckon all will go well. I have cured ſome with the Apozem above mentioned, without the mixture of any thing more appropriated to the *Dropſie*. But I have obſerved it is in vain to endeavour the cure of ſuch a *Dropſie* by purging Medicines, while the *Ague* continues, for by this means the *Ague* is more firmly rooted, and beſides, the *Dropſie* will not be taken off. We muſt therefore wait till the *Ague* is cured, and then we may ſucceſsfully undertake the buſineſe.

But if this Symptom be ſo very violent, that the cure of it cannot be deferred till the receſs of the *Ague* permits the uſe of Catharticks, it muſt wholly be managed with the infuſion of *Horſeradiſh-roots*, the tops of *Wormwood*, and of the leſſer *Centaury*, of *Juniper-berries*, *Broomaſhes*, and the like, made in Wine, which not only reſiſt this Symptom by reſtoring the weak Blood, but alſo help Nature juſt about to triumph over the Diſeaſe.

Infants are ſometimes hectick after *Autumnal Fevers*, both continual and intermitting, their Bellies are puffed up, ſwelled and hard, and they have often a Cough, and other Symptoms that Conſumptive People are troubled with, and which plainly reſemble the *Rickets*; theſe muſt be treated in the following manner. Let the purging Potion be prepared, which I have order'd to be taken at the end of *Continual Fevers*, whereof let the Child take one or two ſpoonfuls, more or leſs, according to its age, in the morning, for nine days, omitting a day or two if there be occaſion, the Purge being ſo moderated either by encreaſing or decreaſing the Doſe, that it do not exceed five or ſix ſtools a day. After purging let the Belly be anointed with ſome opening Liniment for ſome days.

Take Oyl of Lillies and Tamarisk each two ounces, of the Juice of Briony-roots and Smallage each one ounce; let them boil to the conſumption of the Juices: add of the Oyntment of Marſhmallows and of freſh Butter each one ounce, of Gum Ammoniacum *diſſolved in Vinegar half an ounce, of yellow Wax a ſufficient quantity; make a Liniment.*

I have

I have cured a great many Children of the true *Rickets* by this method.

But as I ſaid before, great care muſt be taken that we do not begin to purge till the *Ague* is quite gone; for tho' by this means ſome part of the Humour caſt upon the natural parts may probably ſeem to be evacuated, yet ſometimes a freſh quantity of ill matter is ſupplied by the *Fever*, which does not only make purging ineffectual, but the Diſeaſe more laſting, for the Reaſons above mentioned.

It is worth noting, that when theſe *Autumnal Agues* have a long time moleſted Children, there is no hope of recovery till the region of the Belly, eſpecially about the *Spleen*, begins to be hardened and to ſwell, for the *Ague* goes gradually off, as this Symptom comes on; nor perhaps can you any other way better prognoſticate the going off of the Diſeaſe in a ſhort time, than by obſerving this Symptom, and of the ſwellings of the Legs, which are ſometimes ſeen in grown People.

The Swelling of the Belly, which comes upon Children after theſe *Agues*, in thoſe years the conſtitution of the Air is epidemically determined to propagate *Autumnal Agues*, feels to the Finger touching it as if the Bowels contained ſome matter harden'd to a *Scirrhous*; whereas that which comes in other years in like appearance affects the touch ſo, as if there were only a tenſity of the *Hypochonders* by Wind under them; and which is worth noting, the true *Rickets* do not often happen, unleſs in thoſe years wherein *Autumnal Agues* prevail.

The pain and inflammation of the Almonds after either *Continual* or *Intermitting Fevers*, firſt with the difficulty of ſwallowing, and afterwards alſo with hoarſeneſs and hollow Eyes, and an Hippocratical Face, certainly betoken, that Death is at hand, all hope of recovery being paſt; and I have obſerved, that too large evacuations in Patients almoſt worn out, and alſo the long continuance of it, have mutually contributed to the production of this fatal Symptom.

There are many other Accidents which are wont to follow theſe Diſeaſes by reaſon of Purging not uſed at all, or not rightly uſed, which at preſent we will ſay nothing

thing of, seeing the way of cure in all is almost the same, *viz.* the purging off of the Sediment deposited by the preceding Effervescence, because it has occasion'd these ills by its continuance. But it may be proper to discourse here of a Symptom no way contemptible, which will yield neither to Purging nor to any other evacuation, especially to Bleeding, but is heighten'd thereby; it is a certain peculiar Madness which follows long *Agues*, especially *Quartans*. The common methods of Cure are no way beneficial in this case, for by strong evacuations the Patient becomes a Changeling, and continues so as long as he lives. I have often wonder'd that Authors have not mention'd this, seeing I have taken notice of it several times. And whereas other sorts of Madness are most commonly cured by large evacuations by Bleeding and Purging, this can bear neither; for when the Patient is in a manner recovered, if a Glyster only of Milk and Sugar be but once injected, it will presently begin again afresh; and if we proceed with Purging repeated and Bleeding, such evacuations may indeed quell the fury of the Disease, but they will certainly make the Patient a Fool, and render him incurable. And it is not strange, if we consider that other sorts of Madness proceed from the too vivid and exalted crasis of the Blood: But that this is occasion'd by the weakness of the same, becoming vapid by too long a fermentation carried on by the *Fever*, so that the Spirits are wholly incapable to perform the Animal Functions.

I us'd to manage this Disease in the following manner. I prescribe a large Dose of some generous Cordial, to be taken thrice a day; for instance *Venice* Treacle, the Electuary of the Egg, the Countesses Powder, Sir *Walter Rawleigh*'s Powder, or the like, in Epidemick or Treacle-water, or in some other Cordial Medicines may be also given in some other form: The Patient is likewise to be comforted with strengthening Dyet and generous Liquors; he must keep within, and lye much a Bed, the Belly will by this means be bound, so that a *Fever* may be fear'd by some, especially by reason of hot Medicines taken; but there is really no danger of it, for the Spirits worn out by the foregoing Disease,

are

are not able to kindle a new *Fever*, after some weeks will grow better by little and little, and then Cordials may be omitted for some days, but the strengthening Dyet must be constantly used, and the use of Cordials must be again repeated after a short intermission, and continued till he is quite well.

The 'fore-mention'd method has sometimes cured Madness that has not come upon these *Agues*, in those of a cold and infirm Constitution. Last Year I was call'd to *Salisbury*, to consult with the learned and sagacious Physician Dr. *Thomas*, my very good Friend, about a Gentlewoman who was distemper'd in Mind, and she was perfectly cured by the Remedies above mention'd, tho' she was then with Child.

But the common Madness which is wont to befal brisk People, without any *Fever* going before, is of another kind, and therefore to be treated with a quite contrary method as to Evacuations, tho' in this sort also those things that strengthen the Brain and the Animal Spirits are not to be omitted. I will add the Cure of this by the by to the 'foremention'd kind, tho' it does not properly belong to this place, lest any should be deceiv'd by the likeness of the Diseases.

In young People of a sanguine constitution let eight or nine ounces of Blood be taken from the Arm twice or thrice, at three days distance, afterwards bleed once in the Neck, bleeding oftener rather makes the Patient a Changeling than cures him, then give half a dram or two scruples of the Pill *Ex duobus*, according as it works, on a set day: for instance; if the Patient takes the Pills first on a *Monday*, let them be repeated exactly the same day, and not oftener in the following weeks, for a long time, till he is perfectly recover'd. By this method the Humors which use to seize the Head fall gradually on the lower parts, their course being turn'd.

When the Patient does not purge, let him take the following Electuary, or the like, thro' the whole course.

Take of the Conserve of Roman Wormwood, of Rosemary-flowers, and of Venice-*Treacle, each one ounce, of the Conserve of yellow Peel of Oranges, of candied* Angelica *and of Nutmegs candied each half an ounce,*

make

make an Electuary with a ſufficient quantity of Syrup of Gilliflowers: let him take the quantity of a Nutmeg twice a day, and drink a ſmall draught of Canary after it, wherein Cowſlip-flowers have been infuſed cold.

The *Continual Fever* & *Agues* which we have deſcribed above were almoſt the only Epidemick Diſeaſes that reign'd during that conſtitution of Years 61, 62, 63, 64; but how many years they reigned before I cannot ſay, but this I certainly know, that from the Year 64 to the Year 67 they very rarely appeared at all in *London*.

I ſhould ſpeak ſomething alſo of the *Small-Pox*, namely, what thoſe were which then happen'd, reſpect being had to that conſtitution; for, as I have ſaid, they vary very much, according to the various conſtitution they come in; but having not ſufficiently obſerved them at that time, I now paſs them by: I will only ſay, that this was peculiar to them, that in thoſe Years, they raged much about the beginning of *May*, but the Autumnal Epidemicks ſupervening, they retir'd. Upon the top of the Puſtles there were ſmall Pits moſt commonly, about the bigneſs of the Head of a ſmall Needle, and in the diſtinct kind; the Sick was moſt in danger on the eighth day, at which time the Sweat or moiſture which flow'd hitherto broke off of a ſudden, and the external parts were dry: Nor could Sweat be recalled by any Cordials, the Sick was ſeized with a *Phrenſie* and great Anxiety, with great Pain and Sickneſs; he made Water often, but little at a time, and within a few hours, contrary to expectation, dy'd.

SECT.

SECT. II. CHAP. I.

Of the Epidemical Conſtitution of the Years 1665, *and* 1666, *at* London.

THE foregoing Winter being extreamly cold, and the Froſt continuing without any intermiſſion till Spring, it thawed ſuddenly at the end of *March*, in the Year 1665, and *Inflammations of the Lungs*, *Pleuriſies*, *Quinſies*, and ſuch-like inflammatory Diſeaſes, made great ſlaughter of a ſudden, and at the ſame time a Continual Epidemick *Fever* appeared. It was very different from the nature of the *Continual Fevers* that reigned in the foregoing Conſtitution, whereof ſcarce any were wont to invade at that time of the Year. The Pain of the Head was more violent, and the Vomiting more ſevere than in the former; and the *Looſeneſs*, which was moſt commonly prevented in the other *Fever* by taking a Vomit, was now heightened by the ſame, and yet the Vomiting did not ceaſe: The outward parts were dry, as in the *Fevers* of the preceding Conſtitution; but after Bleeding the Patient could ſweat, and the Symptoms were preſently abated thereby: And this might be done at any time of the Diſeaſe, whereas in the former *Fever* you could not attempt it ſafely, nor indeed could eaſily obtain your deſire before the thirteenth or fourteenth day. The Blood was often like the Blood of thoſe that have a *Pleuriſie* or a *Rheumatiſm*, only it had not ſo white a Jelly upon it. Theſe

were

were at first the Diagnostick *Phenomena* of this Disease, but in progress of the Year the *Plague* broke out, accompanied with a great number of Pathognomonick Symptoms, as *Carbuncles*, *Buboes*, and the like:: It encreased daily more and more, and came to its heighth about the tenth of *September*, at which time about Eight thousand died of it in the space of a week, tho' two thirds at least of the Citizens went into the Country, for fear of Infection. Afterwards it began to decrease, and by reason of the cold of Winter, almost ceased; only here and there One had it all the Winter, and towards the following Spring, at the approach whereof it quite vanish'd; yet a *Fever* remained, tho' not so Epidemick, the whole following Year, and even till the beginning of the Spring 1667. Of these I will now treat.

CHAP.

CHAP. II.

Of the Peſtilential Fever and Plague of the Years 1665, *and* 66.

I have heretofore hinted by the bye, that ſome Fevers are commonly reckoned malignant, whereas the extream violence of the Symptoms, which ſeems to countenance this Opinion, proceeds not from any venomous Diſpoſition of the Diſeaſe, but from the ill management of the Cure; for when we do not duly attend to the Solution of the Diſeaſe, appointed by Nature, but raſhly begin ſome other Method, we very much diſturb the Oeconomy of the whole Body, and turn all things topſie-turvey: And for this reaſon the Diſeaſe, contrary to its own nature, has a woful Aſpect, is different from it ſelf, and accompanied with irregular Symptoms, ſo that indeed it ſeems of another kind. But a Fever truly malignant does not happen every day, and wholly differs from other kinds, that are ſo called, by reaſon of the irregularities of the Symptoms; and is truly of the ſame Species with the Plague, only it is a degree below it; wherefore I will treat of the Riſe and Cure of both in the ſame Chapter.

That ſuch a Diſpoſition or Texture happens to the Maſs of the Air, as occaſions various Diſeaſes at different times, is manifeſt to every one that but conſiders, that one and the ſame Diſeaſe kills an infinite number of Men at ſome certain Seaſons, and at another time ſeizes only here and there a Man, and goes no farther: And this is very apparent in the Small-Pox; eſpecially in the Plague, the Argument of this Chapter.

But what that Diſpoſition of Air is from whence this morbifick Furniture proceeds, we know not, nor many other things, which the doating and arrogant

Crew of Philoſophers trifle about; whatever it be, upon this account at leaſt, the Clemency and Goodneſs of Almighty God is to be reverenced; becauſe peſtilential Conſtitutions of the Air producing the *Plague* (the greateſt of all Miſeries, and moſt deſtructive to Mankind) ſeldomer happen than thoſe that cauſe leſs deadly Diſeaſes; ſo that the *Plague* rarely rages violently in *England* oftner than once in the ſpace of thirty or forty Years. Some, here and there, die of the *Plague* for ſome Years after a notable *Peſtilence*, and it is wont to go off gradually, by reaſon the peſtilential Conſtitution of the Air continues ſtill in part, and is not yet wholly changed to another more wholſom; and therefore it ought to be counted only as the Gleanings of the laſt Harveſt. And alſo the *Fevers* that reign a Year or two after a dreadful *Plague*, are wont to be peſtilential for the ſame Reaſon. And though ſome have not the Tokens of the *Plague*, yet are the *Fevers* much of the ſame Nature, and require the like Method of Cure, as we ſhall make appear hereafter.

But beſides the Conſtitution of the Air, as a more common Cauſe, there ought alſo to be another Procatartick, *viz.* the reception of the Infection, either immediately by accompanying ſome plaguey perſon, or mediately tranſmitted by a Fomes from ſome other place; or elſe if it ſhould happen while there is ſuch a Diſpoſition of the Air as we have mentioned, a dreadful Fire will preſently be kindled by a ſmall Spark, and the whole Air, through that Tract of Earth, would ſuddenly be infected with the Plague, by reaſon of the Breath of the Sick, and Carcaſſes of the Dead; ſo that there will be no more need of a Fomes, or perſonal intercourſe, to propagate this dreadful Diſeaſe; but the very Air paſſing in with the breath, would be able to deſtroy a Man of it ſelf, though he were carefully removed from the Infected, if he has a Body furniſhed with Humours diſpoſed to receive the Infection.

This Diſeaſe when it is only ſporadical afflicts ſome few promiſcuouſly at any time, the Infection being as it were handed from one to another: But when there is alſo an Epidemick Conſtitution of the Air, it begins

begins betwixt Spring and Summer, that being a Season most fit to produce a Diſeaſe, whoſe Eſſence chiefly conſiſts of an Inflammation, as we ſhall ſhew hereafter. Moreover it has its time of increaſe and declination like other kinds of natural things. It begins at the time we ſaid, as the Year increaſes it ſpreads, and as that declines, it decreaſes, till at length the Winter has changed the Air into a Diſpoſition contrary to this Diſeaſe.

For if the changes of the Seaſons of the Year have no Power over this Diſeaſe, but the peſtilential Seeds being untameable by any alteration of the Air, are tranſmitted from one to another in a continual Series, it could not be but that when it has once entred into any great City it ſhould ſtill increaſe the Funerals more and more, till by a continued Deſtruction, none will at laſt remain, to whom it might impart its Venom. But that the contrary often happens is plain from the number of the Dead, which increaſed to ſome thouſands in one Week in *Auguſt*, but much decreaſed, and almoſt quite ſtop'd at the latter end of *November*. But I do not deny, but that it may be, and which alſo ſome Authors have affirmed, that the *Plague* has broke out at other Seaſons of the Year; yet is it rare, nor is ſuch a *Plague* very raging; beſides, I very much ſuſpect that the Diſpoſition of the Air, though it be peſtilential, is not ſufficient of it ſelf to cauſe the *Plague*, but that being always in ſome place or other, it is conveyed by a Fomes, or by the coming of ſome plaguy perſon from an infected place to another, and is not epidemick there, unleſs alſo the Diſpoſition of the Air incline to it; for otherwiſe I cannot underſtand how it comes to paſs, that in the ſame Tract of Heaven, when ſome one Town is grievouſly afflicted with the *Plague*, another not far diſtant, by warily prohibiting any Commerce with the infected place, ſhould keep clear of it; as not long ago, when the *Plague* raged violently almoſt over all *Italy*, it was kept out of the Confines of *Tuſcany*, by the Care and Prudence of the Great Duke.

Its firſt approach is almoſt always accompanied with ſhaking and ſhivering, like the Fits of an Ague, preſently violent Vomitings, a Pain about the Region of the Heart, as if it were preſs'd, a burning Fever, with the uſual concourſe of Symptoms perpetually afflict the Sick, till either Death it ſelf, or an happy Eruption of a *Bubo* or *Parotis* diſcharges the morbifick Matter, and ſo frees them from that deplorable Condition. It does now and then happen, though ſeldom, that it comes without any ſenſe of a *Fever* before, and ſuddenly kills Men, the *Purple Spots*, which are the forerunners of Death, breaking out as they are about their buſineſs. But this ſudden death, which is to be noted, ſcarce ever happens, but at the beginning of a dreadful *Plague*, and is never, when it remits and is weakened, or in Years wherein it is not epidemical. It ſometimes alſo happens that Swellings appear, when neither a *Fever*, nor any other violent Symptom went before. But I ſuppoſe that ſome little ſhaking or ſhivering, though leſs perceptible, always precedes. They that are after this manner may ſafely walk about the Streets at Pleaſure, and do their buſineſs, as if they were well, not minding any Regimen.

As to the Eſſence of this Diſeaſe, I do not pretend to define it exquiſitely; and, perhaps, he would ſeem as impertinent to wiſe Men, who ſhould ask me what conſtitutes this or that kind of Sickneſs, as I ſhould, if I ſhould ask him the ſame Queſtion concerning an Horſe, for inſtance, among Animals, or Betony among Plants. For Parent *Nature* accompliſhes the Generation of all things, which any time ſhe brings to light from the Boſom of Cauſes, by moſt certain Rules only known to her ſelf, and hides their Eſſence, Quiddities, and conſtitutive Differences in the greateſt Obſcurity. Hence every Species of Diſeaſes, no leſs than of Animals or Vegetables, is always allotted Affections peculiar to it ſelf, and univocal, flowing from its Eſſence; and yet notwithſtanding that Queſtion will not be very conſiderable, *viz.* How we ſhould cure Diſeaſes, when we know not their Cauſes; becauſe the cure of moſt Diſeaſes is performed, not by the knowledge of the Cauſes, but by a proper Method approved by Experience

perience. But to return to the buſineſs, becauſe we are wont to deduce the riſe of all ſimular Diſeaſes from a Fault of the firſt or ſecond Qualities (which we can only do by reaſon of our great ignorance of things) it is probable, that the *Plague* is a peculiar *Fever* of its own kind, proceeding from an Inflamation of the moſt ſpirituous Particles of the Blood: For as much as they ſeem moſt adequate to its ſubtle nature, and if it exert the greateſt Subtlety wherewith it is endued, it ſuddenly diſſipates the native Heat, and ſo kills the Sick, as is ſeen at the beginning and ſtate of an epidemick Conſtitution, the Corps of thoſe who are ſo ſuddenly deſtroyed by the violence of this Diſeaſe are all over disfigured with Purple Spots, the Fibres of the Blood being broken in pieces, by reaſon of the violence of the inward Conflict, and the Frame of it quite diſſolved: And this Tragedy may be acted by reaſon of the great ſubtlety of its Flame, even without any febrile ebullition of the Blood, or ſenſe before of any other Sickneſs, otherwiſe than it moſt commonly happens, when the morbifick Cauſe is not ſo ſubtle, and the Weapon more obtuſe wherewith it aſſaults Life. The manner of the difference may be thus repreſented: For inſtance, If a Needle, or any other ſharp thing be put under a Pillow, and forceably preſs'd, it does not lift it up, as ſome things of a duller Point would do, but perforates it: But this kind of ſudden Death ſeldom happens, and only, as we ſaid before, at the beginning or encreaſe of the *Plague*. For moſt commonly, as in other *Fevers*, ſhaking and ſhivering firſt invade, and heat preſently ſucceeds, which continues till the inflamed Particles of the Blood are baniſhed to the Emunctories, by the provident conduct of Nature, and they are turned to Matter after the manner of common Phlegmons: But if the Inflamation be leſs, it is wont to produce thoſe *Fevers*, which are commonly called *Peſtilential*, and that often happen at the end of a *peſtilential Conſtitution*, and perhaps a Year or two after, till that Species of *Fevers* quite diſappears.

I ſuppoſe that Inflamation which is called an *Eryſipelas*, is much like the *Plague*; for it is reckon'd by the beſt Phyſicians, a continual *Fever*, proceeding from the thinner part of the Blood; from which, that Nature may free her ſelf, ſhe expels it to ſome outward part, whereon a Tumour, or rather red broad Spots, diſperſed (for a very viſible Tumour does not often appear) ariſe; which they call an *Eryſipelas*. But the *Fever* goes off critically by this ſwelling, after it has afflicted the Sick a day or two: And moreover, there is ſometimes a pain in the Glandules of the Arm-pit, or Groin, as in the *Plague*, and it begins alſo almoſt like it with ſhaking and ſhivering, and a febrile Heat following; ſo that they who have not had this Diſeaſe before, think they are ſeized with the *Plague*, till at length it ſhews it ſelf in the Leg, or ſome other Parts. And truly ſome Authors have ſuppoſed, that there was ſomewhat of Malignity in this Diſeaſe; and therefore have proceeded in the Cure of it with Sweats and Alexipharmicks. This Flame ſoon goes out of it ſelf, and does no further miſchief, when by means of the Ebullition the torrid Particles of the Blood are caſt out.

But the *Plague* far exceeds an *Eryſipelas*; for, by reaſon of the great Tenuity of its Subſtance, it is fitted to paſs through the innermoſt Receſſes of the Body like Lightning, and ſuddenly deſtroys the Spirits of the Blood, and diſſolves its Frame, before oppreſſed Nature can raiſe a febrile Ebullition, the uſual means whereby ſhe endeavours to remove whatever is offenſive to the Blood.

If any one be diſſatisfied with my Opinion, *viz.* That this Diſeaſe is occaſioned by an Inflamation, let him conſider, that not only the Preſence of a *Fever*, but alſo many other things favour this Opinion: For inſtance; The colour of the Blood taken away, which is like that of thoſe who have a *Pleuriſie* or *Rheumatiſm*, the aduſt appearance of a *Carbuncle*, not unlike the Impreſſion of an *actual Cautery*, the *Bubo's* which are as much inclined to an Inflamation as other Swellings of any other ſort, and they end in *Abſceſſes*, as moſt Inflamations are wont to do; and alſo the Seaſon of

the

the Year wherein an *epidemick Plague* breaks out most commonly, seems to confirm the same; for at the same time, *viz.* betwixt Spring and Summer, *Pleurisies*, *Quinsies*, and other Diseases that proceed from an Inflamation of the Blood are wont to be Epidemical; and I never knew them more common than they were some Weeks before the beginning of the *London Plague*: But it is of no importance that that very Year, so dreadful, by reason of the destruction of many thousands, was otherwise very mild and healthy, and that all that escaped the *Plague* were better in Health; and also, that those who recover'd of it, were afterwards freed from ill Habits, and other Indispositions frequently occasion'd by the Relicks of former Diseases. And moreover, that the *impostthumated Carbuncle*, after the inflamed Particles were carried off by the Matter, were easily cured by ordinary Chirurgical means.

But perhaps some one may ask how it comes to pass, that hot Medicines, such as are almost all Alexipharmicks, should be used with good Success, both for the Cure of the *Plague*, and for Preservation from it, if it consists of an Inflamation? To this I answer, These things do good only by accident, *viz.* by the benefit of Sweat they produce, whereby the inflamed Particles of the Blood are ejected. But if they do not cause Sweat when they are taken, as it very often happens, the flame of the Blood, encreased by their adventitious Heat, soon proclaims openly the mischief of them. In short, as to Preservation, I know, that the use of hot Antidotes is also every where commended, but with what Success, is not yet proved. Indeed it is rather probable, that Wine drunk too freely, and other strong Preservatives taken daily at set Hours, have cast many into this Disease, who otherwise might not have had it.

As to the Cure of these *Fevers*, some perhaps may count me rash and arrogant, for pretending to write of this Disease, being several Miles distant from the City the greatest part of the time the *Plague* reigned, and so not sufficiently furnished with Observations: but seeing more skilful Physicians, who bravely ven-

tur'd to continue, during ſo very dangerous a time, have not yet publiſhed thoſe things they frequently obſerved concerning the nature of this Diſeaſe, I hope all good Men will pardon me for publiſhing my Opinion concerning this dreadful Diſeaſe, raiſed from my own Obſervations.

As to the Cure of theſe *Fevers*, the curative Indications are firſt to be minded, which in general are ſo to be directed, that either exactly following the guidance of Nature, we aſſiſt her in expelling the Diſeaſe; or not truſting to the Method ſhe is wont to uſe in vanquiſhing this inteſtine Enemy, we ſubſtitute by Art in the room of it a contrary and more ſafe. But here perhaps ſome will ſay, that the Cure of the *Plague* may be performed well enough by *Alexipharmicks*, great numbers whereof may be found in Practical Authors. But indeed it is very diſputable, whether the Help theſe Medicines yield, does not rather proceed from the manifeſt Qualities, whereby procuring Sweat plentifully, they prepare a way at the ſame time for the excluſion of the morbifick Matter, than from any certain occult Vertue allotted them by Nature to expel the Venom of the peſtilential Malignity: Nor may we only doubt of theſe, but alſo of the *Alexipharmicks* of other Diſeaſes, *viz.* whether they do not relieve the Sick rather by promoting ſome Evacuation, than by a Specifick Vertue. For inſtance in the *French-Pox*; he that ſays, that *Mercury* and *Sarſaparilla* are *Alexipharmicks*, for the Venom in that Diſeaſe, muſt produce ſome Examples of Cures, wherein that did ſometimes reſtore Health without Salivation or Stools, and this without Sweat; which I believe will be very difficult for him to do. But to me it ſeems probable, that the peculiar Remedy, and proper *Alexipharmick* of the *Plague*, yet lie hid in Nature's Boſom; nor can it be taken thence, but only by a Mechanick Reaſon.

But that we may a little more fully conſider the former Intention, which requires, that we ſhould aſſiſt Nature after her own way and manner, in expelling the morbifick Matter, it is to be noted, That in a

true

true *Plague* Nature performs her buſineſs by ſome Abſceſs breaking out in the Emunctories; and ſo the Matter is caſt out, when ſhe her ſelf does not err, nor is violently forc'd out of the way. But in the *Fever* we call *Peſtilential*, the ſame is performed by means of Sweat through the whole Superficies of the Body: From whence we may learn, that according to the various ways and order, which Nature diſcovers in both Diſeaſes, a different Method of Cure ought to be inſtituted. For if in a true *Plague* any one endeavours to expel the Matter by Sweat, he proceeds in a Method oppoſite to Nature, becauſe ſhe attempts to do it by Impoſthumes: And on the contrary, he that endeavours to expel the Matter of a *Peſtilential Fever* any other way than by Sweat, takes a Courſe no way agreeable to her Conduct and Inclination. But in the true *Plague* it is not yet known by what fit and certain kind of Remedies the ejection of the morbifick Matter, that is, the eruption of the Impoſthumes may be promoted: Perhaps ſome may ſuppoſe, that a corroborating Diet and Cordials may conduce to it. But indeed I ſhould very much doubt, leſt the Heat of the Patient ſhould thereby be encreaſed, that is too much already: And as to Sweats I am well ſatisfied, by experience, that they ſignifie nothing in this Caſe; though I do not deny but that after great Sweats, continued for the ſpace of 3 or 4 Hours, and then ſuddenly ſtop'd, the Swelling ſhews it ſelf; but I do not think it is at all occaſioned by the Sweat, becauſe when it is at height there appears no ſign of its Eruption: When it is over indeed, it may follow, as it were, by accident, to wit, when the Sweat has removed part of that Burden, by which Nature was too much oppreſſed, and the Body violently heated by Cordials, taken to raiſe it. But how fallacious and uncertain this ejection of the peccant Matter is by Impoſthumes, occaſion'd by Sweat, the lamentable end of thoſe teſtifies, who have been treated after this manner; of which, ſcarce one in three (to ſpeak within Bounds) eſcapes the danger of the Diſeaſe and Cure: But on the contrary, many on whom the Swellings broke out in the right manner, even when they

they were intent upon their Buſineſs, and without any ſenſible hurt of any Natural, Vital, or Animal Faculty, recover'd in a ſhort time, except thoſe who unfortunately falling into the Hands of an ignorant Phyſician, and compoſing themſelves to ſweat by his Advice, tho' they were very well in Body and Mind, began from that very time to grow worſe, and their Sickneſs encreaſing, they ſufficiently demonſtrated the Injury of this unlucky Counſel by their own death. But the uncertain Judgment of this Diſeaſe by Swellings is manifeſt; for that ſometimes a *Bubo*, which comes out at firſt well, and with an abatement of the Symptoms, afterwards diſappears of a ſudden, and inſtead of it Purple Spots, certain Tokens of death, ſucceeded. The Cauſe of the going in of the Tumour, ſeems of right to be attributed to thoſe Sweats, which were deſigned to further its Eruption, becauſe they diſſipated other ways, through the habit of the Body, the chief part of the Matter, which ſhould have ſerv'd to have kept up the Swelling. However it be, this at leaſt plainly appears, that by the Benignity of Almighty God, certain ways of ejecting the morbifick Matter are appointed in other Diſeaſes; but for this Scourge of heinous Iniquity, only a very uncertain one. And perchance the Cauſe and Original of this great Deſtruction may be as properly deduced from hence, as from Malignity; for in the *Gout*, and other Diſeaſes that are not thought to be malignant, the ſtriking in of the morbifick Matter is full as deſtructive. From all which it plainly follows, that the Phyſician who is obliged to follow exactly the guidance and inclination of Nature in curing other Diſeaſes, muſt here renounce her Conduct; the truth whereof, becauſe few have hitherto ſufficiently underſtood; therefore the number of thoſe whom the *Plague* deſtroyed was not a little encreaſed.

Wherefore it being not at all ſafe to follow the Footſteps of Nature in ejecting this Diſeaſe, we muſt conſider in the next place by what means we may ſatisfie that Intention, which we call the Second; *viz.* by inſtituting a Solution of this Diſeaſe, contrary to that of Nature; and this I think can only be done by

theſe

these two ways; either by Bleeding, or Sweat: As to the first, I know very well that Bleeding is much disliked by most in this Disease; but being little concerned at the Prejudice of the Vulgar, I will fairly discourse the validity of the Reasons in this Question. And first I appeal to those Physicians who continued in Town when the late *Plague* raged, whether they ever observed, that large Bleeding, and often repeated, before any Tumour appear'd, was the cause of any ones death that had the *Plague*. But 'tis no strange thing that Bleeding sparingly, or after the Swelling is come out, should be always hurtful; for when only a moderate quantity of Blood is taken away, the Administration of Affairs is forced out of Nature's Hand, who endeavoured all she could to cause a Swelling; and yet in the mean while another Method is not substituted that is strong enough to evacuate the morbifick Matter, and bleeding used after the Tumour appears, because it draws from the Circumference to the Center, induces a Motion quite contrary to that of Nature, which is from the Center to the Circumference; and yet nothing is more commonly urged, as a great Argument; by those of the contrary Opinion against Bleeding in general in this Disease, than the Injuries of Bleeding used after this perverse manner, as may be seen in *Diemerbroek*, and other Writers of Observations: As for my self, I cannot agree with their Arguments, till I understand what they answer to the Question above proposed; for many Authors, and those of the best Reputation too, have thought Bleeding proper in the *Plague*, the chief of whom are, *Ludovicus Mercatus*, *Joannes Costeus*, *Nicholaus Massa*, *Ludovicus Septalius*, *Trincavellius*, *Forestus*, *Mercurialis*, *Altomarus*, *Paschalius*, *Andernachus*, *Pereda*, *Zacutus Lusitanus*, *Fonseca*, and others: But there is but one that I know of who places the whole business of the Cure in as large Bleeding as we require, *viz. Leonardus Botallus*, one of the most famous Physicians of the former Age, whom I will quote, least I should be thought singular in this Practice. *In a Word*, says he, *I think there is no* Plague *in which this may not be better than all other Remedies, so it be used opportune-*

ly,

ly, and in a convenient quantity; for I ſuppoſe it is found unprofitable ſometimes; for that either itis uſed too late, or leſs is taken away than ought to be, or an Error is committed in the uſing of it both ways: And a little afterwards he adds, *But in ſo great Timidity, and ſparing Phlebotomy, how can it be that any ſhould judge exactly, how much good or harm it may do in the* Plague? *For if a Diſeaſe (for the Cure of which, the taking away of four Pounds of Blood was required, and but one Pound taken away) kill a Man, it does not therefore deſtroy him becauſe he was blooded, but becauſe it was not done in a due manner, nor perchance ſeaſonably: But ſlothful wicked Villains always endeavour to put the fault on that, not for that it did hurt, but becauſe they baſely deſire to have it diſliked by all; or if they do not do it wickedly, they do it ignorantly, by a perverſe cuſtom; both certainly are pernicious, but that moſt of all.* All which being about to confirm by Experience, a little after he thus proceeds: *Theſe things being obſerved, no reaſonable Man can well diſpraiſe Bleeding in theſe Diſeaſes, but rather wonderfully commend it, and confidently uſe; which indeed I have done for theſe ſeveral Years, and in peſtilential Diſeaſes at the Siege of* Rochell, *and four Years ago at the Mountains of* Hainault, *and for theſe two Years at* Paris, *and the laſt Year at* Cambray, *I found no Remedy ſpeedier and ſafer in all my Patients, which were innumerable, than large and ſeaſonable Bleeding.*

And afterwards he delivers ſome Obſervations, which for brevities ſake I here omit, but will relate a very rare Caſe, and ſutable to our purpoſe, of a Buſineſs performed in *England* many Years ago; when among the other Calamities of the Civil War, that miſerably afflicted this our Country, the *Plague* alſo raged in many places; it chanced to be brought from another place to the Caſtle of *Dunſtar* in *Somerſetſhire*, and ſome of the Soldiers dying ſuddenly with an eruption of Spots, it ſeized many others; at which time a Surgeon that had been a great Traveller, was a common Soldier there, who humbly entreated the Governour of the Caſtle to permit him to do all he could for the relief of his fellow-Soldiers, that were afflicted with this

this dreadful Diſeaſe; and having obtained leave, he took away a vaſt quantity of Blood from every ſick Perſon at firſt coming of the Diſeaſe, before there was any ſign of a Swelling, he bled them till they were like to drop drown; for he bled them all ſtanding, and in the open Air; nor had he any Porringer to meaſure the Blood; afterwards he order'd them to lie in their Tents; and though he gave no Medicine at all after Bleeding, yet, which is very ſtrange, of thoſe very many which he treated after this manner not one died. Mr. *Francis Windham* gave me this Account, who was then Governour of the Caſtle, and is indeed a Gentleman, and remarkably honeſt, and is now living, ſo that any one may be ſatisfied that doubts the truth of it.

I will mention what I have obſerved worth note, concerning this thing, when I come to treat of thoſe few Remarks I made by my own Experience, while the late *London Plague* raged.

But tho' in my Judgment I approve of this Practice, and have experimentally found the uſefulneſs of it long ago, yet the diſſipation of the peſtilential Ferment by Sweat, pleaſes me better upon many Accounts, than the evacuation of it by Bleeding, becauſe it does not weaken the Patient ſo much, nor hazard the Phyſician's Reputation: but this has alſo its inconveniences; for at firſt many, eſpecially young Men of an hot Conſtitution ſweat difficultly; and in ſuch, the more you endeavour to force Sweat by ſtrong Diaphoreticks, and by heaping on a great many Cloaths, ſo much the more are they in danger of falling into a Phrenſie; or, which is yet worſe, after having been entertain'd a while with vain hopes, the *Tokens* are drawn out inſtead of it; for the chief Venom reſiding in the moſt ſpirituous part of the Blood (the motion of the groſſer Particles being on this account ſomewhat more weak than is uſual in other Inflamations) that tender Portion becomes very furious by the acceſſion of this new Heat, and at length breaks in pieces all the Fibres of the Blood diſtended beyond the bounds of their Texture; which diſſolution of the ſanguineous Fibres, I ſuppoſe is the cauſe of the *peſtilential Tokens*; for they are

firſt

firſt intenſly red, and ſoon after livid or black, like Stripes inflicted by a violent Blow on ſome fleſhy part of the Body.

And then in thoſe Bodies which are eaſie to ſweat, if it be ſtop'd too ſoon, *viz.* before the morbifick Matter is wholly diſpers'd, the condition of the *Bubo* is afterwards worſe, which began to come out well at the latter end of the Sweat; for that part of the Matter being ſubſtracted which ſhould ſerve to elevate them, they either ſoon ſtrike in, or at leaſt never come to true *Abſceſſes* (as is wont to happen in the *Small-Pox*, when the Sick has ſweat violently at the beginning of the Diſeaſe) but the dreadful Enemy being again taken in, a commotion is ſtirred up in the Blood, whereby the Purple Spots, the Tokens of ſudden Death are often driven out in the manner we have mentioned above.

But that it may more clearly appear by what means we may obviate theſe and the like difficulties, I will faithfully ſet down what has been done and obſerved by me, ſo far as I was able, in this Diſeaſe, beginning from the riſe of the late *Plague*.

At the beginning of *May* 1665, I viſited a Noble Lady about 21 years of age, of a Sanguine Complexion, beſides the *burning Fever*, which began a little before, frequent Vomitings, and other febrile Symptoms troubled her. I began the Cure with Bleeding; and the next Day, to prevent a Looſeneſs, (which, as I mentioned in the beginning of this Treatiſe, was wont to come at the latter end of the *Fever*, when a Vomit was omitted, which the inclination to Vomiting at the beginning of the Diſeaſe required) I ordered a Vomit that cleanſed her Stomach very well; the Day after, viſiting her again, I found ſhe had a Looſeneſs, which being very unuſual for ſome Years, did not a little perplex me; but thereby I perceived this was no common *Fever*, as the event ſhewed; and therefore required another method of Cure, different from that I delivered in another place, which I had hitherto uſed with continued Succeſs; wherefore another elder Phyſician being called in to aſſiſt me, Bleeding was repeated by our joint conſent, which the Age and Conſtitution

ſtitution of the Sick, and the violent Ebullition of the Blood ſeemed to require; and alſo moderate cooling Cordials were ordered, and Gliſters injected every other Day. At the latter end of the Diſeaſe we preſcribed ſome ſtronger Alexipharmicks, becauſe very unuſual and irregular Symptoms invaded, commonly accounted the Signs of a great Malignity. But all doing no good, ſhe died about the 14th Day. I had many thoughts for ſome Days after about the odd Diſpoſition of this *Fever*, and at length, remembring the violent Heat which continued, even after repeating Bleeding, that there was a redneſs in the Cheeks, and ſome drops of Blood flow'd from her Noſtrils a little before her death, and that alſo the Blood, when it was cold in the Porringers, was like that which is taken from thoſe that have a *Pleuriſie*; moreover that ſhe had a Cough, and obſcure Pains in the Vital Parts, beſides that Seaſon of the Year approached, which contains the end of Spring and beginning of Summer, and which is leſs diſpoſed for the production of continual *Fevers* (for theſe of their own accord at this time, either turn to *Agues*, or ſuddenly change to *Pleuriſies*, or other Inflamations of the like kind;) and laſtly, that *Pleuriſies* at that time were very Epidemical. All theſe things, I ſay, being duly weighed, I was of the Opinion, that this *Fever*, though it wanted the Pathognomonick Signs of a *Pleuriſie*, had the importance of a Symptom on the account of a certain Inflamation lurking about the Vital Parts, though there was no pain of the ſide, and no conſiderable difficulty of breathing. In a word; I was at length perſwaded that I ought wholly to have proceeded in the foreſaid Caſe with the ſame Method I had often uſed with good Succeſs in a *Pleuriſie*. And truly it afterwards ſucceeded as well as could be wiſhed; for being called a little while after to a Man that was ill exactly after the ſame manner, I began and finiſh'd the Cure by repeated Bleeding, as is commended in a *Pleuriſie*. About the latter end of *May*, and the beginning of *June* very many, deſiring my Aſſiſtance, were recovered from this *Fever* (which was then very Epidemical) by the foreſaid Method. From this time that dread-

fu

ful *Plague* began to rage cruelly; which at length was ſo very mortal, that in the ſpace of ſeven Days it deſtroyed ſo many Thouſands in this one City.

But whether the *Fever* of which we have now diſcourſed deſerve the name of the *Plague*, I dare not confidently affirm: but this I know experimentally, that all that were ſeized with the true *Plague* at that time, and ſometime after in my Neighbourhood, with all the Symptoms peculiar to it, had the ſame concourſe of Symptoms, both at the firſt coming of the Diſeaſe, and in the whole Courſe of it. But when I was endangered by the near approach of the *Plague* to my own Houſe, at length, by perſwaſion of Friends, I accompanied the vaſt numbers of thoſe that left the City, and remov'd my Family ſome Miles from thence; yet I returned ſo very ſoon, and when the *Plague* continued ſo violent, that it could not be, but by the reaſon of ſcarcity of better Phyſicians, I ſhould be called in to the aſſiſtance of thoſe that had the *Plague*: And not long after I viſited many that had *Fevers*, which I perceived, not without great Admiration, was the ſame that I managed ſo ſucceſsfully before my departure; and therefore confiding in my own Experience, as a Guide to be prefer'd before all idle Precepts, I did not doubt to order Bleeding again. I continued this courſe of Bleeding plentifully, together with the uſe of a *Ptiſan*, and ſuch like cooling Diet in many Patients, with very great Succeſs, till at length I miſcarried in the management of ſome, by reaſon of the frowardneſs of the by-ſtanders, who being poſſeſs'd with vain Prejudices, would not ſuffer me to take away a due quantity of Blood (to the great damage of the Sick, from whom a ſufficient quantity, or none at all, ſhould have been taken away, ſeeing the ſtreſs of the Cure depended on it) and perceived a great obſtruction to my Deſigns, and therefore thought the finding out of ſome other Method in curing this Diſeaſe, beſide that of Bleeding, would be of great uſe. I will inſtance an Injury I once did, but without Guilt; not becauſe I let Blood, but becauſe I was not ſuffered to take away ſo much as was neceſſary. Being ſent for to a young Man of ſanguine Complexion, and ſtrong Conſtitution, who was

was ſiezed with a violent *Fever* two days before, with giddy Pains of the Head, violent Vomitings, and ſuch like Symptoms; and finding, upon enquiry, that he had no ſign of a Swelling, I preſently ordered that a large quantity of Blood ſhould be taken away, the Superficies whereof, when it was cold, repreſented the corrupted Blood of *Pleuriticks*, and I preſcribed alſo a Ptiſan, with cooling Juleps and Broths: in the Afternoon he bled the ſame quantity, and ſo the next Morning; and towards the Evening of this Day I viſited him, and found him much better; yet notwithſtanding I perceived his Friends violently oppoſed the taking away any more Blood; but I earneſtly contended that it ſhould be repeated again, ſaying, he need be blooded but this time only, and then he would be out of danger; but that if they ſhould continue obſtinate, it had been better that no Blood had been taken away, and that the Cure had been carried on by Sweat; and, in ſhort, that the Patient would moſt certainly die: The Event confirmed the Prognoſtication, for while we were diſputing about the thing, we loſt the opportunity of doing it, for the next Day the Purple Spots broke out, *viz.* the Relicks of the peccant Matter, which ought to have been wholly evacuated (becauſe Bleeding ſo often repeated had taken away all hopes of an Abſceſs) by delay perverted the whole Maſs of Blood, and broke the Texture of it by its great Subtlety, and the Patient died in a few Hours. Therefore when I had often met with ſuch Obſtacles, I earneſtly endeavoured to find out, if poſſible, ſome method of Cure that might be as effectual, and not ſo diſpleaſing; and having much and long conſidered of theſe things, at length I fell upon this Method, which I found afterwards to be perfect in all reſpects, and always beneficial.

Firſt, If the Swelling has not yet appear'd, I bleed moderately with a reſpect to the Strength and Conſtitution of the Sick; and afterwards the Sweat is eaſily and ſoon raiſed, (whereas otherwiſe, it is not only difficultly procured in ſome Bodies; but there is alſo danger, leſt the Inflamation ſhould be heightned thereby, and ſo the *Tokens* forced out) and the benefit of

the Sweat immediately following, abundantly compenſates the loſs of Blood, which, how little ſoever it be, would otherwiſe be very injurious. After Bleeding (which muſt be performed in Bed, when all things are in a readineſs to promote Sweat) without any manner of delay, I ordered the Patient to be covered quite over with Cloaths, and that a piece of Flannel be bound to the fore-part of the Head; and indeed this covering of the Head conduces more to the procuring Sweat than any one would eaſily imagine. Afterwards, if the Patient does not vomit, I give theſe and the like Sudorificks.

Take of Venice *Treacle half a Dram, of the Electuary of the Egg one Scruple, of compound Powder of Crabs-eyes twelve Grains, of Cochinele eight Grains, of Saffron four Grains, with a ſufficient quantity of the juice of Kermes, make a Bolus, which let him take every ſixth hour, drinking after it ſix Spoonfuls of the following Julep.*

Take of Carduus-water, and compound Scordium-water, each three Ounces, of Treacle-water two Ounces, of Syrup of Gillyflowers one Ounce; mingle them, and make a Julep.

But if the Patient be troubled with Vomiting, as he is very often in the *Plague*, and other *peſtilential Fevers*, I defer the giving Sudorificks till he begins to ſweat by means of the covering only, excepting that ſometimes I put part of the Sheet over the Face, for, which is well worth obſervation, when the Rays of the morbifick Matter extend themſelves to the circumference of the Body, the Looſeneſs and Vomiting, which were occaſion'd by their being inwardly reflected, and caſt upon the Stomach and Bowels, ceaſe preſently of their own accord: So that how great ſoever the preceding ſubverſion of the Stomach is, the Medicines that are taken afterwards, are eaſily retained, and procure Sweat as well as can be wiſhed.

I remember, that being once called by an Apothecary to visit his Brother that was very ill of a *pestilential Fever*, and speaking of giving him a Sudorifick, he told me that he had taken various and strong Medicines to procure Sweat, but all in vain, for that he had vomited them all up: I answered, That he should prepare the most loathsome and ungrateful of all that before he had given, and that I would take care that he should not vomit it up any more. The event confirmed what I promised; for when the Patient had sweat a little, only by the weight of the Cloaths, he retain'd a large Bolus of *Venice Treacle*, whereby sweating plentifully he recovered. But to return to the business: I order that the Sweat should be continued for the space of a natural Day, by Sage Posset-drink, or Mace-Ale, now and then taken; and I strictly forbid that the Patient should be any way cleansed; neither indeed do I permit that the Shirt, how moist or foul soever it be, should be changed within twenty four hours from the end of the Sweat, which I would have observed with the greatest caution; for if the Sweat does not continue so long, the violence of the Symptoms soon returns, and the Health of the Patient is left very uncertain, which a longer continuance of the Sweat would have put out of danger. And indeed I much wonder at *Diemerbrock* and others, when I consider upon how slight a pretence they are induced to break off the Sweat, *viz.* That they may preserve the strength of the Sick: For first every one, that is but very little acquainted with the Cure of this Disease, knows that the Patient while he sweats is stronger than he was before; what use and experience hath taught in this case I will not fear to defend and declare openly. Many that have been sweated by my Advice for the space of twenty four hours, have been so far from complaining of their being weakened thereby, that they have professed, that as much of the useless Humour was carried off, so much new strength they received; and towards the latter end, I have often observed with Admiration a Sweat break out more natural, genuine, and copious than the former, which was forced out by the Medicine, and gave more relief,

as if it were truly critical, and did eradicate the whole Diſeaſe. Moreover, I cannot ſee what inconvenience there would be in refreſhing the Patient with comfortable Soop and Broath, when the Sweat is at height, and then that objection concerning want of ſtrength to bear long Sweats would ſignifie nothing. If therefore any defection be perceived towards the latter end, I permit him to take a little Chicken Broath, the Yolk of an Egg, or the like, which with Cordials, and Draughts commonly uſed to keep up the Sweat, abundantly repair the ſtrength. But there is no need of many Arguments in a thing ſo obvious; for it is manifeſt, that as long as the Patient Sweats, he thinks himſelf in a good condition; and the by-ſtanders alſo ſuppoſe that the worſt is over, which openly proclaims the utility of this Practice. But as ſoon as the Sweat is ſtop'd, and the Body begins to dry, he falls ill again, and there is as it were a relapſe.

I order that cold Beer be carefully avoided, that the Cloaths dry of themſelves on the Body, and that all Drinks are ſomewhat hot, and that the uſe of Sage Poſſet-drink be continued twenty four hours after the Sweat. The next Morning I give a Purge of the infuſion of Tamarinds, of the Leaves of Sena, of Rhubarb, Manna, and Syrup of Roſes ſolutive; and by this Method I cured many of *peſtilential Fevers* the next Year after the *Plague*, ſo that not one died of this Diſeaſe, that was under my care, after I began the uſe of the ſame.

But when there has been a Swelling, I have not yet dared to bleed, tho' in a Body unapt to ſweat, leſt the ſudden death of the Patient ſhould prevent the Sweat deſigned, the morbifick Matter flowing back to the empty Veins. Yet perhaps Bleeding may be very ſafely uſed, if without any manner of delay Sweat be procured preſently after it, which being continued to the ſpace above mentioned, may be able to diſperſe, and conſume by degrees the whole bulk of the Humour, and with much leſs danger than when a legitimate matura ion of the Impoſthume, which is very uncertain, in ſo very acute a Diſeaſe, is long waited for.

To

To conclude, If the Reader ſhall find that I have any where erred about the Theory, I beg his Pardon; but as to Practice, I declare I have faithfully delivered all things, and that I never propoſed any thing before I had throughly tryed it. Indeed when I come to die, I truſt I ſhall have a chearful Witneſs in my Breaſt, that I have not only with the greateſt diligence and honeſty endeavoured the Recovery of the Health of all that have committed themſelves to my care, of what Condition ſoever they have been, of whom none was otherwiſe treated by me, than I deſire to be, if I ſhould happen to have the ſame Diſeaſes; but that alſo I have labour'd to the utmoſt of my Power (if by any means it might be) that the cure of Diſeaſes may be managed after I am dead with greater certainty, eſteeming any progreſs in this kind of Knowledge, how ſmall ſoever it be, though it teach no more than the cure of the Tooth-ach, or of Corns, to be more valued than the vain Pomp of nice Speculations, which are no more uſeful to a Phyſician in the cure of Diſeaſes, than Skill in Muſick to a Carpenter in Building.

In the laſt place, I will add only this ſhort note, leaſt perchance any one ſhould wreſt my opinion by a ſiniſter Interpretation, or at leaſt, not throughly underſtand it, *viz.* That in the preceding Diſcourſe I often uſe the word *Nature*, and attribute various Effects to her, as if I would repreſent under this Title ſome one thing ſubſiſting of it ſelf, and ſpread every where through the whole Machine of the World, which being endued with reaſon, governs all Bodies, ſuch a thing, as ſome of the Philoſophers ſeemed to think was the Soul of the World. But as I do not affect novelty of things, ſo neither of Words; and therefore I uſe in theſe Pages the ancient word indeed, but in a ſence, unleſs I am deceived, both ſober, and not only underſtood, but alſo uſed by the beſt Men; for as often as I mention *Nature*, I mean a certain complex of natural Cauſes, which are governed by the beſt Counſel in performing their Operations, and accompliſhing their Effects, though they are without reaſon, and deſtitute of all Skill, *viz.* the ſupream Deity by

whose Power all things are produced, hath so dispos'd all things by his infinite Wisdom, that they betake themselves to their appointed Functions, doing nothing that in vain, but that which is best and fittest for the whole Fabrick of things, and their own private Nature, and so are moved like Engines, not by their own Skill, but by that of the Artificer.

SECT. III. CHAP. I.

Of the Epidemick Constitution of the Years 1667, 68, *and part of the Year* 1669. *at* London.

IN the Year 1667, about the *Vernal Equinox*, the *Small-Pox*, which during the foregoing pestilential Constitution were quite extinguished, or rarely appeared, began to break out and to encrease daily, and about Autumn became Epidemical; from which time, the Winter coming on, they decreased; but the next Spring they returned, and continued till they were restrained as before by the following Winter; afterwards they did again a third time encrease with the Spring. But they were not so universal as in the two foregoing Years, and in *August* 1669 they quite vanished, and were succeeded by an *epidemical Dysentery*. The first two Years wherein this Constitution reigned, the *Small-Pox* were more universal than ever I knew them before or since; and yet being gentle at that time, and of a good sort, they killed few, with respect to the great number of those that had them.

At

At the time wherein the *Small-Pox* first broke out, a new *Fever* arose, not much unlike the *Small-Pox*, if you except the eruption of the Pustles, and the Symptoms which depended on them, whereof we will speak particularly hereafter. This *Fever*, though it did not seize near so many as the *Small-Pox*, yet it continued as long. But in the Winter, when they decreased, this prevailed; and when they returned in the Spring, this receded, leaving in this manner the Dominion of Epidemicks of this Constitution to them; yet it did never quite cease at these times, till at length in *August* 1669, the *Small-Pox* and this *Fever* went off together.

A third Disease accompanied these two Epidemicks, especially the last Summer, which the said Constitution defamed, *viz.* a Looseness, the Constitution of the Air inclining to the following *Bloody-flux*. But however these things were, it was manifest, that this Disease was nothing else but the *Fever* turned inward upon the Bowels.

I will treat particularly of these three Diseases, which were the only Epidemicks of this Constitution. I begin with the *Small-Pox*, and will treat largely of them, because those of these Years seem more regular than others, the *Phænomena* being the same, and accompanied with the same Symptoms in all that were seized; so that they being most perfect of their kind, a true History of the Disease, and the method of Cure may be best taken from them. But it is to be noted, not only a proper and peculiar *Fever* belongs to every peculiar Constitution, but also a peculiar sort of *Small-Pox*, which resembles this Species, during this Series of Years, but another in the following Years, though they may seem to agree among themselves, as to certain *Phænomena* common to them all, so does Nature vary in the Generation of epidemick Diseases. But to return to the Business, I will first set down the History of the *Small-Pox* of this kind, which I call regular, to distinguish them from those that were irregular in the following Years; I will also add the method of cure, which succeeded as well as I could wish.

CHAP. II.

Of the regular Small-Pox *in the Years* 1667, 68. *and part of* 69.

IN thoſe Years the *Small-Pox* are epidemical, if they be alſo regular and gentle, they begin about *March*, as theſe did, whereof we now treat: But when they do not only ſpread epidemically, but are alſo irregular, and of a more dangerous ſort; they break out ſometimes earlier, *viz.* in *January*, infecting whole Families, and ſparing none of what Age ſoever they be, if they have not had this Diſeaſe already; nor are they excepted that have had a *Baſtard Small-Pox* before. There are two ſorts of them, as of the *Small-Pox*, that invade in all Years; for either they are diſtinct, or confluent, which though they differ not eſſentially, as they ſay, yet by ſome remarkable Symptoms which attend the one, and not the other, it is no hard matter to diſtinguiſh them.

The diſtinct begin with ſhivering and coldneſs, which is preſently follow'd by exceſſive heat, a violent Pain in the Head and Back, Vomiting, a great propenſity to ſweat, (I mean in grown Perſons; for I never yet obſerved any ſuch Diſpoſition in Children either before or after they came out) a Pain at the Cavity of the Breaſt beneath the Region of the Heart, if it be preſſed with the Hand, dulneſs and ſleepineſs, and ſometimes convulſive Fits; and if theſe happen to thoſe that have all their Teeth, I reckon the *Small-Pox* are at hand, which moſt commonly coming out a few Hours after, ſufficiently anſwer the Prognoſtication: For inſtance; If the Child has a convulſive Fit in the Evening, as it uſually happens, the *Small-Pox* appear next Morn-

Morning: And moreover I have often obſerved, that when they come out immediately after thoſe Fits, they riſe in large Puſtles, and are mild and favourable, and ſeldom flux; and theſe, for the moſt part, were the Symptoms which accompanied this Diſeaſe at its beginning, and preceded the eruption of the Puſtles. But here it is proper to acquaint you, that ſometimes it happens ſo, that in a looſer Texture of the Blood, which is eaſily changed, the courſe of ſeparation may be paſſed over gradually, without any violent Sickneſs before the expulſion of the Matter diſcover it ſelf by the eruption of the Puſtles.

The diſtinct *Small-Pox* uſually come out on the fourth Day incluſively, and ſometimes a little later, but very rarely before, at which time, for the moſt part, the Symptoms are very much abated, or quite vaniſh, and the Patient thinks himſelf very well, only grown People are ſo diſpoſed to ſweat, that they can ſcarce be kept from it, though they have little or no Cloaths on them; which Diſpoſition does not leave them, till the Puſtles begin to ripen, and then it vaniſhes of its own accord. The eruption is after this manner; firſt Pimples as big as ſmall Pins heads here and there ſhew themſelves, and firſt of all in the Face, or Neck and Breaſt, and afterwards in the whole Body. At this time the Jaws are affected with a pain that encreaſes as the Puſtles riſe, which growing daily bigger and higher inflame the neighbouring Skin and Fleſh.

For about the eighth Day from the firſt approach of the Sickneſs, (which I always diligently obſerve in this Diſeaſe) the ſpaces between, that before were ſomewhat white, now begin to be red, and ſwelled more or leſs, according to the number of the Puſtles, with a tenſive and launcing Pain of thoſe Parts, which encreaſing hourly, occaſions the Inflamation and Swelling above-mentioned; ſo that in the progreſs of the Diſtemper, the Eye-lids are ſo filled up and extended, that the Patient is ſometimes deprived of ſight; and when they are thus tumified they ſhine, and are like a Bladder blown up. And if a greater number of Puſtles beſiege the Eyes at the firſt Eruption, they ſooner

retire

retire to their dark Manſions. Next after the Face, the Hands and Fingers ſwell more or leſs, according to the number of the Puſtles; the Puſtles that were ſmooth and red till this Day are now grown rough and ſomewhat white, which is indeed their firſt ſign of coming to maturity. Moreover they caſt out by degrees a certain yellowiſh Matter, in colour like an Honey-comb, and the inflamation of the Hands and Face, when it is at height, cauſes a very florid colour in the ſpaces between the *Small-Pox*, not unlike a Damask Roſe; and truly the milder and more genuine the *Small-Pox* are, ſo much the more do the Puſtles, and the Skin between repreſent to the Life the colour before deſcribed; and as the Puſtles in the Face grow rougher and yellower as they ripened, ſo on the contrary, thoſe on the Hands and other parts of the Body daily appeared ſmoother and whiter.

On the eleventh day, the Tumour and Inflamation of the Face manifeſtly diminiſh, and the Puſtles of the Face and Body, having arrived at their maturity, and juſt magnitude (which in theſe Years equalled a large Pea) dry away and fall off: And in this ſort of *Small-Pox*, moſt commonly vaniſh on the fourteenth or fifteenth day; but the Puſtles of the Hands are many times more obſtinate, for being freſh and white, they ſtay a day or two behind the other; and whereas thoſe of the Face and Body ſcale off, theſe break and run away. Scurfie Scales ſucceed the Puſtles of the Face, and ſometimes Pock-holes follow them; for when the Puſtles fall off, there is no inequality to be perceived in the Skin; but after the Scales the Pits appear, and are to be ſeen a long time after the Patient's well; yet the diſtinct *Small-Pox* ſeldom leave any Marks behind; and they were almoſt all that pitted, which invaded the laſt ſix Months of the Year; for thoſe that preceded them made no impreſſion on the Skin, unleſs they fluxed, as ſhall be ſaid hereafter. Through the whole courſe of this Diſeaſe the Patient was either bound altogether, or went to Stool very ſeldom. And ſo much for the diſtinct *Small-Pox*.

That

That ſort of *Small-Pox*, which we call the *Flux*, has the ſame Symptoms with the diſtinct, only they are more violent, the Sickneſs, the Vomiting, the *Fever*, and the Reſtleſsneſs rage more cruelly, by which they are known to a skilful Phyſician before they come out; only the Sick is not ſo apt to ſweat in this ſort as in the other above deſcribed; and where there is a great inclination to it, it moſt commonly ſignifies, that the *Small-Pox* which are coming out will not flux. Moreover a Looſeneſs ſometimes precedes the Eruption, and continues a day or two after it, which I never obſerved in the diſtinct *Small-Pox*.

This ſort comes out generally on the third day, ſometimes before, ſcarce ever after it; whereas the diſtinct ſhew themſelves the very fourth day incluſively from the firſt being taken, or after, very ſeldom before, and by how much ſooner they come out before the fourth day, ſo much more will they flux. And though, to ſpeak in general, the *Flux-Pox* ſcarce ever tarry till the fourth day, yet it may ſo happen, though very rarely, that the Eruption may be deferr'd to the fourth or fifth, by reaſon of ſome grievous Symptom which afflicts the Patient before the Eruption, as a moſt violent Pain, ſometimes in the region of the Loins, like a Fit of the Stone, ſometimes in the Side like a *Pleuriſie*, ſometimes in the Limbs like a *Rheumatiſm*; laſtly, in the Stomach with violent Sickneſs and Vomiting: In theſe Caſes I have obſerved the *Small-Pox* to come out later than ordinary, becauſe they were reſtrained and hindred by the extream violence of the ſaid Symptoms; which Symptoms being more violent than uſually they are wont to be, when they lead the Van, plainly indicate to me, that the following *Small-Pox* will be of the confluent kind, and not without danger.

But in the next place I muſt acquaint you, that though in the diſtinct *Small-Pox*, the Symptoms that accompany the beginning of this Diſeaſe ceaſe, as I ſaid before, immediately after the Eruption. It is quite different in the *Flux*, for the *Fever* and other Symptoms moleſt the ſick many days after the coming out

of

of the Puſtles. This ſort comes forth ſometimes like an *Eryſipelas*; ſometimes like the *Meaſles*; and as to the outward appearance, they cannot be diſtinguiſh'd by any but thoſe that are very converſant in this Diſeaſe, at leaſt as to the external appearance; yet he that ſhall diligently conſider the great difference, as to the time of eruption in theſe Diſeaſes, and other Circumſtances, which he may gather from the Hiſtory of each of them, will eaſily be able to diſtinguiſh them. As the Diſeaſe encreaſes theſe do not riſe ſo high as the diſtinct, eſpecially thoſe in the Face; but being entangled one with another, firſt they repreſent a red Bladder that covers the whole Face, which they ſooner tumifie than the diſtinct are wont to do, and afterwards they are like a white Skin glu'd as it were to the Face, which does not riſe much higher than the common Superficies of the Skin. After the eighth day, the white Skin by degrees grows daily rougher, as appears by touching, and begins to be changed into a duskiſh colour, not a yellow, as in the other ſort, the roughneſs and colour of the Skin encreaſes daily, till at length it falls off in large Scales. But if the Diſeaſe has been very ſevere, it does not ſcale in ſome places of the Face till after the twentieth day; and the ſeverer the *Small-Pox* are, ſo much the more do the Puſtles as they ripen incline to a duskiſh colour; and they are the longer a going away if they are left to their own Genius; on the contrary, the leſs they flux, ſo much the more do they wax yellow, and the ſooner they go off. When firſt the ſcabby Skin that covers the whole Face ſcales away, it leaves no ruggedneſs behind; but preſently ſcurfie Scales ſucceed it, that are indeed very corroſive; for they do not only pit, as the diſtinct *Small-Pox* uſed to do, but imprint alſo filthy Scars on the Face; and if the *Flux-Pox* have been very violent, the Skin of the Shoulders and Back is alſo ſometimes marked, as would appear, if they were naked and expoſed to ſight.

You muſt take notice, that this Diſeaſe is not to be eſteemed dangerous, becauſe the Body is full of the *Small-Pox*, but by reaſon of the number of them in the

the Face; for if that be very full, though there be few, and those very distinct too in the rest of the Body, yet the Sick is in as much danger as if every Member was crouded with them; and on the contrary, tho' the Trunk and Members are very full, if there be but few in the Face, there is less danger. And what has been said of their number may be likewise affirmed of the kind of them; for the Face plainly indicates whether they are mild or otherwise.

I have always observed, that in the *Flux* the Pustles of the Hands and Feet were larger than those of the Body, and that they were less and less the nearer they approached to the Trunk. And so much for the Pustles.

There are two other Symptoms that attend the *Flux-Pox*, which are as considerable as the Pustles or Swelling, or any other of the forementioned, to wit, Salivation in grown People, and a Looseness in Children: The first of these is so perpetual a Concomitant, that I never knew but one that had the confluent kind, and was free from it: But the latter, to wit, the Looseness does not so certainly vex Children that have this sort. But whether provident Nature has therefore substituted these evacuations, because in this low and small sort the morbifick Matter cannot be so fully discharged, as by the larger and higher Pustles of the distinct, I do not determine; for I only write a History, and do not pretend to solve Problems. This I certainly know, that they did not only most commonly accompany the confluent *Small-Pox*, but evacuation by them is as necessary as either the Pustles or swelling of the Face and Hands. Sometimes Salivation discovers it self at their first coming out; sometimes not till a day or two after. First the Matter is thin, and easily spit up, so that the Sick foul a great many Cloaths in a nights time: And truly it is not much unlike a Mercurial Salivation, only it does not stink so much; but most commonly about the eleventh day it is more clammy, so that it is difficultly hawked up; the Sick is thirsty, and now and then Coughs as he drinks, and the Liquor flies out of his Nostrils; and after this day Salivation most commonly ceases, tho'

some-

ſometimes (but rarely) after it has ceaſed a day or two, it returns again, as the Tumour of the Face, together with the Salivation, begins to decline on the eleventh day, ſo at the ſame time, inſtead of it the Hands are wont to ſwell, or ought to do ſo.

A Looſeneſs does not invade Children ſo ſoon as Spitting does grown People; but at what time ſoever it comes, if it be not ſtop'd by Art, it continues through the whole courſe of the Diſeaſe.

In both kinds of the *Small-Pox*, the *Fever* is higheſt from the beginning to the eruption, after which it is more moderate, till the Puſtles begin to ripen, and afterwards it totally vaniſhes.

I have always obſerved, that when the Diſeaſe was violent, the Sick had as it were a Fit in the Evening, and then the Symptoms raged more cruelly.

And now I have given you an exact Account of this ſort of *Small-Pox*, as it is of its own nature, and of the true and natural *Phænomena* of it. In the next place I will treat of the irregular Symptoms that happen in this Diſeaſe when it is unskilfully handled.

It is to be noted therefore, that the irregular Symptoms that occur on the eighth day in the diſtinct *Small-Pox*, and thoſe that happen on the eleventh in the *Flux*, always reckoning from the firſt approach of the Diſeaſe, are of great moment, with a reſpect to the life or death of the Patient; and therefore they ought to be exactly weighed; for it is manifeſt, that the greateſt part of thoſe that die of either ſort, die of the days abovementioned; for he that hath the diſtinct *Small-Pox* hopes all is well, if he ſweat freely at firſt (which, as was ſaid before, is common in grown People) for he believes that by this means the Venom of the Diſeaſe will be expelled through the Pores of the Skin, and therefore thinks it highly reaſonable to promote the Sweat, as much as poſſibly he can, by Cordials, and an hot Regimen; and he is encouraged to proceed in this method, becauſe at firſt he fanſies ſome relief thereby; and beſides it is agreeable to the erroneous opinion of the by-ſtanders: But at length thoſe Particles being eliminated by Sweat, which ſhould have

have ſerved to elevate the Puſtles, and to ſwell the Face. On the eighth day the Face, which ought to have been ſwelled, and inflamed between the Puſtles, on the contrary appears flaccid and white, yet the Puſtles continue red and elevated, even when the Patient is dead, and the Sweat, which followed freely to this day, now ceaſes of a ſudden of its own accord; nor can it be raiſed again by the hotteſt Cordials: The Patient is taken light-headed of a ſudden, with Anxiety, violent Sickneſs and Reſtleſsneſs; he makes Water often, but a little at a time, and in the ſpace of a few hours takes leave of his Friends, and repairs to his long home. But here we muſt take notice, that if the *Small-Pox* are few, if it be Winter, or if the Patient be aged, or if Bleeding has been uſed, then this hot Method, whereof we have now diſcourſed, does not ſo certainly hinder the ſwelling of the Face, nor is it ſo deſtructive as when the *Small-Pox* are thick, or when it is Spring, or Summer, or the Patient is in the Flower of his age, and has not been blooded.

But in the *Flux* the Sick is in greateſt danger, and moſt commonly dies on the eleventh day; for the Salivation which hitherto preſerved the Patient, is wont to ceaſe of its own accord at this time; therefore unleſs the Swelling of the Face perſiſts a little longer, and that of the Hands, now manifeſtly beginning, ſupplies its place, the Sick muſt neceſſarily die: For it is to be conſidered, that in this ſort the Puſtles being ſo very ſmall, not only Salivation, but the ſwelling of the Hands and Face is likewiſe abſolutely requiſite for the diſcharge of the morbifick Matter; and if either of them be abſent, or recede before their due time, the Patient is preſently dying: But it happens too too often in this hot Diſeaſe, that the Craſis of the Blood being weakened and broke by an over-hot Regimen, and being ſo highly inflamed, that it is no longer able to eject leiſurely the inflamatory Particles (to ſay nothing at preſent of thoſe Miſchiefs that are occaſioned by Sweats unſeaſonably forced;) ſo that either the Face or Hands do not ſwell at all, or the Tumour vaniſhes with the Salivation; for though the ſwelling

of the face ought to abate a little on this day, yet it should not totally disappear till a day or two after, the Tumor of the Hands in the mean while encreasing, than which, as there is no surer sign of recovery, so the contrary certainly indicates imminent danger: But however it be, the Matter of the Salivation, which was crude and thin, and easily hawked up till this day, is now viscid and tough, so that the Sick is in danger of being choaked, and his Drink is like to strangle him, so that it is forced back through his Nostrils with a violent Cough; he is hoarse, and seized with a great dulness, being wholly oppressed by the violence of the Disease, and most commonly dies in such an Agony on the day I said before.

There are yet other Symptoms that happen at any time of the Disease, and belong as well to the distinct *Small-Pox* as the *Flux*.

For instance; A *Phrensie* sometimes seizes the Sick, by reason of too great an ebullition of the Blood, and he is so unable to bear the heat, that he endeavours with all his might to free himself from those that confine him to his Bed; and sometimes the same Cause produces a different, or rather contrary Effect, to wit, a *Coma*, so that the Patient scarce ever wakes, unless he be continually stirred up.

And sometimes also in this Disease, in like manner as in the *Plague*, the Texture of the Blood being loosened by the violence of the Inflamation, Purple Spots appear among the Pustles, and are most commonly the forerunners of Death. This is most frequent when the constitution of the Air favours most this Epidemical Disease. Sometimes black small Spots, scarce so big as Pins Heads, flat in the middle, shew themselves at the top of the Pustles in divers places, and as they take their rise from too great heat, so at length, by the help of a temperate Regimen, they acquire a Brown, and afterwards, by little and little a yellowish colour, which properly belongs to the genuine and regular *Small-Pox*. And this is very manifest to those that are conversant in this Disease, wherein all the Symptoms are so much the more gentle, by how much the more

the:

the more the Puſtles when they are ripe repreſent the forſaid colour; and ſo on the contrary.

Moreover, the Blood of young People, and of thoſe that are in the Flower of their Age, rages ſometimes ſo violently, and is ſo mightily inflamed (eſpecially if they have debauch'd themſelves with Wine or other ſpirituous Liquors) that it breaks out of the Arteries into the Bladder, and ſo is evacuated by the urinary Paſſages: And indeed there is ſcarce a worſe Symptom than a bloody Urine in the whole Tragedy of this Diſeaſe, and ſometimes from the ſame Cauſe, though ſeldomer, Blood is caſt up from the Lungs. But theſe *Hæmorrhagies* happen moſt commonly at the beginning of the Diſeaſe, before the Puſtles come out; or if they do appear in ſome places, yet in moſt other Parts they lie hid thick under the Skin, and are of that kind which would flux moſt, unleſs this Symptom kill the Patient, and ſo put an end to the Diſeaſe.

Sometimes alſo there is a total ſuppreſſion of Urine, eſpecially in young Men at the ſtate or declination of the diſtinct ſort. There are alſo other Symptoms, that ſometimes ariſe from a Cauſe contrary to thoſe abovementioned, to wit, when the Patient has been injured by violent Cold, or exceſſive bleeding without reaſon, or by being over-purged, the Puſtles ſometimes flat of a ſudden, and a Looſeneſs ſupervenes; ſo that the Patient, if he be adult, as we hinted before, is in great danger, for the variolous Matter being ſtruck in, Nature is altogether unable to eject it as ſhe ought by the Pores of the Skin. Moreover, the Tumour of the Face and Hands is repelled upon this account, which is as much for the ſafety of the Patient as the very eruption of the Puſtles, unleſs they are very few; but the Symptoms that proceed from taking cold very rarely occur; for what thoſe do that are occaſioned by too hot a Regimen, for this Diſeaſe being deſervedly reckoned among the hotteſt, an Error on this Hand is much leſs than on the other.

I ingenuouſly acknowledge, that by reaſon of a defect in the Underſtanding, which is common to me and the reſt of Mankind, I know not the Eſſence of this Diſeaſe; but the above-mentioned Symptoms being ſeriouſly conſidered, ſeem to indicate, that it is an Inflamation ſpecifically diſtinct from other Inflamations of the Blood, and other Humours, in removing whereof it is Nature's buſineſs, for two or three of the firſt days, to digeſt and concoct the inflamed Particles, which afterwards being diſcharged upon the habit of the Body, ſhe ſtill ripens, and at length expels out of her Territories in the form of little Abſceſſes: Wherefore, that the method of Cure may be built upon ſome Foundation, we muſt take notice of two different Seaſons in this Diſeaſe, the one of ſeparation, the other of expulſion. The firſt, for the moſt part, is paſt through with a febrile Ebullition, and is wont to be finiſh'd in the firſt three or four days; in which time nature is buſied in gathering together the inflamed Particles which moleſt the Blood, and in thruſting them out to the fleſhy Parts.

The Blood by this means is now quieted, and ſeparation being thus finiſhed by the help of the Ebullition of the Blood, expulſion now takes place, which is performed all the reſt of the time of the Diſeaſe by means of theſe little Abſceſſes in the Fleſh: For as they do not differ from the nature of Abſceſſes, ſo they run through the ſame ſtate of Crudity and Maturation, and dry up as others do: All which if they perform right, things go well; for the chiefeſt part of the Cure depends on theſe. And truly this laſt buſineſs requires ſo much more time than the former of ſeparation; becauſe that was tranſacted in a thin and fluid body, and, as I may ſay, in Nature's boſom; whereas the latter is performed in a denſe and thick Subſtance, and more remote from the Fountain of Life.

Theſe things being premiſed, theſe Indications ariſe: Firſt, That ſuch an equality be kept in the Ebullition of the Blood, that it may not, by exceſſive violence,

violence, perform ſeparation too haſtily, nor yet by too torpid a motion retard the ſame, or not perform it ſufficiently. Secondly, That the Abſceſſes or Puſtles may be kept up with the greateſt care, that as they run over their due times, they may at length wholly carry off the Matter contained in them, and they themſelves may alſo fade away.

And to ſpeak a few things of the firſt, we muſt be ſolicitouſly careful, eſpecially at this time, that the Ebullition riſe not too high, either by heaping too many Cloaths on, or from the Air of the place where the Patient lies, being over-heated by the Fire, or by the uſe of hot Medicines or Cordials: And we muſt eſpecially beware of theſe things, if the Patient be in the Flower of his Age, or has his Blood too much exalted by generous Liquors, or if it be the Spring time, or but the beginning of Summer; for hence it would ſo fall out, that ſeparation, which ought to be performed leiſurely, ſo as it may more opportunely perform an univerſal Deſpumation, would be precipitated, and ſo either not a ſufficient number of Particles would be gathered, or as it may chance to happen, ſome Particles may be condemned to ſecretion, which Nature otherwiſe would not have them undergo, but that being forced beyond her bounds, ſhe creates this miſchief to her ſelf; for when they are ſeparated which are not fit for ſeparation, the motion of others that have an inclinaon to it, is hindred by their mixing together, and ſo are rendred leſs fit for expulſion. To me, indeed, it ſeems agreeable to reaſon, that the longer Nature is in working and perfecting ſeparation, ſo the Ebullition be not quite torpid, ſo much more certainly and univerſally the ſeparation is performed, and upon its being ſo finiſhed, it is neceſſary, that the ſucceſs of the following Cure muſt eſpecially depend; as from the contrary Method the event of the buſineſs muſt be quite contrary; for from that hot Regimen no good comes, as from over-haſty Fruit no advantage, ſeeing it frequently happens, that the Patient falls either down-right into a

Phrenſie, or which is worſe great Sweats ariſe, whereby Particles, not fit for ſeparation, nor anſwering the nature of Pus, (which very Pus notwithſtanding is the genuine product of this ſeparation) are ejected, or the *Small-Pox* being too much forced out, by giving Cordials, and by a hot Regimen run all into one, a foul Spectacle, and one that threatens a ſad event; and theſe and the like Symptoms are uſually occaſioned by theſe Errors; whereas I never obſerved any miſchief from the other Method: For Nature, left to her ſelf, does her Work in her own time, and ſeparates, and then expels the Matter in the right way and manner; ſo that in the younger ſort, eſpecially in thoſe of a brisk Temper, ſhe needs not our help, being furniſhed with ſtrength ſufficient of her own; for neither have I ſeen nor heard of any that miſcarried becauſe the *Small-Pox* came not out at firſt: But too many have periſhed in whom the *Small-Pox* appeared well, but afterwards upon ſtriking in of the Puſtles, have fallen before they were ripe.

And as it is unadviſed and hazardous to advance too high the Ebullition once begun, either by means of an hot Regimen, or by Cordials; ſo on the contrary, there is no leſs danger in diminiſhing the ſame by Vomits, Purges, Glyſters, or the like; ſeeing by this means the proper ſecretion of the ſeparable Particles is much hindred, though that vulgar Argument which Men uſe againſt Bleeding, and other Evacuations, (*viz.* That we muſt not move the Humours from the Circumference to the Center, ſince Nature ſeems to affect the contrary in this Diſeaſe) be of no force at all, becauſe upon uſing theſe means, a quite contrary Effect has often been obſerved to follow, to wit, a ſudden Eruption of the *Small-Pox*. Yet there are other Reaſons in readineſs, which ſtrongly perſwade, that if by any means it may be avoided, we meddle not with this Practice (for briefly to touch on the chief of them) by theſe Evacuations, not only the Ebullition is too much leſſened, by means whereof the Particles to be deſpumated ought accurately to be

ſepa-

ſeparated : But that alſo is ſubſtracted, which ſhould continually, as it were, afford Fuel to the ſecretion begun ; whence it often happens, that the *Small Pox* coming out at firſt with a laudable Progreſs, and perhaps ſo much the better, becauſe the ſaid Evacuation preceded, do a little after ſtrike in and flatten of a ſudden ; and for this reaſon chiefly, becauſe there wants Matter to follow that which went before, and to bring up the Rear. Notwithſtanding what has been ſaid, if there be the leaſt ſuſpicion that the *Small-Pox* which are coming out will flux, it will be very advantageous, not only preſently to bleed, but alſo to give a Vomit, for Reaſons to be mentioned at large in another place.

As to the ſecond Indication, which concerns the time of expulſion, at which time the ſeparated Matter is expelled by the help of the Puſtles, we muſt take care that they be duly kept up, ſo that they may orderly attain their appointed period.

And as we have ſufficiently demonſtrated, how very dangerous it is for the Patient to be kept over-hot in the time of the ſecretion, when there is a *Fever*, and the Puſtles ſcarce yet appear ; ſo alſo is there no leſs danger, if the ſame be done at any time of the Diſeaſe, and eſpecially at that time which is towards the beginning of expulſion, while the Puſtles are yet crude ; for tho' the Blood be in a great meaſure free from the inteſtine Tumult, by reaſon the ſeparation is finiſhed, and the Matter diſcharged to the fleſhy parts, yet it being at preſent tender and young, and having got ſcarce induction into a new State and Texture, it is apt to ſuffer, and to be eaſily affected with immoderate heat coming from all parts ; and ſo being irritated, it takes fire upon the leaſt occaſion, and is inclinable to a new Ebullition, which does not as the former endeavour to promote ſeparation (for we ſuppoſe that already finiſhed) but inſtead thereof, it not only heightens the above-mentioned Symptoms, but diſturbs Expulſion begun by the Puſtles, and does harm by exagitating the contained Matter ; either therefore the Particles now ſeparated and de-

posited in the habit of the Body, being hurried away by the violent and rapid course of the boiling Blood, are drawn again into its Mass, or the fleshy Parts being heated beyond the degree due to separation, do not so well perform it; or, lastly, perhaps upon the coming of this new Sickness, the Oeconomy of the Blood and Tone of the Flesh is perverted, so that it cannot overcome the Matter expell'd, and concoct it after the usual manner of Abscesses.

But we must not be so intent upon preventing too great an Ebullition in the Blood, as to hinder the eruption of the Pustles, by exposing the Patient to the injuries of the cold. The degree of heat most proper to promote their expulsion, must be natural, and such as is agreeable to the temper of the carnous Parts; and whatsoever exceeds, or comes short of this, is dangerous on either Hand.

Now it manifestly appears from what has been said, that this Disease, and also the method of Cure accommodated to it, stands on very slippery Ground; and I dare boldly affirm, that his Reputation will be often questioned, who frequently applies himself to the cure of it; for not only the Vulgar are ready to say, they are physicked to death, but Physicians themselves basely take occasion from hence to calumniate, and easily wheedle the ignorant into an ill opinion, that by this means they may gain the more Esteem, and raise themselves by ruining others, which is very much below a Man of Learning, and indeed an honest ordinary Mechanick abhors such Practices. Moreover, hence we may observe, which is less strange, that over-officious Nurses are most commonly very unsuccessful in this Disease; for it is difficult, and above the reach of ordinary Women to find out the degree of heat requisite in this case, especially when the Season of the Year, the Age of the Patient, and his manner of living, and the like, are to be weighed at once, which truly require a prudent, and skilful Physician.

If

If the Puſtles chance to ſtrike in, or the Swelling of the Face and Hands fall upon bleeding unſeaſonably, or catching of cold, we muſt uſe Cordials; but we muſt have a care from being too laviſh in giving them; for though you have taken away Blood, yet it may ſo fall out, that while you are afraid of loſs of ſtrength thereby, and ſo uſe Cordials, either ſtrong ones, or often repeated, you cauſe new Ebullition on a ſudden; for the Blood is yet tender, and eaſily ſenſible of the ſtrength of a hot Provocative; whence it comes to paſs, that often repeated Ebullitions ariſe in the ſame, to which the Patient's death may rather be attributed, than to the foregoing Blood-letting. And ſo much may ſuffice to be ſpoken in general of thoſe things, which may ſatisfie the firſt Intentions.

Now to come nearer Practice; as ſoon as the Signs of this Diſeaſe ſhew themſelves, I keep the Sick from the open Air, and forbid them the uſe of Wine and Fleſh, and allow them Small-beer gently warm'd with a Toaſt for their ordinary Drink; and now and then I permit them to drink as much of it as they will. I order them for their Victuals Oat-meal and Barley-broath, and roaſted Apples, and other things, which are neither too hot nor too cold, nor of too hard a digeſtion; neither do I much diſlike the ruſtick Diet, to wit, that they are fed with Milk and roaſted Apples ſqueezed into it, provided they uſe it moderately, and but now and then, and when it is warmed: I forthwith prohibit an hotter Regimen, and the uſe of all manner of Cordial Medicines, whereby ſome raſhly endeavour to force out the *Small-Pox* before the fourth day, which is the natural and proper time for their Eruption: For I certainly know, that the ſlower they come out, the more univerſal will be the ſeparation of the pocky matter, and the better will the *Pox* ripen, and the leſs danger will there be of their ſtriking in; whereas, if they are driven out before their due time, the Matter being as yet crude and indigeſted, is precipitated, and deceives our hopes, like over-haſty Fruit; and beſides there is great danger by reaſon of this over-diligence, (eſpecially in

florid and hot Constitutions, whose active Principles do more than enough supply the room of Cordials) lest Nature, being to much incited and forced, should over-run the whole Body with the *Small-Pox*; and that by this over-haste they should flux, which otherwise would have been a moderate distinct *Pox*. Moreover, the *Small-Pox* must not therefore be immediately forced out, as soon as any suspicion of the Disease arises; because, forsooth, the Patient is usually very sick, and restless before their coming out; for there cannot so much as one instance be shewn that ever any one dyed, how grievous sick soever he was, because the *Small-Pox* came not presently out, or that Nature was wanting in forcing them out sooner or later, unless at any time she was hindred by too hot a Regimen, and Cordials unseasonably prescribed; for I have more than once observed in young people of a sanguine Complexion, that a hot Regimen and Cordials given on purpose to force out the *Small-Pox* before their due time, have so little promoted their coming out, that on the contrary they have given a check to it; for the Blood being heated by these means, and put into a more violent motion than is fit to perform aright the separation of the pocky Matter, only some certain Tokens of the Disease shew themselves, while the Pustles lie within the Skin, and do not raise themselves further by what Cordials soever they are solicited to it, till at length the Blood being reduced to its moderate and due Temper, that is, by allowing Small-beer, and taking off part of the load of Cloaths wherewith he was roasted, I have made a convenient way for the Pustles to go out, and so I have put the Patient out of danger, by God's assistance.

Nor have they any more reason on their side, if I am able to judge, who so obstinately confine the Patient to his Bed before the fourth day, provided he keep his Chamber, than they who over-early and unseasonably pour down Cordials; for Bloody Urine, Purple Spots, and other mortal Symptoms, as above-said, come upon people in the Flower of their Age, meerly

meerly becauſe they are too ſoon confined to their Beds: but on the fourth day I commit the Sick to his Bed, and then if they come not out well, ſome gentle Cordial may be properly preſcribed, at leaſt for once, to drive out the Puſtles. Among the Medicines for this purpoſe, thoſe they call *Paregoricks*, ſuch as liquid *Laudanum*, *Diaſcordium*, and the like, if they be mixed in a ſmall quantity with ſome proper Cordial-water, excel the reſt; for when theſe give a check to the boyling Blood, Nature more ſeaſonably and freely caſts out the morbifick Matter. But I would not adviſe that a Cordial ſhould be uſed before this day, though there be a Looſeneſs, and that as it ſeems indicates the ſame: For though, as we mention'd before, a Looſeneſs does ſometimes precede the eruption of the *Flux-Pox*, which is occaſioned by inflammatory Vapours, or Humours emptied into the Inteſtines from the maſs of Blood, inraged and violently hurried the firſt days, yet Nature will be no more wanting in expelling the Vapours of the pocky Matter; which being done, the Looſeneſs ſtops of its own accord, than ſhe is wont to be in ejecting and caſting forth of theſe Vapours; which, when they are inverted to the Stomach at the beginning of the Diſeaſe, provoke Vomiting.

But 'tis to be noted, that if I am called to a ſtrong young Man, who has beſides given occaſion to the Diſeaſe by exceſſive drinking of Wine, or any ſpirituous Liquor whatever, I reckon it not ſufficient for the reſtraining the Ebullition of the Blood that he abſtain from his Bed, and Cordials, unleſs moreover he be let Blood in the Arm. But if this cannot be granted by reaſon of the prevailing prejudice of the Vulgar, yet, I think, I ought at leaſt to urge Bleeding; for when that Inflamation which the heat of the ſpiritous Liquors impreſs on the Blood is added to the intenſe heat that naturally attends this Diſeaſe, the Blood ſo rages, that ſometimes by the duct of the Veſſels it breaks into the Bladder, or cauſes Purple Spots, and other ſuch Symptoms, as through the whole courſe of the Diſeaſe ſtand in the Phyſicians way,

and

and carry the Patient off. And ſo much for thoſe things which are to be performed before the eruption of the Puſtles.

When the Puſtles firſt come out, I then diligently conſider whether they be of the diſtinct or confluent kind, becauſe they differ exceedingly the one from the other, though they agree as to ſome Symptoms: If therefore from the bigneſs and paucity of the Puſtles, and the ſlowneſs of their coming out, and from the vaniſhing of the Sickneſs, and other Symptoms which tire the Patient after the Eruption of the *Flux Pox*, it appears they are the diſtinct ſort, I take care that the Sick be refreſhed with Small-beer, Oat-meal and Barley-gruel, and the like, as above deſcribed; and if the *Small-Pox* be but few, and in Summer time, and that very hot, I ſee no reaſon why the Patient ſhould be kept ſtifled up in Bed, and why he may not rather riſe a few hours every day, provided the inconveniencies of too much cold or heat may be prevented, by the place and clothing; for when the Patient keeps up ſometimes from his Bed, the Diſeaſe runs its courſe with leſs trouble, and in a ſhorter time, than if he had been continually faſten'd to it; which not only makes the Sickneſs more tedious, but encreaſes the febrile heat, and when the Bliſters riſe, cauſes a painful Inflamation. But if either the cold Seaſon of the Year, or a large Eruption of the Puſtles put the Patient under a neceſſity of keeping his Bed continually, I take care that he lie not hotter, nor with more Cloaths on him than when he was in health, and that he have a Fire kindled only Morning and Evening, unleſs it be Winter; nor do I require that he ſhould be always fix'd to one place, leſt he Sweat, which I confidently affirm, as well by reaſons above-mentioned as by experience it ſelf, cannot be promoted without great danger.

When the Diſeaſe is going off, it is proper to give three or four Spoonfuls of Canary Wine hot, or ſome other temperate Cordial-Medicine; becauſe the Eruption of the Vapours that proceed from the Matter now turn'd to Pus, is hindred by the Puſtles, which

are

are at length grown crusty and hard; and there is danger lest the putrid Exhalations return again into the Mass of Blood: And truly now, and not sooner, is the time for Cordials; at the same time also a little hotter and more Cordial-diet may be allowed: For instance, Sugar-sops, and Oatmeal-caudle, and the like; nor is there need of any other thing at all that is in the distinct and gentle sort, if the Patient will but suffer himself o be treated moderately in this Method and Diet, unless by chance restlessness, or Watchings, or other Symptoms threatning a Phrensie, should now and then perswade the use of a Paregorick; and this is indeed the true Method of curing this sort of *Small-Pox*, and which will prevail when I am dead, notwithstanding the great prejudices Men have taken against it, by reason of an erroneous Opinion; tho' I do not deny but they that have been treated with a quite contrary Regimen have recovered, yet it must be acknowledged (and 'tis truly to be lamented, if we consider, that this distinct kind is no way dangerous of its own Nature) nevertheless many die, and many more also would yield to Fate, but that they are saved by the cold Season, wherein the Disease happens, or by Blood-letting) otherwise unnecessary and useless) lately celebrated, upon which account, if either the obstinacy of Friends, or the diffidence of the Patient hinder the foresaid Regimen, I reckon it safest to let Blood; which indeed though of it self it does hurt, because it disturbs and confounds separation, and moreover substracts the Sustenance design'd to keep up the Pustles and swelling, yet it makes compensation for the hot Regimen which will follow within a while, and therefore renders this Method, which we should not use but against our will, not so dangerous and doubtful.

By the way it appears from what has been said, why so few of the common People, die of this Disease, compared with the rich that are killed by it, which indeed can hardly be ascribed to any other cause, than that by reason of their poverty and Country way of living, they have not power to hurt themselves by a more accurate and delicate Regimen; but this Disease has

de-

destroyed more of the common People since they knew the use of Mithridate, Diascordium, and of the decoction of Harts-horn, and the like, than in Ages more unlearned, but far wiser, for now there is scarce a House wherein there is not a pragmatical Woman, who practises that Art to Man's destruction, which she never learnt. And so much for the Cure of the distinct *Small-Pox*.

But if the *Small-Pox* flux, the Case is very hazardous; for I reckon this sort is no less different from the other, than the *Plague* is from this, tho' among the Vulgar, who take Names and Words for Things, the Cure of both is said to be the same. In this sort of Disease, since it is the product of a greater Inflamation of the Blood, more care must be taken that the Patient be not heated, as we said in the cure of the former: But tho' this kind in its own nature requires greater cooling than the other, yet to promote the swelling of the Hands and Face (without which the Patient is lost) and the rising and encrease of Pustles; and because the Patient, by reason of the painful Exulcerations, cannot keep from his Bed, it is expedient that he keep both himself and Hands in it, so he have not too many Cloaths on, and have the liberty of turning his Body to any part of the Bed as he please, as we mention'd in the distinct kind, especially towards the latter end of the Disease, when the *Fever* of Maturation is at hand, the Patient may not only be deprived of this liberty, but he must be admonished to use it; and he must be turned night and day frequently, that the great heat may be qualified, and Sweats may be avoided, by which the gentle Humour is carried off, wherewith the *Small-Pox* should be diluted, that they may grow mild.

Seeing therefore, as we said, Salivation constantly accompanies this sort: And whereas 'tis one of Nature's principal Evacutions, and serves instead of that which ought to have been made by Pustles (for the evacuation by Pustles in this low and depressed sort proceeds not so well as in the other) we must earnestly endeavour to continue it, and to keep it up in its vigour, that it be not

not ſtop'd before its time, either by the uſe of hot Medicines, or by forbidding the Patient to drink freely of Small-beer, or ſome ſuch Liquor. Now ſince Salivation, according to Nature, is to begin with the firſt eruption of them, and to abate on the eleventh day, but not to give over altogether as yet for a day or two; if it wholly ceaſe before that day, the Patient's Caſe is dangerous: For ſeeing the ſwelling of the Face (whereby a little of the morbifick Matter is evacuated) ever diſappears on that day, if Salivation alſo withdraws it ſelf at the ſame time, the Patient is poyſoned by the pocky Matter, now growing putrid or venomous; and whereas now there is no way left by which it may be evacuated, he is at Death's door, unleſs perhaps (as ſometimes it falls out) the ſwelling of the Hands, which as it ſhews it ſelf later than that of the Face, ſo it goes away more ſlowly, be of that moment as to ſnatch him from the Jaws of Death, Salivation, which is here ſo valuable and ſo neceſſary, is very much promoted, if the Patient drinks good ſtore of Small-beer, or ſome ſuch Liquor as may neither heat him, nor provoke him to ſweat.

Beſides, that this violent Ebullition of the Blood may be quieted, wherein this ſort of *Small-Pox* far exceeds the other: and that Salivation may be kept up (the neceſſary Evacuation of this Diſeaſe) Narcoticks are more proper than any other things whatever, which though upon the account of their incraſſating Virtue they may ſeem to hinder the bringing up of the Flegm, yet I have long ſince quitted my ſelf of that prejudice, and have made uſe of them in this Diſeaſe with excellent ſucceſs, when the Patient was beyond Pubeſcency: For whereas the Blood of Infants and Children (who for the moſt part ſleep well enough through the whole courſe of this Diſeaſe) ferments more gently, it leſs wants ſuch a *Remora*: and moreover the Looſeneſs which Nature has appointed to be an Evacuation for Children in this ſort of Diſeaſe, is by the uſe of them ſtop'd, to the Patient's damage: But Paregoricks, if they be frequently adminiſtred to grown people, bring theſe advantages with them;

them; first, by procuring sleep moderately they restrain and prevent the violent Ebullition of the Blood, and consequently hinder a *Frensie*: Secondly by the use of them the swelling of the Hands and Face, which is very requisite, proceeds the better. Thirdly, The swelling by means of Narcoticks is kept up, and protracted to Nature's due term, which conduces much to the Patient's safety; seeing oftentimes the swelling of the Face falls sooner to the endangering of the Patient; for when the heat of the Blood is qualified the inflamed Particles are opportunely carried to the Hands, and all the Superficies of the Body, according the nature of the Disease, and then Salivation is promoted by them; which though it may be stop'd in some for a few hours by virtue of so strong an incrassating Medicine, yet strength being presently encreased by this new aid, Nature rouses her self, and finishes the work begun with good success. Nay, I have observed, that Salivation which usually abates about the eleventh day, and sometimes sooner, to the Patient's great hazard, has upon giving Paregoricks, more than once been renewed a-fresh, and has not ceased before the fourteenth day, and sometimes after it. I usually give either about fourteen drops of liquid *Laudanum*, or one Ounce of *Diacodium* in Cowslip-water, or some other such distilled Water, which if they be given to grown persons after the *Small-Pox* are all come out, every night, till the end of the Disease, I have found by experience, that not only no inconvenience, but great benefit will accrue to them from thence. But 'tis expedient, as I think, to give Paregoricks a little sooner than otherwise is usual; for you may easily observe, that in the worst *Small-Pox* the fit of heat, as I may call it, usually torments the Patient in the evening with restlessness, and other Symptoms, which if the Paregorick be taken about 6 or 7 a Clock at night may be in some measure prevented.

In the next place; whereas in the confluent *Small-Pox* a Looseness as certainly follows Children as Salivation does the Adult, Nature always appointing one or the other of these Evacuations to carry off the morbifick Matter; so on the one hand I never check

Sali-

Salivation, nor on the other ſtop the Looſeneſs, ſince both are equally abſurd; and 'tis to be noted, that the ill-beſtow'd pains of ſeveral impudent Goſſips, have murder'd many thouſands of Infants, while they falſely reckon with themſelves, that a Looſeneſs is as dangerous in this ſort of *Small-Pox* as in the other that is diſtinct; not knowing that in the diſtinct a Looſeneſs does hurt, where Evacuation is made by the Puſtles, but that here it is Nature's Work, ſeeking a paſs for the Diſeaſe, and therefore medling not with the Looſeneſs, but co-operating with Nature, according to the Precept of the Divine old Man, I proceed as I begin, and adviſe them to lay the Children ſometimes in the Cradle, ſometimes to take them up; and if they be weaned, I order them the ſame Diet as I did grown perſons before. At the end of the Diſeaſe, when the Face grows ſtiff by reaſon of the cruſty Puſtles that are hard and dry, I anoint it very often with Oyl of Sweet-Almonds, which mitigates the pain ariſing from the ſtiffneſs, and makes the hot *effluvia* exhale the eaſier.

I do nothing to the Face to keep it from pitting, becauſe Oyls, Liniments, and the like, only make the white Scurf longer a coming off, which falls off, and comes again after the Patient is up and pretty well, and the foul Scurf ſucceed it by degrees; but the Patient need not much fear, when by reaſon of a moderate Regimen, the Puſtles not having been much exaſperated, have contracted no cauſtick Quality.

Now though this Method (if cautiouſly and prudently accommodated to particular Circumſtances) will prevent the 'foreſaid dangerous Symptoms that are diſagreeable to Nature, and will render the Diſeaſe very benign and ſafe, yet I am forced to proceed in another manner with ſome of thoſe Symptoms I am about to mention (from what Cauſe ſoever they ariſe, before I am called in) that I may be the better able to remove them.

Firſt therefore, if in the diſtinct kind, by reaſon of an over-hot Regimen and continual Sweats, the Face does not ſwell on the eighth day, but is flaccid,

and

and though the Puſtles appear thick, yet the ſpaces betwixt them are pale; in this caſe, becauſe I would do my utmoſt for a more temperate Regimen, and to check the fury of the Blood, I immediately order ſome Paregorick to be given, which indeed (unleſs the Brain be heated) by gently cauſing ſleep, and thereby checking the violent rage of the Blood, ſeaſonably determines it, together with the heat, to the Face, as the nature of the Diſeaſe requires. But if the Miſchief coming from this Cauſe proceed ſo far, as that Sweat, which flowed hitherto plentifully, ceaſes of it ſelf. If the Patient fall into a *Frenſie*, complains of violent Sickneſs, and makes little Water, and often, Death is at hand, and I think he can be relieved by no other means than by giving Narcoticks freely, or by taking away a great quantity of Blood from his Arm, and expoſing his Body to the open Air. And indeed what I have now propoſed, ſeems not ſo raſh and unreaſonable, if we conſider, how ſome have been delivered from death by bleeding plentifully at the Noſe: This, moreover, is to be conſidered, that in this extream Agony, they are not in danger of death, becauſe the Puſtles go in (for they are out and very red when the Patient is at his laſt Gaſp) but becauſe the Face does not ſwell: Now whatever conduces to temper the Blood (and I ſuppoſe none will deny that Bleeding, and moderate Refrigeration has this Virtue) muſt of neceſſity do good in promoting the ſwelling of the Face, as well as the uſe of Paregoricks, and for the ſame reaſon.

I would not have this ſo underſtood, as if in every *Frenſie* coming upon the *Small-Pox* (ſeeing no Symptom is more frequent than this) I would adviſe Bleeding immediately, but in that only which therefore happens, becauſe the Face does not ſwell, that is in the diſtinct kind, and where Puſtles appear plentiful enough; or when by reaſon of a very hot Regimen and uſe of Cordials, the Blood is ſo fierce, and above measure exalted, that it will not give time till it may be reduced to a due temper by Paregorick Medicines, and other Medicines conducing to the ſame.

Whem

When the Case stands thus, the Physician governing, himself rather by Conscience than uncertain Fame, ought either to take away Blood, as is said before, or order his Patient to be refreshed with the open Air; to effect which, it seems to me sufficient, that the Patient rise a little while from Bed, when he is light-headed, by which means I have saved several from Death. Besides those things I have seen my self, there are innumerable instances of Men, who by these means have been delivered from the Jaws of Death: For some Franticks having escaped their Nurses guard (and Men so afflicted use wonderful shifts) have got out of their Bed, and been exposed to the cold Air in the Night; others by stealth, or snatching, or by entreaty, have got cold Water of their Nurses and drunk it, and so by an happy mistake have obtained their Health when despaired of.

I will add only one Observation, which was told me by the Party concerned, which is this; That when he was a young Man, and in the Flower of his Age, he travell'd to *Bristol*, and was seized with the *Small-Pox* there, about the middle of Summer, and a little after with a *Frensie*, and his Nurse having occasion at that time to go into the City, left him in charge with some others, intending to return presently; but while she tarried some time, he died, as the by-standers thought; and considering both the time of the Year, and the habit of his Body, which was gross and corpulent, that the Body might not stink, they lift it out of the Bed, and laid it naked on the Table, throwing only a Sheet over it: The Nurse at length coming back, and hearing the sad news, enters the Room, to behold the sad Spectacle; she presently threw off the Sheet, and looked on his Face, and thinking she discovered some obsure signs of Life, presently laid him in Bed again, and he recovered in few days.

But to return to the business: In the next place, If in the confluent *Small-Pox* the Spittle be so baked and tough by the preceding heat, that the Patient is almost strangled (which is not unusual, as we said,

on the eleventh day) a Gargarism must necessarily be used, and order must be given to syringe the Throat with it often, night and day; let it be made either of Small-beer, or Barley-water, with Honey of Roses; or the following may be used.

Take of the Bark of the Elm six Drams, of the Roots of Liquorice half an Ounce, of Raisins stoned number twenty, of Red Roses two Pugils, boil them in a sufficient quantity of Water to one pint and an half, strain it, and dissolve in it of Honey of Roses and simple Oxymel, each two Ounces, mingle them and make a Gargarism.

But if the Patient has been treated as he ought, Salivation even when it begins to abate, will do its Office so well, that there will be no need of this Remedy: And truly when it comes to this, that the Patient is in danger of being choaked every moment, quite dulled, and his Breath almost gone, we cannot safely trust to this Remedy. When therefore the Patient is thus at his last Cast, I have sometimes very seasonably and successfully given a Vomit of the infusion of *Crocus Metallorum*, but in a large Dose, *viz.* one Ounce and an half, because of the extraordinary stupidity which the Patient labours under; a less Dose will not work at all, and in the mean time by disturbing the Humours which it cannot carry off, will put the Patient in great danger of his Life: Nor can we well depend on this Remedy, and indeed (which is much to be lamented) some other surer Medicine is wanting, that may vanquish this cruel Symptom, which alone destroys almost all that die on the eleventh day of this sort of *Pox*.

And as those Symptoms which happen in this Disease, are prevented by the help of a temperate Regimen; so are also most of them cured by the same. For instance; as the 'fore-mention'd *Frensie* arises from too great an heat of the Brain, so 'tis cured by cooling the Blood any way; and by the same means a *Coma* is easily remedied, which seems to be a Symp-

to.n

tom quite contrary to the other. It takes its rise from an obstruction of the *Cortex* of the Brain, while hot Steams, occasion'd by the Blood being attenuated by reason of an hot Regimen, and hot Medicines, are forced thither in great quantities: By this tempering of the Blood I have seen Purple Spots removed; but neither by this, or any other Method, could I ever see either pissing of Blood, or a violent Eruption of it from the Lungs stopp'd as yet: But both these *Hæmorrhages*, as far as I have hitherto observed, undoubtedly presage death.

In a suppression of Urine which sometimes afflicts the younger and brisker sort (occasioned by the great confusion and disorder of the Spirits, which serve for the voiding of it, by reason the Blood and Humours are disturbed with too great heat) I have taken all the Tribes of Diureticks to my assistance; but nothing succeeded so well with me as to take the Patient out of his Bed, who being supported by some that were by, when he had walked twice or thrice cross the Room, presently made store of Urine, to his great relief. I could here produce some Physicians of my acquaintance for Witnesses, who, by my Advice, have order'd the same thing in this Case, and it succeeded well.

But the Symptoms which proceed from the repercussion of the pocky Matter by extream Cold, or Evacuation unduly made, must be removed by the use of Cordials, and a suitable Regimen, which yet must not be continued beyond the time that the Symptoms continue: The chief of them are a depression or falling of the Pustles, and a Looseness in the distinct *Small-Pox*; for in the *Flux* neither the depression of the Pustles forebodes any ill, because 'tis the nature of the Disease, nor a Looseness in Children that are sick of them, because 'tis in order to Health. In both these Cases a Cordial Potion of some proper distilled Waters, with *Diascordium*, *liquid Laudanum*, and the like, may very well be given, and that not only to remove the 'foresaid Symptoms, but at any time of the Disease, if the Patient complain of a Pain at

his Heart, and of Sickneſs. But to ſpeak the truth, the Symptoms of this kind are very rare, if they are compared with thoſe, which owe their Original to the other extream, which is more fatal, though leſs blamed; and indeed I think that the Rumour which has ſo much prevailed concerning the frequent ſtriking in of the Puſtles, chiefly proceeds from a miſtake of thoſe that have obſerved their Depreſſion in the confluent kind; which they took to be a ſtriking in of the variolous Matter, by reaſon of taking cold, whereas 'tis nothing elſe but the nature of the Diſeaſe; and they ſuſpect the ſame in the diſtinct kind, becauſe they expect the eruption and encreaſe of the Puſtles before their due time, having not ſufficiently taken notice of the time when Nature uſes to bring this Fruit to maturity.

When the Patient is upon recovery, and the Puſtles are falling off, and he has eaten Fleſh a few days, *viz.* about the one and twentieth day, I reckon he may be bled in the Arm, if the Diſeaſe has been violent; for the Inflammation which the *Small-Pox* has impreſſed upon the Blood, whether the Patient be old or young, no leſs indicates Blood-letting than the filth which has been gathered together does Purging; which is evident enough both from the colour of the Blood that is taken away after the *Small-Pox* have been ſevere, which is like that of *Pleuriticks*, and alſo from thoſe great inflammations that fall on the Eyes after this Diſeaſe, as alſo from other ill effects of the Blood over-heated, and depraved by this Diſeaſe; which is the reaſon that they who were very healthy all their lives before, do all their life-time after conflict with ſharp hot Humours falling on the Lungs, or ſome other part. But if the Puſtles have been but few, there will be no need of Bleeding: After Bleeding I give three or four Purges. Moreover, when the Patient has been freed a while from the *Flux Pox*, and riſes daily, it ſometimes ſo happens, that he is cruelly troubled with a ſwelling of his Legs, which either goes off of its own accord after Bleeding and Purging, or is eaſily aſſwaged

by

by the use of discussing and emollient Herbs boyl'd in Milk (such as are Mallows, the Leaves of Mullein, Elder, Lawrel, with the Flowers of Camomile and Melilote.) And so much for the History and Cure of the *Small-Pox*, which prevailed for these two Years; and that I may distinguish them from the other kinds which follow, I term them legitimate.

CHAP. III.

Of the Continual Fever *of the Years* 1667, 68, *and part of* 69.

NOW, that I may speak of the *Fever* that reigned during this pocky Constitution, and that began and ended with the *Small-Pox*; it afflicted the Sick in the following manner: He had a Pain in the Region, which is under the *Scrobiculum cordis*, and could not bear the touching of it, which I do not remember I observed in any other Disease besides this *Fever*, and this kind of *Small-Pox*, the Pain of the Head, and the Heat of the whole Body, and also the Spots were very manifest; but the Sick was not thirsty, the Tongue was often like the Tongue of a well Person, only it was sometimes whitish, seldom dry, but never black. The Sick was much disposed to large spontaneous Sweats, from the very beginning of the Disease, but was not relieved thereby; yea when they were provoked by hot Medicines and an hot Regimen, there was danger of a *Frensie*; Moreover the number of the Spots were encreased, and all other Symptoms were rendred more violent; the separation of the Urine, which seem'd very laudable even from the beginning promised well, and yet the Patient was not more relieved thereby, than by the Sweat which we mentioned before.

If this Diſeaſe was ill managed, it continued moſt commonly a long while, and did not go off critically, or of its own accord, like other *Fevers*, but afflicted the Sick with violent Symptoms ſix or eight weeks, unleſs death had diſpatched the buſineſs ſooner. At the latter end the Sick ſpit much, if no conſiderable Evacuation went before, and if the Sick took cooling Juleps, the Diſeaſe went off thereby beyond expectation, if it were not ſtopp'd by Evacuations, or hot Medicines. And as this *Fever* depended on that Epidemick Conſtitution of Air, which at the ſame time produced the *Small-Pox*; ſo indeed if it was not plainly the ſame, it was almoſt exactly of the ſame Nature and Genius, excepting only thoſe Symptoms which were the neceſſary conſequences of the Eruption: For both Diſeaſes began in the ſame manner; there was the ſame Pain in thoſe Parts which are under the *Scrobiculum Cordis*, if the Hand touch'd them; the colour of the Tongue, the conſiſtence of the Urine, and the like, were the ſame in both: So were the great ſpontaneous Sweats that ariſe at the beginning; and the Diſpoſition of this Diſeaſe to Salivation, when the heat was violent, was the very ſame as in theſe *Small-Pox* when they fluxed. Moreover, ſeeing this *Fever* raged chiefly at that time, when the *Small-Pox* were more Epidemick than I ever knew them at any other time, none can doubt but that they were both of the ſame Family. This I certainly know, all the practical *Phænomena* which reſpect the Cure, were plainly the ſame in both Diſeaſes, excepting thoſe things which the Eruption of the *Small-Pox*, and the Effects of them indicated, which becauſe there was none in this *Fever* they could not therefore be indicated; which was indeed very clear to me from the Obſervation I made in thoſe that had both Diſeaſes. Wherefore I muſt be allowed to call this a variolous *Fever*, upon the account of the likeneſs it has to this kind of *Small-Pox*, though I as little affect to give things new Names as any one, only I do it to diſtinguiſh this *Fever* from the reſt.

But how much ſoever the ſaid *Fever* reſembles the *Small-Pox*, no ſober Man will be eaſily perſwaded, that it ought to be cured by the ſame Method, becauſe in theſe the inflamed Particles, by the help of the Puſtles, are caſt upon the habit of the Body; but in this *Fever* they are ejected by Spittle: for the Sweats that flowed at the beginning of the Diſeaſe were Symptomatical, not Critical, Nature ſeeming to have deſigned no other Evacuation in this Diſeaſe than Salivation, though ſhe her ſelf moſt commonly perverts it, either by a Looſeneſs, which moſt commonly ariſes from inflammatory rays, conveyed through the Meſenetrick Arteries to the Inteſtines, and ſolliciting them to Excretion (which is uſual in *Pleuriſies* and other inflammatory *Fevers*, by reaſon of the fury of the Blood, and hot Particles that endeavoured to be cooled) or by violent Sweats, which always accompanied this Diſeaſe, as well as the *Small-Pox*, by Nature's appointment; which being Symptomatical, the Salivation was turn'd another way, that otherwiſe would have been Critical; ſo that unleſs Art ſuggeſted another Evacuation, the Diſeaſe continued for ſome weeks, and would not come to Concoction like other *Fevers*.

But to proceed a little further, that we may the better underſtand the nature of this *Fever*, and make a good Foundation for the curative Indications, we muſt take notice, that in that *Fever* which reigned in the Epidemick Conſtitution for *Agues*, the Matter which was to be ſeparated from the Blood was ſo thick, that it could not be ſeparated without previous Digeſtion, ſo as to be diſpoſed for a due Evacuation at an appointed time, either by a large Tranſpiration, or by a critical Evacuation by Stool; ſo that the whole buſineſs of the Phyſician was to accommodate himſelf to the Genius of the Diſeaſe, ſo that it did not riſe too high on the one hand, and cauſe dangerous Symptoms, nor on the other hand ſink ſo low, as not to be able to eject the offenſive Matter, a *Fever* being Nature's Inſtrument to perform this Secretion: And alſo in the *Plague* there is ſome Matter that

must be separated from the Blood; but it consisting of very fine Parts that are very inflammable (such as sometimes when they are exasperated pass through the Blood like Lightning, and do not cause an Ebullition in it) passes through in the twinkling of an Eye, and stops only in some Glandule, or some external Part; where being entangled, it first inflames the Part, and afterwards causes an Impossthume, and an Impossthume is Nature's Machine, whereby she frees the Flesh from such things as are offensive to it; as a *Fever* is her Instrument, whereby she removes that which disorders the Blood: in which case 'tis the Physicians Duty to govern the Evacuation of the pestilent Matter, which Nature attempts by these Abscesses, unless any one should think it more advisable to substitute some other Evacuation, which is more in his power, and which he can govern better than that of Nature. In the same manner Nature proceeds in expelling the Matter of the *Small-Pox*, which is a grosser sort of Inflammation, that is cast out by Pustles, dispersed every where instead of Carbuncles and Bubo's, and the like: And in this case also the curative Indications are to be so directed, That the natural Evacuation by the Pustles may go on well. But now in this kind of inflammatory *Fever*, of which we now treat, such a gross Matter is not to be found that requires previous Digestion before it be ejected, as in the *Fever* above described; and therefore we endeavour in vain to obtain such a Digestion, by leaving the business to Ebullition. And moreover, on the contrary, there is danger in proceeding this way of heightning the Disease, its Essence consisting of a violent Inflammation. And moreover, because Nature has appointed no Evacuation for this *Fever* by Eruptions, which we see in *pestilential Fevers*, and the *Small-Pox*, though as to other things it agrees with the latter Disease. The sum of all is the quieting the Inflammation by Evacuations, and attemperating Medicines; and therefore I proceeded accordingly to the Cure of it in the following manner.

Being

Being called to a Patient, I order'd him presently to be blooded in the Arm, if great weakness, or especially old Age did not forbid, and that it should be repeated every other day for twice, unless the signs of recovery should appear: on the day between, a Glyster of Milk and Sugar, or the like, was injected, and the following Julep, or the like, was used through the whole course of the Disease.

Take of the Waters of Purslain, Lettice, and of Cowslip-flowers, each four Ounces, of Syrup of Lemons one Ounce and an half, of Syrup of Violets one Ounce; let him take three Ounces four or five times in a day, or as often as he will.

And I allow'd him Whey, Barley-water, and the like, for his ordinary Drink; and for his Diet Broths of Barley, Oat-meal, Panada, roasted Apples, and the like: But I forbid Chicken-broth, and any other kind of Broth of Flesh. Above all I order'd he should not lie continually in bed, but should keep up good part of the day, and that daily; for I observed in this *Fever* (as in a *Pleurisie*, *Rheumatism*, and other inflammatory Diseases, in the Cure whereof bleeding and cooling are the chief Remedies) that the most cooling Medicines, and bleeding often repeated, do no good, when the Patient keeps his bed continually, and is inflamed by its heat, especially in the Summer; wherefore the Sweats which now and then flowed did not fright me from this cooling Method and Medicines, and from forbidding the continual keeping in bed; for though one might reasonably think, that great benefit may be received from an Indication taken from those things, which generally do good; yet I have found by experience, that the Patient is not only not relieved, but is more heated thereby, so that often a Frensie, and Spots, and other ill Symptoms presently follow these Sweats, which do not seem to proceed so much from Malignity of the Disease as from ill management.

If any one ſhould object, that the Method propoſed for curing *Fevers* is quite contrary to the Theory of Authors, who all with one conſent declare, That a *Fever* is beſt and moſt naturally cured by Sweats; I have this to ſay for my ſelf (beſides the certain and conſtant Teſtimony of Experience, which always ſides with me in the cure of this particular *Fever*) I ſuppoſe that learned Men, who inſiſt ſo earneſtly for the provocation of Sweat in the cure of a *Fever*, mean thoſe Sweats which are evacuated after the previous digeſtion of ſome humour lodged in the Blood; in preparing of which humour Nature has been a certain time buſied, that it might be ejected by Sweat: But the caſe is quite different here; for the Sick ſweats plentifully preſently, at the very beginning, and Sweats are a great part of the Diſeaſe; and if we may judge by all the *Phænomena*, this Diſeaſe proceeds rather from meer heat of the Blood, than from any humour lurking within, and to be expell'd from the Blood after due Concoction by Sweat. But if we ſhould ſuppoſe ſuch an humour as is to be ripen'd by Digeſtion, is found in this *Fever*, as in many others, to what purpoſe is it to aſſiſt Nature (whereas 'tis our buſineſs to reduce to order her irregular attempts) who is over-officious already, by forcing Sweat, with Cordials and an hot Regimen, ſeeing the well known Axiom, *viz. Things concocted, not crude, are to be medicated*, reſpects Sweating as well as Purging.

During this Conſtitution, I was called to *Dr. Morrice*, who at that time practis'd in *London*, and now at *Petworth* in *Suſſex*; he had this *Fever* with violent Sweats, and many Spots, and by the conſent of other Phyſicians, that were his and my Acquaintance, he was blooded, and riſe, having firſt rubbed of the Sweat; he us'd a cooling Diet, and Medicines, and was preſently relieved, the violent Symptoms ſoon going off; and perſiſting in this Method he recovered in a few days.

But to return to the buſineſs: Nor did the Looſeneſs which often accompanied this *Fever* hinder me from proceeding in the Method above-mentioned; yea,

yea, I have found (foraſmuch as it was occaſioned by inflammatory Vapours paſſing from the Blood through the Meſenterick Arteries into the Inteſtines, and vellicating them) that nothing was ſo effectual for ſtopping this *Flux* as Bleeding and cooling the Blood with Barley-water, Whey, and the like.

This Method ſucceded excellently well in the cure of this Diſeaſe, and ſeemed better than any other, though I know many recovered that were treated a quite contrary way, *viz.* By Cordials and an hot Regimen: But I always thought they ran great hazards unneceſſarily; for the Spots, which otherwiſe were very few, by this means became very numerous, the thirſt which moſt commonly was little, was by this way of proceeding mightily encreaſed, and the Tongue which otherwiſe was moiſt, and not much unlike the Tongue of a healthy Perſon, only, as we ſaid, was a little white, was dry under this Regimen, and often black: Laſtly, thoſe very Sweats, which by the uſe of Cordials they ſo much labour'd to force out, at length were ſtopp'd by the uſe of them: For too great a quantity of *Serum* being evacuated through the habit of the Body, the Blood was unable to ſupply any more of it, and that Moiſture being quite waſted wherewith it ought to have been diluted; the Sick grew forthwith dry, and the outward Parts are bound up quite contrary to the courſe which Nature uſed to obſerve in this *Fever*, till at length the Blood being again repleniſhed from the Moiſture received from what is taken in, expels this *Serum* lately brought in together with the *Fever*, partly by the help of Medicines, and partly by the force of the *Fever*: But this Criſis was too much forc'd, and too dangerous, and, which is yet worſe, ſeldom happened.

But now, as I mentioned above, the ſolution of this *Fever*, as alſo the *Small-Pox*, which is near a-kin to it, was often made by Salivation, and was always beneficial, and when it flowed plentifully it took off the Purple Spots and the *Fever* too: Therefore when the Spitting ariſes no Evacuation muſt be uſed, neither by Bleeding nor by Glyſters; for by the uſe of either

either there is danger, leſt the Humour ſhould be diverted; but Whey and other cooling things will further the Salivation; whereas on the contrary, Cordials, and all hot things thicken the Matter, and ſo ſtop Spitting.

In the Year 1668, before this *Fever* was quite extinct, the Looſeneſs became Epidemical, without any manifeſt Sign of a *Fever*; for now the Conſtitution inclined to that Dyſentery, which prevail'd in the following Year; of which we ſhall treat in the next Section: Yet notwithſtanding I thought this Looſeneſs was the ſame *Fever* with the variolous now reigning, only differing in Form, and appearing in another Symptom, and perceiving that ſhaking and ſhivering was wont to precede this Looſeneſs; and moreover, that it was occaſioned moſt commonly by the ſame the *Fever* was that raged then, it ſeemed probable to me, that this *Fever* took its riſe from inflammatory Rays inverted upon the Bowels, and provoking them to Expulſion; whereas in the mean while the Maſs of Blood, by reaſon of this Diverſion, was freed from diſorders, which otherwiſe thoſe Rays would have occaſion'd, and no viſible ſign of a *Fever* ſhew'd it ſelf outwardly. Moreover, the Sick could not ſuffer an Hand to preſs the Parts under the *Scrobiculum Cordis*; which Symptom, as we mention'd before, happen'd in the *Small-Pox*, and in the *Fever* of this Conſtitution. The ſame pain alſo, and tenderneſs of the Fleſh often ſtretched it ſelf outwardly to the *Epigaſtrium*, and ſometimes alſo an Inflammation which ended in an Impoſthume, and kill'd the Patient: All which clearly ſhew'd, that this Looſeneſs was wholly of the ſame Nature and Eſſence with that *Fever* which then reigned. This my Opinion was confirm'd by the happy event which Bleeding, and the uſe of Medicines, Diet, and a Regimen that were cooling (which we have often ſaid were uſed in the Cure of the variolous *Fever*) always had in ſtopping the Looſeneſs, for it yielded readily to this Method; whereas, when it was treated in a contrary manner, either by Rhubarb, or other gentle Catharticks (*viz.* to carry

off

off the ſharp Humours which were ſuppos'd to irritate the Guts for ſuch an Excretion) or by Aſtringents, though it was naturally gentle, it became after a deadly Diſeaſe, as the Bills of Mortality at that time ſufficiently teſtified. And ſo much for the Epidemical Diſeaſes that depended on this Conſtitution.

SECT. IV. CHAP. I.

Of the Epidemick Conſtitution of part of the Year 1669, *and of the Years* 1670, 1671, 1672, *at* London.

AT the beginning of *Auguſt* 1669, the *Cholera Morbus*, the *Gripes* without Stools, and the *Bloody-Flux*, were very frequent, whereas for ten Years before they ſeldom happened. But though the *Cholera Morbus* was more Epidemical in that Year than I ever knew it before, yet it did not laſt much longer than the Month of *Auguſt*, or a fortnight in *September*; but the *Gripes* without Stools continued to the end of Autumn, and accompanied the *Bloody-Flux*, and were more univerſal than that. But upon coming of Winter the *Gripes* without Stools vaniſhed: Nor did they appear again in the following Years, wherein this Conſtitution flouriſhed; but yet the *Flux* was more univerſal, whereof I thing this was the cauſe, *viz.* the Conſtitution was not yet ſo perfectly diſpoſed to produce the *Bloody-Flux*, that it could in every one cauſe all the Symptoms which afflict thoſe that have the *Bloody-Flux*: For in the following Autumn, when the *Gripes* return'd, the Diſeaſe was accompa-

companied with every Pathognomonick Symptom. Betwixt the *dry Gripes* and the *Bloody-Flux* now mentioned, which was every where very raging, a new *Fever* did ariſe that accompanied both Diſeaſes, which did not only ſeize thoſe that were afflicted with one of the former, but alſo thoſe that were yet free from both; only ſometimes (but that ſeldom happened) there were ſome ſmall *Gripes*, ſometimes with, ſometimes without Stools, which becauſe in ſome ſort it reſembled that *Fever* that frequently accompanied the 'forementioned Diſeaſes, it is to be diſtinguiſhed from others by the Name of the *Dyſenterick Fever*, eſpecially ſeeing, as we ſhall ſhew by and by, it only differ'd from the Genius of the *Bloody-Flux*, in that it was not accompanied with thoſe Stools which were continually troubleſom in the *Bloody-Flux*, nor with thoſe Effects which neceſſarily follow this Evacuation. At the approach of Winter the *Bloody-Flux* withdrew for a while, but the *Dyſenterick Fever* raged more: Then alſo the *Small-Pox*, but they were gentle, broke out in ſome places.

But about the beginning of the following Year, *viz.* in *January*, the *Meaſles* ſucceeded; which daily encreaſing till the *Vernal Equinox*, viſited almoſt every Framily, eſpecially Children. But from that time they decreaſed by degrees, and vaniſhed in *July*, and were no more ſeen in any of theſe Years of this Conſtitution, ſaving that the next Year, at the time they broke out the Year before, they here and there appear'd a little.

Theſe *Meaſles* made way for a ſort of *Small-Pox* that were hitherto unknown to me; and that I may diſtinguiſh them from the reſt, I call them the irregular *Small-Pox* of the *Dyſenterick Conſtitution*, by reaſon of their irregular and unuſual Symptoms, that were very different from the *Small-Pox* of the preceding Conſtitution; as I ſhall ſhew hereafter, when I come to treat of them. Theſe *Small-Pox*, though they were not near ſo frequent as the *Meaſles*, ſeized many till at the beginning of *July* the *Dyſenterick Fevers* prevail'd, and were Epidemick: But Autumn

tumn approaching, namely in *Auguſt*, the *Bloody-Flux* returned, and raged more than in the foregoing Year; but it was quelled by the cold of Winter, as before and afterwards the *Dyſenterick Fever* and the *Small-Pox* raged all the Winter.

But about the beginning of *February* of the following Year, *tertian Agues* ariſing, both Diſeaſes ſeldomer appear'd, and though they were not very Epidemical, yet were they more frequent than I had obſerved them at any time ſince that Conſtitution went off, which, as I noted before, was ſo inclined to them; and theſe, according to the cuſtom of *Vernal Agues*, went away ſoon after the Summer *Solſtice*. At the beginning of *July* the *Dyſenterick Fevers* returned again to the ſtation they were in in former years, but the Autumn being near over, the *Dyſentery* return'd again a third time, but it continued a leſs while than in the foregoing Year, wherein it ſeem'd to come to its heighth; but when Winter came it went off as before, and the *Dyſenterick Fever* and *Small-Pox* raged all that Seaſon.

But as we have mentioned above, at the beginning of both the preceding Years, ſome very Epidemical Diſeaſe prevailed, *viz.* the *Meaſles* at the beginning of the Year 1670, and *tertian Agues* at the beginning of 1671; ſo that the *Small-Pox* were over-power'd at the beginning of theſe Years, and could not ſpread much: But when they reigned alone at the beginning of 1672, they were very Epidemical till *July*, at which time the *Dyſenterick Fever* invaded again, but it ſoon gave place to the *Bloody-Flux*, which return'd now in *Auguſt* a fourth time; but it was not ſo frequent as in the former Years, nor were the Symptoms ſo violent. Moreover, the *Small-Pox* were here and there; ſo that 'twas not eaſie to know which Diſeaſe prevail'd; I indeed ſuppoſe that the Conſtitution of the Air being not ſo inclinable to produce the *Bloody-Flux*, gave occaſion to the *Small-Pox*, whereby they were able to keep pace with the *Flux*, which they could not do in thoſe Years, wherein the *Bloody-Flux* raged in *Auguſt* more violently. The Winter,

ter, as it was wont, ſtopp'd the *Flux*, but the *Fevers* and the *Small-Pox* continued; and now the *Small-Pox*, according to their cuſtom, were chief, and raged all the Winter, and alſo the following Spring; and at the beginning of Summer they here and there appear'd, but they were much gentler than this kind uſed to be.

But when I affirm, that one Epidemick Diſeaſe expell'd another, I do not mean that the Diſeaſe which is expelled does quite vaniſh, but that it does ſeldomer appear; for during this Conſtitution either Diſeaſe was found at that Seaſon which was diſagreeable to it: For inſtance, the *Bloody-Flux*, though it properly belong to the Autumn, did perchance ſeize one here and there in the Spring, tho' it was very rare.

We have therefore plainly proved, that through this whole Conſtitution, at the beginning of *July* (which Month is the certain Epoc of *Autumnal Fevers*, as *January* is of thoſe in the Spring) *Dyſenterick Fevers* raged, and that at the approach of Autumn the *Bloody-Flux* ſucceeded them, which, to ſpeak accurately, is truly Autumnal; which being ſtopp'd by the Winter, the *Dyſenterick Fever*, and the *Small-Pox* prevail'd: but the *Small-Pox* continued all the Winter, the Spring and Summer, till in *July* they were vanquiſhed by the *Dyſenterick Fever* that raged epidemically: And this was the courſe of things whilſt this Conſtitution flouriſhed.

'Tis moreover to be obſerved, that as every Epidemick has its periods in particular Subjects, *viz.* of Increaſe, State, and Declination, ſo every general Conſtitution that favours the Epidemick Production of this or that Diſeaſe, has its periods according to the time it reigns: For it rages more and more epidemically, till it comes to its height, and then it gradually decreaſes, till at length it quite ceaſes, and gives place to another Conſtitution. For as to the violence of the Symptoms, they are moſt violent when they firſt appear, and they grow gentle by degrees; and in the Cataſtrophe of the Conſtitution they are as gentle as the nature of the Diſeaſe will permit, which is manifeſt in the *Bloody-Flux* and *Small-*

Pox

Pox of this Conſtitution, as I ſhall preſently ſhew. I begin to treat particularly of the Diſeaſes of this Conſtitution, according to the order they kept.

CHAP. II.

Of the Cholera Morbus *of the Year* 1669.

THis Diſeaſe which, as we ſaid before, was more Epidemical in the Year 1669, than I ever knew it in any other Year, it comes as certainly at the latter end of Summer, and at the approach of Autumn, as Swallows at the beginning of Spring, and as Cuckoes at the heat of the following Seaſon. That Diſeaſe which is occaſioned by a Surfeit comes at any time; the Symptoms are indeed alike, and the Cure the ſame, yet 'tis of another kind. The Diſeaſe is eaſily known; for there are violent Vomitings, and an Evacuation of ill Humours with great difficulty and trouble by Stool, there is a violent Pain and Inflammation of the Belly and Guts, an Heart-burning, Thirſt, a quick Pulſe, with Heat and Anxiety, and often a ſmall and unequal Pulſe, with great Nauſeouſneſs, and ſometimes a colliquative Sweat, Contractions of the Arms and Legs, Fainting, a Coldneſs of the extream Parts, and ſuch like Symptoms, which frighten the by-ſtanders, and kill the Patient in twenty four hours: There is alſo a dry *Cholera*, from a windy Spirit breaking out above and below, without Vomiting or Looſeneſs, which I never ſaw but once, and that was at the beginning of this Autumn; at which time the former kind was very common.

I have found by much conſideration, and by manifold experience, that if on the one hand I ſhould endeavour to expel theſe ſharp Humours that are the Fuel of the Diſeaſe by Catharticks, I ſhould do juſt as he that endeavours to quench Fire with Oyl, ſeeing the operation of the moſt gentle Purge would but cauſe farther diſturbance, and raiſe new Tumults; and on the other hand, ſhould I reſtrain the firſt Effort with Narcotick Medicines, and other Aſtringents, whilſt I hindred natural Evacuation, and detained the Humour againſt Nature, the Sick would undoubtedly be deſtroyed by an Inteſtine War, his Enemy being kept in his Bowels: For theſe Reaſons therefore I thought I muſt go in the middle way, that I might partly evacuate, and partly dilute the Humour. I found out this Method ſeveral Years ago, and have long experienced it, and have by it many times reduc'd this Diſeaſe to good order.

A young Chicken is boyl'd in about three Gallons of Spring-water, ſo that the Liquor has ſcarce any reliſh of the Chick, the Sick is order'd to drink ſeveral large draughts of this a little warm, or for want of it Poſſet-drink; at the ſame time a good quantity will ſerve for ſeveral Glyſters to be given ſucceſſively, until all the Broth is conſumed and evacuated upwards and downwards, an Ounce of the Syrups of Lettice, Violets, Purſlain, or Water-Lily, may be mix'd now and then with the Draughts and Gliſters, though the Broth will do very well without ſuch Addition; ſo the Stomach being often loaded with a conſiderable quantity of the Liquor, and, as I may ſay, turned, and the injection of Glyſters being repeated, the ſharp Humours are either caſt out, or their Acrimony being taken off, they are reduc'd to a due temper, the Filth being ejected by theſe means, which require three or four hours. Some Anodyne Medicine perfects the Cure; I uſe the following often.

Take

Take of Cowſlip-water one Ounce, of Aqua Mirabilis *two Drams, of liquid Laudanum ſixteen drops; mix them.*

Any other Narcotick of the Shops may be uſed inſtead of it; and this way of diluting the Humours is much ſafer and quicker than that which is commonly taken to ſtop this dangerous Diſeaſe; *viz.* either by things that evacuate or bind, becauſe the Tumult is made worſe by Purges, and all things are put in an hurly-burly thereby, and the other on the contrary keeps the Enemy in the Bowels, and of a ſtranger makes him an inhabitant. To ſay nothing of the tedious trouble created to the Sick when the Diſeaſe is protracted, beſides the danger, whereby at length the ill Humours creep into the Maſs of Blood, and ſoon kindle a malignant *Fever*.

But it muſt be carefully noted, that if the Phyſician is not called till the Vomiting and Looſeneſs have continued many hours, ſuppoſe ten or twelve, and the Sick is worn out, ſo that the extream Parts wax cold; I ſay in this caſe, all other Remedies being omitted, he muſt immediately fly to *Laudanum*, the ſacred Anchor in this Diſeaſe, which muſt not only be given when the Symptoms are urgent, but alſo after the Vomiting and Looſeneſs go off, and muſt be repeated Morning and Evening daily, till the Sick has recover'd his Strength and Health.

Though this Diſeaſe is Epidemical, as was ſaid before, yet it very ſeldom laſts longer than *Auguſt*, wherein it firſt began; upon which account I have been induced to conſider the excellent contrivance of Nature, for the production of Epidemick Diſeaſes; for though the ſame Cauſes wholly remain, ſo that many ſhould be ſeized with this Diſeaſe, as well in *September* as *Auguſt*, by reaſon of eating too much Fruit; yet we ſee the ſame effect does not follow, and he that ſhall carefully obſerve the *Phænomena* of a legitimate *Cholera*, whereof we only treat at preſent, will confeſs that that Diſeaſe which invades at any other time of the Year, though coming upon the ſame

occaſion, and accompanied with ſome of the ſame Symptoms, is altogethet different from this now ſpoken of, as if there were ſome ſecret and peculiar thing in the Air of this peculiar Month, that impreſſes on the Blood, or on the Ferment of the Stomach ſome ſuch Specifick alteration, as is fit only for this Diſeaſe.

CHAP. III.

Of the Bloody-Flux *of part of the Year* 1669, *and of the Years* 70, 71, 72.

THE *dry Gripes*, as we ſaid before, began to invade at the beginning of *Auguſt* 1669, and in proceſs of that Autumn equall'd the *Bloody-Flux* that began with them, or rather exceeded it: Sometimes a *Fever* accompanied them, and ſometimes not. The 'foreſaid *Gripes* were altogether like the *Gripes* of the *Bloody-Flux*, which was as frequent at that time; they were very violent and afflicted the ſick by intervals; but no excrementitious or mucous Stools followed: They accompanied the *Bloody-Flux* through all this Autumn, but did not invade any more epidemically with it in the following Years of this Conſtitution: But ſeeing theſe *dry Gripes* do not much differ, either in their Nature or Method, whereby they were eaſily appeaſed from the *Bloody-Flux*, I ſhall treat only of it.

I have taken notice, that as this Diſeaſe invades now at the beginning of Autumn, ſo it uſes moſt commonly to do, and that 'tis wont to ceaſe a while at the approach of Winter: But when a Series of Years

too

too much favour an Epidemick Production of it, it may ſeize at any other time here and there one; yea, at the beginning of Spring, and perhaps earlier (if hot weather follows preſently after an hard Froſt ſuddenly thawed) it may afflict a pretty many. But though very few may be ſeized with this Diſeaſe, yet ſeeing it comes at an unuſual time, I am very well ſatisfied that that Conſtitution does not a little favour this Diſeaſe; and ſo it was in thoſe Years wherein the *Bloody-Flux* was ſo Epidemical, for ſometimes about Winter, or at the beginning of Spring, as was ſaid, this Diſeaſe did ſeize here and there one.

Sometimes it begins with ſhaking and ſhivering, and an heat of the whole Body follows, as is uſual in *Fevers*, and ſoon after the *Gripes* and Stools; but oftentimes there is no appearance of a *Fever* going before, for the *Gripes* begin, and Stools ſoon follow; but there is always great Tortures, and a depreſſion of the Bowels with pain when the Sick goes to Stool; the Stools are likewiſe frequent with a very troubleſom deſcent, as it were of the Guts, and they are all mucous, not excrementitious, excepting that ſometimes an excrementitious Stool comes between, and that is without any great pain. Theſe mucous Stools are ſtreaked with Blood; yet ſometimes there is no Blood at all mix'd with them through the whole courſe of the Diſeaſe; yet notwithſtanding, if the Stools are frequent with *Gripes*, and a mucous filth, the Diſeaſe may be as properly called a *Dyſentery* as if Blood flowed out with them.

Moreover the Sick, if he is in the Flower of his Age, or has been heated by Cordials, has a *Fever*, and his Tongue is cover'd thick with a kind of whiteiſh Mucilage; and if he has been much heated it is black and dry, the ſtrength is much dejected, the Spirits are diſſipated, and all the Signs of an ill-favour'd *Fever* are preſent: And this Diſeaſe does not only cauſe violent Pains and Sickneſs, but unleſs it is skilfully treated, it indangers the Patient's Life before the periods of acute Diſeaſes; for when a great many of

the Spirits, and a great deal of the vital heat have been exhauſted, by theſe frequent Stools before the peccant Matter can be caſt out of the Blood, his Hands and Feet growing cold, he will be in danger of dying; and if he ſhould eſcape death at this time, yet many Symptoms of a different kind attend the poor Man. For inſtance; ſometimes in the progreſs of the Diſeaſe, inſtead of thoſe ſanguineous Filaments which at the beginning were wont to be mix'd with the Stools, pure Blood, unmixed with Slime, is evacuated in a larger quantity at every time; which is a ſign that ſome of the greater Veſſels of the Inteſtines are corroded, and ſo the Patient is in danger of death; and ſometimes alſo by reaſon of the great burning, which is cauſed by a large flux of hot and ſharp Humours to the Parts affected; the Inteſtines are gangreen'd. Moreover, a *Thruſh* at the end of this Diſeaſe does very often affect the Mouth and Jaws, eſpecially when the Body has been a long time heated, and when the evacuation of the peccant Matter has been hindred by Aſtringent Medicines, the Fomes of the Diſeaſe having not been firſt purged off; and this generally is the fore-runner of imminent death. But if the Patient get over the 'forſaid Symptoms, and the Diſeaſe continues long, at length the Guts ſeem to be affected ſucceſſively downwards, till all the Diſeaſe is thruſt down to the right Gut, and ends in a *Teneſmus*; and then, quite otherwiſe than in the *Bloody-Flux*, the excrementitious Stools cauſe great pain in the Bowels, the Excrements as they paſs through ſcraping the ſmall Guts, whereas the mucous Stools at the ſame time moleſt the right Gut, wherein alone the Matter is made, and from whence 'tis ejected. But though this Diſeaſe is very often deadly in the Adult, and eſpecially to old People, yet 'tis very gentle in Children, who ſometimes have it ſome Months without any Injury, if it be left to Nature.

What likeneſs there is betwixt the *Flux* now deſcribed, and the National *Bloody-Flux* of *Ireland*, I know not; for as yet I have had no account of it, and I cannot tell how like this *Dyſentery* is to others that

that come in other Years in *England*; for perhaps there are various Species of *Dyſenteries*, as there are of *Small-Pox*, and other Epidemicks proper to divers Conſtitutions, and which may in ſome things require a different Method of Cure; nor is there any reaſon why we ſhould wonder much at this *Luſus naturæ* in this Caſe; for all confeſs, that the nearer we pry into any of the Works of Nature, the more manifeſtly appears the wonderful variety, and almoſt divine Artifice of its Works, which is far ſurpaſſing our Underſtanding; ſo that whoever he be that has taken upon him to ſearch into theſe things, and to hunt after the various Operations of Nature, will be partly deceiv'd in his great Undertaking, and will not be able to accompliſh his Deſign; and beſides, he muſt expect to be reproached for his beſt Inventions; and only becauſe he was the firſt Inventer.

Moreover, 'tis to be obſerved, that all Epidemick Diſeaſes at the beginning ſeem by their *Phænomena* to be more ſpirituous and ſubtil than when they grow older, and that the more they decline, they become daily more groſs and humoral; for whatever thoſe Particles are, which being throughly mix'd with the Air, we ſuppoſe occaſion Epidemick Conſtitutions, 'tis very reaſonable to think they ſhould act more powerfully at their firſt breaking out than afterwards, when their force is weakned; ſo in the firſt Months the *Plague* raged, almoſt every day they that were ſeized with it died ſuddenly as they were walking the Streets, without any manner of Sickneſs before; whereas when it had continued a while, no one dyed of it before he had a *Fever* and other Symptoms: From whence it plainly appears, that this Diſeaſe was moſt violent and acute at the beginning, though then it killed feweſt; for afterwards it became more univerſal. And alſo in the *Dyſentery*, whereof we now treat, all the Symptoms were at firſt moſt violent; though if you reckon the number of the Sick, the Diſeaſe daily encreaſed, till at length it came to its heighth, and conſequently more dyed than at the beginning; yet the Symptoms were more violent at the begin-

ning than at the ſtate, and more then than at the declination, and, all things conſidered, more for the number of the Sick dyed. Moreover, the longer the Diſeaſe continued, the more humoral it ſeemed to be: For inſtance; the firſt Autumn it invaded, very many had no Stools at all; but as to the violence of the *Gripes*, the heighth of the *Fever*, the ſudden proſtration of Strength, and other Symptoms, it far ſurpaſſed the *Bloody-Flux* of the following Years; yea, the *Bloody-Flux* with Stools, which firſt invaded, ſeem to be more ſpirituous and ſubtil than thoſe that followed; for in the firſt *Dyſenteries* the provocation and ſtraining was greater and more frequent, but the Stools, eſpecially the excrementitious, were leſs, and not ſo frequent; but generally as the Diſeaſe proceeded, ſo the *Gripes* were leſſened, and the Stools were more excrementitious; and at length the Epidemick Conſtitution fading, the *Gripes* were ſcarce perceptible, and the excrementitious Stools were more than the ſlimy.

Now at length, to come to the curative Indications, when I had well weighed the various Symptoms that come in this Diſeaſe, I found it was a *Fever* of its own kind caſt inwardly upon the Guts, whereby the hot and ſharp Humours contain'd in the Maſs of Blood, and exagitating it, are put off by the meſeraick Arteries, upon the ſaid parts, from whence the Blood flows out by Stools, the Orifices of the Veſſels being opened by the Blood and Humours flowing impetuouſly thither, and by reaſon of the continual endeavours of the Inteſtines to expel the ſharp Humours, which continually moleſt them, that Slime which naturally covers them is caſt out by every Stool, ſometimes in a greater, ſometimes in a leſſer quantity; and ſo the Indications offer themſelves plainly: Neither have I thought there is any thing elſe for me to do, than that I ſhould firſt immediately cauſe a Revulſion of thoſe ſharp Humours by Bleeding, and afterwards attemperate the other Maſs and alſo evacuate the ſaid Humours by Purges. I uſed this Method when I was firſt called; I bled in

the Arm, and at night I gave an Anodyne, and the next morning this lenitive purging Potion, which I frequently uſe.

Take of Tamarinds half an Ounce, of the Leaves of Sena two Drams, of Rhubarb one Dram and an half, infuſe them in a ſufficient quantity of Water; to three Ounces of the ſtrain'd Liquor add of Manna and Syrup of Roſes Solutive, each one Ounce, and make a Potion to be taken early in the Morning.

I prefer this Potion before any Electuary made of Rhubarb in a ſmall quantity; for though the Rhubarb is proper to evacuate Choler and any ſharp Humour, yet unleſs ſuch a quantity of Manna, or of Syrup of Roſes, or the like, be mix'd with it, as may cauſe it to work well, it does not much conduce to the cure of the *Bloody-Flux*. And becauſe 'tis very obvious that purging Medicines, though they be never ſo gentle, do heighthen the *Gripes*, and cauſe a general diſorder and depreſſion of the Spirits by the adventitious tumult they raiſe in the Blood and Humours; therefore I commonly give an Anodyne ſomewhat earlier than is cuſtomary after purging, *viz.* at any time of the Afternoon, if the Purge ſeem to have done working, whereby I may be able to appeaſe the Tumult I have raiſed; I repeat the ſaid Purge to be taken twice every other day, and give an Anodyne after every Purge at the time abovementioned; and I order this to be uſed Morning and Evening when the Patient does not purge, that I may ſuppreſs the violence of the Symptoms, and gain a Truce while I am evacuating the peccant Humour: The Anodyne I uſed was chiefly *liquid Landanum*, *viz.* ſixteen or eighteen drops in any Cordial-water for one Doſe. After Bleeding and Purging once uſed, I allow through the whole courſe of the Diſeaſe any temperate Cordial to be taken now and then, as Epidemick Water, and compound Scordium Water, and the like. For inſtance:

Take

Take of the Waters of Black-Cherries, and Strawberries, each three Ounces, of Epidemick-water, of compound Scordium-water, and of Cinnamon-water hordeated, each one Ounce, of prepared Pearl one Dram and an half, of Chriſtalline Sugar a ſufficient quantity; add half a Dram of Damask-Roſe-water to make it pleaſant to the taſte; mix them, and make a Julep, whereof let him take four or five Spoonfuls when he is faint, and at pleaſure.

I chiefly uſed theſe things in old and flegmatick People, that I might ſomewhat refreſh and comfort their Spirits, commonly dejected in this Caſe. Their Drink was Milk mix'd with three times as much Water, or the white Decoction, as they call it, of calcin'd Harts-horn, and of Crumbs of White-bread, each two Ounces, boyled in three Pints of Fountain-water to two, and afterwards ſweeten'd with a ſufficient quantity of white Sugar, and ſometimes Poſſet-drink; and when they were very weak they took for their ordinary drink cold a Quart of Fountain-water boyled with half a Pint of Sack; they were dieted ſometimes with Panado, and ſometimes with Broths made of lean Mutton. I kept old People much in Bed, and permitted them to uſe more freely any Cordial-water they had been accuſtomed to, than was fit for Infants and young People. This Method was the beſt I have hitherto met with for the cure of this Diſeaſe, which rarely laſted after the third Purge.

But if the Diſeaſe was obſtinate, and did not yield to theſe things, I preſcribed the fore-mention'd Paregorick every day in the Morning and at Bed-time, till the Sick was quite well; and that it might be the more certainly quell'd, I gave the foreſaid *Laudanum* every eighth hour, that is, thrice in the ſpace of a natural day, and a larger Doſe than I have mention'd above, *viz.* twenty five Drops, if the former Doſe could not reſtrain the *Flux*. Moreover, I order'd a Glyſter made of half a Pint of Cows Milk,

and

nd of an Ounce and an half of *Venice-Treacle* to be jected every day, which is truly very beneficial in ll manner of *Fluxes* of the Belly; and indeed I ne- er perceived the leaſt Injury from ſo frequent a re- etition of the Narcotick Medicine; though unexpe- ienc'd People may ſay what they pleaſe of the Miſ- hiefs that are to follow; for I have known many that aye daily uſed it when the Diſeaſe has been obſtinate or ſome Weeks together. But it is here to be no- ed, that when there is only a Looſeneſs, 'twill be ufficient that (Bleeding and Purging being omitted) Rhubarb is given alone every Morning, *viz.* half a Dram of the Powder of it, more or leſs according to the ſtrength of the Sick, made into a Bolus, with ſufficient quantity of *Diaſcordium*; add to it two Drops of Chymical Oyl of Cinnamon; the night fol- owing give an Anodyne, with an Ounce of Cinnamon- water hordeated, and fourteen Drops of *liquid Lau- danum*, and obſerve ſuch a Diet as we have deſcribed above in the cure of the *Bloody-Flux*, and every day, if there be occaſion, give the Glyſter commended there. But this by the bye.

Now, to confirm the uſefulneſs of the Method I have propoſed by one Example, for I will not unne- ceſſarily trouble the Reader with many: The Learned and Pious Mr. *Thomas Belke*, Chaplain to the Earl of St. *Albans*, labouring with a very acute *Dyſentery*, ſent for me, and was cured with this Method.

Infants afflicted with this Diſeaſe are to be treated after the ſame manner; but the quantity of Blood to be taken away, and the Doſes of the Purge, and Anodyne Medicines are to be leſſen'd, with reſpect to their Age. For inſtance; Two Drops of the Narcotick may be ſufficient for a Child of a Year old.

The *liquid Laudanum* which, as I ſaid, I uſed dai- ly, was prepared according to the following plain manner.

Take of Spaniſh *Wine one Pint, of Opium two Ounces, of Saffron one Ounce, of the Powder of Cinnamon and Cloves, each one Dram; let them be in-*

fused together in a Bath two or three Days, t
the Liquor comes to a due consistence; strain
and keep it for use.

I do not think this Preparation has more Vertu
than the *solid Laudanum* of the Shops; but I prefe
it before that for its more commodious Form, an
by reason of the greater certainty of the Dose, fo
it may be dropp'd into Wine, or into any distill'd
Water, or into any other Liquor. And truly I can
not here forbear mentioning, with Gratitude, tha
Omnipotent GOD, the Giver of all good Things
has not provided any other Remedy for the Relief o
wretched Man, which is so able either to quell mo
Diseases, or more effectually to extirpate them, tha
Opiate Medicines taken from some Species of Pop
pies. And though there are some that would fai
perswade some credulous People, that almost all th
Vertues of Opiate Medicines, especially of Opium
principally depends on their artificial Preparation o
it; yet he that shall make Experience the Judge, an
shall as often try the simple Juice as it comes b
Nature, as the Preparations of it, if he be careful i
his Observation, he will scarce find any difference, an
he will certainly know, that those admirable Effect
which it produces proceed from the native Goodnes
and Excellency of the Plant, and not from the Skil
of the Artificer. And so necessary is this Instrumen
in the Hand of a Skilful Man, that without it, Phy
sick would be very lame and imperfect; and he tha
rightly understands it, will do greater things than
can well be hop'd for from one Medicine: For surely
he is very unskilful, and little understands the Vertue
of this Medicine, who only knows how to use it to
promote Sleep, to ease Pain, and to stop a Looseness;
whereas it may be accommodated, like the *Delphic*
Sword, to many other uses; and it is really a most
excellent Cordial Remedy, I had almost said the on-
ly one, which has been hitherto found amongst the
things of Nature.

The

The *Bloody-Flux* was to be treated in general after this manner. But it must be noted, that in the first Year it began it was, as was said, of a more subtil and spirituous Nature than that that raged in the following Years, and therefore it did not so readily yield to purging Medicines, as to those which did as well dilute and attemperate the Blood, as the sharp Humours which were put off on the Bowels; therefore in the first Autumn, when the *dry Gripes* and *Bloody-Flux* invaded, I always used the following Method for the cure of both, with very good Success, till the Weather grew cold, and then I found 'twas not so effectual, though in the same Year; and it was wholly useless in the following Years, when the Disease was more humoral.

I proceeded in the following manner: If the Sick, being in the Flower of his Age, had a *Fever*, I order'd him to be bled in the Arm, and after an hour or two, that he should take great quantities of Liquor, as I was wont to do in the *Cholera Morbus*; but not Chicken-broth or Posset-drink, as in that case, but Whey, which I order'd to be drank cold in the same quantity, as in the *Cholera*: but the Glysters were to be injected warm, without Sugar or any other thing. I found the *Gripes* and the *bloody Stools* went off with the fourth Glyster; this business being done, and all the Whey ejected (which might be done in the space of two or three hours, if the Sick minded his business) I presently order'd him to go to Bed, where he soon sweat of his own accord, (by reason of the Whey mix'd with the Blood) and I order'd it should be continu'd twenty four hours, but not at all provoked, allowing him nothing all the while but raw Milk a little warmed; which he only used three or four days after he left his Bed. If either by rising too soon, or by leaving off the use of Milk too soon, the Patient relapses, the same Method must be repeated; and if this Method is certain and quick, it ought not to be despised by a wise Man, though it is not accompanied with a pompous Apparatus of Remedies.

That

That a *Fever* accompanied with such Symptoms as we have described above, is found in those places and times wherein the *Bloody-Flux* reigns epidemically, and the Method which we have proposed is very proper; for it is fully confirm'd by the Testimony of Dr. *Butler*, who accompanied the Honourable Mr. *Howard*, Embassador from the King of *Great Britain* to *Africa*; in which Country, as he told me, he observed at that time a *Bloody-Flux* raged epidemically, as it did always, and that the *Fever* which accompanied it was like that which we have described, which he treated always with very good Success with the foresaid Method, whether the Sick were *Blackmoors*, or our own Countrymen: And indeed neither of us borrow'd this Method of the other, but both of us being at so great a distance fell accidentally upon the same; and moreover he declared, that this Method of diluting in the *Bloody-Flux* succeeded excellently there; and I think it is very reasonable that this Method should be much more successful in that hot Climate than in *England*.

In the first Autumn this Constitution flourished, Dr. *Daniel Cox* being afflicted with a very acute *Dysentery*, advised with me: and was cured quickly, safely, and easily, by the Method above-mentioned; *viz.* after the third or fourth Glyster the *Gripes* and *bloody Stools* vanished; neither was any thing else, besides keeping his Bed for the time above-mentioned, and the Milk-diet, requisite for the recovery of his Health, and he cured many others afflicted with this Disease by the same Method, at the latter end of that Autumn, but it did not answer his Expectation the Year following.

I said before, that oftentimes this Disease, if it continue long, affects all the Intestines gradually downward, till at length it quite falls on the right Gut, with a continual Inclination of going to Stool, whereby nothing is evacuated but somewhat slimy and bloodish; if this happen, it will be in vain, in my opinion, to endeavour to remedy it, either by any Method mentioned before, or by cleansing, astringent,

and

nd glutinating Glyſters, which are wont to be in-ected according to the various Seaſons of this ſup-oſed Ulcer, or by Baths, Fomentations, Suffumiga-ions, and Suppoſitories reſpecting the ſame; for it s manifeſt, that this does not proceed from an Ul-er of the right Gut, but rather becauſe as the Guts ather ſtrength gradually, ſo they put off the Re-icks of the morbifick Matter upon it; which being ontinually provoked, preſs out that ſlimy Matter, whereby the Guts are naturally covered; therefore he part affected is to be ſtrengthned, that it may be able, as the other Guts have done, to eject the ſmall Relicks of the Diſeaſe; but thoſe things alone will do this, which are proper to ſtrengthen the Body in general; for a topick Medicine, whatever it be, ap-plied to the Part affected, it being troubleſome, will rather weaken than ſtrengthen it; therefore the Pa-tient muſt bear it till his ſtrength is recovered by ſome reſtaurative Diet, and ſome Cordial Liquor, that beſt pleaſes him, drank as often as he will, and then this Symptom of a *Teneſmus* will go off gradually of its own accord, as the ſtrength returns.

It happens alſo ſometimes, though very rarely, that the *Bloody Flux*, not rightly cured at the beginning, afflicts a particular Perſon for ſome Years, the whole Maſs of Blood being of a Dyſenterick Diſpoſition, ſo that ſharp and hot Humours continually flow to the Bowels; yet in the mean while the Sick can per-form his buſineſs tolerably well. I met with a Spe-cimen of this not long ago in a Woman my Neigh-bour, who was always afflicted with this Diſeaſe the laſt three Years of this Conſtitution, ſhe having uſed very many Medicines before ſhe came to me; I or-der'd Bleeding, and I was encouraged to repeat it of-ten, though at a good diſtance, by the Colour of the Blood, which was like that of *Pleuriticks*, and by the great relief ſhe received every time ſhe bled, whereby at length ſhe recover'd.

Before I conclude, 'tis to be noted, that though in theſe Years wherein *Dyſenteries* have been ſo Epi-demical, the foreſaid Evacuations were wholly neceſ-

ſary

sary before we used *Laudanum*, yet in any Constitution not favouring so much this Disease, they may safely be omitted, and the Cure may be performed more compendiously by *Laudanum* alone, according to the manner we have describ'd. And so much for the *Bloody-Flux.*

CHAP. IV.

Of the Continual Fever *of part of the Year* 1669, 70, 71, 72.

AT the same time when the *Bloody-Flux* raged, a *Fever*, like that which was often wont to accompany the *Bloody-Flux*, arose, which did not only seize those that had the *Bloody-Flux*, but also those that were wholly free from it; only sometimes, tho' seldom, the Sick was griped, but not violently, sometimes with Stools, sometimes without, it also had always the same manifest and apparent Causes as the *Bloody-Flux* had: The Symptoms were also the same with those that accompanied the *Fever* of such as had the *Bloody-Flux*; so that if you except the Evacuations by Stool, and the Symptoms that necessarily depended on them, the said *Fever* seemed to be of the same Nature with the *Bloody-Flux*; and moreover through the whole course of this Constitution, and it had the same alteration of Symptoms in the encrease, state, and declination, as generally the *Bloody-Flux* had, and therefore I called this a *Dysenterick Fever.*

This *Fever* sometimes, as was said, began with *Gripes*, but they were gentle (especially in the first Years it invaded) or they came afterwards, but most commonly there were none; the Sweats which, as we noted

noted formerly, were very large in the *Fever* of the foregoing Conſtitution, were rare and ſmall in this but the pain of the Head was more violent in this than in that *Fever*; the Tongue of the Sick, though is was moiſt and white, as in the other *Fever*, yet it was cover'd with a thick Skin: This ſeldom went off by Spitting, as the other commonly did; but it was more diſpoſed to cauſe a *Thruſh* when it was going off, than either the former, or any other kind of *Fever* I hitherto knew; for it was very common for this (as alſo for that *Fever* that came upon the *Bloody-Flux*) when it was going away, to put off filthy and acrid Matter upon the Mouth and Throat, by which means the ſaid Symptom was occaſioned, eſpecially in thoſe that had been much waſted by this Diſeaſe, when it was obſtinate, and when too hot a Regimen had weaken'd them more. And upon the ſame account the *Thruſh* was occaſioned, which happen'd every day in long *Dyſenteries*, accompanied with a *Fever*, eſpecially if beſides a hot Regimen the evacuation by Stool was ſtopp'd by aſtringent Medicines, before the Fomes of the Diſeaſe was carried off by Bleeding and Purging.

Theſe were the certain Signs of judging of this *Fever*; the other Symptoms varied yearly, and according to the manifeſt Qualities of the Air at ſome certain times, and generally according to the Progreſs of the *Bloody-Flux*, and the various Seaſons of it. But that theſe things may appear more clear, becauſe by this Artifice eſpecially Nature triumphs in the Production of Epidemicks, I will treat more particularly of this matter. 'Tis therefore to be noted, that though the manifeſt Qualities of the Air cannot force any Conſtitution, ſo as to be the productive Cauſes of Epidemical Diſeaſes, that properly belong to it (for they flow from an hidden and inexplicable diſpoſition of it) but for a time they have power over them, and ſo Epidemicks are admitted or excluded, as the manifeſt Qualities favour or oppoſe them. But the univerſal Conſtitution remains the ſame, whether they promote, or in ſome ſort retard

it. Upon which account it is, that when ſeveral Epidemicks happen in one Conſtitution, this or that particular Diſeaſe appears chiefly in that Seaſon, to which the ſenſible Qualities of the Air have aſſign'd it, and at length gives place to another Epidemick, which the different Qualities of the ſubſequent Seaſon call in; by which means it comes to paſs, that the *Stationary Fever*, whatever it be, that belongs to the Epidemick of that Year, chiefly rages in *July*; at the beginning whereof it ſeizes a great many People together: But at the approach of Autumn it gives way to the great Epidemick then prevailing, which denominates the Year, and is leſs troubleſome, as every Year plainly ſhews: For Mens Bodies being heated by the foregoing Summer, the *Fevers* which are proper to the general Conſtitution eaſily invade at that time; but at the coming of Autumn, the prevailing Epidemick reſumes the Government, and they quite recede.

But as the foreſaid *Fevers* take their riſe in this Month from the ſenſible Qualities of the Air, ſo alſo the various Symptoms that are quite contrary to their own Nature, as they depend on ſuch a general Conſtitution, are borrow'd from the Stores of the manifeſt Qualities which happen in this Month: And upon this account it is, that in thoſe Years wherein the ſaid *Fevers* ſeize a great many, they are accompanied with various new Symptoms, beſides thoſe which are proper to them, as they proceed from ſuch a general Conſtitution, yet they continue the ſame; though the Vulgar, by reaſon of the diverſity of the *Phænomena*, reckon there is a new *Fever* every Year. But theſe peculiar Symptoms continue only a few Weeks, and the reſt of the Year only the proper Symptoms are ſeen, which happen to them as they are *Stationary Fevers* of ſuch a Conſtitution.

This was manifeſt in other *Fevers*, but eſpecially in the *Dyſenterick Fever* of *July* 71, and 72; in the former whereof, violent Sickneſs, green Choler, with a great inclination to a Looſeneſs, were continually ob-

obſerved at the end of the Diſeaſe, in the latter, Pains in the muſcular parts of the Body, eſpecially in the Limbs, like a *Rheumatiſm.* Moreover, an Inflammation of the Jaws, but gentler than in a *Quinſie*; yet both theſe met in the ſame *ſpecifick Fever*, and both required the ſame method of Cure; they differ'd only with reſpect to the ſenſible Qualities that were at thoſe times they happen'd in. But the Eruption of theſe *Fevers* was unforeſeen and ſudden; about the beginning of theſe Months, and there was a new Face of peculiar Symptoms for ſome time (though they did not differ in Specie, nor in the Method of Cure, which they required from that *Fever* that run through the whole Year;) theſe things, I ſay, ſufficiently teſtifie how difficult it is to diſtinguiſh at all times the certain Species of a *Fever*, from the *Phænomena*: But he may well enough know it that ſhall carefully mind other Diſeaſes that come in the ſame Year, and alſo the proper Symptoms of the *Fever*, which reſpect this or that manner of Evacuation, and the conſideration of the Method or Medicine, whereby it may be eaſily cured, conduces much to the knowledge of the Species of the *Fever*.

As to the other differences of the Symptoms that accompany *ſtationary Fevers*, they only reſpect the various Seaſons of the Conſtitution, and ſo they are either intenſe or remiſs, as the Symptoms of other Epidemicks to which they belong are heightned or depreſſed. But to return to the buſineſs, this *Fever* which, as was ſaid, began with the *Bloody-Flux*, kept pace with it, only it withdrew a little while other Epidemicks of theſe Years prevail'd; yet it continued and ſeized ſometimes more, ſometimes fewer, during this Conſtitution.

As to the Cure of this *Fever*, when I had obſerved, as was ſaid before, that the *Phænomena* of the *Fever* of very many of thoſe that had the *Bloody-Flux*, were plainly the ſame with thoſe which accompanied the *ſolitary Fevers* of this Year; I thought it reaſonable to attempt the Cure by imitating in

ſome ſort that Evacuation, whereby Nature was wont to expel that ſharp and corroſive Matter, which was the containing Cauſe of the *Bloody-Flux*, and of the *Fever* that came on it; and therefore I proceeded in this *Fever* with the ſame Method, both as to Bleeding and Purging repeated, and Cordials, as I have mentioned above more at large, only I found that Paregoricks uſed betwixt the Purges, did not only not do good, but were injurious otherwiſe than in the *Flux*; for by theſe the Matter was detained which ought to have been expell'd by Purging. On the firſt Days the Sick fed on Barley and Oat-meal-broths, Panado, and the like; his Drink was Small-beer a little warm'd; but after Purging once or twice there was no neceſſity for keeping the Sick from eating Chicken, and other Meats of eaſie digeſtion: For this way of cure by Purging made room for thoſe things which could not be allow'd, if we proceeded in another way; the third Purge moſt commonly, a day being betwixt each, cured the Diſeaſe, but not always; for ſometimes more were to be uſed. If after the *Fever* the Sick was weak and recovered ſlowly (which was very common in hyſterick Women) I endeavour'd to reſtore and recal the deſerting Spirits to their Stations they had forſook, by giving *Laudanum* in a ſmall Doſe: But I ſeldom repeated this Remedy, and never preſcribed it till two or three days were paſſed after the laſt Purge. But nothing did ſo much conduce towards the refreſhing the Spirits, and recovering the ſtrength as the free uſe of the Air, preſently after the *Fever* went off.

I had an opportunity of inſtituting this practice almoſt at the beginning of this Conſtitution; for being then very thoughtful about the nature of this *Fever*, I was call'd to a young Woman, my Neighbour, that had the *Fever*, and a violent Pain in the fore-part of her Head, and other Symptoms which, as we ſaid, accompanied the *Dyſenterick Fever*. When I enquired of her in what manner the *Fever* invaded, and how long ſhe had had it; ſhe told me, That a Fortnight before ſhe had the *Bloody-Flux*, which was then

then very frequent, and that as ſoon as that went off either of its own accord, or by the uſe of Medicines, this *Fever* ſucceeded with the Pain of the Head, and I gueſſed it would be proper for both to ſubſtitute another Evacuation like it, inſtead of the *Flux*; which being ſtopp'd the *Fever* aroſe; and therefore I order'd the ſame by the Method above-mentioned, and the *Fevers* of this Conſtitution yielded readily to it; for I always thought it was not ſufficient in acute Diſeaſes to prove the way of Cure to be true, becauſe it ſucceeded well (for ſome are cured by the raſhneſs of the moſt unskilful Women) but that it was neceſſary that the Diſeaſe ſhould be eaſily conquer'd, and go off, as it were, according to its own Genius, as much as the nature of it will allow: But this by the bye.

At the beginning of *June* 1672, the Noble and Prudent Earl of *Salisbury* having this *Fever* with *Gripes*, yet his Belly was bound, ſent for me, and was cured by the Method propoſed; nor had I any occaſion for any other as long as this *Fever* continued.

In young People, and ſometimes in others that were a little older, this *Fever* ſometime ſeized the Head, ſo that the Sick was delirious; but not raving as in other *Fevers*, but was ſtupid: This happen'd chiefly to thoſe, who at the beginning of the Diſeaſe unluckily endeavour'd with all their might to force Sweat; I was not ſo happy at that time as to be able to relieve ſuch, though I moved every Stone, and uſed all the noted Medicines for this purpoſe. And ſo much for the *Fever* of this Conſtitution.

CHAP. V.

Of the MEASLES *in the Year* 1670.

THese *Measles* began very early, as they were wont to do, *viz.* at the beginning of *January* 167°, and encreasing daily, came to their heighth in *March*; afterwards they gradually decreased, and were quite extinguished in the following *July*. I will give an exact account of this sort, because I reckon them the most perfect of their kind that I hitherto observed.

This Disease began and ended at the times above-mentioned; it chiefly invaded Infants, and all those that were together in the same House. It began with shaking and shivering, and with an inequality of heat and cold, which mutually expell'd one another the first day, the second day it ended in a perfect *Fever*, with violent Sickness, Thirst, and want of Appetite; the Tongue was white, but not dry; there was a small Cough, with an heaviness of the Head and Eyes, accompanied with a continual drowsiness, and for the most part an Humour distill'd from the Eyes and Nose; and this Effusion of Tears is a certain sign of the approaching *Measles*, whereunto this is to be added, no less certain, *viz.* That though this Disease shews it self most commonly in the Face, after the manner of little Swellings in the Skin, yet in the Breast rather red broad Spots than Swellings are perceived, rising no higher than the Superficies of the Skin; the Patient sneezes as if he had taken cold, and the Eye-lids swell a little before they come out, he Vomits, but is oftner troubled

bled with a Looſeneſs, and the Stools are greeniſh; but this happens chiefly to Children that are breeding their Teeth; and they are more froward in this Diſeaſe than they are wont to be. The Symptoms encreaſe for the moſt part till the fourth day, and then generally (though ſometimes they are deferred to the fifth day) little red Spots, like Flea-bites, begin to come out about the Forehead, and other parts of the Face, and being encreaſed in number and bigneſs branch into one another, and ſo paint the Face with large red Spots of various Figures, which are occaſioned by little red Wheals not far diſtant one from another, that are elevated a little above the Skin, and their Protuberances may be perceived by a gentle touch, though they can ſcarce be ſeen; theſe Spots ſpread themſelves by degrees from the Face, which firſt they only poſſeſs'd, to the Breaſt, Belly, Thighs, and Legs, but they affect the Trunk and Members with redneſs only, without any ſenſible inequality of the Skin. The Symptoms of the *Meaſles* do not abate by the Eruption, as in the *Small-Pox*, yet I never obſerved the Vomiting afterwards; But the Cough and *Fever* increaſe with the difficulty of breathing, weakneſs of the Eyes, and the defluxion on them, with continual drowſineſs, and want of Appetite, as before. On the ſixth day, or thereabouts, the Skin breaking, and the Puſtles drying off, the Forehead and Face grow rough, and at the ſame time the Spots in the other parts of the Body are very large, and very red. About the eighth day the Spots in the Face vaniſh, and are ſcarce perceived in the reſt of the Body: but on the ninth day they quite diſappear. The Face and Members, and ſometimes the whole Body, ſeem as it were to be ſprinkled with Bran all over; *viz.* Particles of broken Skin being raiſed up, and ſcarce ſticking together, are torn in pieces now the Diſeaſe is going off, and afterwards fall from the Body like Scales; and, as we have ſaid, the *Meaſles* moſt commonly diſappear on the eighth day; at which time the common People (being deceived by reckoning upon the time the *Small-*

Pox are wont to continue) affirm they are struck in, though really they have finish'd their course; and they think the Symptoms which come on their going off are occasioned by their being struck in so soon: For 'tis to be noted, that the *Fever* and difficulty of breathing are encreased at that time, and the Cough is more troublesome, so that the Sick can neither sleep night nor day. Children are chiefly subject to this ill Symptom, which appears now at the going off of the *Measles*, by reason of too hot a Regimen, or hot Medicines, that were used to force them out, and so they are cast into a *Peripneumonia*, which destroys more than the *Small-Pox*, or any Symptom thereunto belonging: And yet the *Measles* are not at all dangerous if they are skilfully treated; and among the rest of the ill Symptoms, a Looseness often happens, which either presently succeeds the Disease, or also continues many Weeks after it, and all its Symptoms are gone off, not without great danger to the Patient, by reason of a continual loss of Spirits; and sometimes after a very hot Regimen, the *Measles* are first livid, and afterwards black; but this only happens to grown People, and they are utterly lost when the blackness first appears, unless they are presently relieved by Bleeding, and a more temperate Regimen.

As the *Measles* are much of the same nature with the *Small-Pox*, so is the Method of Cure much the same; hot Medicines and an hot Regimen, are very dangerous, how frequent soever they are used by ignorant Nurses to drive the Disease from the Heart. This Method above others, has been most successful in my Practice; *viz.* That the Sick be kept in his Bed only two or three days after they come out, that the Blood may gently breath out, according to its own Genius, through the Pores of the Skin, the inflamed Particles that are easily separable which offend her; and that he have no more Cloaths nor Fire than he is wont to have when he is well. I forbid all Flesh, and allow'd him Oat-meal and Barley-broth, and the like, and sometimes a roasted Apple:

His

His Drink was either Small-beer, or Milk boyl'd with thrice the quantity of Water. I often mitigated the Cough, which almoſt continually accompanies this Diſeaſe, with a draught of ſome Pectoral Decoction, or with a proper *Linctus* taken now and then; but above all the reſt I took care to give *Diacodium* every night through the whole courſe of this Diſeaſe. For inſtance:

Take of Pectoral Decoction one Pint and an half, of Syrup of Violets and Maiden-hair, each one Ounce and an half; mingle them, and make an Apozem: Take three or four Ounces three or four times a day.

Take of the Oyl of Sweet-Almonds two Ounces, of Syrup of Violets and Maiden-hair, each one Ounce, of white Sugar-candy a ſufficient quantity; mingle them, and make a Linctus, whereof let him lick often, eſpecially when his Cough troubles him.

Take of Black-cherry-water three Ounces, of Diacodium *one Ounce; mingle them for a Draught to be taken every Night.*

But if the Patient is an Infant, the Doſe of the Pectoral and of the Anodyne muſt be leſſen'd with reſpect to the Age.

He that uſes this Regimen ſeldom does amiſs, nor is he moleſted with any other Symptoms, than what are neceſſary and inevitable in this Diſeaſe; the Cough is moſt troubleſome, but is not dangerous, if it does not continue after the Diſeaſe is gone off; and if it does remain a Week or Fortnight, it is eaſily cured by Pectorals and the open Air; nay, it decreaſes of its own accord, and at length ceaſes. But if by reaſon of too hot Cordials, and too hot a Regimen, the Sick is in danger of his Life after the *Meaſles* go off (which is very common) by the violent *Fever*, and difficulty of breathing, and other Accidents that

are

are wont to afflict thoſe that have a *Peripneumonia*. I have order'd the ſmalleſt Infants to be bled in the Arm, and have taken away that quantity of Blood which their Age and Strength indicated, with very great Succeſs; and ſometimes when the Diſeaſe has been obſtinate, I have not feared to repeat Bleeding: And indeed many Children that have been at the point of death by reaſon of this Symptom, have been (with God's Bleſſing) cured by Bleeding: Nor have I found as yet any other certain way to vanquiſh it. This happens to them after the *Meaſles* go off, and is ſo very fatal, that it may be well reckoned the chief Miniſter of Death, deſtroying even more than the *Small-Pox*; nor yet have I found any other certain way of taking off this Symptom. And the Looſeneſs which, as we ſaid, follows the *Meaſles* is alſo cured by Bleeding; for whereas it ariſes from Vapours of inflamed Blood ruſhing upon the Guts (which is alſo common in a *Pleuriſie*, *Peripneumonia*, and other Diſeaſes that are occaſioned by an Inflammation) whereby they are ſtimulated to Excretion, 'tis Bleeding alone that gives relief, by making revulſion of thoſe ſharp Humours, and by reducing the Blood to a due temper.

Nor is there any reaſon why any one ſhould wonder that I bleed young Children, whereas for what I have hitherto obſerved, it be may as ſafely performed in Children as in grown Perſons: And indeed it is ſo neceſſary, that we can neither cure the Symptom above-mentioned, nor ſome other that happen to Children without it; for by what means can we relieve thoſe that are breeding Teeth from Convulſions, which ſeize them in the ninth and tenth Month with a ſwelling and pain of the Gums, whereby the Nerves are oppreſſed and inraged, and from whence alſo the Fits come, but by Bleedings which alone is much to be preferred in this caſe before the moſt celebrated Specificks whatever that are yet known; whereof ſome do hurt by their adventitious heat, and whilſt they are thought to cure the Diſeaſe by an occult Faculty, they encreaſe it by their manifeſt heat, and kill the Sick.

I paſs by at preſent that wonderful relief which Bleeding gives in the hooping Cough, wherein it far ſurpaſſes all Pectoral Medicines whatever.

What we have ſaid now of the Cure of thoſe Symptoms that come upon the going off of the *Meaſles*, may be ſometimes alſo of uſe when they are at height, if they are occaſioned by an artificial heat, if I may ſay ſo. In this Year 1670, I was called to viſit a Maid-ſervant of the Lady *Ann Barington*'s, that had this Diſeaſe, together with a *Fever*, difficulty of breathing, and Purple Spots all over her Body, with very many other dangerous Symptoms; all which I attributed to the hot Regimen and Medicines which were too much uſed. I order'd her to be bled in the Arm, and I preſcribed a cooling Pectoral Ptiſan to be taken often, by the help whereof and a temperate Regimen, the Purple Spots, and all the other Symptoms went off by degrees.

This Diſeaſe, as I ſaid before, began in *January*, and encreaſed daily till *March*, and afterwards decreaſed gradually, and ended the following *July*, only it appeared in ſome few places the next Spring, but rarely, neither returned they again through all the Years wherein this Conſtitution reigned. And ſo much for the *Meaſles*.

CHAP.

CHAP. VI.

Of the irregular Small-Pox *in the Years* 1670, 71, 72.

THE aforementioned *Meaſles*, as was ſaid before, introduced another ſort of *Small-Pox*, that differed from thoſe we treated of before; they broke out much about the ſame time with them, *viz.* at the beginning of *January* 1669. But though they were not ſo Epidemical as the *Meaſles*, yet they accompanied them all the time they reigned, and after they ceas'd, the *Small-Pox* continued the reſt of the time of this Conſtitution: Yet, notwithſtanding, it gave place to the *Bloody-Flux*, which reigned by the aſſiſtance of Autumn favouring it. But in the Winter it returned again, the *Flux* being ſuppreſſed by the cold that was diſagreeable to it; and they kept this Order through all the Years of this Conſtitution; only the laſt Autumn it reigned, namely in the Year 1672, that Conſtitution then fading, and ſlowly promoting the *Flux*, that was then growing old, the *Small-Pox*, contrary to cuſtom, raged at this time alſo, and ſo equally reigned with the *Flux*, that it was not eaſie to ſay which ſeized more People, though I gueſs the *Flux* was yet moſt prevalent.

Theſe *Small-Pox*, as other Epidemicks, were very ſevere at their firſt approach, and encreaſed daily till they came to their height, which when they had paſſed, they decreaſed gradually, both as to the violence of the Symptoms, and number of the Sick.

But now to come to their particular *Phænomena*: I was not a little aſtoniſhed when this ſort of *Small-Pox* firſt appeared, for I found they differ'd in many notable Symptoms from that kind which the preceding Conſtitution produced; in the obſerving whereof I had heretofore been very diligent; at preſent I will only treat of the Symptoms that differ from thoſe of the other kinds omitting thoſe that were alſo common to that ſort which I have deſcribed at large above.

The diſtinct kind was diſtinguiſhed from the common diſtinct ſort of the other Conſtitution, as follows: Firſt, whereas thoſe did not come out before the fourth day, theſe came out moſt commonly on the third, which indeed was uſual in the *Flux*. Secondly, the Puſtles were not ſo big as in the former, but more angry, and about the end of the Diſeaſe, when they came to maturity, they were often black. Moreover (but rarely) the Sick was troubled with Salivation, as in the *Flux-Pox*, though the Puſtles were but few: From whence it appears, that this kind was much of the nature of the *Flux*, and did partake of a more intenſe Inflammation than was wont to be in the diſtinct ſort.

But the *Flux* differ'd from others of the ſame ſort, that I have obſerved in other Years in many things, which I will now reckon up. They appear'd on the ſecond or third day in the ſhape of a reddiſh uniform Swelling, covering the whole Face, and thicker than an *Eryſipelas*, and ſcarce any viſible diſtance between the Puſtles, with an heap of almoſt infinite red angry Pimples running into one, and diſguiſing the whole Body, where between the Puſtles, eſpecially in the the Thighs, appear'd ſome little Bladders very conſpicuous like a Burn, and diſtended with clear Water, which flowed out plentifully when the Skin was broken, the Fleſh underneath being black like a Mortification. But this dreadful Symptom was rare, and happen'd only in the firſt Month that this kind reigned; at which time, among others that were ſo grievouſly tormented, I was ſent for at the beginning

ning of *January*, 166?. by Mr. *Collins* a Brewer, whose Son being an Infant had bladders on his Thighs as big as a Wall-Nut, full of clear water, which being broken, the Flesh underneath appear'd as it were mortified, and soon after he dyed, which was the lot of all I ever saw that had this dreadful Symptom. On the eleventh day or thereabouts a white shining Skin covered the redish swelling in many parts of the Face, and by degrees spread over the whole Countenance, a litle while after this white Skin cast forth a crusty shining Matter, the colour of it was neither yellow nor brown (both which were to be seen in the other kind of *Pox*) but a deep read like clotted Blood, which as the Pustules repened waxed black, 'till the whole Face was as black as Soot, and whereas in the other kind of *Flux*, the Sick was in the greatest danger on the eleventh day, and that was the last to most that dyed; in this sort, the Patient lived most commonly, till the fourteenth day, and sometimes to the fifteenth, (unless a violent hot Regimen destroyed him sooner) which at length being passed the danger was over: But it is to be noted that they who had those deadly Bladders and Morfication we told you happen'd to some in the first Month, that this kind broke out in, dyed within few days after the Eruption.

The *Fever*, and all other Symptoms which preceded or accompanied this kind of *Pox*, were more violent than in the former, and had manifest tokens of a greater Inflammation, the Sick were more prone to Salivation, the Pustles angrier and much smaller, so that twas not easie at first when they appeared to distin-'guish them from an Erysipelas, or the *Measles*, if these were not known by the day of their eruption, and other signs above mention'd in the History of the *Measles*, after the Pustules fell off a Scurf stuck on a long time, which imprinted filthy Scars on the Skin; 'tis fit to be noted that when these *Small-pox* were inraged by an hot Regimen, it sometimes occasioned a *Bloody-flux*, which I have observed more than once.

But

But I muſt acquaint you that theſe *Small-pox* were not accompanied with ſuch dreadful Symptoms all the while they reign'd, for after they had paſſed two years they began to grow mild in the third year, *viz.* in 1672. and having put off their black colour, they grew by degrees yellow, like an Honey-comb, which was natural to the regular *Small-pox*, when they came to maturity; ſo that in the laſt year of this conſtitution, they were very benign and favourable, conſidering the kind, yet notwithſtanding it was very manifeſt that they were of a quite different ſort by the ſmallneſs of the Puſtles, and diſpoſition to ſpitting, and other things.

Tho' by reaſon of the ignorance of the Cauſes of every Specifick difference, 'tis impoſſible for us to comprehend the the formal reaſon of theſe *Small-pox* as they are diſtinguiſhed from thoſe which the other conſtitution produced, yet it plainly appears to me from all the Phœnomena, that the inflammation in theſe was much greater than in the other, and that therefore the chief care ſhou'd beſt to ſtop the violent Ebullition of the Blood, and this is to be done (Hypnoticks being firſt uſed as above mention'd) by a temperate Regimen, *viz.* by allowing the Patient the free uſe of ſome Liquor which will not heat him, but rather preſently mitigate that violent heat, whereby this Diſeaſe wearies and ſcorches the poor Patient more than any other whatever, eſpecially when the Puſtles begin to ripen; the white decoction of bread, and a ſmall quantity of calcined Harts-horn in a large quantity of Water, ſweetened with Sugar is very good, but Milk-water made with three parts of Water, and one of Milk boyl'd together is better, for 'tis more palatable, and more cooling, nor is a large quantity of Liquor only proper to extinguiſh the violent heat, that chiefly rages with Fever of maturation, but it alſo promotes Salivation, and portracts it longer than it cou'd be, if the Patient were ſcorched up. Moreover I have often obſerved that great quantities of liquors drank have ſucceedded ſo well, that by their uſe the *Small-pox*, which when they came out had the worſt

ſigns

ſigns of the Flux afterwards were diſtinct, and the Puſtles, which otherwiſe as they ripened, wou'd have caſt forth firſt a red, and then preſently a black matter, were very yellow, and inſtead of being very ſmall and angry, they were benign and favourable. Nor does the Flux of the courſes which is very frequent to Women that have this Diſeaſe any whit prohibit, but rather incourage the free uſe of theſe liquors, *viz.* if they flow at an unuſual time; for Women are in danger upon no other account, but becauſe the Blood being two much thined, by the immoderate heat, ſhou'd break out at the natural paſſages, eſpeciälly when raſh Nurſes add Oyl to the Flame, by uſing an hot Regiment, and the decoction of Harts-horn and Marigold-flowers, and the like, for whatever powerfully dilutes and temperates the Blood, neceſſarily conduces, tho not immediately to the preſerving the Puſtles, and the ſwelling of the Face and Hands in their ſtate, in as much as it ſtops the foreſaid Flux; whereas on the contrary hot medicines, tho they ſeem more proper in this caſe, yet while they promote this continual Flux of Blood, they are much beſides the buſineſs; neither do I queſtion but many Women have periſhed by this error, *viz.* while the by-ſtanders fearing, leſt the Puſtles ſhou'd flatten by reaſon of this Flux of Blood, have endeavoured to keep them up by Cordial Medicines, and an hot Regimen; whereby they have certainly caſt away the poor Woman, tho by mingling various Aſtringents with theſe Cordials they laboured to ſtop the Hemorrhage, and to keep the Puſtules and ſwelling up at their due height.

Not long a go a very Virtuous and Noble Lady was committed to my care, who had the dangerous black *Small-pox*, and tho at the beginning I forbid all thoſe things that might exagitate the Blood, yet ſhe being of a very Sanguine Complexion, and Brisk and Young, and the ſeaſon of the year being very hot, ſhe was ſeized of a ſudden on the third day after the eruption, with ſo large a Flux of the Courſes at an unuſual time, that the Women that were by thought

thought she Miscarried; but tho this Symptom continued violent for many days, yet I did not think that I ought therefore to intermit the use of the Milk-water; indeed I thought it more necessary now, and allowed her to drink of it freely, through the whole course of the Disease, especially when the Fever of maturation appear'd, at which time the Learned and Candid Physician Dr. *Millington*, heretofore my fellow Collegiate, and now my very good Friend was joyn'd with me, who perceiving that all things succeeded well according to the genius of the Disease, readily consented that our Patient shou'd persist in drinking freely of the foresaid liquor, which she often declared both cooled and refreshed her, and promoted her spitting. But when the Face began to be crusted over, we were afraid that our Patient would be injured by putred Vapours, arising from the purulent matter introverted, which smelt ill in this worst sort of *Small-pox*; and therefore we ordered a few spoonfulls of mulled Sack to be taken once in a day, or as often as she found her self ill in her Stomach, and with these few things she recover'd, together with a Paregorick-draught, which was taken every Night, nor was she Delirous, nor had any other Symptom besides the fore-said Hemorrhage, which threatned any great danger; the Face and Hands swell'd sufficiently, the Pustules were as big as this sort wou'd permit, and the Salivation was large and easie to the end; and lastly tho the Pustules in the Face seemed blackish when they ripened, yet in most parts they were yellow.

But by how many degrees soever of heat and inflammation, this sort of *Pox* peculiar to this Constitution exceeded others of other Constitutions, yet if the Pustules were distinct or but few, experience taught that there was not such need to drink so great a quantity of the foresaid liquors. But it was sufficient if the Patient drank Small-beer, when he was thirsty, and eat Water-gruel, and sometimes a roasted Apple, and if he were passed Fourteen he took *Diacodium* when he was Sick. Or began to be De-

lirous for want of Sleep; nor did I do any thing else (only kept the Patient a Bed) when the Pustules were few. And by this method alone my Son *William Sydenham* was recovered by Gods assistance from this distinct sort, in *December* 1670. I will say no more of the *Small-pox* of this Constitution, seeing I have discourſed largely of the other kind, from which these only differed in this, *viz.* that they were of an hotter and more inflammatory Nature, so that greater care was required to extinguish the intense heat, which was so natural to them, and so certainly threatned to fire the Patient.

CHAP. VII.

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

THough all the Years of this Constitution, the Blood was much disposed to fling off on the Bowels, hot and Cholerick humours; for which reason this Cholick was more frequent than is usual, which Disease, tho it ought to be reckoned amongst the Chronical; and therefore besides my purpose, yet seeing it depended on the same indisposition of the Blood at this time, from whence most other Epidemicks, which then reigned, took their rise, it ought here also to be treated of; but especially because the very same feverish Symptoms went before this Disease, as were wont to precede the *Bloody-flux*, which reigned in those times. And sometimes this Disease which is noted above, followed the Dysentery when it had a long while afflicted the Sick, and was just about to leave him; but when it did not follow a long Dysentery

ſentery, it generally took its riſe from a Fever, which after ſome hours was wont to end in this Diſeaſe. It chiefly ſeized young People of an hot and Cholerick Conſtitution, eſpecially in the Summer, the pain of the Bowels was very violent, and more intolerable than any, that afflicts poor Mortals; it ſometimes binds as it were the Guts, and ſometimes being contracted to a point, it bores like as Auger; the pain now and then abates, and preſently the fit approaches again, which as ſoon as the Sick perceives, he looks ſadly and bemoans himſelf, as if it were actually on him. At the beginning of this Diſeaſe the pain is not ſo certainly determined to one point as in the progreſs of it, nor is the vomiting ſo frequent, nor does the Belly ſo obſtinately reſiſt Purges; but the more the pain is increaſed, the more pertinaciouſly is it fixt 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 Gutts (if the Sick is not ſoon releivd) and conſequently an Illiack paſſion is occaſioned, in which Diſeaſe all purging Medicines are preſently vomited up with the Excrements, the matter that is cait up in this manner if it be without mixture is ſometimes Green, and ſometimes Yellow, and ſometimes of an unuſual Colour.

Now every Phœomenon of this Diſeaſe ſhewing plainly that it was occaſioned by ſome acrid Humour, or Vapour put off from the Blood on the Guts; this in my opinion is the chief curative indication, *viz.* that the ſaid Humour ſhou'd be evacuated, as well that which is antecedently in the Veins, as that which is contained in the Inteſtines, and the next to this is that the force of the Humours tending thither ſhou'd be reſtrain'd by Anodynes, and that the violent pain ſhou'd be mitigated by them.

Therefore I order that Blood ſhou'd be freely taken from the Arm, if no Blood has been taken away before; and after three or four hours I give an Anodyne. The next day I order ſome gentle Purge, and that it ſhou'd be repeated the next day ſave one, and ſome-

times thrice according as the relicks of the Humour are more or leſs.

But we muſt take notice that if this Diſeaſe is occaſioned by 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 Guts, I ſay in this caſe the Stomach muſt be waſhed with Poſſet-drink drunk plentifully, which muſt be vomited up again, which being done an Anodyne muſt be given, and the next day a Vein muſt be opened; and as to other things you muſt proceed according to the directions above-mentioned: But when the violence of the pain, and the vomiting (by reaſon whereof the Guts are as it were inverted) reſiſt the operation of the Purges, they muſt be made ſtronger; for 'tis, to no purpoſe to give a gentle Purge, unleſs the Sick is eaſily purged, which muſt be carefully inquired into; for ſuch a Medicine being not ſtrong enough to make its way through the Guts, the Patient is more injured thereby, for by its ineffectual agitation the vomitting and pain are increaſed. A lenitive purging Potion of the infuſion of *Tamarinds*, of the leaves of *Sena* and *Rhubarb*, wherein may be diſſolved *Manna* and Syrup of *Roſes* ſolutive is to be preferred before the other Purges; for it ſtirs the Humours leaſt. But if the Patient cannot retain a liquid Medicine by reaſon of an averſion, or becauſe of the vomiting, you muſt neceſſarily uſe Pills, the *Pill-Cochiæ* pleaſes me beſt, for they paſs beſt through the Body in this and moſt other caſes; but when the weakneſs of the Stomach, or the vomitting is ſo great, that the Pills cannot be retained, then I firſt order an Anodyne, and few hours after a Purge; but there muſt be ſo much ſpace betwixt them that the Purge be not quelled by the Anodyne, and made 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, tho the Purge if it cou'd be conveniently done is beſt given along while after the Anodyne, for twelve hours after taking it the Sick is difficultly purged.

But

But becauſe in this as in moſt other Diſeaſes wherein Anodynes are indicated, a purge always increaſes the pain (at leaſt when it has done working, for while it's in operation the Patient is not ſo ill) therefore I commonly give an Anodyne, as ſoon as the Purge has done working, which I order to be taken Morning and Evening daily, *viz.* in the middle ſpace betwixt the Purges, that I may the more certainly appeaſe the pain till the Patient has been ſufficiently purged.

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 Anodyne conſtantly Morning and Evening, which muſt be ſometimes repeated oftner; nor could I ever take off violent pains without a larger Doſe than is uſual, and that repeated too; for that which is ſufficient to conquer another Diſeaſe will be wholly inſufficient in this caſe, the violence of the Diſeaſe ſubduing the force of the Medicine, and its indeed ſafe to repeat Anodynes while ſuch a pain as this continues violent, but not when it is gone off, wherefore I repeat the Narcotick according to the degree of the pain till it ceaſes, or till it is very much leſſened, yet there muſt be ſuch a ſpace of time betwixt them, that I may find what may be hoped for from the former Doſe, before I give another: But for the moſt part unleſs the pain is very violent, a Paregorick given Morning and Evening may be ſufficient, I chiefly uſe liquid Luadanum, whereof I give ſixteen drops in ſome Cordial-water, or the Doſe may be increaſed according to the violence of the pain.

This plain method whereby firſt the peccant matter is evacuated by bleeding and purging, and then eaſe procured by the uſe of Anodynes, ſucceeded better in my practice than any other I ever knew, whereas CarminativeGliſters injected in order to expell the acrid Humours, do only ſtir the Coals, and make the Diſeaſe the more laſting by the tumult they raiſe in the Humours: But here you muſt take notice, that though I have ſaid bleeding and purging muſt neceſſarily go

before this quieting Method, yet ſometimes upon occaſion, both being omitted, you muſt begin with Anodynes: For inſtance; when by reaſon of ſome preceding Sickneſs large Evacuations have been uſed, not long before the coming of the *Cholick* (for many times they who have recovered of another Diſeaſe have ſuddenly fallen into this, by reaſon of a weakneſs of the Bowels, eſpecially if there is a great degree of heat occaſioned by drinking Wine, or ſome other ſpirituous Liquor immoderately,) I ſay in this caſe 'tis not only unneceſſary, but I think 'tis injurious to give Purges again, for new Tumults will be raiſed by them. Moreover, the Guts are moſt commonly ſufficiently cleanſed with Glyſters uſed often before the Phyſician is called, ſo that partly for this Cauſe, and partly by reaſon of the long continuance of the Diſeaſe, Narcoticks in a manner ſeem to be only uſeful.

In *Auguſt* 1671, the Noble Baron *Anneſly* being ſeized with the *bilious Cholick* with intolerable pain, and frequent Vomiting for ſome days, ſent for me to the Caſtle of *Belvoir*; he had tryed all ſorts of Glyſters and other Remedies, by the order of learned and experienced Phyſicians living thereabouts: I adviſed, without any more ado, the repeated uſe of Anodynes; according to the Method before delivered, whereby he recover'd in a few Days, and came to Town well with me.

But becauſe this Pain is wont of its own Nature to return more than any other, all occaſions of its relapſe muſt be prevented, by giving an Anodyne twice a day for ſome days; but if as often as the uſe of the Anodyne is omitted, the Pain now and then returns, as it ſometimes happens, I do not know any thing that will ſo certainly perfect the Cure, as riding on Horſeback, or in a Coach a long Journey; but an Anodyne muſt be given conſtantly Morning and Evening, for by this kind of Exerciſe, the Matter cauſing, the Diſeaſe is removed to the Habit of the Body, and the Blood being broke into ſmall parts by continual motion is, as it were, depurated again, and at length the Guts are much ſtrengthned and refreſhed

freſhed by this way of ſtirring up the natural heat; nor am I aſhamed to confeſs, that by this Exerciſe I have more than once perfectly cured this Diſeaſe, when I could not cure it any other way: But this muſt not be uſed before the Sick has been well purged, and then he muſt continue the uſe of it many days.

One of my poor Neighbours, who is now living, was in theſe Years troubled with a moſt violent *Bilious Cholick*, who a long time endeavoured, but in vain, to vanquiſh this Diſeaſe by Purges, Glyſters, and the ſwallowing of leaden Bullets: I order'd him to uſe Narcoticks frequently, which he did ſucceſsfully; for as often as he uſed them he found himſelf very eaſie. But ſeeing the Diſeaſe was only palliated, and not cured (for it returned as ſoon as the Virtue of the Anodyne was ſpent) I took pity on him, and lent him one of my Horſes, that he might go a Journey, as above directed; and having travell'd a few days his Bowels grew ſo ſtrong, as to be able to ſhake off the Relicks of the Diſeaſe; and ſo he was perfectly recovered without the help of Anodynes.

And truly I have known this kind of Exerciſe has been always uſed with admirable ſucceſs in moſt other Chronical Diſeaſes, if the Sick continued it reſolutely: For if we conſider with our ſelves, that the lower Belly, wherein are placed 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 ſtrengthned by that powerful excitation of the native heat, that they may duly perform the Office of purifying the Blood, which Nature has appointed them.

If the Patient is young and of an hot Conſtitution, I preſcribe a cooling and thickning Diet, as Pulp of Barley, Panada, and the like; and every third day, if the Stomach is craving, a Chick, or a Whiting boyl'd. I allow no other Drink than Small-beer, or

Milk-water; and this is all I order, unleſs riding, neceſſary to recover the Health, requires more generous Liquor, and more nouriſhing Food, whereby the Spirits, weakened by Exerciſe, may be repaired.

Moreover, 'tis plain from obſervation, that when the Diſeaſe, by reaſon of ill management, has a long while afflicted the Sick, 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 Epidemick-water, or of *Aqua-Mirabilis*, or of any other the Sick 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 ſtirred up, and the preternatural Ferment ſticking to the Bowels, and now and then cauſing 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 mentioned muſt be obſerved for ſome time; for this Diſeaſe being more apt to return than any other, and ſeating it ſelf on the principal Parts for Concoction (I mean the Bowels, already weakned by it) the leaſt Error of this kind will preſently cauſe much pain; therefore in this, and all other Diſeaſes of the Bowels, Meats of hard Digeſtion muſt be carefully avoided, and things of eaſie Digeſtion muſt be uſed only in ſuch a quantity as will be ſufficient to ſuſtain life.

A kind of Hyſterick Diſeaſe afflicts ſome Women, very like the *bilious Cholick*, both as to the violence and ſituation of the Pain, and alſo by reaſon of the Humours vomited up of a yellow and green colour. I will treat of it by the bye, leſt any one ſhould take it for the *bilious Cholick* mentioned juſt now.

Such Women as are of a crude and lax Habit of Body are chiefly afflicted with this Diſeaſe, and they that have 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 Mother's Nature and Strength have been almoſt ſpent; a Pain almoſt as violent:

violent as that of the *Cholick* 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 moreover (which I have often obſerved) there is 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 violently as ever. Sometimes it is 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, the ſmalleſt diſorder of mind, whether it is occaſioned by Anger or Sorrow (to both which in this Caſe Women are very prone) almoſt recalls the Pain. The ſame may be ſaid of Walking, or any other Exerciſe uſed too ſoon; for by theſe means Vapours are elevated in a weak and lax 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 *Phænomena* may be ſolved either way. Theſe Vapours, or Convulſions, when they ſerve 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 are expoſed to; which is manifeſt from this Symptom, which when it ſeizes on the Parts near the Colon, imitates exactly the *bilious Cholick*, which is alſo apparent in many other Diſeaſes 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 conveyed by the Paſſage of the Ureter, it reſembles the *Stone*, and being exaſperated by Glyſters, and other Lithontriptick Medicines uſed to force away the *Stone*; it afflicts the ſick in the ſame manner a long while, and ſometimes (contrary to its Nature, for left to it ſelf it is no way dangerous) kills the Patient. Moreover, I have ſeen Symptoms occaſioned by it reſembling exactly

actly the *Stone* in the Bladder. I was called up not long ago in the night to visit a Countess my Neighbour, suddenly seized with a violent Pain in the Region of the Bladder, and with a suppression of Urine; and having understood that she was subject to many Hysterick Indispositions, I thought the Disease was not that they imagined it to be; and therefore I would not permit her Maid to inject a Glyster she had prepared, lest thereby the Disease should be encreased, and instead of this and Emolliments, *viz.* Syrup of Marsh-mallows, and the like, which the Apothecary had brought; I order'd an Anodyne which soon removed the Symptom. And indeed there is not one part of the Body quite secured from the Assaults of this Disease, whether they are inward or outward, 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 bruised with violent strokes.

But now, seeing I have said something by the bye appertaining to the History of the *Hysterick Cholick*, lest it should be mistaken for the *Bilious Cholick*, I will transiently touch on 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 *Bilious Cholick*, are not to be used here, unless in the Case to be mentioned by and by; for Experience teaches, that the Pain is exasperated, and that all the Symptoms encrease by reason of the Tumult which those things occasion; and I have more than once observed, that the repetition of the gentlest Glysters has brought on a long Series of Symptoms; and Reason, as well as Experience, dictates, that this Disease is rather produced 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 Body and Mind, and the like; all which forbid those Medicines

cines that may occasion a greater disturbance of e Spirits, and instead of them Anodynes are to be ed, though the green and ill colour of the Matter omited up seems to indicate the contrary; for the eculation of Colours is too nice to authorize those vacuations, which we find *ipso facto* injurious; and I o not at all doubt that this Disease (which though occasions violent Pain is no way mortal) has proved eadly by reason of the Errours committed on the beef of such Speculations: And besides, if any one hould give the strongest Vomit to day, to eject that hich he supposes to be the occasion of the Disease, yet he next day the Sick would vomit up full as green, r of some other ill colour as was the former.

But it is to be noted, that there is sometimes so reat a quantity of Blood and Humours, which so ppose the operation of the Anodyne, that though it s often repeated, it cannot stop the Tumult till the Patient is blooded and purged, which I have observed n Women of a very sanguine Constitution, and in Viragoes. If the Case is so, Bleeding or Purging, or perhaps both, must make way for the Narcotick; for either of these being used, a moderate Dose of the Narcotick will perform the business, which otherwise would signifie nothing, though the largest Dose was given. But this seldom happens; and then these Remedies must not be repeated; which being premised, when there is need of them, you must proceed in giving Anodynes in that Method which I have proposed in the *Bilious Cholick*, and they must be repeated according to the degrees of Pain; which Method indeed respects only the Symptom of violent Pain; for I do not now undertake to treat of that Method which takes off the Cause; but because this Disease in Hypochondriacal, as well as Hystetick People (for the reason is the same in both, as shall be said in another place) often ends in the *Jaundice*; and as this comes on, that goes off. We must take notice, that in curing this kind of *Jaundice*, all Purges are either wholly to be omitted, or if they are given, you must use only Rhubarb, or some other gentle Purge;

for

for there is danger leſt by purging new Tumult ſhould ariſe, and ſo all the Symptoms return: An therefore in this caſe nothing muſt be done preſen ly, ſeeing the *Jaundice* taking its riſe on this accoun commonly leſſens of its own accord, and quite vaniſh in a little time. But if it continues a long while, an ſeems to go off difficultly, Remedies muſt be taken fo it; I uſe the following.

Take of the Roots of Madder and of Turmeric each one Ounce, of all the greater Celandine, an of the tops of the leſſer Centaury, each one handfull boyl them in equal parts of Rheniſh-wine and Foun tain-water to a Quart; in the ſtrained Liquor diſ ſolve two Ounces of the Syrup of the five openin Roots; mingle them, make an Apozem; let th Sick take half a Pint morning and evening till h is well.

But if the *Jaundice* comes of it ſelf, the *Cholic* not going before, it is neceſſary, beſides the Altera tives juſt mentioned, to give *Cholagogues*, that is ſuch things as purge *Choler* by Stool, *viz.* once or twice before the Patient enters on the Apozem pre ſcribed, and afterwards once a week as long as he takes it.

As, *Take of the Electuary of the Juice of Roſes two Drams, of Rhubarb finely powder'd half a Dram, of Cream of Tartar one Scruple; make a Bolus, with a ſufficient quantity of Syrup of Rhubarb, with Succory; give it early in the morning, and let the Sick drink on it a ſmall draught of Rheniſh-wine.*

But if notwithſtanding the conſtant uſe of theſe things a long time, the Diſeaſe continues obſti nate, the Patient muſt drink *Tunbridge-waters*, or the like, from the Fountain every Morning till he recovers. And ſo much for the Diſeaſes of this Conſtitution.

SECT.

SECT. V. CHAP. I.

Of the Epidemick Conſtitution of part of the Year 1673, and of the Years 1674, 75.

ABout the beginning of *July* 1673, another ſort of *Fever* began, but was not very Epidemical, the Conſtitution being not as yet wholly diſpoſed to it, for the Diſeaſes of the foregoing Conſtitution were not quite excluded; for that ſort of *Small-Pox* was not gone off, which began to invade in the Year 1670, but they did not happen ſo often, and their Symptoms were milder. So that both theſe Diſeaſes kept pace in a manner with one another; but neither of them were very raging; the former Conſtitution being not ſo perfectly extinguiſhed as yet, that no Diſeaſes belonging to it ſhould appear (for a few *Dyſenteries* remained) nor was the new one ſo confirmed as to produce ſuch as were able to expell all the reſt.

And all this Autumn and Winter the *Small-Pox* kept pace with this *Fever*, but neither Diſeaſe was very raging; and in the mean while the *Bloody Flux* was in a manner extinguiſhed; but in *November* following, after an hard Froſt that continued ſome days, the Weather, contrary to Expectation, was hotter than I ever knew it at that time of the Year; and a little before, and about *Chriſtmas* the *Bloody-Flux* was here and there a little, but it ſeemed to be expiring, and ſoon after it went quite off, at leaſt this ſort of it.

Very

Very early the following Year, *viz.* in *Januar*
the *Meaſles* invaded, and were as Epidemical, as thoſe
were which began almoſt at the ſame time in the Yea
1670, for they viſited almoſt every Family, eſpeciall
all the Children, but they were not ſo regular, as thoſe
which reigned in the foreſaid Year: But I ſhall ſay
more of the difference betwixt them, when I come t
treat more particularly of theſe; they encreaſed mor
and more daily till the *Vernal Equinox*, and the
they decreaſed gradually, and vaniſhed a little afte
Midſummer.

And as the *Epidemick Meaſles* which invaded at th
beginning of the Year 1670, introduced the *blac*
Small-Pox; theſe in like manner being as Epidemi
cal as they came at the beginning of this Year, an
were alſo accompanied with a ſort of *Small-Pox*
that were like them: For whereas (which was noted
before) the *Small-Pox* of the preceding Conſtitution
after the firſt two Years, ſent forth Puſtles that were
leſs and leſs black, and that moreover by degrees grew
bigger and bigger, till about the end of 167[illegible]
they were gentle and benign as to their kind
now they returned, being accompanied with the worſt
Symptoms, and their wonted fierceneſs. This ſort of
Small-Pox prevailed the next Autumn, and longer than
ordinary in the Winter, for the unuſual warmth of
it favoured this Diſeaſe; but when the Seaſon grew
colder they abated, and gave way to the *Fever* that
now prevail'd.

This *Fever* that had continued all the Year, was
very Epidemick at the beginning of *July* 75; but
towards Autumn it began to turn in on the Bowels,
ſometimes appearing with the Symptoms, of the *Bloody*
Flux, and ſometimes, with thoſe of a Looſeneſs, tho'
ſometimes it was accompanied with neither, but ſeiz-
ed the Head it rendred the Sick ſtupid. The *Small-*
Pox in the mean while, which ſeized here and there
a few, quite vaniſhed about the *Autumnal Equinox*;
for now the *Fever* prevailing over the other Epide-
micks, poſſeſs'd the Government, yet it is to be ob-
ſerved, that this *Fever* being prone to put off thee

Mor-

Morbifick Matter upon the Bowels, which ſometimes occaſioned the *Bloody-Flux*, but oftner a Looſeneſs; 'twas vulgarly ſuppos'd, that the *Gripes*, were the deſtructive Diſeaſe, whereas they were really to be imputed to the *Fever*; for every one knew, that had the care of the Sick, how prevailing this *Fever* was, and that the *Bloody-Flux* and Looſeneſs were rather Symptoms than eſſential Diſeaſes.

This *Fever* held this courſe all the Autumn, ſometimes ſeizing the Head, ſometimes the Bowels, raging every where under the diſguiſe of Symptoms happning to thoſe parts; till the end of *October*; at which time the Seaſon, which till then was warm, and like Summer, preſently changed to cold and moiſt; on which account *Catarrhs* and *Coughs* were more frequent than I ever knew them at any other time. But that which was of greateſt moment, the *Stationary Fever* of this Conſtitution was wont to come upon theſe *Coughs*, and took occaſion from hence to rage more and more, and to vary ſome of its Symptoms; for whereas a little before it fell, as was ſaid, moſt commonly on the foreſaid Parts, now it ſeized chiefly the Lungs and Pleura; upon which account *Pleuritick* and *Peripneumonick Fevers* were occaſioned; and yet it was the very ſame *Fever* that began in *July* 1673, and continued without any alteration of its Symptoms till the *Catarrh* broke out.

Theſe *Catarrhs* and *Coughs* perſever'd to the end of *November*, but afterwards they leſſen'd of a ſudden; but the *Fever* continued the ſame as it was before the *Catarrhs* ſhew'd themſelves, though it were not quite ſo Epidemical, nor accompanied with the ſame Symptoms; for both of theſe depended accidentally on the *Catarrhs*: but when the *Catarrhs* went off, a *Small-Pox* began to break out here and there, exactly of the ſame kind with thoſe of the preceding Year. But now, when they had paſſed the ſecond Year, the Symptoms were not ſo violent as when they firſt invaded. How long this Conſtitution will continue I cannot certainly ſay, but this I certainly know,

viz.

viz. That hitherto it has been very irregular; and that all the Diſeaſes of it were alſo ſo.

I will now treat of the Epidemicks of this Conſtitution in the ſame order they followed one another.

CHAP. II.

Of the Continual Fever *of the Years* 1673, 74, 75.

THis, as other Epidemicks, was accompanied with Symptoms at the beginning, which ſhewed plainly, that the Inflammation was then greater and more Spirituous than when the Diſeaſe had continued longer; for the firſt Year it invaded, as alſo in the following Spring, Pleuritick Symptoms came upon the *Fever*, and the Blood taken away (eſpecially the firſt or ſecond time) was like the Blood of *Pleuriticks*; but in time the Signs of intenſe Inflammation ceaſed.

Beſides the Symptoms common to all *Fevers*, theſe followed this *Fever* moſt commonly; the Sick was ſeized with a violent Pain of his Head and Back, alſo with a numbneſs and tenſive Pain of the Joints, and Limbs and whole Body; but it was gentler than in a *Rheumatiſm*. Of the firſt days heat and cold ſucceeded one another, and ſometimes at the beginning; the Sick was prone to ſmall Sweats.

The Tongue, when the *Fever* was left to it ſelf, was neither dry, nor much different from the natural colour, only it was whiter, and the Sick was not very thirſty; but if he was heated beyond the ordinary condition of the *Fever*, the Tongue was very dry, and of a deep yellow colour, the Thirſt was encreaſed,

encreaſed, and the Urine, which otherwiſe was almoſt of the natural colour, was very red.

The *Fever*, accompanied only with theſe Symptoms, if it was well managed, left the Sick on the fourteenth day; but when it was very obſtinate it continued to the one and twentieth day.

Among the Symptoms of this *Fever* there was one like a Coma, whereby the Sick became ſtupid and delirous, and ſometimes he ſlept for ſome Weeks, and could be rouſed only by a great noiſe; whereby, being difficultly waked, he would at length open his Eyes, and having taken either a Medicine, or Drink, he fell aſleep again, which was ſometimes ſo profound, that it ended in loſs of Speech.

He that was ſo affected, when he came to himſelf, began to recover on the twenty eighth, or thirtieth day; the firſt ſign whereof, was the deſiring ſome unuſual or abſurd kind of Meat or Drink; the Head of the Perſon that was recovering was weak for ſome days, and would nod ſometimes this way, ſometimes that: There were alſo other Signs that ſhew'd the Head had been much diſorder'd; but as the ſtrength returned this Symptom went off.

Sometimes the Sick did not ſleep ſo much as rave ſilently, but he would ſometimes ſpeak incongruouſly, as if he were angry, but the Fury was not ſo much as is uſual when People are light-headed in the *Small-Pox*, and other *Fevers*; and it was different alſo on this account, becauſe he ſlept abruptly betwixt whiles, and ſnorted much. Moreover, though this Symptom was not ſo acute as the other, yet was it more laſting, and it happened moſt commonly to Children, or to thoſe that were not full grown; whereas that befel grown People chiefly, but in both, if hot Medicines were taken, and Sweats forced, the Diſeaſe was ſoon tranſlated to the Head, and the ſaid Symptoms were occaſion'd.

But when this Symptom neither came of it ſelf, nor was forced by Medicines, the Diſeaſe went off moſt commonly within fourteen days, and ſometimes in three or four days, as I have ſeen ſometimes.

In Autumn 75, as we said before, this *Fever* en
deavoured to go off by a *Dysentery*, and sometimes by
a Looseness; the latter of these especially did often
come, the Stupor yet remaining; but both of them
according to the best Observation I could make, were
nothinng but Symptoms of the *Fever*.

As to the Cure of this *Fever*, when it first begg
in *July* 1673, I presently found, both by the various
Phænomena that were very different from those which
accompanied the preceding *Fever*, and also becau
it did not yield to purging, whereby I successfull
cured all the *Fevers* of the foregoing Constitution
that it was plainly of another kind; and I was longe
in finding out the Species of it, than I used to b
and therefore I was very thoughtful to know which
way I should proceed with it; for when this *Feve*
first broke out it had no Contemporary Epidemick
by whose Genius I might find out the Nature of this.
For the *Small-Pox*, as I said, which accompanied it
were the Relicks of that black sort which invaded
in the Year 1670, and were now very gentle, an
going off in a manner; therefore I had no other
way than to enquire carefully of the Disease, as i
stood alone by it self, and observe what did good
or harm. The violent Pain of the Head, and th
Propensity this Disease had to cause Pains in the Sides
also the Blood which was like that of *Pleuriticks* shew
ed plainly, that there was a great Inflammation in
this Disease, and yet it would not bear that large
Evacuation which was requisite in a *Pleurisie*; for th
Blood, after the first or second Bleeding, was not co
the colour of Glue, and the Sick was not relieved by
Bleeding repeated, unless perchance the Disease turn
ed to a *Pleurisie*; and so it did sometimes after too hot
a Regimen, especially the first Spring it invaded, *viz.*
in the Year 1664, at which time, being further'd by
the heat of the Sun (for as yet it was young and
more spirituous than afterwards) it seem'd to incline to
a *Peripneumonia*; but when by repeated Experience
and Examples I was deterr'd from Bleeding, though
it was very plain that this *Fever*, especially at its first
coming

coming, was very inflammatory; nothing now remained whereby its heat might be extinguish'd, besides Glysters often repeated, and cooling Medicines. But besides the Symptoms plainly shewing an Inflammation, the *Phænomenon* of unsensibleness, which was more common in this *Fever* than in any other, wholly indicated, that Glysters were to be repeated often, whereby the febrile Matter which was so apt to seize the Head was diverted from it: Moreover they were substituted in the room of Bleeding repeated, which did not well agree with the nature of this Disease, and they did supply the defect of it by gently attemperating the heat of the Blood, and by expelling the Morbifick Cause. Moreover, I judged that large Blisters applyed to the Neck, would be of greater use in this *Fever* than in others, wherein the febrile Matter did not so much seize the Head: For by the violent heat and pain which the said Blisters are wont to occasion in the Part they are applied to, the Matter, which would otherwise seize the Head, fell upon the pained part; by these and a cooling Regimen at length the Disease went off as it were naturally, and of its own accord, how much soever it raged when it was treated by a different Method, as was manifest to me by too many Experiments.

I proceeded therefore in the following manner. I took special care to bleed in the Arm, and I took away such a quantity of Blood, as was agreeable to the Strength, Age, and other Circumstances of the Patient, and almost at the same time, I applyed a larger Blister to the Neck: The next day I injected a lenitive Glyster so early, that the Tumult occasioned by it might be quieted before Night, *viz.* I order'd it should be injected at two or three a Clock; I repeated this Glyster every day till the Disease abated, at which time, I supposed, it was to be omitted, and before, if the *Fever* continued longer than fourteen days, and grew old. In which Case, tho' it was not abated by the preceding Glysters, yet I thought it was no purpose to continue them longer; for the force of the Disease being blunted by the

foregoing Ebullition, and the Sick out of danger; the violent Symptoms being abated, the Diſeaſe was to be left to its own Genius, to go off leiſurely of it ſelf; which always ſucceeded better with me than the endeavouring any violent Evacuation at this time only I forbid the Sick eating of Fleſh, but I let him drink as much Small-beer as he would.

Another thing remains, which becauſe I have found by much Experience, that it has been very beneficial to the Sick, I muſt not paſs it by, whilſt I am deſcribing the Regimen of this Diſeaſe; *viz.* That the Sick muſt keep up a days, at leaſt for ſome hours: But if the great weakneſs of the Sick forbids it, he muſt at leaſt put on his Cloaths, and lay on the Bed with his Head raiſed high: For when I had conſidered with what violent force the *Fever* was carried to the Head, and alſo the inflammatory diſpoſition of the Blood, I thought the Sick might receive ſome benefit by the poſition of his Body, *viz.* if it were ſuch, as that the heat might not at all be encreaſed by things that cover'd him (which could not be avoided if he were kept continually in Bed) nor the force of the Blood tending to the Head promoted; for thereby the heat of the Brain would be encreaſed, and conſequently the animal Spirits heated and exagitated, whereby the beating of the Heart would be more violent, and the *Fever* encreaſed.

But how beneficial ſoever it is in all *Fevers* that partake of a great Inflammation to keep the Patient from Bed for ſome time, yet it muſt be noted, that if they are kept up too long at once, eſpecially at the declination of the Diſeaſe, they are apt to have wandring Pains, which may end in a *Rheumatiſm*; and ſometimes the Superficies of the Body is ſeized with the *Jaundice*. If theſe things happen, the Sick muſt be put to Bed, that the Pores being opened ſuch Particles may be carried off, as occaſion either of theſe Diſeaſes: but the Sick muſt be kept in Bed only a day or two, and Sweat muſt not be provoked: but theſe Accidents are very rare, and never come but at the declination of the *Fever*, at which time the Diſeaſe being

being abated, it is much safer to permit the Sick to lie continually in Bed than either at the beginning or state; for at this time it does more good in digesting the febrile Matter, which if the Sick be confined to his Bed too soon, will be more inraged and fired.

If any one should here object, that this Method, tho' it be proper enough to refresh the Sick, and to hinder the *Fever's* seizing the Head, yet it is not convenient, because it stops the Evacuation by Sweat, whereby the febrile Matter now concocted should be ejected. I answer, That the Opponent says nothing to the purpose, unless he can produce Arguments to prove, that such an Evacuation is necessary in all *Fevers*, which is not easie for him to do; for Experience teaches, not Reason, what kind of *Fever* is to be cured by Sweats, and which by Purging, and the like; yea, we may suppose, that there are some sorts of *Fevers*, which Nature cures by a peculiar Method of her own, without any visible Evacuation, *viz.* by reducing and assimulating the Morbifick Matter to the Mass of Blood, wherewith it did not so well agree; for which reason I have often, as well in this kind of *Fevers* as in others, if they were not intermittent, reduced them to order presently at their beginning, before the whole Blood was infected, by ordering only Small-beer to be drank at leisure, and by forbidding the use of Broths of any kind, permitting in the mean while the accustomed exercise, and free Air, without so much as once using any Evacuation. Truly I have cured my Children and Friends only by fasting two or three days: But this Remedy must be used only in young People, and such as are of a sanguine Temperament.

But if we should grant, that Nature could not overcome the Disease by any other Method than by Sweat, it must be understood such Sweats that come at the latter end of the Disease, and after previous digestion, but not those that are forced out on the first days of the Disease, which proceed from the interrupted Oeconomy of raging Nature; I suppose such Sweats are not to be promoted, but the Tu-

mult from whence they arise is to be quell'd. But such kind of Sweats are wont to accompany many *Fevers*, though not all, yet I know very well, that some sorts of *Fevers* naturally require this kind of critical Sweat at their declination; such are particular Fits of *Agues*, also the greatest and most frequent *Fever* of Nature proceeding from that Constitution which wholly favours the Epidemick Production of *Agues*: For in these, if any Method be insisted in, which does not tend first to the digestion of the Morbifick Matter, and afterwards to the ejecting of it by Sweat, the Disease will be encreased, wherefore no Evacuations ought to have place here, only as they suppress the violence of the Disease at first, lest the Sick die of the Physick. Moreover, the cause of a Pestilential *Fever*, which is very thin and subtle, may be carried off by Sweat on the first days of the Disease, as Experience every where testifies.

But in those *Fevers* wherein, according to the ordinary course of Symptoms, and according to their Genius, if they are permitted to use it, we never see that Nature is wont to evacuate the Morbifick Matter now prepared at an appointed time, I think he is very rash that goes about to force the Disease by provoking Sweat, and to cure the Patient by that Method alone; whereas the divine old Man says, *That 'tis in vain to do any thing contrary to Nature's Inclination.* I think this ought to be taken notice of in this particular *Fever*, of which we now treat, which by frequent Experience I know may be cured without Sweat, and that the Patient when we endeavour unseasonably to force it, is often brought into great danger, without any necessity, from the Morbifick Matter translated to the Head. But neither in this *Fever*, nor in any other, even in those which are not wont to go off by critical Sweats, if perchance a Sweat of this kind comes of its own accord, when the Disease abating, which we suppose, by the Remission of all the Symptoms, and proceeds from a due Concoction; no prudent Physician will contemn it; but when it does not come of it self, how can we certainly tell

that

hat we may not kill the Man, whilſt we endeavour
o diſpoſe the Humours to Sweat by a hot Regimen,
nd hot Cordials. If any one by chance ſtumbles up-
n a Treaſure, he would be a Fool if he ſhould not
oop down and take it up; but he muſt be accoun-
ed a Fool, who having once light on ſuch good For-
une, ſhould ſpend all his time, and hazard his Life
n ſeeking for ſuch another Booty: but howſoever it
e, it is clear to me, that the *Fever* alone has heat e-
nough it ſelf; nor needs it any greater heat from a-
broad, by an hot Regimen, to prepare the febrile
Matter for Concoction.

I have found that the foreſaid Method, by Bleed-
ing and Glyſters has been excellently ſucceſsful in the
cure of this *Fever*; but that when it was provok'd by
Diaphoreticks, it had not only irregular Symptoms,
but the end was always doubtful. Among the Symp-
toms was that tacit Delirium, which did not ſhew it
ſelf ſo much by talking wildly, as by a Stupor like
a Coma; which, as we ſaid, frequently happened in
this *Fever*. This Symptom, (though ſometimes I
have ſeen it come of its own accord) is moſt com-
monly occaſioned by the over-officiouſneſs of Nurſes
provoking Sweat; for by this means the Morbifick Mat-
ter, which refuſes to yield in this kind of *Fever*
to Sweats, is violently exagitated, and at length
elevated to the Head, to the great hazard of the
Sick.

I heretofore mentioned in the Cure of a *Fever* of
another Conſtitution, that in the laſt Years of it,
ſuch a kind of Stupor now and then invaded Chil-
dren eſpecially, and Striplings; but it was not ſo much,
nor altogether ſo Epidemick, as was that which ac-
companied this *Fever*; and I could neither tame this
nor that, though I did all I could by Bleeding repeat-
ed, not only in the Arms, but alſo in the Neck and
Feet, by Bliſtering Plaſters, Cupping-glaſſes, Gly-
ſters, Diaphoreticks of all kinds, and the like. At
length I reſolved, after bleeding in the Arm, and the
applying of a Bliſter in the Neck, and the injecting of
two or three Glyſters of Milk and Sugar on the firſt

days of the Diſeaſe, to do nothing elſe, only I forbid Fleſh, and all ſpirituous Liquors. In the meanwhile I attended on Nature's Method; and following her Footſteps, at length I learned how to conquer this Symptom, for the Diſeaſe went off ſafely, though ſlowly; therefore I thought I muſt perſiſt in this Method in all the *Fevers* which afterwards I had to do with; which indeed ſeems to me of great moment, if we reſpect the greatneſs of the Symptom, and the event which is always good: And truly I ſometimes thought, that we could ſcarce proceed too ſlowly in driving away Diſeaſes, and that we ſhould proceed ſlowly, more being very often to be left to Nature, than is now generally to be imagined: For he is much in the wrong who thinks that Nature always wants the help of Art, for if ſo, ſhe would take leſs care of Mankind than the preſervation of the Species requires. For there is no manner of proportion betwixt the multitude of Diſeaſes, and the ways of Cure, which have been uſed even in thoſe Ages wherein the Medical Art has been moſt cultivated; what may be done in other Diſeaſes I know not, but I am ſure that in this *Fever*, whereof we now treat, the ſaid Symptom, notwithſtanding general Evacuations, I mean Bleeding and Glyſters, was conquer'd ſucceſsfully by time alone.

We ſaid before that the Signs of recovery were moſt commonly deferred to the thirtieth day, *viz.* when the Stupor was much, and when the Sick was ſometimes ſpeechleſs; afterwards he earneſtly deſired ſome odd or abſurd ſort of Meat or Drink, the ferment of the Stomach being much vitiated by the continuance of the Diſeaſe: In this Caſe, though the weakneſs of the Patient required ſuch things as would ſtrengthen him, yet I willingly alſo allow'd thoſe things that were not ſo proper for him if they pleaſed the Palate.

In *September* 1674 I viſited the Son of Mr. *Nott* a Bookſeller, being about nine Years of Age; he had this *Fever*, and the Symptoms now mentioned; having blooded him in the Arm, and injected Glyſters for

r the first days of the Disease. I would not com- y with the importunity of the Mother, who earnest- urged, that I would hasten the business, which I nought I could not do with safety: Therefore, ha- ing gained a truce, I ordered nothing but a common ulep to please the Mother; and when on the thirti- th day he began to recover, he earnestly desi- ed several odd things, and for that reason they were ermitted, though otherwise they ought not to have een allowed.

But though this Stupor of the nature of a Coma was more frequent in this *Fever*, than other Symp- toms; yet sometimes, tho' rarely, a Frensie without Stupor invaded some, and the Sick lay awake night and day, and could be govern'd by no means; and there were other Symptoms like those which molested such as are Frenetick in other *Fevers*, and in the *Small-Pox*. This Symptom would not bear a Truce as the comatose Symptom now mentioned was wont to do, till Digestion was made, but kill'd the Pati- ent in a few days, unless the Inflammation was re- strained; and in this Case Spirit of Vitriol did bet- ter than other things, which after Bleeding, and the injection of a Glyster or two, I ordered to be drop- ped into Small-beer for the ordinary drink, and in few days it disposed the Sick to rest, having con- quered the Symptoms, and cured the Patient, which in- deed I was not able to do by any other Method; and this was manifest to me by repeated Experi- ence.

In Autumn 1675, Dysenterick Stools, and sometimes a Looseness came upon this *Fever*: I presently found that these were Symptoms of the *Fever*, and not o- riginal Diseases, as in the preceding Constitution; and yet notwithstanding, seeing the cause of the Disease was contained in the Mass of Blood, Bleed- ing was indicated, which indeed, a Narcotick be- ing given twice after it, was able to quell this Symptom.

In

In *September* 75 Mrs. *Conysby*, dwelling near the *Mews*, ſent for me: ſhe was ſeized with this *Fever*, and ſuddenly with Gripes, and afterwards with bloody and ſlimy Stools; though ſhe was much weakned by the continuance of the Diſeaſe, eſpecially by frequent Stools, wherewith ſhe was tired the foregoing Night; yet I ordered her to be blooded in the Arm, and a little while after I gave her a Narcotick; afterwards, that very night, the Stools became thick, and the next morning and evening I repeated the ſaid Narcotick, having alſo ordered a moderate Cordial to refreſh her Spirits; and by this means ſhe preſently recovered.

As to the Looſeneſs, which happened often to this *Fever*, about this time of the Year, it did not cauſe much trouble; and becauſe it did neither good nor harm, ſo far as I could perceive whether there was a Stupor or whether there was none, I could not take any curative Indication from it; if it did not exceed the Bounds, ſo as the Patient's Life was not endangered thereby: if it did, an Anodyne was certainly indicated; and for this reaſon only the uſe of Anodynes was to be approved through the whole courſe of this Diſeaſe: For the great Propenſion in this *Fever* to a Stupor was increaſed thereby; and therefore unleſs there was abſolute neceſſity, they were never to be uſed.

It is to be noted, that often in this *Fever*, and in others, thoſe that recovered, eſpecially ſuch as had been much waſted by them, and required long and great Evacuations for their Cure (eſpecially if they were of a weak Conſtitution) as they lay in their Beds a Nights, firſt grew hot, and afterwards ſweat much, and ſo were much weakened; and for this reaſon recovered difficultly, and ſome fell into a Conſumption. I perceived this Symptom proceeded only from the Blood impoveriſhed and weakned by the continuance of the Diſeaſe, ſo that it could not aſſimilate the Juices newly taken in, but endeavoured to eject them by Sweat; wherefore I ordered that they ſhould take three or four Spoonfuls of old Malago Wine,

Vine, Morning and Evening, by the use whereof hey recovered itrength, and the Sweats went off. And o much for the continual *Fever* of this Constitution, which by reason of the great Stupor which most ommonly accompanied it, I call Comatose.

CHAP. III.

Of the MEASLES *of the Year* 1674.

AT the beginning of the Year in *January* 167$\frac{3}{4}$, a sort of *Measles* broke out, which were different from those that invaded in the same Month in the Year 16$\frac{72}{73}$, and were as Epidemical as they, but not so regular, nor did they so constantly keep their Types; for they came out sometimes sooner, sometimes later; whereas the Eruption of the other sort was always on the fourth day, reckoning from the first Invasion. Moreover hey first possest tthemselves of the Shoulders and other parts of the Trunk, whereas the other first began in the Face, and crept by degrees over the rest of the Body; nor could I observe but very rarely those Scales of skin like Bran sprinkled, when the Measles went off, which was as certainly seen in the other sort, as after a Scarlet-Fever, and besides, they were more Mortal than the former, when they were unskilfully managed; for the *Fever* and difficulty of breathing that used to follow the *Measles* were more violent, and more like a *Peripneumonia*, than in the other kind. Though these *Measles* were irregular as to the Symptoms now mentioned, yet in the general, the description that we made of those in the Year 1670 well enough agreed with these; and therefore it is needless to repeat the same here. These, as the former, encreased till the

Vernal

Vernal Equinox, and then decreasing, vanished at the approach of the *Summer Solstice*, or soon after.

Seeing the Method of Cure was scarce any whit different from that which I have handled already in the History of the *Measles*, to which I refer you: I will mention only one Observation (according to my Custom) of the Method I use in this sort of *Measles*.

The most vertuous Countess of *Salisbury* sent for me in *February* 74 to one of her Children, which was then sick, and presently the rest (they were five or six) I used the same Method to them all. I ordered them to keep their Beds two or three days before the Eruption, that the Blood, according to its own Genius, might cast out through the Pores the Particles that were easily separated, which occasioned the Disease; but I did not permit that they should have any more Cloaths on or Fire than they used to have when they were well: I forbad the eating of Flesh, and allowed them Oat-meal and Barley-Broaths, and now and then a roasted Apple; and for their Drink Small-beer, and Milk boyled with three parts of Water; and when the Cough was troublesom, as was usual, I prescribed a Pectoral Ptisan to be taken often: They recovered with this Method in the short time this Disease is wont to finish its Course; nor were they troubled through the whole course of this Disease, nor when it went off, with any other Symptom than what is frequent in this Disease.

In the first two Months that this sort of *Measles* appeared, a *measly Fever* here and there intervened, in which some Pimples broke out in the Trunk of the Body, especially in the Neck and Shoulders, like the *Measles*, but they were distinguished from them, because they did not seize the whole, being confined to those Parts we now mentioned.

But the *Fever*, tho' it was plainly of the same kind, was more violent, and continued fourteen days, and sometimes longer; it neither bore Glysters, nor

Bleeding

leeding, being enraged by both; but the Method or the *Meaſles* agreed with it. And ſo much for the *Meaſles*.

CHAP. IV.

Of the irregular Small-Pox *in the Years* 1674, 75.

AS the Epidemical *Meaſles* breaking out in the beginning of the Year 70, introduced the *black Small-Pox*, which we deſcribed then, ſo theſe which were no leſs Epidemical in the Year 74, uſhered in this ſort of *Pox*, ſo like the other; that they ſeemed to be the ſame revived, not a new ſort: For whereas, as was ſaid, in the former ſort of *Small-Pox*, after the firſt two Years, the Puſtles were daily leſs black, and they grew bigger by degrees till the end of the Year 73, and then the Diſeaſe, that was gentle and favourable for ſuch a ſort of *Pox* returned again with its former violence, accompanied with an unlucky Train of ill Symptoms; for the Puſtles were as black as Soot when they fluxed. The Patient did not die till they came to maturity, for before they were ripe they were only of a brown colour, and if they were numerous, they were very ſmall; for when they were very few, they were no leſs than in other ſorts of *Pox*, and ſeldom black. In a Word, they were very like thoſe we deſcribed in the Year 70, yet they differed from them in ſome few things, which truly diſcovered a greater Putrefaction in theſe than in the other, and that they were of a more groſs nature, and harder to be concocted; for when they were ripe they ſtunk worſe, ſo that I could ſcarce come near thoſe that had them much, by reaſon of the Stink, and they were

were ſlower in finiſhing their Courſe than any ſort that I have yet ſeen.

It's worth while to note, that the milder the ſort is, the ſooner the Puſtles come to maturity, and the ſooner the Diſeaſe goes off, ſo in the regular ſort of Flux-Pox, which began in the Year 67, the eleventh day was moſt dangerous, which being once paſt, the patient was moſt commonly free from danger; in the next ſort of Flux-Pox, which were iregular, and began in the Year 70, the Patient was in greateſt danger on the 14th day, or at fartheſt on the 17th, and if he ſurvived theſe he was ſafe; for I never knew any one dye of this Diſeaſe after that day: But in this ſort of Flux, the Patient dyed after the 20th day, and ſometimes if he recovered, which very few did, his legs did not only ſwell, which is common in all ſorts of Flux-Pox, but alſo the Arms, Shoulders, Thighs, and other parts, which tumours began their Tragedy with intolerable pain like a Rheumatiſm, and afterwards common ſuppurated, and ended in cavernous Ulcers, and Impoſthumes of the Muſcular parts, ſo that the Patient was in danger of his Life many days after the *Small-Pox* was off, whereby I clearly perceived by what degrees this Epidemick Diſeaſe advanced through theſe three Conſtitutions, whereof the latter was always worſe than the former, as to the greater putrefaction, and by reaſon the matter was harder to be concocted.

But the *Small-Pox* whereof we now treat, ſeem to be a new Species ſpringing from the former waxing old; for though according to the diſpoſition of the Air, producing this Epidemick, the *Black Small-Pox*, which firſt broke out in the Year 70, came to their declination, yet like the relapſe of a Diſeaſe occaſioned by the old matter fermenting a freſh, the Air being again diſpoſed for the production of the *Small-Pox*, fetched them from the old Store; which Diſeaſe being renewed, and having got ſtrength again plainly revived, and as it were grew young: And theſe were ſo much the more Irregular, and had ſo much the more Intenſe putrefaction, by how much the matter from whence they were generated was groſſer and

more

more feculent, than that from which the former took their riſe. Now that this may be more apparent, we muſt by no means think that it is neceſſary to ſuppoſe ſuch a kind of diſpoſition in the Air, which ſhould produce ſuch an Epidemick in this place, and another very different in another not far diſtant: for if it ſhould be ſo, and ſo it is ſometimes, every motion of the wind would be able to ſcatter a Conſtitution. But is ſeems more probable to me, that this or that particular tract of Air is filled with Effluvia's proceeding from ſome mineral fermentation, which contaminating the Air, they paſs through with particles deſtructive, ſometimes to one ſort of Animals, ſometimes to another, they ſo long propagate Diſeaſes appropriated to the various affections of the Earth, till that ſubterraneous Minera of Vapours is expired, which may likewiſe ferment a freſh from the reliques of the old matter, as in the caſe now mentioned; but it is all one to me who do not pretend to any thing more, than what is clear from the thing it ſelf, whether this or any other Hypotheſis beſt ſolves the Phænomena; this at leaſt I know, that the *Small-Pox*, which I now treat of were very like thoſe of the preceding Conſtitution, only they ſeemed to be of more groſs nature, and of a much more intenſe putrefaction: For which two reaſons, when they fluxed very much, they deſtroyed more, than any other ſort I ever knew, and in my opinion they were as mortal as the Plague it ſelf, for the number of the Sick, though when they were diſtinct they were more dangerous than any other ſort whatever, and they diſcovered themſelves to be favourable by the largeneſs of their Puſtles, their colour, and other good Circumſtances.

As to the Cure I have long wondred at thoſe quite contrary indications, which this Diſeaſe ſeemed to hint; for it was very manifeſt, that the Symptoms that proceed from too great an inflammation were immediately occaſioned by a hot Regimen, as a Fever, Frenzie, Purple-ſpots, and the like, to which this Diſeaſe is inclined above all others, and on the contrary, too cold a Regimen hinders the ſwelling of the Face and Hands, which was very neceſſary, and rendred

dred the Puſtles more flaccid: After I had a long time carefully thought on theſe things, at laſt I found I could prevent both theſe inconveniencies at one and the ſame time, for by allowing a free uſe of the Milk, water, Small-beer, and ſuch liquors, it was in my power to bridle the rage of the Blood, and on the contrary, I could promote the elevation of the Puſtles, and the ſwelling of the Hands and Face by keeping the Patient continually in bed and by the gentle heat thereof, not ſuffering him to put out his Arms, nor does this method contradict it ſelf; for it is to be ſuppoſed, that after the Eruption is finiſhed, the blood has caſt out the inflamed particles to the habit of the body, and that it wants no provocative to a farther ſecretion of the matter; ſo that now, whereas the chief buſineſs is performed in the habit of the body, and in ripening the Puſtles, this is only to be minded, *to wit*, that it be ſufficiently defended from thoſe hot vapours, that may chance to be ſtruck in, by reaſon the skin is cruſted with the Puſtles: But as to the Puſtles, they are to be brought to maturity by the gentle heat of the external parts. Now tho this method ſucceeded well in other Flux-Pox, as I ſaid before, yet it failed me in theſe of this Conſtitution, ſo that moſt of thoſe dyed that were very full, whether they uſed my method, or an hot Regimen and Cordials; and therefore I was very ſenſible that there was yet ſomething wanting beſides thoſe things that bridled the Ebullition of the Blood, or promoted the elevation of the Puſtles, and the ſwelling of the Face and Hands, *to wit*, ſomething that might be able to conquer the putrefaction, which is more intenſe in this ſort, than in any other I have obſerved; at length I thought of *Spirit of Vitriol*, which, I ſuppoſed, would reſiſt the putrefaction, and tame the rage of the Blood; wherefore, leaving the Patient to himſelf, till the pain and vomiting, which preceded the Eruption were over, and till all the *Small-Pox* were fully come out, and at length on the fifth or ſixth day, I preſcribed the foreſaid Spirit to be droped into Small-Beer, which being made a little acid with it, was to be drank as often as he liſt, for his ordinary drink, but more freely, when

when the *Fever* of maturation approached. I ordered his Drink to be uſed daily till the Patient was perfectly well.

This Spirit, as if it had been truly Specifick in this Diſeaſe, wonderfully aſſwaged all the Symptoms; the Face ſwelled ſooner, and much higher, the ſpaces between the Puſtles came nearer a red colour, and were like a Damask Roſe, the very little Puſtles grew as large as this ſort would permit, and whereas they uſed to be black, now they caſt forth a yellow Matter, in colour like a Honey-comb, and the Face, inſtead of being black, was of a deep yellow colour; they ripened ſooner, and finiſhed their whole courſe a day or two ſooner than they uſed to do. All things were exactly ſo, if they drank freely of this Liquor; wherefore as ſoon as I perceived the Patient did not drink enough to quell the Symptoms, I mixed the Spirits with a Spoonful of Syrup, or with ſome diſtilled Waters and Syrup, and gave it him now and then, that by this means I might compenſate his too ſparing uſe of the Liquor.

I have now reckoned up the many Virtues of this Medicine, and truly I never found the leaſt inconvenience in the uſe of it: although it moſt commonly ſtopp'd the Salivation the tenth or eleventh day, yet at the ſame time ſome Stools were wont to ſupply its place, and there was leſs danger from theſe than from that. And whereas I have often mentioned, that they which have the *Flux-Pox*, are therefore chiefly in danger, becauſe the Spittle, being more viſcid on thoſe days, is like to choak the Patient; the Looſeneſs prevents this Symptom, and either goes off of it ſelf, or is eaſily cured by the Milk-water, and a Narcotick, when there is no more danger from the *Small-Pox*.

Though I ordered the Patient to lie a Bed, and to keep his Arms in, yet I would by no means permit that he ſhould have more Cloaths on him than he uſed to have; and I allow'd him the liberty of moving from one part of the Bed to the other as oft as he would, to prevent ſweating, to which he was very prone, notwithſtanding this Remedy. He eat Oat-meal and Bar-

ley-broth; and sometimes a roasted Apple; and at the latter end of the Disease, if he were weak or sick in his Stomach, he drank three or four Spoonfuls of Canary Sack, and took a Paregorick Draught every Evening, after the sixth or seventh day, if he were full grown (for Children had no occasion of it;) to wit, I prescribed fourteen drops of *liquid Laudanum* in Cowslip-water. I permitted the Patient to rise on the fourteenth day, and on the one and twentieth day I let him blood in the Arm, and purged him twice, after which he had a better colour, and look'd brisker than those are wont to do that this Disease has so severely handled. Besides, this Method most commonly prevented those Scars that use to disfigure the Face, which are occasioned by raging hot Humours that corrode the Skin.

On the 26th of *July* 1675, the worthy Mr. *Elliot*, one of the Grooms of the King's Bed-chamber, committed to my care one of his Domesticks, who had this cruel sort of black *Flux-Pox* coming out: he was about eighteen Years old, of a very sanguine Complexion, and was seized with this Disease presently after hard drinking; the Pustles fluxed more than ever I knew any, so that there was scarce any space between them, and I, confiding in the strength of this excellent Medicine, did not let him Blood, though I was called in early enough to have done it: and indeed I ought to have bled him, because this Disease was occasioned by excessive drinking of Wine. After the Eruption was finished, on the fifth or sixth day, I ordered Spirit of Vitriol to be dropp'd into some Stone Bottles full of Small-beer; and this he was to use as often as he would for his ordinary Drink. On the eighth day he bled so much at the Nose, that the Nurse, being terrified by this Symptom, sent hastily for me: As soon as I came, I perceived this was occasioned by the immoderate heat and unusual force of the Blood; therefore I ordered him to drink a greater quantity of Small-beer impregnated with the foresaid Spirit, whereby the Hæmorrhage was immediately stopp'd; he spit very plentifully, and the swel-

ling

ling of his Face and Hands, and the Puſtles proceeded very well. The Diſeaſe diſpatched its buſineſs well enough, only at laſt ſome ſlimy and bloody Stools wer eſomewhat troubleſom, which perhaps had not happened if I had let him Blood when I was firſt called, for the reaſon above-mentioned; yet I uſed no other Medicine for the cure of the *Bloody-Flux* but the Narcotick, which otherwiſe I ſhould have ordered every night, if this Symptom had not happened, whereby its force being abated till the Puſtles went off, afterwards he ſoon recovered by the taking away a large quantity of Blood from his Arm, and by drinking freely Milk and Water.

About the ſame time my Neighbour, Mr. *Clinch*, ſent for me to two of his Children; one was four Years of Age, the other ſuck'd, and was not then half a Year old: In both the Puſtles were very ſmall, and fluxed mightily. They appeared firſt like an *Erysipelas*, and were of the black ſort. I ordered Spirit of Vitriol to be dropp'd into all their Drink, which, notwithſtanding their tender Age, they drank without any averſion; and having no worſe Symptom they preſently recovered. My very good Friend, Dr. *Mapletoft*, went with me to viſit them; he found the eldeſt upon recovery, and the younger was then ſick of them in the Cradle.

It is to be noted, That as the *Small-Pox* of this Conſtitution which did not flux were very favourable, ſo had they no need of the Remedy now preſcribed; but it was ſufficient that they were treated according to the Method of the diſtinct *Small-Pox* above-mentioned.

And now, Reader, I have given you a particular account of the *Small-Pox*, which though perhaps every one will contemn according to the Humour of the Age, yet it has not coſt me a little Care and Pains for theſe many Years together to collect theſe Obſervations; and I had not publiſhed them now, if Charity towards my Neighbour, and a deſign of doing good to others, had not weighed more with me than the eſteem of my own Reputation, which I verily believe will

be prejudiced on the account of the novelty of the Subject. And yet I cannot see why any Man should dislike a new Method of curing a Disease not to be found in the Writings of *Hippocrates* or *Galen*, unless perchance some place be puzled by a more difficult Construction; whereas the Cures adapted by the modern Physicians, being not instituted by those two great Luminaries of Physick, are commonly neglected by some, and esteemed by others. And for the same reason it ought not to seem strange, if I have alter'd something in that Method, whereby those *Fevers* are to be cured, which depend on such Constitutions which are Epidemical for the *Small-Pox*: For if in the first Ages of the World, the *Small-Pox* never appeared any where, it follows also, that such *Fevers* were never any where.

But it is most probable there was no *Small-Pox* at that time; for if this Disease had been as frequent in old times as it is now, I believe it would scarce have been unknown to the most skilful *Hippocrates*, who better understood, and more accurately described the History of Diseases than any one that came after him; and he would also, according to his custom, have left us an exact and natural description of this Disease. Wherefore I conjecture, that Diseases have certain Periods according to the occult and unaccountable alterations which happen in the Bowels of the Earth, to wit, according to the various age and duration of the same. And as there have been other Diseases heretofore, which are either now utterly extinct, or at least, being almost wasted by age, fade away, and very rarely appear (of which sort is a Leprosie, and perhaps some others;) so the Diseases which now reign will vanish in time, and give place to other kinds, whereof indeed we are not able so much as to guess. This may be so, whatever we, who are so short-liv'd, think of it, who are born as it were one day, and die another: Nor are the most ancient Authors, that have written Observations of Diseases, of much longer Age, if they are compared with the beginning of the World.

CHAP.

CHAP. V.

Of the Epedimick Coughs, *with a* Pleuriſie, *and* Peripneumonia *coming upon them, of the Year* 1675.

WHen a pleaſant and warm Seaſon, like Summer, held to the end of *October*, contrary to cuſtom, in the Year 1675, a cold and moiſt Seaſon came preſently after it, and there were more *Coughs* than ever I knew at any other time, ſparing ſcarce any body of whatever Age or Temperament, ſeizing whole Families together; nor were they remarkable only for their number, for every Winter there are many, but alſo upon the account of the danger which they caſt thoſe into accidentally that had them: For the Conſtitution being now, and all the foregoing Autumn, very inclinable to produce the Epidemick *Fever* above deſcribed; and whereas there was no other Epidemick Diſeaſe to oppoſe and obſtruct the force of it; theſe *Coughs* made way for the *Fever*, and eaſily turned to it. In the mean while, as the *Cough* aſſiſted the Conſtitution in producing the *Fever*, ſo the *Fever* upon this account fell upon the Pleura and Lungs, as the Week before the coming of the *Coughs*, it fell upon the Head; which ſudden change of the Symptoms gave occaſion to ſome that were leſs thinking, to ſuppoſe this was an eſſential *Pleuriſie*, or an eſſential *Peripneumonia*, tho' it was the very ſame that had been all this Conſtitution; for now, as always before, it began with a Pain in the Head, the Back, and Limbs; which Symptoms agreed with every *Fever* of this Conſtitution,

only the febrile Matter being poured plentifully, by reaſon of the *Cough*, upon the Pleura and Lungs, occaſioned Symptoms agreeable to the ſaid Parts: But the *Fever*, as far as I could obſerve, was the very ſame as raged to the very day the *Coughs* firſt broke out in. Moreover the Remedies whereby it was eaſily cured, plainly ſhewed the ſame. And tho' the pricking Pain in the Side, the difficulty of breathing, the colour of the Blood taken away, and other Signs common in a *Pleuriſie*, ſeemed to ſhew it was an eſſential *Pleuriſie*; yet it did not require any other Method than what agreed with the *Fever* of this Conſtitution, but was very different from that which was proper for a true *Pleuriſie*, as will plainly appear from what ſhall be ſaid hereafter. Moreover, when a *Pleuriſie* is an eſſential Diſeaſe, it is wont moſt commonly to come betwixt Spring and Summer: But this Diſeaſe came at a quite different time, and is only to be accounted a Symptom proper to the *Fever* of this Year, and the Off-ſpring of this accidental *Cough*.

But now, that I may proceed rightly to that Method, which Experience ſhews is neceſſary for the *Coughs* of this Year, and alſo for thoſe which happen in other Years, if they proceed from the ſame Cauſes, we muſt take notice, that the Effluvia that are wont to be expell'd from the Maſs of Blood by inſenſible Tranſpiration, are caſt upon the Lungs, the Pores being ſuddenly ſtopp'd by cold, and they preſently occaſion a *Cough*, and the hot and Excrementitious Exhalations of the Blood, being by this means detained, a *Fever* is ſoon kindled in the Blood, to wit, when there is either ſo great a quantity of Vapours, that the Lungs cannot expel them, or when by reaſon of adventitious heat, occaſioned either by too hot Medicines, or too hot a Regimen, Oyl is, as it were, added to the Flame, and he that was before too prone to a *Fever*, is now precipitated into it: And whatever the Stationary *Fever* is that reigns that Year, or at that time, this new *Fever* preſently turns to, and is of the ſame Genius, though as yet

it

it retains some Symptoms that proceed from the *Cough*, the Original of it, and therefore it is plain, that we must apply our selves in every *Cough* proceeding from this occasion, not only to it, but also to the *Fever*, which so readily comes upon it.

Having laid this Foundation, I endeavoured to relieve those that were my Patients in the following manner.

If the *Cough* had not yet occasioned a *Fever*, and other Symptoms; which, as we said, most commonly accompanied it, I thought it sufficient to forbid the use of Flesh and all spirituous Liquors; I also order'd, that he should use moderate Exercise, and go into a free Air, and that now and then he should drink a cooling Pectoral Ptisan: These few things were sufficient to tame the *Cough*, and to prevent the *Fever* and other Symptoms which usually accompany it: For as the Blood is so qualified by abstinence from Flesh, and spirituous Liquors, and with the use of cooling things, that it is not apt to receive febrile Impressions, so by the use of Exercise, the hot *Effluvia* of the Blood, which when the Pores of the Body are stopp'd with sudden cold, turn in, and cause a *Cough*, are conveniently exhaled in a way natural and agreeable to them, and so the Patient is relieved.

As to quieting the *Cough*, it is not safe to use Narcotick and Anodyne Medicines; nor is there less danger in endeavouring to remove it by spirituous Liquors, and hot Medicines, for both ways the matter of the *Cough* being intangled and hardened, those Vapours which should pass gently and easily, by coughing, from the Blood, now being stopp'd, are retained in the Mass of Blood, and cause a *Fever* there; and this very often happens very ill to the inconsiderate common People, who while they endeavour to stop the *Cough* by burnt Brandy, and other Liquors, they occasion a *Pleurisie* or *Peripneumonia*; and by this mad contrivance they make this Disease dangerous, and often deadly, which of its own Nature is small and easily curable; nor are they less deceived, though they seem to proceed with more reason, who endeavour to expel the cause of the

Diſeaſe by provoking Sweat: For though we do not deny, that Sweat coming of its own accord expels the Cauſe of the Diſeaſe better than any thing elſe, yet it is manifeſt, that when we endeavour to force it we fire the Blood, and kill the Patient that we endeavour to cure.

But ſometimes, not only when the Diſeaſe is ill managed in the manner deſcribed above, but alſo ſometimes of its own accord at the beginning, or a day or two after, eſpecially in delicate and tender People, heat and cold came upon the *Cough* by turns; they had a Pain of the Head, Back and Limbs, and they were inclined to Sweat, eſpecially at night; all which Symptoms alſo moſt commonly followed the *Fever* of this Conſtitution, whereunto was often joined a Pain in the ſide, and ſometimes as it were a conſtriction and narrowneſs of the Lungs, and they breath'd difficultly, the *Cough* was ſtopp'd, and a violent *Fever* raged.

So far as I could perceive, the *Fever* and worſt Symptoms of it were beſt cured by Bleeding in the Arm, a Bliſter in the Neck, and by a Glyſter daily injected. In the mean while I admoniſh'd the Patient to keep from Bed ſome hours every, and that he ſhould abſtain from Fleſh, and drink Small-beer and Milk-water, and ſometimes a cooling and lenient Ptiſan, if after two or three days the Pain of the ſide was not leſſened, but continued violent, I blooded him again the ſecond time, and adviſed him to perſiſt in the uſe of Glyſters. But as to Glyſters it is to be noted as well in this as in other *Fevers*, they are not to be continually and long uſed, when the Diſeaſe abates, eſpecially in Hyſterick Women, and Hypochondiack Men, for the Blood and Humours of ſuch are eaſily changed, and ſoon exagitated and heated, and ſo the Oeconomy of the Body is diſturbed, and the febrile Symptoms vex the Sick longer than is uſual.

But to return to the Buſineſs. While by this means time was allow'd the Diſeaſe, whereby the Blood might leiſurely ſhake off thoſe hot Particles which fell upon the Lungs and Pleura, all the Symptoms were wont to go off

ff eaſily, whereas when the Diſeaſe was ſtormed in a arlike manner by a great force of Remedies, the ick was either kill'd, or his Life was at leaſt reeemed by Bleeding oftner repeated than either the enius of the Diſeaſe required, or indeed would bear: or whereas in a true *Pleuriſie*, Bleeding repeated did he buſineſs, and was alone ſufficient for the Cure, if hot Medicines, and a hot Regimen did not hinder;) n the contrary, in this Symptom it was ſufficient to leed once, or at moſt twice, if the Sick riſe, and ſed cooling Liquors; for there was no neceſſity, as far as I could obſerve, to bleed oftner, unleſs the ſaid Symptom was much heightned by heat coming from abroad, nor in this caſe only without danger.

Upon this occaſion I would ſpeak a few things of this, *viz.* That it is commonly ſaid, that a *Pleuriſie* is ſometimes malignant, and that then it will not bear Bleeding, at leaſt not ſo often as this Diſeaſe commonly requires. I think indeed, that a true and eſſential *Pleuriſie* which, as will be ſaid hereafter, comes indifferently in all Conſtitutions of all Years, does always indicate repeated Bleeding; yet at ſometimes it happens that a *Fever* properly Epidemick, by reaſon of a ſudden alteration of the manifeſt Qualities of the Air, freely puts off the morbifick Matter upon the Pleura or Lungs, and yet the *Fever* remains wholly the ſame. In this Caſe, although Bleeding may be allowed, that the Symptom, if it rage much, may be abated, yet generally ſpeaking, more Blood ought not to be drawn upon the account of the Symptom, than the *Fever* requires on which the Symptom depends: For if the *Fever* be of that nature, that it does not abhor repeated Bleeding, it may be repeated in a *Pleuriſie*, which is the Symptom of it. But if the *Fever* will not bear repeated Bleeding, it will do no good; yea, it will do hurt in the *Pleuriſie*, which ſtands and falls with the *Fever*. In this manner, in my opinion, was the *Symptomatical Pleuriſie*, which accompanied the *Fever* that raged in this place at the time the *Coughs* began, *viz.* in Winter, in the Year 1675, and therefore I muſt acquaint you, that I think he moves

very

very uncertainly, that has not in the cure of *Fevers* always before his Eyes, the Conſtitution of the Year, as it favours the producing epidemically this or that Diſeaſe, and all the other Diſeaſes that concur, and are forced into the likeneſs and ſimilitude of it.

In *November*, in the foreſaid Year, Mr. *Thomas Windham*, the eldeſt Son of Sir *Francis Windham*, was my Patient in this *Fever*; he complained of a Pain in his Side and other Symptoms wherewith others were afflicted that had this Diſeaſe; I bled him once, and applied a Bliſter to his Neck; Glyſters were daily injected, and he drank cooling Ptiſans and Emulſions, and ſometimes Milk-water, or Small-beer, and I adviſed that he ſhould keep from Bed for ſome hours, and by this Method he recovered within a few days, and Purging being uſed he was quite well.

But it is to be noted, that though theſe Symptoms which were wont to come upon the *Cough*, were moſt commonly thoſe which were troubleſome this Winter, yet the *Cough* invading alone without them, reigned chiefly at that Seaſon. The Cure of it did not require either Bleeding or Glyſters, if a *Fever* was not raiſed by a hot Regimen and hot Medicines; for the forbidding of Fleſh and Wine, and ſuch ſpirituous Liquors, which are apt to occaſion a *Fever*, and the ordering the Sick to go abroad into the open Air, was ſufficient to quiet it. Moreover, I order'd the following Lozenges to be taken often, which indeed are the beſt I ever knew to ſtop *Coughs*, which are occaſioned by taking cold.

Take of Sugar-candy two Pounds and an half, boyl it in a ſufficient quantity of common Water till it ſticks to the Fingers; then add of the Powders of Licoriſh, Elecampane, of the Seeds of Anniſe and Angelica, each half an Ounce, of the Powder of Orris, and of Flowers of Sulphur, each two Drams, of the Chymical Oyl of the Seeds of Anniſe two Scruples: Make Tablets according to Art, which let him always carry in his Pocket, and take one of them often

But

But before I make an end of this Diſcourſe concerning Epidemick Diſeaſes, I muſt anſwer one Objection, which I foreſee will be urged againſt ſome of it; *viz.* that it does ſufficiently provide againſt that Malignity, which is in moſt of thoſe Diſeaſes. I neither can, nor will endeavour to vilifie the Opinion received of learned Men of all Ages concerning Malignity; for it manifeſtly appears in moſt Epidemick Diſeaſes; I only deſire to propoſe what I think concerning the nature of it, that my Practice may not ſeem diſagreeable to reaſon; for I, according to the learned *Scaliger*, will be governed by Reaſon.

Non mihi ſed ratione, aut quæ ratio eſſe videtur
Milito; ſecurus quid mordicus hic tenet, aut hic.

Therefore I think that all that Malignity which is in Epidemicks (whatever the ſpecifick Nature of it be) conſiſts and ends in very hot and ſpirituous Particles, which are more or leſs contrary to the nature of the Humours contained in the Humane Bodies; becauſe only ſuch Particles can only ſo ſoon alter the Humours, as we ſee they are in malignant Diſeaſes. I think alſo, that theſe hot and ſpirituous Particles endeavour chiefly to aſſimulate; becauſe, according to the Law of Nature, every active Principle is buſied in creating its like, and in turning and accommodating whatever is contrary to its own Genius; ſo Fire generates Fire, and one infected with a malignant Diſeaſe infects another by an emiſſion of Spirits, which preſently aſſimulate the Humours to be infected to themſelves, and pervert them to their own Nature.

Theſe things being premiſed, it follows, that nothing is better than to eject the Particles by Sweat; for by this means the Diſeaſe may ſeem to be preſently rooted out: But this Experience contradicts, and teaches, that it cannot be done in every ſort of Malignity. For though in the *Plague*, the peſtilential Particles, both becauſe they are ſubtle, and alſo becauſe they reſide chiefly in the ſpirituous part of the Blood, may be diſſipated and ejected by an uninterrupted

rupted Sweat; yet in other *Fevers*, where the assim
lating Particles are not so subtle, and are incorp
rated with grosser Humours, the malignant *Mine*
cannot only not be carried off by Sweat, but is v
ry often encreased by those sudorifick Medicines wher
by it is solicitated; for the more these hot and sp
rituous Particles are moved by the use of hot thing
the more the assimulating Faculty whichthey have is e
creased, and the more those Humours are heated wher
on they act, the more freely are they assimulate
and yield to the impressions of them; whereas c
the contrary, reason seems to dictate, that those M
dicines which are of a contrary Nature, do not on
suppress the violence of the hot and acrid Particles, bu
also condense and strengthen the Humours, so as th
they may sustain the force of the morbifick Spirit
or conquer them; and Experience, my Mistress, vo
ches, that the Purple Spots of *Fevers*, and the blac
Pustles of the *Small-Pox* more readily encrease, whe
the Patient is heated, and that they, according to th
degree of the moderate Regimen, which is very agree
able to them, are wont to decrease and be le
sened.

Now if any one should ask me how it comes to pas
that seeing Malignity consists of hot and spirituou
Particles, there should be very often such small Sign
of a *Fever*, even in Diseases that are highly malignan
I answer, first, it plainly appears in the chief and mo
notable instance of Malignity, the *Plague*, that th
morbifick Particles are so very subtle and fine, especiall
when it begins, that, like the Air, it passes the Blood
and kills the Spirits before it can raise an Ebullition
and so the Sick dies without a *Fever*.

But in that lesser degree of Malignity, which
found in other Epidemicks, the febrile Symptoms ar
so small sometimes by reason of a confusion raised i
the Blood and Humours by the inimical Particles con
tained in their Bosom, whereby Nature, being as it wer
oppressed, is not able to produce those regular Symp
toms which are suitable to the Disease; but almo
all the *Phænomena* are irregular, by reason the Oecc
nom

omy is quite subverted; in which case the *Fever* is often depressed, which if it could proceed according to its own genius, it should be very high: and sometimes also fewer signs of the *Fever* shew themselves, than the genius of the Disease requires, by reason of the translation of the malignant *Minera* upon the *Genus-Nervosum*, or upon other parts of the Body, or upon the Humours, without the Territories of the Blood, whilst the matter occasioning the Disease, should be yet turgent.

But however it be, I cannot so much as guess what other method of Cure is to be appointed for any malignity besides that which is proper to the Epidemick, to which it belongs. So that whether the Epidemick be of the number of those, that require first Concoction of the Febrile matter, and presently after the ejection of it rightly disposed by Sweat, or of those that endeavour to go off by some Eruption, or also of those that require the help of Art to make way for them, I say, in all these kinds, the malignity, the Companion of the Disease will stand and fall with it, keeping pace with it, and going off when it goes, and consequently whatsoever evacuation agrees with the *Fever*, the same agrees with the malignity, though the evacuations are contrary to one another; therefore Sweat, which follows concoction as its effect, will Cure that malignity, which accompanies Autumnal *Agues*, and also the continual *Fever*, which is of the same Nature, also the seasonable ripening of the small Abscesses carries off the malignity in the *Small-Pox*, and so of the rest in all which the peculiar sort of malignity is best conquered by these ways and means whereby those peculiar Diseases to which it belongs, are easiest cured, whether by this method or any other, This reason dictates, and is every where confirmed by experience.

CHAP.

CHAP. VI.

The Recapitulation.

AND ſo at length we have ſhown, that the ſpac of Years wherein the foregoing Obſervations wee collected, produced five ſorts of Conſtitutions, *viz.* fiv peculiar diſpoſitions of the Air, producing ſo man ſeveral ſpecies of Epidemicks, namely *Fevers*: bu the firſt of theſe which reigned in thoſe years, wher in autumnal *Agues* were moſt frequent, ſeemed the on ly one, according to my Obſervation, wherein Na ture ſeemed to moderate all the Symptoms, ſo as t diſpoſe the Febrile matter prepared by due conco ction to go off at a certain time, either hy a ſuffici ent Sweat, or by large Tranſpiration; and therefore call it the *Depuratory Fever*, and truly I am apt t believe, that this was the chief and primary *Fever* Nature, both as to the regular method ſhe uſed promoting the Morbifick matter, and in digeſting it an appointed time; and alſo becauſe this more fr quently occured, than other *Fevers*. For it is probab ble, that intermitting *Fevers* rage oftener Epidem cally than any other Diſeaſes, if we believe thoſe tha have wrote ſo many and ſuch large Treatiſes in fo mer Ages of the frequency of them, whatever th reaſon ſhould be, why they have appeared ſo ſeldom ſince the laſt *Plague* in *London*; for that Peſtilential *Fe ver* was the forerunner of all thoſe inflammatory *Fe vers*, which invaded afterwards, and unleſs I am de ceived, all thoſe excellent and neceſſary Axioms whic *Hippocrates* and other ancient Phyſicians delivered were adapted to that primary *Fever* we have ſpoke of above, whereby it is ſo to be governed that th *Febrile* matter may be prepared to make a true Cri by Sweat; but I don't underſtand how thoſe Apho riſm

riſms can be accommodated to thoſe ſubſequent ſorts, hat have a different Nature, and are ſeldom wont o be cured by any ſuch method: but however this hing be, it is worth notice, that whereas this *Fever*, hat depended on that Conſtitution wherein Intermit-tents prevailed over the reſt (if it continued long, or if the Sick was exhauſted by two great evacuations) ſometimes turned to an *Ague*. Thoſe *Fevers* which raged the following Years, tho they continued very long, very rarely intermitted, which was a plain ſign, that that continual *Fever*, and thoſe *Agues* did in ſome ſort agree in there Nature, or were not very much different from one another.

Now if any one ſhould ask me how the ſpecies of a continual *Fever*, may be gathered from the ſigns deli-vered by me in the deſcription of *Fevers*, when for the moſt part every one of them are intangled with thoſe Symptoms that belong in general to all *Fevers*, as Heat, Thirſt, Reſtleſſneſs, and the like: I anſwer it is difficult, but not plainly impoſſible; if any one ſeriouſly weighs all the circumſtances which I have ſet down in the foregoing Hiſtory, eſpecially if he ſearch in ſome great Town, or ſome other Populous Place, ſuppoſe for Inſtance, a Phyſician is called to one that has a continual *Fever*, he has firſt this help to inform his judgment aright, *viz.* he may either from his own obſervation, or by others, eaſily know what other Diſeaſes, beſides this *Fever*, rage epidemically in thoſe places, and of what kind they are, which being known, he need not doubt any more of what kind that *Fe-ver* is which attends this other raging epidemick; for tho it may be ſo, that the *Fever* only ſhews it ſelf by thoſe Symptoms which are common to all *Fevers*, eſpecially, if it be confuſed and diſordered by a me-thod which is quite contrary to the Cure of it; yet other Epidemicks will plainly ſhew the Characters that are proper and peculiar to its Nature and Geni-us; for inſtance, he that ſhould look upon the *Small-Pox*, will eaſily conjecture (if he rightly underſtand the Hiſtory of the Diſeaſe) the firſt day the Puſtles appear by their bigneſs and colour, and the like to

what

what kind of *Small-Pox* this particular Species is to be referred; and when he has once known the ſort of *Small-Pox* which is moſt in that Year, and in thoſe places, he will plainly underſtand the Species of any Fever raging at that time, and in thoſe places. And truly if I had exactly learned the Hiſtory of Diſeaſes, (which I do not pretend to) having ſeen any Epidemick, I ſhould not doubt to declare the kind of Fever then reigning, tho I never ſee it; ſo having ſeen any Fever, I ſhould eaſily know what Epidemick Diſeaſe accompanied it; the *Small-Pox* for inſtance, the *Meaſles*, the *Bloody-flux*, and the like, for ſome peculiar kind of theſe, as well as a peculiar Fever conſtantly accompanies every particular Conſtitution. But ſecondly, beſides thoſe ſigns which the conſideration of Epidemicks invading together ſuggeſts, alſo the Symptoms of every Fever gives ſome light for the knowing the Species of it, although as we mentioned above, Fevers in general have ſome Symptoms that are common to all, yet there are ſome certain notes of diſtinction, which Nature has peculiarly impreſſed upon each Species: but becauſe they are ſomewhat obſcure, they are perceived only by thoſe that warily and exactly ſearch every thing. Among thoſe diſtinguiſhing ſigns I have always thought, that Sweat, or dryneſs in this or that time of the Diſeaſe ſhew'd chiefly the Species, if it were not forced from its natural ſtate, by an improper method, and this appeared plainly to me in all thoſe Epidemick Fevers, thoſe Obſervations contain: For inſtance, in thoſe Fevers which raged, while Autumnal intermittents were decaying, the external parts of the Sick were dry, nor was there the leaſt ſign of Sweat, before the Concoction of the febrile matter which was moſt commonly perfected on the fourteenth day, nor could, Sweat be provoked without great danger to the Sick, who was preſently precipitated into a Frenzie, and other dangerous Symptoms, by forcing Sweat. In the Peſtilential Fever which followed this, (which led the Dance of all thoſe inflammatories that invaded from that time) no Sweat broke out of its own accord, but it might be raiſed by Sudorificks, even

even the first days of the Disease and when it was once raised, the Sick was freed of all the Symptoms. In the Fever next succeeding, which accompanied the *Small-pox* in those Years, wherein they were regular, the Sick was of his own accord subject to violent Sweats at the very beginning of the Disease, but if the Sick indulged them, all the Symptoms were presently increased. In those two Fevers, which accompanied the two irregular kinds of *Small-pox*, and the *Bloody-flux*, the Sweat was also irregular; but it most commonly began on the first days, though the Sweat which accompanied the first Fever, was somewhat larger than that which accompanied the latter; but neither relieved the Sick; for it did not proceed from previous Concoction but from a confused motion of ill Particles.

It seems very difficult to me to discover the Species of a new Fever, the first year of a Constitution, when none have seen any Specimen of it, nor cannot imagine what Epidemicks are to come, which the Fever most commonly foreruns. It would be troublesome to mention all those things which occurred in those Years of which we have treated, whereby it might appear that some not very obscure signs were suggested by Nature, whereby being helpt, we were able to do this; and furthermore, this knowledge will necessarily depend on a diligent and accurate observation of all the circumstances: but though it should be difficult, yea if we should suppose it plainly impossible to distinguish the Species of a new Fever, when it first begins, yet as to the cure, the indication from such things as do good or harm, is at least left to us, whereby we may by little and little find the way to secure the Patient, if we do not make too much hast, than which I think there is nothing more injurious, and that such as have had Fevers have been destroyed by it more than any other thing; nor am I ashamed to confess, that more than once I have advised well for my self and Patient in doing nothing, when it was not plain to me what ought to be done; for whilst I waited for an opportunity, the Fever ei-

ther went off gradually of it ſelf, or was reduced to ſuch a Type as I knew how to cure. But it is a ſad thing, that moſt of the Sick do not underſtand, that it as much the part of a skilful Phyſician ſometimes to do nothing, as at other times to give the moſt effectual Remedies, and ſo they will not receive the benefit of juſt and fair Proceedings, but count them either the effects of Negligence or Ignorance, whereas the moſt ignorant Quack knows how to add Medicine to Medicine as well as the moſt prudent Phyſician.

And theſe are in a manner the things which I have hitherto obſerved, which could be reduced to any Rule concerning the Species of Epidemick Diſeaſes, in that order wherein they invaded from the Year 61, to the end of the Year 75; at which time the *Small-Pox*, and the continual *Fevers*, their Companions, which reigned about two Years, now growing mild, ſeemed to be now going off; what Diſeaſes will follow, he only knows that knows all things.

SECT.

SECT. VI. CHAP. I.

Of the intercurrent Fevers.

THE Obſervations of Years, which I have now deſcribed, ſufficiently argue, that ſome *Fevers* are deſervedly called Stationary, I mean ſuch that proceed from ſome particular, and yet not well-known Conſtitution of this or another Year. Every one in his order prevails, and rages very much, and is as it were ſuperiour to all the reſt, though all that continued Series of Years. Whether other Species beſides thoſe that have been now mentioned; and alſo whether in an exact courſe of Years one followed the other in a conſtant Order; or whether it be otherwiſe, I cannot yet tell. But there are alſo other continual *Fevers*, which though they rage ſometimes more, ſometimes leſs, yet becauſe they are mixed with all ſorts of ſtationary *Fevers*, and themſelves in the ſame Year indifferently; I therefore think they ought to be called *Intercurrents*; and what I have learned hitherto by obſervation of their Nature, and find of the Method of Cure belonging to them, I will ſet down in the following Chapters; they are, the *Scarlet Fever*, *Pleuriſie*, *Baſtard Peripneumonia*, *Rheumatiſm*, *Eryſipelatoſe Fever*, *Quinſie*, and perhaps ſome other.

And now, ſeeing a *Fever* either as yet accompanies all theſe Diſeaſes, or at leaſt has accompanied them till it went off by exonerating the febrile Matter according to the nature of the Diſeaſe, upon this or that part, I do not at all doubt, but that the *Fever* is to be accounted the primary Diſeaſe, and the other diſorders, from whence the other Diſeaſes

moſt commonly take their Name are Symptoms, which chiefly reſpect the manner of the Criſis, or the part into which the force of the Diſeaſe ruſhes. But if the thing be agreed upon, I will not contend about Names, though I may give a Diſeaſe this or that Name as I pleaſe.

It is to be noted, that as the ſtationary *Fevers*, whereof we have treated above, were more or leſs Epidemical, as we ſaid, according as the Conſtitution of Years, founded upon a ſecret and inexplicable diſpoſition of the Air favoured them, ſo theſe *Intercurrents* ſometimes, though not ſo frequently as the other, raged Epidemically: For though moſt commonly they proceeded from this or that particular diſorder of particular Bodies, whereby the Blood and Humours were ſome way vitiated, yet ſometimes they took their riſe mediately from ſome general cauſe in the Air, diſpoſing Mens Bodies ſo by the manifeſt Qualities, that ſuch and ſuch diſorders of the Blood and and Humours ſhould be generated, as were the immediate Cauſes of ſuch Epidemick *Intercurrents*, as when a violent Froſt continuing long, and a good while in the Spring, is ſu denly ſucceeded by a hotter Seaſon, *Pleuriſies*, *Quinſies*, and ſuch like Diſeaſes, are wont to invade, whatever is the general Conſtitution of Years. And becauſe theſe rage ſometimes as much Epidemically as others; therefore to diſtinguiſh theſe from ſuch *Fevers*, which are determined to a certain Series of Years, we call thoſe that are indifferently common to all Years *Intercurrents*.

But how great ſoever the difference is betwixt theſe two ſorts of *Fevers*, as to the Cauſes proceeding from the Air, yet with reſpect to other external and procatartrick Cauſes, they often agree. To paſs by now the Contagion that ſometimes occaſions ſtationary *Fevers*, and Surfeiting, which occaſions both ſorts; the evident external Cauſe of moſt *Fevers* is to be ſought for hence, *viz.* becauſe the Sick either left off Cloaths too ſoon, or after being hot with Exerciſe, expoſed himſelf unwarily to the Cold; upon which account the Pores being ſuddenly ſtopp'd,

and

and those Vapours retained, which would otherwise have pass'd through them, this or that sort of *Fever* is kindled in the Blood, as either the general Constitution, which at that time reigns, or the particular disorder of the Humours is more inclined to this or that sort of *Fever*; and I verily believe more have died on this account, than by the Plage, Sword, or Famine altogether: For if any Physician shall enquire strictly of the Sick, concerning the first occasion of the Disease; if it be of the number of those acute Diseases we have treated of above, he will almost always find, that either the Sick rashly left off some Cloaths that he was accustom'd to, or that he exposed himself suddenly to the cold, when his Body was heated with motion, and that upon one of these accounts he was seized with the Disease: Wherefore I always advise my Friends, that they should never leave off any Cloaths, unless it be a Month before Midsummer, or a Month after. I likewise carefully advise them to avoid cold after being heated with Exercise.

But here it must be noted, that though these Diseases which I am to treat of under the Title of *Intercurrents*, are most of them, if not all, essential Diseases; yet often some disorders resembling these as to their *Phænomena*, and also called by the same Names, come upon those *Fevers*, which I term *Stationary*, and are plainly Symptoms of them; in which Case that Method, which ought to be used, when they are essential Diseases is not proper, but rather that which the *Fever* requires, the Symptoms whereof they now are, and for the cure of them, the Method which is peculiar for them must be only lightly touch'd upon: but in general, we must carefully mind the *Fever* of the Year, and by what way that is easiest cured, whether by Bleeding, Sweating, or any other Method; for if this be neglected we shall often err, to the great hazard of the Patient. If any one should object, that these very Disorders, which I call essential Diseases, and of which I now treat, are really only Symptoms: To which I answer, That perhaps

they may be Symptoms, with respect to the *Fever* to which they belong; yet at least they are Symptoms of *Fevers* which always necessarily produce them: For instance in an essential *Pleurisie*, the *Fever* is of that nature, as it always puts of the morbifick Matter upon the *Pleura*. In an essential *Angina*, it is so disposed as to put off the same upon the Jaws, and so of the rest. When either of the aforesaid Diseases comes upon a *Fever*, which belong to this or that Constitution of Years, and depends on it only accidentally, and is not necessarily produced, upon this account they are very different one from another. But now, that essential Diseases, as I call them, may be rightly distinguished from those which are only Symptomatical, it is very necessary for us to consider, that what Symptoms accompany at the invasion of this or that Stationary *Fever*; such always come at the beginning of a *Pleurisie* or *Quinsie*, when they are only the accidents of such a *Fever*, which was perceived in the foresaid Symptomatick *Pleurisie*, which came upon the *Fever* that raged in the Winter of the Year 1675: For as many as were afflicted with this *Pleurisie* had Pains, when they were seized, in their Heads, Backs, and Limbs, which were the most certain, and most common Symptoms of all those *Fevers* which invaded before the *Pleurisies* began, and continued after they went off; whereas when either of these *Intercurrents* were essential Diseases, they proceeded in the same manner in all Years, having nothing common with the stationary *Fever*, that reigned at that time. Moreover all the Symptoms which rise afterwards are more conspicuous, when they are not obscured and confounded by the mixture of other *Phænomena*, which are of a different nature, and belong to another *Fever*. Besides, the time of the Year wherein most essential *Intercurrents*, tho' not all come, shews often to what kind such a Disease is to be referred. But, lastly, he is fittest to find out the Diagnostick of these Diseases, and all others, who by daily and diligent Observation, has search'd throughly the *Phænomena* of them, so that

upon

upon first sight he knows presently how to distinguish the kind, though perhaps the Characteristick differences of some of them are so subtle and delicate, that they cannot be expessed in Words to another.

But forasmuch as these various kinds of *Fevers*, as far as we can understand, by weighing the *Phænomena* that belong to the Diseases, and to the Method of Cure, owe their Original to some peculiar Inflammation of the Blood that is proper to every Disease, I count the chief business of Cure consists in cooling and qualifying it; and I wholly endeavour to eject the morbifick Matter by such a Method as is agreeable to the Genius of the Disease, and prov'd by Experience to cure the Disease readily. And truly in curing of all *Fevers*, he hits the mark who certainly knows, by what way the febrile Mattter is to be excluded, *viz.* by Bleeding, Sweating, Purging, or any other more proper.

CHAP. II.

Of the Scarlet Fever.

THE *Scarlet Fever*, though it may happen at any time, yet it moſt commonly comes at the latter end of Summer; at which time it ſeizes whole Families, but eſpecially Children. At the beginning they ſhake and ſhiver as in other *Fevers*; but they are not very ſick; afterwards the Skin is ſpotted with ſmall red Spots; they are more frequent, and much larger and redder, but not ſo uniform as thoſe of the *Meaſles*; they continue two or three days and then vaniſh. After them ſome Scales like Bran are ſprinkled over the Body, and theſe Scales come and go ſucceſſively twice or thrice.

I reckon this Diſeaſe is nothing elſe than a moderate Effervescence of the Blood, occaſioned by the heat of the foregoing Summer, or ſome other way; and therefore I do nothing to hinder the deſpumation of the Blood, and the ejection of the peccant Matter through the Pores of the Skin, which is eaſily done by the Blood it ſelf; wherefore I forbear Bleeding and the uſe of Glyſters, by which Forms of Remedies, Revulſion being made, I think the offenſive Particles are more mixed with the Blood, and the Motion that is more agreeable to Nature is obſtructed: And I alſo on the other hand forbear giving Cordials, by the heat whereof the Blood is more impetuouſly agitated than is agreeable to that gentle and quiet ſeparation, whereby the whole buſineſs is done. Moreover a violent *Fever* may be occaſioned by this means. I think it is ſufficient, that the Sick abſtain wholly from Fleſh, and from all ſpirituous Li-

quors

quors whatever, and that he keep always within, but not always a Bed. But when the Scales are quite gone off, and the Symptoms ceased, I think it proper to purge the sick with some gentle Medicine that is agreeable to his age and strength; and by this simple, and plain natural Method, this Name of a Disease, for it is scarce any thing more, may be easily and safely removed: Whereas on the contrary, if we disturb Nature more, either by keeping the sick continually in Bed, or by Cordials, and other needless Remedies too learnedly, and as it commonly appears thrust in above measure, *Secundum Artem*; the Disease is presently heightned, and the Sick dies by the over-officiousness of his Physician.

But you must take notice if *Epileptick Convulsions*, or a Coma come upon this Disease at the beginning of the Eruption, which sometimes happens to Children and young People that have this Disease, a large and strong Blister must be applyed to the Neck, and a Paregorick of *Diacodium* must be presently given, and must be repeated every night till the Patient recovers; and he must be ordered to use for his ordinary Drink Milk boyled with thrice the quantity of Water, and must forbear Flesh.

CHAP.

CHAP. III.

Of a Pleuriſie.

THis Diſeaſe, that is as frequent as any other, comes at any time, but eſpecially betwixt Spring and Summer, for at that time the Blood, heated by the nearneſs of the Sun, runs violently into Effervescencies and inordinate Motions; it chiefly falls upon thoſe that are of a Sanguine Conſtitution, and frequently Country People, and thoſe accuſtomed to hard Labour. It ordinarily begins with a ſhaking and ſhivering, and then heat, thirſt, reſtleſsneſs, and other Symptoms of a *Fever* follow, ſufficiently known. After a few hours (though ſometimes it is much longer before this Symptom comes) the Patient is taken with a violent pricking Pain in one of his Sides about the Ribs, which ſometimes creeps towards the Shoulder-blades, ſometimes towards the Backbone, and ſometimes towards the Breaſt; he coughs frequently, which occaſions great Pain by the reaſon of the diſturbance of the inflamed Parts, ſo that ſometimes he holds his Breath to prevent coughing. The Matter which is ſpit up at the beginning of the Diſeaſe is little and thin, and often mixed with Particles of Blood; but in the Proceſs of the Diſeaſe it is more concocted, and alſo mixed with Blood; the *Fever* in the mean time keeps the ſame pace, and is help'd on by thoſe Symptoms that proceed from it; and the ſaid *Fever*, with all its Concomitants (namely, the Cough, the

ſpitting

ſpitting of Blood, the Pain, and the like) is leſſened by degrees, according to the degree of free Expectoration of the morbifick Matter. But the Matter occaſioning this Diſeaſe, does not always in the proceſs of it attain the Concoction that is due to Expectoration; for it frequently happens that the Matter which is ſpit up is yet little and thin, as at the beginning of the Diſeaſe, and conſequently the *Fever* and other Symptoms do not at all remit till they have killed the Patient; and in the mean while he is ſometimes bound in his Body, and ſometimes too looſe, the Stools being frequent, and very liquid: It ſometimes happens, when the Diſeaſe is very violent, and Bleeding has been omitted, the Patient is not able to cough, but labouring under a great difficulty of breathing, is in a manner ſuffocated by the violence of the Inflammation; which is ſometimes ſo very great, that he cannot expand his Breaſt large enough for Reſpiration without great Pain, and ſometimes when the Inflammation is violent. And when Bleeding has notbeen uſed, which ought to have been done at the beginning of the Diſeaſe, an Impoſthume is preſently occaſioned, and the Cavity of the Breaſt is filled with Matter. In which caſe, though the original *Fever* either wholly ceaſes, or is at leaſt leſſened, yet the Patient is ſtill in danger; for an *Empyema*, or an *Hectick Fever* following, the poor Wretch dies Conſumptive.

But now, though a *Pleuriſie* commonly takes its riſe from the proper and ſpecifick Inflammation of the Blood, which is wont to produce it when it is an original Diſeaſe, yet it comes ſometimes accidentally upon other *Fevers* of what kind ſoever they be, from a Precipitation of the febrile Matter upon the *Pleura*, or intercoſtal Muſcles, and it happens moſt commonly at the beginning of the *Fever*, the febrile Matter being as yet crude, and not ſubdued by a ſufficient Ebullition, and ſo not prepared for a due ſeparation by a more convenient way: But it is moſt commonly

occa-

occaſioned by an unſeaſonable and prepoſterous uſe of hot Medicines, ſuch as are often given by Gentlewomen: But their Charitiy would be better beſtowed for feeding the Poor than phyſicking them; and they do ſo forſooth with deſign (if they have any at all) to force Sweat at the beginning of the *Fever*; little thinking of the ill Conſequence of it; for Nature, being diſturbed by this means, is forced to expel the crude Humour any way; and ſo ſometimes the force of the febrile Matter falls upon the Meninges of the Brain, and cauſes a *Frenſie*; and ſometimes upon the Membrane covering the Ribs, and then a *Pleuriſie* is occaſioned, eſpecially when the Age and Conſtitution of the Sick, and the Seaſon of the Year, betwixt Spring and Summer, contributes to it; for at that time *Fevers* are inclined to turn to *Pleuriſies*.

The colour of the Blood taken away by Bleeding; ſeems to ſhew, that a *Pleuriſie* takes its riſe from ſuch a Precipitation we have mentioned; for the Blood, at leaſt that which is taken away at the ſecond time, is like melted Suet, and the Superfices like true Pus; and yet in this it is different from it, for it is cloſely knit with the Fibres, like the other Blood, nor will it run like Pus; for that part of another colour, when it is torn from the reſt, is like a tough Skin, and perhaps nothing elſe than the ſanguineous Fibres, which having put off their red and natural Tegument by precipitation, grow into this whitiſh Membrane by reaſon of the cold of the ambient Air. But it is to be noted by the bye, that if the Blood does not flow horizontally with a right Stream from the opened Vein, but runs down upon the Skin perpendicularly; it is often of another colour, how quick ſoever it runs, But I confeſs I do not know the reaſon of it, nor is the Sick ſo much eaſed by this kind of Bleeding, as by the other juſt now mentioned: Yea, when the Blood is taken away after this manner, if the Orifice be too ſmall, or if any thing elſe:

elſe obſtructs the free Paſſage, ſo that it cannot come out with a full Stream, it is not like the Blood of *Pleuriticks*, nor is the Patient ſo much eaſed. I have likewiſe obſerved, that if the Blood freſh drawn, in what manner ſoever it flow, be ſtirred, the Superficies will be of as red and florid a colour as in any other Diſeaſe. But however the Blood be, this Diſeaſe, though it has an ill name, and is more dangerous of it ſelf than any other, yet if it be well managed it is eaſily cured, and indeed as certainly as any other Diſeaſe.

Having well conſidered all the various *Phænomena* of this Diſeaſe, I think it nothing elſe than a *Fever* occaſioned by a proper and peculiar Inflammation of the Blood, whereby Nature puts off the peccant Matter upon the *Pleura*, and ſometimes on the Lungs, and ſo it cauſes a *Peripneumonia*, which I think differs only from a *Pleuriſie* in degree, and according to the greater height and longer extent of the ſame Cauſe.

Therefore I propoſe this Method for the cure of it, namely, That the Inflammation of the Blood be ſuppreſſed, and that the inflamed Particles of it, which have violently ruſhed upon the *Pleura*, and inflamed it, be duly evacuated; wherefore depending moſt upon Bleeding, I order as ſoon as I am called, that ten Ounces of Blood, or thereabouts, be taken away from the Arm of the affected ſide; and afterwards I preſcribe the following Potion to be taken preſently after Bleeding.

Take of the Water of red Poppies four Ounces, of Sal Prunella one Dram, of Syrup of Violets one Ounce; mingle them, and make a Draught.

At the ſame time I order the following Emulſion.

Take

Take of Sweet Almonds number ſix, of the Seeds of Melons and Pompions, each half an Ounce, of the Seeds of white Poppies two Drams: Beat them together in a Marble Mortar, pouring gently upon them one Pint and an half of Barley-water, of Roſe-water two Drams, of Sugar-candy half an Ounce; mingle them, and make an Emulſion; give four Ounces every fourth hour.

I alſo order Pectorals to be taken inwardly. For inſtance:

Take of the Pectoral Decoction a Quart, of the Syrups of Violets and Maiden-Hair, each one Ounce and an half; mingle them, and make an Apozem; let him take half a Pint thrice a day.

Take of Oyl of Sweet-Almonds two Ounces, of Syrups of Violets and Maiden-hair, each one Ounce, of Sugar-candy half a Dram; mingle them, make a Linctus according to Art, whereof let the Sick lick often in a day.

Oyl of Almonds by it ſelf, or Oyl of Flax-ſeeds freſh drawn is often uſed with good ſucceſs.

As to Diet, I forbid all Fleſh, and the Broath of it, though it be never ſo thin; and I order the Patient to eat of Oaten and Barley-broths, and Panada, and to drink a Ptiſan made of Barley-water, with Sorrel-roots and Licoriſh, and the like, and ſometime Small-beer. Moreover I preſcribe the following Oyntment.

Take

Take of the Oyl of Sweet-Almonds two Ounce, of the Ointments of Marſh-mallows and Pomatum, each one Ounce; mingle them, make a Liniment, wherewith anoint the ſide affected morning and evening, apply upon it a Cabbage Leaf.

I alſo order he ſhould perſiſt in the uſe of the ſaid Remedies through the whole courſe of the Diſeaſe. Of the ſame day I am firſt called, if the Pain is very violent, I take away the ſame quantity of Blood, or elſe the day following, and ſo the third day; and after this manner I repeat bleeding four times one day after another, (unleſs the Patient is well before) when the Pain and other Symptoms rage violently. But if the Diſeaſe, being more moderate and leſs dangerous, permit me to proceed more gently, or if the Patient, being weak, cannot well bear bleeding repeated in ſuch ſhort diſtances, I do not repeat it again after it has been twice uſed, till a day or two be paſſed between ſuch Bleeding; in which caſe I always conſider the things that contraindicate, *viz.* on this ſide the violence of the Diſeaſe, one the other the weakneſs of the Sick; and though in curing of Diſeaſes, I would always proceed as I thought convenient, ſo as to order the taking away more or leſs Blood, according to the occaſion, yet I have ſeldom obſerved, that a confirmed *Pleuriſie* has been cured in grown People, with leſs than the loſs of forty Ounces of Blood, or thereabout, though in Children once or twice Bleeding is moſt commonly ſufficient; nor does the Looſeneſs, which ſometimes comes upon this Diſeaſe, hinder the foreſaid repeated Bleeding: For indeed it may be ſoon ſtopp'd by this very Method without any aſtringent Medicines.

I either quite omit Glyſters, or take care that they be injected at as great diſtance as may be betwixt the Bleedings, and they ſhould be made only of Milk and Sugar.

During

During the whole courſe of the Diſeaſe I take care that the ſick be not over-heated, and therefore I order, that he keep from Bed ſome hours every day, according to his Strength, which is of ſo great moment in this Diſeaſe, that if the Patient be kept in bed continually, neither this large Evacuation of Blood, nor other Remedies, how cooling ſoever, will ſometimes do any good for the taking off the ſaid Symptoms.

Preſently after the laſt bleeding, unleſs perchance it happens before, that all the Symptoms abate, and that the Patient (who has been kept hitherto for ſome days from all ſpirituous Liquors, and ſtrong nouriſhment) ſoon recovers his ſtrength, it would be convenient to give a gentle Purge.

But now if any ſhould ſay, that proceeding in this way, we ſcarce touch upon Expectoration; ſo far are we from diſcourſing largely of the ways whereby it is promoted through the ſeveral Seaſons of this Diſeaſe; he is to know that theſe things were not unwarily paſſed over, but after good conſideration deſignedly omitted: For I always thought that they were in very great danger, who committed the cure of this Diſeaſe to Expectoration; for to ſay nothing of the tedioufneſs of this Method, whereby Nature is buſied in caſting forth the morbifick Matter; it is beſides very hazardous, for it often happens, that part of the morbifick Matter being concocted, and perhaps ſpit up, the reſt remains crude, and ſo ſucceſſively; the beſt ripening and expectorating Medicines having beeen uſed to no purpoſe; for ſometimes the Expectoration goes on very well, and ſometimes it is wholly ſuppreſs'd, the Patient in the meanwhile being in danger on every hand, and for any Power I have over Expectoration (which is indeed none at all) may be adjudged for Life or Death: Whereas on the contrary by bleeding, the morbifick Matter is in my Power, and the Orifice of the

Vein

Vein may ſupply the uſe of the Wind-pipe: For I onfidently affirm, that this Diſeaſe, which if it be reated by the Method we have ſpoken againſt, is leſervedly reckoned amongſt the moſt dangerous, nay be as certainly and as ſafely cured by the Mehod I have now preſcribed, as any other Diſeaſe vhatever; to ſay nothing now of the ſhort time vherein it is cured; nor could I ever find the leaſt njury befal any one, by ſo large an Evacuation of Blood, though unskilful People think otherviſe.

I have indeed often endeavoured to find out ſome other Method that might be able to do the buſineſs vithout ſo great loſs of Blood; *viz.*, either by reſolving the Humour, or by ejecting it by Expectoration. But I never could find any equal to the Pratice above-mentioned; by the help whereof, notvithſtanding the dreadful Prognoſtication of *Hippocrates* concerning a dry *Pleuriſie*, I free the Patint from the violence of the Diſeaſe by bleedng, and ſo cure him, not waiting for Expectoation.

But becauſe the Cure of this Diſeaſe almoſt wholy conſiſts in bleeding repeated, which being performed in places far diſtant from populous Towns, by unskilful Surgeons and Farriers, poor People are often in danger of looſing their Arms, and their Lives re often hazarded by the pricking of Tendons, I thought it proper here to add the Cure of ſuch Punctures when they chance to happen. They whoſe Tendons are prick'd do not preſently feel any Pain; but twelve Hours after they complain of it, not ſo much in the Orifice lately made, as in the Parts tending to the Arm-pits, where at length the Pain fixes, and is chiefly perceived when the Arm is extended. But there is no great ſwelling upon the place where the Orifice was made, that ſcarce exceeding the bigneſs of an Hazel-Nut; an ichor continually flows from the Orifice, which in-

deed is reckoned the chief Sign of a prick'd Tendon. I have known it cured after this manner:

Take of the Roots of white Lillies four Ounces, boyl them till they are ſoft in a Quart of Cows Milk; then take of Oat-meal, and the Meal of Flax-Seeds, each three Ounces, boyl the Meal to the conſiſtence of a Pultiſe in a ſufficient quantity of the Milk ſtrained from the foreſaid Roots; and mingle the Roots maſhed; make a Cataplaſm, apply it hot Morning and evening to the part affected.

CHAP

CHAP. IV.

Of a Baſtard Peripneumonia.

A *Fever*, accompanied with many *Peripneumonick* Symptoms invades yearly about the beginning of Winter, but oftener at the end of it: It chiefly ſeizes thoſe that are of a groſs habit of body, and middle-aged, or, which oftener happens, thoſe that are older, and too much addicted to ſpiritous Liquors, eſpecially to Brandy; for when the Blood in ſuch Men has been burthened with flegmatick Humours heap'd up in the Winter, and put in motion by the approaching Spring; a Cough is preſently occaſioned by this means, whereby the ſaid Phlegmatick Humors ruſh upon the Lungs; at which time, if the Patient chance to live irregularly, and continues to drink freely ſuch ſpiritous Liquors, the Matter grows almoſt thick, which occaſions the Cough, and ſtops the paſſage of his Lungs, and the *Fever* conſumes the maſs of Blood. At the beginning of the *Fever* the Sick is ſometimes hot and ſometimes cold, is giddy, and complains of lanceing pains of his Head, when the Cough is violent; he vomits up all liquid things when he Coughs, and ſometimes when he does not; the Urine is thick and very red; the Blood taken away is like that which is drawn in a *Pleuriſie*; he is often ſhort-breath'd, if he be ordered to provoke his Cough; his Head akes juſt as if it were cleft in pieces, for ſo the

Patient terms it; there is a Pain of the whole Breaſt at leaſt a preſſure of the Lungs, which is perceived by the bye-ſtanders: when the Patient coughs the Lungs not ſufficiently dilating themſelves; the vital Paſſages are, as it ſeems, ſhut by the Swelling and the Circulation on that account is ſo intercepted and the Blood ſo ſtopp'd, that there are no Signs of a *Fever*, eſpecially in people that are of a groſs habit of body; though this may alſo happen by reaſon of the abundance of Flegmatick Matter, where by their blood is ſo burnt, that it cannot riſe to perfect Ebullition.

In curing this *Fever* I am obliged to take away that blood which occaſions the Suffocation, and Inflammation of the Lungs, and to ventilate and open the Lungs with pectoral Remedies, and to mitigate the heat of the whole body with a cooling Diet: but whereas on the one hand, the heap of flegmatick Matter contained in the Veins, daily ſupplying Matter for the Inflammation of the Lungs, may ſeem to indicate bleeding often repeated; yet on the other hand I found, by the beſt Obſervation I could make, that bleeding often repeated has ſucceeded very ill in feveriſh people of a groſs habit of body, eſpecially if they had paſt the Flower of their Age and therefore I forbore the repetition of it, and inſtead of it uſed frequent Purging, which is well enough ſubſtituted for thoſe that abhor large and repeated bleeding.

Therefore I proceed in the following manner: I order'd that the Patient ſhould be blooded in the Arm when he was in bed, and that he ſhould not riſe till two or three hours after; for bleeding ſomewhat weakning and diſordering the whole body, may by this means be the eaſier born; for the Patient lying in bed can better bear the taking away of ten Ounces than of ſix or ſeven when he is up. The next day I give the following Potion in the morning.

Take

Take of the Extract of Caſſia one Ounce, of Licoriſh two Drams, of fat Figs number four, of Senna two Drams and an half, Agarick trochiſcated one Dram; boyl them in a ſufficient quantity of Water: In four Ounces of the ſtrain'd Liquor diſſolve one Ounce of Manna, and half an Ounce of Syrup of Roſes ſolutive; mingle them, make a Potion.

The next day I uſed to bleed a ſecond time, and the next day ſave one I ordered the purging Potion above to be repeated, and to be taken every other day while the Patient is quite well. When the Patient does not purge, I order him to uſe a Pectoral Decoction, and Oyl of Sweet Almonds, and the like.

I forbid Fleſh and the broth of it, but eſpecially ſpirituous Liquors; inſtead of which I allow him for his ordinary Drink a Ptiſan of Barley and Licoriſh, and Small-beer, if he deſire it.

And by this Method indeed the *Baſtard Peripneumonia* is to be cured, occaſioned by a great deal of flegmatick Filth heap'd up in the blood, and by reaſon of the Analogy of the Winter, caſt upon the Lungs; wherein not only repeated bleeding, but alſo purging is indicated, otherwiſe than in a true *Peripneumonia*, which I ſuppoſe is purely of the ſame kind with a *Pleuriſie*, and that it differs only from it in this, *viz.* that a *Peripneumonia* does more univerſally affect the Lungs. And both Diſeaſes are cured by the ſame Method, *viz.* by bleeding chiefly, and by cooling Medicines.

Though this *Baſtard Peripneumonia* is ſomewhat like a *dry Aſthma*, both as to the difficulty of breathing, and ſome other Symptoms, yet it is ſufficiently diſtinguiſhed from it; for in it there are manifeſt Signs of a *Fever* and Inflammation, which never ap-

pear in this; though in this kind they are much leſs and obſcurer than thoſe which accompany a *true Peripneumonia.*

But it is to be carefully noted, that it is by no means ſafe to forbid the drinking of Wine, and ſuch Liquors, all of a ſudden, when the Sick has uſed them a while, but they muſt be left off gradually; for there is danger of a *Dropſie* from a ſudden change, which ought to be obſerved in all Diſeaſes that come on this occaſion. And ſeeing there has been mention made of Spirits of Wine, I will ſay by the bye, it were to be wiſhed that they were either wholly forbidden, or at leaſt uſed only for refreſhing the Spirits and not for extinguiſhing them; or that the internal uſe of them was wholly prohibited, and that they ſhould be only uſed by Surgeons in Fermentations, to digeſt Ulcers, or to cure Burns; in which laſt caſe they are better than any other Medicine yet found out; for they preſerve the under Skin from Putrefaction, and ſo perform the Cure (not waiting for Digeſtion, which requires a conſiderable time) a Rag being dipp'd in Spirit of Wine, and preſently applied to the Part hurt by ſcalding Water, Gunpowder, or the like, and moiſtned with the foreſaid Spirit now and then, till the Pain from the Fire be quite gone, and afterwards only twice a day.

CHAP.

CHAP. V.

Of a Rheumatiſm.

THis Diſeaſe comes at any time, but eſpecially in the Autumn, and chiefly ſeizes thoſe that are in the Flower of their Age: It moſt commonly comes by taking of cold, after the Sick has been heated by violent Exerciſe or any other way. It begins with ſhivering and ſhaking, and preſently heat, reſtleſneſs, and thirſt; and other Symptoms follow which accompany a *Fever*. After a day or two, and ſometimes ſooner, the Patient is troubled with a violent Pain, ſometimes in this, ſometimes in that Joint, in the Wriſts and Shoulders, but moſt commonly in the Knees; it now and then changes place, and ſeizes elſewhere, leaving ſome redneſs and ſwelling in the Part it laſt poſſeſs'd. At firſt, for ſome days, the *Fever* and the Symptoms above-mentioned happen ſometimes together; but the *Fever* goes off by degrees, the Pains remaining and ſometimes rage violently, the Matter of the *Fever* being put off to the Joints; which is manifeſt, for that the *Fever* frequently returns, when the morbifick Matter is repelled by the unſeaſonable uſe of external Medicines. When this Diſeaſe is not accompanied with a *Fever*, it is often taken for the *Gout*, though it differs eſſentially from that, as plainly appears to any one that well conſiders both Diſeaſes; ſo that it may be ask'd, why Phyſical Authors have not touch'd

upon it, unleſs it be ſuppoſed this is a new Diſeaſe. However it be, it is frequent enough now, and though it ſeldom kills any one when the *Fever* is off; yet upon the account of the violence of the Pain, and the continuance of it, it is not contemptible; for if it be ill managed, it many times laſts all the life long, though in this caſe not always ſo violent. But it comes now and then periodically; and it may ſo happen, that the foreſaid Pains may go off of themſelves, when they have a long while much tormented the Sick, he being for ever deprived of Motion of the Members, the Joints of the Fingers being as it were inverted with knotted Protuberances, as in the Gout, coming forth more in the internal parts of the Fingers, than the external, the Stomach may be very good, and he may be as to other things very well.

There is another kind of this Diſeaſe, though it is commonly thought to be another thing; it is properly called the *Rheumatical Ach* of the Loins, a violent Pain being fixed there, and ſtretching ſometimes to the *Os Sacrum*; it ſeems to be a nephritick Pain, only the Sick does not vomit: For beſide the intolerable Pain about the Reins, ſometimes alſo the Ureters all along to the Bladder are afflicted with the ſame, though not ſo violently: Upon which account I have been heretofore miſtaken, thinking it was produced from Gravel ſticking in thoſe Parts; whereas in truth it owed its riſe to the peccant and inflamed Matter of the *Rheumatiſm*, which afflicts indeed only thoſe Parts, the reſt of the Body being untouched. This violent Pain continues as the other Species, if it be not cured after the ſame manner, grievouſly afflicting the poor Patient, ſo that he cannot lie in his Bed, but is forced to leave it, or to ſit upright in it, rocking himſelf continually.

Now

Now, seeing both these Species of this Disease seem to proceed from an Inflammation, which may be supposed by reason of the foresaid *Phænomena*, and especially because the Blood taken away is of the same colour with that of Pleuriticks; and no Man ever doubted that those labour of an Inflammation; These things being so, I think the Cure ought to be managed by Bleeding, the Blood in the mean while being attemperated, and its excessive heat allay'd by cooling and thicking Medicines, and also by a convenient Diet.

And therefore, as soon as I am called, I order ten Ounces of Blood to be taken from the Arm of the side affected, and I order a cooling and thickning Julep after this manner:

Take of the Waters of Purslain and Water-Lillies, and of Lettice, each four Ounces, of Syrup of Limons one Ounce and an half of Syrup of Violets one Ounce; mingle them, make a Julep, of which let him drink as he pleases, or of the Emulsion described in the cure of a Pleurisie.

To mitigate the Pain, a Pultis of White-bread and Milk, tinctured with Saffron or a Cabbage-leaf, may be applied to the Part affected, and frequently renewed. As to Diet, I forbid all Flesh, and the Broath of it, how weak soever it be; instead whereof I order Barley and Oat-meal Broths, Panada, and the like; and for his ordinary Drink I allow Small-beer, or, which is better, a Ptisan of Barley, Licorish, Sorrel, and the like, boyled in Fountain-water; and I advise the Patient to keep some hours from Bed every day; for keeping Bed continually promotes and augments the Disease.

The

The next day I order the ſame quantity of Blood to be taken away, and a day or two after, according to the ſtrength of the Patient, I bleed again; and then after three or four days I bleed the fourth time, which is commonly the laſt, reſpect being had to the Strength, Age and Conſtitution of the Patient, and the other Circumſtances. I rarely bleed after the fourth time, unleſs too hot a Regimen went before, or hot Medicines were uſed without occaſion; and truly the uſe of Anodyne Medicines requires larger bleeding: Wherefore how violent ſoever the Pain be through the whole courſe of this Diſeaſe, I by no means uſe theſe, if I deſign to cure the Diſeaſe by bleeding alone; for by them the Diſeaſe is fix'd, ſo that it does not ſo eaſily yield to bleeding, which by reaſon of theſe too officiouſly uſed, muſt be repeated oftner than otherwiſe was needful; neither do they give that eaſe which the Titles promiſe at the ſtate of the Diſeaſe. While the Remdies above-mentioned and Diet are carefully uſed, I now and then inject a Glyſter made of Milk and Sugar, on the day the Patient is not let Blood; and I admoniſh that all theſe things be diligently obſerved for eight days at leaſt after the laſt bleeding. Afterwards I order a gentle purging Potion to be taken in the morning, and the following evening a large Doſe of Diacodium in Cowſlip-water, to reſtrain the fury of the Blood, for otherwiſe a Relapſe may happen; which being done, I adviſe the Patient to return gradually to his wonted way of living, with reſpect to Diet, Exerciſe, and Air; yet with this caution, that he ſhould not at all taſte Wine, nor any ſpirituous Liquor, nor ſalted, or ſpirited Meats, nor any thing of hard digeſtion, till a long time after.

After bleeding repeated as often as I have mentioned, the Pains will be much leſſened, yet they will not altogether go off; but when the ſtrength is recovered,

vered, which was cast down by bleeding, especially the next Season of the Year approaching, which conduces more to the recovery of strength, than that in which the Patient was first seized, all the Symptoms will go off, and the Patient will recover perfectly.

But now, tho' by the above-mentioned method, or the like, used seasonably at the beginning of the Disease, the end is most commonly, as we have said, yet it frequently happens, that when the Sick hath been erroneously treated after a quite contrary Method, he is miserably afflicted all his life long with wandring Pains, sometimes sharp, sometimes more moderate; by which the unwary are easily deceived, and they are commonly accounted Scorbutical Symptoms. And here by the bye, I speak freely, that though I do not doubt but that the *Scurvy* is really to be found in these Northern Countries, yet I am perswaded it is not so frequent as is commonly imagined; for many of those Distempers of the Body (not to say most) which we call Scorbutical, are the effects of approaching Ills, not yet formed into Diseases, nor having yet taken a certain Type, or the unhappy Relicks of some Disease not yet conquer'd, by which the Blood and other Humours are vitiated: For instance; various Symptoms appear in those Bodies, in which some Matter is newly generated, fit to produce the *Gout*, but not yet cast upon the Joints, which seems to be Scorbutical, till the *Gout* is formed, and actually exerts it self, and then it plainly appears what the Disease is: Neither are we ignorant that as many Symptoms resembling the *Scurvy*, afflict gouty people after the Fit is over; namely, when Evacuation untimely used, or the declining Age, or any other cause has obstructed Nature, so that she cannot well put off the gouty Matter on the Joints, which being retained, and yet of no use, infects the Mass of Blood, and afflicts the Man on all hands with a great

Crowd

Crowd of ill Symptoms: And this may be said not only of the *Gout*, but also of an *Incipient Dropsie*; though it is commonly said, where a *Scurvy* ends, there a *Dropsie* begins, yet most commonly this Rule is to be understood no otherwise than that when a *Dropsie* is apparent, the pre-conceived opinion of the *Scurvy* vanishes, and the same may be affirmed of very many other chronical Diseases, as yet growing in the Body, and having not yet assumed any Type, or of those which are partly subdued, yet not totally vanquished and expelled; and indeed, unless we allow this the Name of the *Scurvy*, will hugely encrease as it is at this Day, and will in a manner comprise all sorts of Diseases. Whereas if we so diligently penetrated into the secret Recesses of every Disease, as to be able to discover it lying hid under irregular Symptoms, it will presently appear of what Species it is, and be easily referred to the sort to which it belongs. Moreover, the Method whereby such Diseases are to be cured, must be accomodated not to the Counterfeit Symptoms, but to the Disease it self, whatever it is, as if it were perfectly formed, and actually existing.

But here it is to be noted, that it is not so proper to bleed so often, when the Disease has taken deep root by some Years continuance, as at the beginning; but it is better that some Weeks should pass betwixt each bleeding, which will at length either quite carry off the morbifick Matter, or at least so far conduce, that the Relicks of it may be extirpated by an Issue made in one of the Legs, and by any volatile Spirit taken morning and evening in Canary.

But now, how great soever the difference is, as is mentioned above, betwixt a true *Rheumatism* and the *Scurvy*, yet it must be confessed, there is another Species of a *Rheumatism* near a-kin to the *Scurvy*; for it resembles the chiefest Symptoms of this

his Diſeaſe, and is cured in a manner the ſame way, nd therefore I ſhall call it a *Scorbutical Rheumatiſm*. The Pain ſeizes ſometimes this Part, ſometimes hat, but ſeldomer occaſions Swelling than the other kind, neither is it accompanied with a *Fever*, nor s it fix'd ſo long, but is of a more wandring Nature, and has irregular and diſorderly Symptoms; now it afflicts this or that Member, by and by it only ſeizes the inward Parts, and occaſions Sickneſs, which goes off again when the Pain returns to the outward Parts, and ſo afflicts the Patient by turns, and continues a long while, like thoſe Diſeaſes that are reckoned moſt Chronical. It chiefly ſeizes Women, and Men of a weakly Nature; ſo that I ſhould imagine it ought to be reckoned among Hyſterick Diſeaſes, had not I often found it would not yield at all to Hyſterick Remedies.

They who have uſed the Peruvian Bark for a long time are ſubject to this Diſeaſe, which by the bye is the only inconvenience I ever knew follow upon the uſe of this Remedy: But however it be, whether the Diſeaſe takes its riſe on this occaſion, or from any other cauſe, it is very eaſily cured by the following Remedies, which ſhould have been conceal'd if I had greater regard to my private advantage than to the publick good; for by theſe alone I have cured many afflicted after the manner I have deſcribed, to whom Bleeding, though repeated, Purges, a Milk-diet, and teſtaceous Powders, and the like, have done no good; and they are theſe,

Take of the freſh Conſerve of Garden-Scurvygraſs two Ounces, of Wood-ſorrel one Ounce, of the compound Powder of Wake-robin ſix Drams, make an Electuary with a ſufficient quantity of Syrup of Oranges; the Doſe is two Drams to be taken thrice a day for a Month, drinking upon it three Ounces of the following Water.

Take

Take of Garden-Scurvygraſs eight handfuls, of Water-creſſes, and Brooklime, of Sage and Mint, each four handfuls, the Peels of ſix Oranges, of Nutmegs bruiſed half an Ounce; infuſe them in ſix Quarts of Brunſwick *Mum, and diſtil them in a common Still, and draw off but three Quarts for uſe.*

The exact Doſe of compound Powder of Wake-robin muſt be exactly obſerved, at leaſt it muſt not be leſſened.

CHAP. VI.

Of an Eryſipelatoſe Fever.

THis Diſeaſe ſeizes every Part of the Body, and at any time, but eſpecially the Face, and chiefly at the latter end of Summer; at which time the Sick is often ſeized when he is abroad, his Face is ſuddenly ſwelled with great pain and redneſs, and full of ſmall Pimples; and when the Inflammation is more encreaſed, Bladders ſometimes ariſe afterwards over the Forehead and Head, and the Sick is blind with it (the Country people call this a *Blight*) nor is it much different, only there are Puſtles like thoſe that accompany the ſtinging of Bees. The moſt noted and common Species of an *Eryſipelas* was in this manner.

But

But whatever part it ſeizes, and at whatever time of the Year, ſhaking and ſhivering, unleſs they did precede (which ſometimes happened a day or two before) moſt commonly accompanied this Inflammation, alſo Thirſt, Reſtleſsneſs, and other Signs of a *Fever*. The Diſeaſe proceeding, as the *Fever* firſt occaſioned the Pain, Swelling, and other Symptoms (which encreaſing daily, ſometimes end in a Gangrene) ſo theſe in like manner do not a little encreaſe the *Fever*, till both are removed by proper Remedies.

There is another ſort of this Diſeaſe, tho it ſeldomer happpens; this invades at any time of the Year, and moſt commonly it is occaſioned by the too free uſe of ſubtle and attenuating Wines, or ſuch like ſpirituous Liquor, a ſmall *Fever* begins, and is preſently followed by an Eruption of Puſtles, almoſt over the whole Body, which are like the ſtingings of Nettles, and ſometimes turn to Bladders, they ſoon ſtrike in, and hide themſelves under the Skin and itch intollerably; but after a little ſcratching they appear again. As to the Cure, I ſuppoſe the peccant Matter mixed with the Blood, muſt be evacuated, and the Ebullition of the Blood ſhould be ſtopped by Remedies that qualifie it; and laſtly, that the Matter thruſt out upon the Parts ſhould be diſcuſſed.

That theſe things may be done, as ſoon as I am called, I order a large quantity of Blood to be taken from the Arm, which almoſt always is like that of Pleuriticks; the next day I give my common Cathartick Potion, and at bed-time, if it has worked too much, ſome Paregorick Draught: Diacodium in Cowſlip-flower-water, or the like; Purging being over, I order the part affected to be fomented with the following Decoction.

Take

Take of the Roots of Marsh-mallows and Lillies, each two Ounces, of the Leaves of Mallows Elder, and Mullein, each two handfuls, of the Flowers of Melilot, St. John's Wort, and of the lesser Centaury, each one handful, of the Seed of Flax and Fenugreek, each half an Ounce, boyl them in a sufficient quantity of Water to three Pints: Strain the Liquor, and when you use it, add to each Pint two Ounces of Spirit of Wine; bathe the Part affected twice a day with this Decoction hot with soft Flannels dipp'd in it; and after the Fomentation anoint the part daily with the following mixture.

Take of Spirit of Wine half a Pint, of Venice-*Treacle two Ounces, of Cloves and long Pepper powdered, each two Drams, mingle them, cover the part affected with Brown-paper dipp'd in this mixture.*

Moreover, I order the Patient to be dieted with Oat-meal and Barley-broths, and roasted Apples, and that he should drink Small-beer, and that he should keep from Bed some hours every day. By this Method the *Fever* and other Symptoms most commonly soon go off; if not, I bleed again, and sometimes a third time, a day being betwixt each Bleeding; namely, if the Blood be ill disposed, and the *Fever* high. Of the days I do not bleed, I order a Glyster of Milk and Syrup of Violets, and cooling Juleps made of the Water of Water-Lillies, and the like, described in the cure of a *Rheumatism*, to be taken every hour, but most commonly once bleeding, and this following Purge, if they are used in time, do the business.

That sort which resembles the stinging of Nettles with itching, is to be cured the same way, only the outward Medicines are not so necessary.

I will ſay here by the bye, that tho' not only this Diſeaſe of which we now ſpeak, but moſt others which ſeize the Skin, and are accompanied with ſome Eruption, if they are chronical, eaſily yield to this Method, and ſoon go off by Bleeding and Purging repeated; yet ſome of them are to be treated in a quite different manner: For the Evacuations now ſpoken of, though repeated, and teſtaceous Powders deſigned for ſweetning the Blood, do no good, when ſome Recrements that are ill diſpoſed lie deep in the Skin, and cannot be removed by any thing but Remedies that ſtrengthen the Blood, and are fit to open Obſtructions of the Pores. I have uſed the following Method with good Succeſs in the violent Itch, and in inveterate Eruptions of the Skin of that kind.

Take of Venice-*Treacle half an Ounce, of the Electuary of the Egg one Scruple, of the Roots of* Virginian *Snake-weed finely powder'd fifteen Grains, of Oriental Bezoar-ſtone five Grains, with a ſufficient quantity of the Syrup of candied Citron; make a Bolus to be taken in the morning and at bed-time, for one and twenty days, drinking upon it ſix ſpoonfuls of the following Julep.*

Take of the Waters of Carduus Benedict, ſix Ounces, of Epidemick and Treacle-water, each two Ounces, of Syrup of Gillyflowers one Ounce; mingle them, make a Julep.

Every morning after taking the Medicine, let him ſweat an hour or two, or rather, being covered with more Cloaths than he uſed to have on, let him indulge a breathing Sweat in bed, for the time aforeſaid. Theſe things being done, if the Puſtles do not yet vaniſh, anoint the Parts affected with the following Liniment.

Take of the Oyntment of ſharp-pointed Dock tw
Ounces, of Pomatum one Ounce, of Flowers o
Sulphur three Drams, of Oyl of Rhodium half
Scruple; make a Liniment.

But the Medicines before preſcribed muſt not b
uſed before Bleeding and Purging duly premiſed
which, though given alone, they do not perform th
Cure, yet they ſecure the Patient againſt a *Feve*
which might otherwiſe happen by reaſon of the uſe
hot Medicines.

There is another ſort of Eruption, though leſs fr
quent; for the cure whereof no Evacuations are direc
ly proper. This, though it appears in other parts
the Body, yet it moſt commonly appears in th
Breaſt, and fixes it ſelf in ſome determinate place
it ſcarce riſes higer than the Skin, and ſhews it ſe
like a broad Spot, only it ſeems ſomewhat of a yellow
iſh colour, by reaſon of Scales that are ſo tinctured
This Spot, when it is out, keeps the Man well, bu
when it vaniſhes he has often a light Sickneſs, an
his Urine is rendred thick and red, but inclinin
ſomewhat to a yellow. In this Diſeaſe alſo yo
muſt proceed the ſame way, and after univerſal Ev
cuations, with the ſame Remedies as in the violen
Itch above-mentioned. And moreover, which muſt n
be forgot, the uſe of Wine and Fleſh of eaſie digeſt
on, muſt by all means be allowed; for all cooling thin
do more hurt than good: An ſo this laſt Species of
ruptions is cured; but ſometimes it will not go
without drinking of Steel-weters for a long while.

CHA

CHAP. VII.

Of the Quinſie.

IT comes at any time of the Year, eſpecially between Spring and Summer; it chiefly ſeizes young Men, and ſuch as are of a ſanguine Conſtitution, and Red-hair'd people (which I have often obſerved) more than any others: They ſhiver and ſhake preſently at the beginning of the Diſeaſe, a *Fever* follows, and a little after a Pain and Inflammation of the Jaws; and if the Patient be not ſeaſonably relieved preſently, he can neither ſwallow nor draw his breath through his Noſtrils, ſo that he is under the apprehenſion of ſtrangling, by reaſon the Jaws are ſtopp'd by the Inflammation and Tumour of the Uvula, Almonds, and Larynx, and is indeed in a manner ſuffocated. There is great danger in this Diſeaſe, for it ſometime deſtroys a Man in a few hours; namely, when a great deal of the febrile Matter is caſt upon the foreſaid Parts, and when the violence of the Diſeaſe is not timely prevented by the uſe of proper Remedies.

In order to the Cure I preſently take away Blood plentifully from the Arm, and preſently after from the Veins under the Tongue; and then I order that the inflamed Parts ſhould be touch'd with Honey of Roſes, made very ſharp with Spirit of Sulphur, and that the following Gargariſm ſhould be uſed, not after the common way, but that it ſhould be kept

in the Mouth without any agitation, until it wax hot, and then that it ſhould be ſpit out, and that it ſhould be repeated now and then.

Take of Plantain-water, and red Roſe-water, and of the Water of Frogs-ſpawn, each four Ounces, the Whites of three Eggs turned into Water by beating, of white Sugar-candy three Drams; make a Gargariſm.

I likewiſe order the Patient to take daily of the Emulſion preſcribed in the cure of a *Pleuriſie*, or the like.

The next Morning I bleed again, unleſs the *Fever* and difficulty of breathing abate, and defer Purging till the next day; but if both theſe are leſſened, I preſently give a lenitive Purge, which I have found very neceſſary by manifold Experience, above all other things after bleeding. If the *Fever* and other Symptoms are like to be troubleſome after purging, which is very rare, they are to be quelled by bleeding repeated as before, and by applying a large and ſtrong Bliſter to the Neck, a cooling and emollient Glyſter is to be injected every morning, except when the Patient purges, through the whole courſe of this Diſeaſe. I forbid the uſe of all ſorts of Fleſh, and their Broths; and the Patient ought only to eat Oat-meal and Barley-broths, roaſted Apples, and the like: Let him drink a Ptiſan, or Small-beer; let him keep up ſome hours every day, for the warmth of the bed augments the *Fever*, and other Symptoms, which I endeavour to cure by this Method. But it is to be obſerved, that ſuch a *Quinſie*, which is only the Symptom of a *Fever*, I call ſtationary, is to be cured by that Method which is requiſite for the *Fever*, and ſo is either to be removed by Sweat and Tranſpiration, or by any other Method of Cure, which is neceſſary for the primary *Fever*, on which it depends, which is worthy to be noted.

There

There are other *Fevers* which are to be reckoned with Intercurrents, which because they immediately go another way, and end in this or that Symptom, they are commonly not accounted *Fevers*, tho' they were originally such; and the disorder from whence the Disease takes its name is only the Symptom of the *Fever*, which ends in it. I will at present speak only briefly of bleeding at the Nose, and of spitting of Blood.

Bleeding at the Nose comes at any time of the Year, and afflicts those chiefly that are weakly, and of a very hot Constitution, and more frequently when they are old than when they are young. At first there is some Signs of a *Fever*, which goes off suddenly, making way for it self through the Nostrils, there remains nevertheless a pain and heat in the forepart of the Head; the Blood flows some hours, then stops a while, and soon breaks out again, and so by turns, till at length it wholly ceases, being restrained either by the use of Medicines, or stopping of it self, by reason a great quantity has been lost; yet the Patient is in danger of a Relapse every Year, if the blood happens to be much heated by spiritous Liquors, or any other occasion.

In this case I do all I can to restrain the violent heat and Ebullition of the Blood, from whence arises the said unusual Extravasation, and to turn the force of it another way; to which end I bleed often in the Arm, and take away Blood freely, which is always of the same colour with that which is drawn in a *Pleurisie*. I order a cooling and thickning Diet, as three parts of Fountain-water and one of Milk boiled together, and drank cold, roasted Apples, Barley-broths, and such things as are made without Flesh, also cooling and thickning Juleps, and Emulsions: And I order the Sick to keep from bed daily for some time, and that a gentle cooling Glyster be

be injected every day, and not once omitted; I also order a Paregorick Draught of Diacodium at bed-time to quell the fury of the Blood. But because a sharp Humour often accompanies such Hæmorrhages, which being mingled with the Blood furthers its motion, and opens the Orifices of the Veins. Besides Revulsion and cooling, I usually give a gentle Purge, when the Disease is even at its height, and after it has done working in a larger Dose than ordinary; and when the Symptom is quite gone off, I give another Purge. As to external Applications, a Linen Bolster dipp'd in cold Water, wherein Sal Prunella has been dissolved, and gently press'd out, may be applied to the Nape of the Neck, and to both sides of it often in a day; and after general Evacuations, the following Liquor may be applied.

Take of Hungarian Vitriol and Allum, each one Ounce, of Flegm of Vitriol half a Pint; boyl them till all is dissolved; filter the Liquor when it is cold, and separate it from the Chrystals, that sometimes rise; to the remaining Liquor add a 12th part of Oyl of Vitriol, and put a Tent dipp'd in this Liquor into the Nostril from whence the Blood flows, and keep it in two days.

Rags moistned with this Liquor and applied, stopp Blood from what part soever it flows.

Spitting of Blood, which betwixt Spring and Summer befals weakly people of a hot Constitution, whose Lungs are infirm, and rather young people than old, is almost of the same nature with the bleeding at the Nose I have just now treated of; for this is also a *Fever*, that puts of its Name and Essence by the Crisis it is discharged, with this only difference, in a manner, that in the former Diseases, the Blood being too much agitated, rushes violently into the Veins of the Nostrils, but in this, upon the Lungs. And as in that, during the *Flux*, there is continually

a Pain and heat in the fore-part of the Head, ſo in this the Breaſt is afflicted with both, together with ſome weakneſs; and this Diſeaſe requires almoſt the ſame method of Cure, only it will not bear Purging; by which, eſpecially if repeated, the Sick is apt to fall into a Conſumption: But bleeding uſed often, a Glyſter injected every day, Diacodium taken at bed-time, moreover, Medicines and Diet, thickning and cooling will do the buſineſs effectually. And theſe are the things which I have hitherto obſerved concerning the numerous Tribe of Diſeaſes divided into various kinds, which are reckoned under the Name of *Fevers*, and of thoſe Symptoms which depend on them; in which I have acted ſo carefully, that I have not impoſed upon the World my own Fancies and Imaginations, but have delivered faithfully the Hiſtory of them, and their *Phænomena*, without reſpecting any Hypotheſis. I have alſo treated of their Cures with the like Sincerity and Care: And if an earneſt deſire of finding out, and eſtabliſhing a more certain Method of Cure has forced me to go in untrodden Paths, I hope none of the Learned will charge me with either deſpiſing their Judgment, or truſting too much to my own, or that I affect Novelty; for the good Succeſs that I have had in diſcovering theſe things has hitherto much encouraged me, and the Experiement of thoſe that come after, will undoubtedly clear my Reputation. And truly this deſtructive Troop of Diſeaſes is not to be oppoſed lazily, which wages deſperate War with Mankind every day, and which deſtroys two thirds of Men at leaſt, if you except thoſe that die of a violent death. The continual force of theſe Diſeaſes, and the daily deſtruction of the ſtrongeſt and youngeſt Men eſpecially (notwithſtanding thoſe Helps, which hitherto thoſe ſpecious Methods, which are confidently deſcribed in the Books of ſpeculative Writers, have hitherto afforded us) much diſturbed my mind, while I was conſidering theſe things; for really I found, that thoſe vain Speculations did ſo little conduce

duce to the recovery of Health, that they which fled to them as an Aſylum, whatever theſe dogmatical Boaſters promiſed, were no more ſecure than thoſe, which neglecting all Art, left the buſineſs to Nature. If I have done any thing whereby the Dangers, which often occur in curing Diſeaſes, may be any way leſſened (which at leaſt, I hope, I may modeſtly promiſe my ſelf) I have in ſome ſort my ends, and the pleaſing Reward of my great Labour rightly beſtowed on ſeeking the Good of my Neighbour. Theſe are the chief things which I have hitherto found, or which I could reduce to a Method about the *Fevers* and Symptoms, which depend on them, to this 30th of *December* 1675.

Dr.

Dr. Sydenham's *Two Epistles*:

The First of Epidemical Diseases from the Year 1675, to the Year 1680.

To the Learned and worthy Dr. Brady, *Master of* Caius-College, *and the King's Professor of Physick in* Cambridge.

The Second of the History and Cure of the *French-Pox*.

To the accomplished and worthy Dr. Henry Paman, *Fellow of St.* John's *College in* Cambridge, *the University Orator, and Professor of Physick in* Gresham *College* London.

To the Famous Physician Dr. Thomas Sydenham.

NO Physician as yet, learned Sir, has duly considered the force of the Air, and the influence of it upon humane Bodies, nor has any one well considered, how it acts for the preserving of our Lives, nor has any one observed, how much it conduces towards the Fermentation, Alteration, and Circulation of the Blood, and to all animal Motion; nor has any Writers of natural, or medicinal History touched lightly, so far have they been from searching throughly into its natural Temper, various Alterations, and Changes, which Constitutions you

have well diſcovered ; for truly it cannot be, but that when the Air inſinuates it ſelf into all, and the remoteſt parts of the Body, it ſhou'd imprint, and communicate the Alterations and Changes, it undergoes by the things wherewith it is impregnated, to the Juices and Blood ; upon which account moſt commonly, from this or that ill Conſtitution of the Air, ariſes this or that ill Diſpoſition of the Blood ; therefore you have excellently well inſtituted your medicinal Obſervations, of the Hiſtory and Cure of acute Diſeaſes, according to the various Conſtitutions of years, and the parts of them : for by them, the Actions of the Air upon the Blood, Juices, and eſpecially upon the Spirits (which perhaps they are the matter of) are perceived, and I do not at all doubt, but that the Genius of Fevers obſerved from the Temper of the years, wherein they raged is the beſt, if not the only method to eſtabliſh Practice. Go on therefore, and if any Obſervations yet remain of the Fevers of the years laſt paſt, be pleaſed to publiſh them, and in ſo doing, you will very much further the health of mankind.

In the Fifth Chapter of the firſt Section of your Book, you ſaid ſomewhat of the uſe of the Jeſuits Powder ; indeed I know ſome Phyſicians of good Note give it in a large quantity, and repeat it often, and others that make Extracts, and Infuſions of it, and of the Infuſions Juleps and Emulſions, whereby they affirm they can certainly cure Agues, and alſo ſome continual Fevers : without doubt it is an excellent Remedy to cure Agues. I indeed have uſed it about Twenty years in various Forms, and prepared ſeveral ways with very good Succeſs, if you know any thing peculiar about the uſe of it, I deſire you wou'd publiſh it.

In the cure of a Rheumatiſm, you have propoſed frequent and large Bleeding as neceſſary ; I deſire to know, whether it may not be as certainly cured ſome other way, as by that cruel and ſevere way of Bleeding : But, worthy Sir, in doing theſe things, you muſt expect to be calumniated and reproached by ill Men ; but ſuch Treatment, and ſuch men are very diſpleaſing to the ingenious ; for if they would ſearch out an Hiſtory of Fevers approved by long uſe, and the Eſſences

Cauſes

Causes and Differences of them, and the true method of Cure, they must take you for their guide; for the nature of them, and their method of cure can be found no other way; be therefore Courageous, and despise these insignificant Slanderers, and go on to promote the ingenuity of honest men, you have shown the way, and if what you have done does not please; let those that cavil shew a righter and better. Farwel, worthy Sir, in performing these things, you have obliged the whole Province of Physick, and among the rest,

From Camb. *the* 30*th. of* Decemb. 1679.

Your obliged Friend
R. BRADY.

To the Learned and accomplished Dr. Brady.

Worthy Sir,

IT is certainly very reasonable, that I, if I have any whit advanced the Cure of Diseases, shou'd impart freer than other Men to any one that asks me about it; for if I know only those things, which other people know (which I am well satisfied of) it is no injury to me to divulge such trifles, and common things; but if I have obtained any thing, that is beneficial in Physick, and that renders the Cure of Diseases more certain, so much praise is not due to me for publishing it, as wou'd be to any other; for having been afflicted with the Gout for about Thirty years; and a long while severely handled by the Stone, I can easily imagine how heartily I shou'd rejoyce, if any one would shew me how I might be freed from my Misery: but there being very few to whom God Almighty has granted this great Privilege of being beneficial to the publick in this Case, and it is only to be done successfully, by those that are made of better Clay than I am; for indeed I have not Power enough to do it; but have always thought, and not without reason, that there is more Happiness in discovering a certain method of curing, tho' but of the least Disease, than in heaping up the Treasures of *Tantalus*, or of *Cræ-*

ſus. More Happineſs I ſay, and more Wiſdom too; for what better Specimen can any one ſhow of his Wiſdom and Goodneſs than to do continually all he can rather for the publick good, he being part of the common Nature of mankind, than for himſelf, he being ſo ſmall, and ſo contemptible a part of the whole; for to ſpeak according to my *Cicero*, the great Maſter of ſpeaking and thinking, the Genius of his age, not to ſay of the Nature of men in general; the Laws poſtpone the good of particular Perſons to the good of all, ſo a good and wiſe Man, and one that is obedient to the Laws, and knows his Duty, endeavours the good of all men, more than of any one, or of himſelf; and indeed every one knows it is the part of a wicked man to deſtroy men; but the Duty of a good man to preſerve them and to inſtruct others, ſo as that they may be able to free them from Death, after he is dead, and this is a very wicked and abominable Saying, *viz.* Come what will when I am in my Grave.

But theſe things being paſt over for the preſent, I muſt confeſs, that I ought to diſcover plainly to you, thoſe things that I have thought of the Diſeaſes you inquire about, how ſmall ſoever they be, to you, worthy Sir, that deſerve the Office that you have, and I render with thee Univerſity wherein you flouriſh the Encomiums of Learning, Honeſty, and Candor of mind, and muſt mention with thanks the Senſe you have of the Affronts that are offer'd me by ſome, of whom I muſt ſay thus much, that if the harmleſs Life of a man, that has injured none in Word or Deed, could have ſecured me, they never wou'd have raved againſt me; but ſeeing it happens ſo, when I am not to blame, nor I hope never ſhall be, I am reſolved not to be troubled for their Faults, ſuppoſing that all that I have to do is to perform the Duty of an honeſt man, and of a good Phyſician, as far as I am able.

Therefore I will ſet down the Obſervations I have made concerning the Diſeaſes you inquire about; and firſt I will treat of the Agues, that are now Epidemical with us, and in doing which, I think it will not be amiſs to run through thoſe years orderly, tho' briefly, which followed that, wherein I finiſhed my Hiſtory of

acute

ute Diſeaſes (ſuch as it was), which raged for Fifteen ears laſt paſt, and to mention briefly by the bye, ſome- ing that I have mention'd before, of the Cure of them, hich being done, we may better underſtand at what me, and in what manner the Conſtitution that now evails ſtole upon us.

The Year 1676 produced the ſame Diſeaſes, that ere generated by the Conſtitution laſt treated of, in e ſaid Obſervations, *viz.* of the Years 1673 (in the utumn whereof it firſt began) 1674, and 1675; but is Conſtitution decaying, the Diſeaſes that broke out ere gentler than they were wont to be, and were not Epidemical, notwithſtanding the peculiar diſpoſition the Year, as to the manifeſt qualities of the Air, hereby it was much different from the preceding ears, for the heat of the Summer, and the cold of e Winter were much greater, than been had known the Memory of man, and ſeeing ſo great a diffe- nce in Seaſons produced the ſame Diſeaſes, it is ma- feſt from hence, that the occult temper of the Air cauſes iſeaſes more, than the manifeſt Qualities of it. But muſt be confeſſed that the ſame Diſeaſes, as to ſome ymptoms depend ſometimes on the manifeſt diſpoſition the Air, which appears plain from the Meaſles, and e *Cholera Morbus*, which invaded in this Year, where- I will ſpeak briefly.

For the Meaſles that broke out at the beginning of e year, tho' they were not very Epidemical, yet this as remarkable in them, *viz.* they continued longer, r whereas according to their Cuſtom they began in *anuary*, and increaſed till the vernal Equinox, and en decreaſing by degrees, they vaniſh'd in a moment bout *Midſummer*; this Year they laſted almoſt to the utumnal Equinox, being ſtrengthn'd as I conceive by e heat of Summer, ſo as to laſt longer, and yet they id not require a new method of Cure. At the end of ummer the *Cholera Morbus* raged Epidemically, and eing heightned by the unuſual heat of the Seaſon, the ymptoms of Convulſions that accompanied it were ore violent, and continued longer than ever I obſer- ed before; for they did not only ſeize the Belly, as ey were wont, but now all the Muſcles of the Body,

but the Arms and Legs were eſpecially ſeized with dreadful Convulſions, ſo that the Sick wou'd ſometimes leap out of the Bed, endeavouring by ſtretching his Body every way to ſuppreſs the violence of them. But tho' this Diſeaſe did not require any new method of Cure, yet ſtronger Anodymes and oftner repeated than was uſual, were plainly indicated: For inſtance being called to a certain Patient, that was almoſt deſtroy'd with this dreadful Symptom (Dr. *Goodall* accompanied me, whoſe Candor, unſpotted Probity, his great kindneſs to me, and his indefatigable endeavours to find out, and cure Diſeaſes, always come into my mind, when I mention his Name) and with violent Vomitting, and juſt dying by reaſon of the violence of the Convulſions: He was in a cold Sweat, and his Pulſe cou'd ſcarce be felt. I gave him Twenty five drops of my *Liquid Laudanum* in one ſpoonful of ſtrong Cinnamon-water; for I did not dare to give a larger Vehicle, leſt it ſhou'd occaſion Vomitting (as it often happens when there is a great inclination to Vomitting) and ſitting by the Bed about half an hour, and perceiving the ſtrength of the Medicine was not ſufficient to ſtop the Vomitting, nor the Convulſions, I was forced to repeat it and to increaſe the Doſe ſo, (but there was ſuch a ſpace as that I might know what was to be hoped for, from what was already taken before I gave any more) as that the violence of Symptoms was at length quell'd; but yet they were apt upon the leaſt motion to rebel, and therefore I ſtrictly order'd that the Body ſhou'd be kept very quiet for a few days, and that he ſhou'd take now and then the foreſaid Medicine in a ſmaller Doſe, when he was well to confirm the Buſineſs, and this ſucceeded according to my deſire.

Nor is there any reaſon why any one ſhou'd count me too bold, becauſe I venture to give ſo great a quantity of *Liquid Laudanum*, for it is plain by Experience, that for thoſe Diſeaſes, Preparations of *Opium* are indicated (and they are three, violent Pain, Vomiting, or a great Looſeneſs, and great Diſorders of the Spirits) in theſe both the Doſe of the Remedy, and the Repetition of it muſt be according to the Greatneſs of the Symptom, for that Doſe which will be ſufficient to quell a ſmall Symptom, will

will be overcome by a ſtronger, and that which wou'd otherwiſe indanger the Life of the Patient, will in ſuch a caſe ſave his Life.

And theſe are the Diſeaſes which raged this Year, *viz.* the ſame with thoſe of the three foregoing Years; but what thoſe were that raged the following Year, *viz.* 1677, I can't ſay, for at the beginning of the Year, I was much troubled with a bloody Urin, upon the leaſt motion, and not long after with the Gout, which was not ſo much in my Limbs, as in my Bowels, where I was grievouſly tortured: I was alſo weak and without appetite, and my Leggs ſwell'd, I had alſo other Symptoms that were no leſs dangerous, ſo that I cou'd willingly have died then; upon this account I kept at home three Months, and afterwards was forc'd to go into the Country, for the recovery of my Health, and to continue there almoſt as long, but returning in the Autumn; my Friends told me that there were a few Agues here and there, but chiefly in the Country, but being by reaſon of Sickneſs unable to viſit Patients, I cannot write any thing of this Year.

The next Year 1678, the conſtitution of the Air being wholly changed, ſo favoured Agues, that they became again Epidemical; whereas they had in a manner wholly left the City for the Space of thirteen Years, from the Year 1664, only here and there they ſeized ſome, or perhaps were brought with them out of the Country, and they will not continue as they are, but will increaſe till the diſpoſition of the Air comes to its height, on which they depend; for tho' there were few of them in the Spring, yet they did ſo rage above all other Diſeaſes at the latter End of Summer, and in Autumn, that they alone were Epidemical; but in the Winter they gave way to the Small-pox, and to other Epidemick Diſeaſes, till a fit ſeaſon for Agues returned.

But now that I may deliver what I have carefully obſerved, concerning the Nature and Cauſes of theſe Agues, it muſt be firſt noted, tho' quartan Agues were heretofore moſt common, now they were either Tertians or Quotidians (unleſs the laſt be called double Tertians) and likewiſe, that tho' theſe Tertians and Quotidians, ſometimes invading with ſhaking and ſhive-

ring, and then Heat firſt following, and ſpon after Sweat, end in a perfect Apyrexy, and return again afreſh, after a ſtated Period, yet they did not keep this Order above three or four Fits, eſpecially, if the Patient was kept a bed, and took hot Cordials, which add Oyl to the Fire, as they ſay; for then the Diſeaſe was ſo heightened even contrary to its Nature, that inſtead of an intermiſſion, there was only a remiſſion, and coming daily nearer to the Species of continual Fevers, ſeizing the Head, deſtroyed many.

As to the Cure it has now been well known to me for many Years, how dangerous a thing it is in Tertians and Quotidians, (which when they are new, and have put on no Type, are ſtill next door to continual Fevers)) to attempt the removal of them by Sudorificks; for tho' it is very well known, that as ſoon as the Sweat breaks out, Reſtleſneſs and other Symptoms vaniſh immediately, and an Apyrexy ſucceeds, and therefore of conſequence it muſt be indulged a little, at leaſt not hindred, when the Fit is going off; yet it is very evident, that if Sweat be forced more than it ſhou'd, the Fever which intermitted will prove continual, and the Life of the Sick is in a hazardous condition, one is ſaved, and the other dies: the reaſon is this, unleſs my conjecture fails me, *viz.* that this profuſe Sweat, when it exceeds the degree of the febrile Matter exalted ſo far by the heat of the Fit, as that part of it anſwering to one Paroxyſm may be ejected, it waſts the reſt of it in inflaming the Blood. Therefore whilſt I conſidered how ineffectual this method was, and alſo other Evacuations, that is of Bleeding and Purging, both whereof by relaxing the Tone of the Blood protract the Diſeaſe, the Peruvian Bark gave me the moſt certain hope; concerning which I can ſafely ſay, notwithſtanding the prejudice of the common People, and of ſome of the Learned, I never ſaw, nor cou'd reaſonably ſo much as ſuſpect any miſchief wou'd happen to the Sick from the uſe of it, only they who have uſed it a long while, as I have ſhew'd in the Chapter of a Rheumatiſm are ſometimes ſubject to a Rheumatick Scurvy; but this very rarely happens on this account, and when it does it is eaſily cured by the Remedies there deſcribed; and truly, if I were as well aſſured of the durati-

on

on of its effects, as I am of its innocence, I shou'd not doubt to give it the first place, among all Medicines that are yet known ; for it is not only found to be of excellent Vertue in this Disease, but also in the Diseases of the Womb and Stomach ; so little reason has any one to complain of the unwholsomness of it.

But the said Bark has got an ill Name, I suppose for these reasons chiefly ; First, because all the dreadful Symptoms that attend an Ague, when it has tormented a Man a long time are imputed to the Bark, when he has scarce used it once ; Secondly, because many suppose, seeing it drives away the Disease by an occult Virtue, and not by sensible Evacuation, that the matter causing the Disease, which shou'd have been cast out, is shut up by the astringent Virtue of the Bark, like an Enemy within the Walls ready to give new disturbance, and that the Patient is not quite free, for he drags his Chain after him still ; but these Men do not consider, that the Sweats, which come at the End of the Fit, have cast off all that, that was gathered on the well days, there remaining only the Seeds of the Disease to be ripened in time, and that the Bark pursuing the flying Fit, (when all the provision or sustenance of the Disease, which should have been sent in, is intercepted) cannot be said to retain that in the Blood, which cannot be found there, unless in *Embryo*, and therefore must not be thought guilty either of those Fits, or Obstructions which are commonly objected.

But by what means do we find that the Bark drives away Agues, by its astringent Faculty ? he that wou'd prove this must necessarily first produce other astringents indued with the like Virtue. Indeed I have tryed the strongest of them, and cou'd never yet obtain my end ; yea it cures some, who after the taking it go as often to stool, as if they had taken a strong Purge. But when all is said, it is the truest Wisdom for every one to keep within his due Bounds ; but if any one will deceive himself, and think he is indued with other Faculties, than what are subservient, either to natural Religion, that is, that due Veneration be given to God, the Maker and Governour of all things with the profoundest Prostration of Mind, which he of right deserves, or to moral Philo-

sophy,

ſophy, that he may exerciſe Vertue, and become ſerviceable to humane Society, or laſtly to the Art Medical, Mathematical, or to ſome other Mechanick Trade, which are beneficial to Mankind; let this Man firſt draw an Hypotheſis from the natural philoſophy School, whereby he can explain, but only one ſpecifick Difference of things in Nature; for inſtance, let him give a reaſon why all Graſs is every where found to be green, and never otherwiſe, and the like; if he can do this, I will readily ſubſcribe to his Judgment; but if not, I will not fear to ſay, that all a Phyſician's care and induſtry ſhou'd be beſtow'd in ſearching out the Hiſtory of Diſeaſes, and in uſing thoſe remedies, which experience being his guide are able to cure them, ever obſerving that method which right reaſon founded, not on ſpeculative Imaginations, but upon the right and natural way of thinking ſhall dictate; I will therefore briefly ſet down, what I have learn'd by practice concerning the method of giving the Bark.

The Peruvian Bark, which is commonly called the Jeſuit's Powder, about 25 Years ago, if I remember well firſt became famous at *London* for curing Agues, and eſpecially Quartans; and indeed for very good reaſon, ſeeing theſe Diſeaſes were rarely cured before by any other Method or Medicine, wherefore they were called *Opprobria Medicorum*, and were truly a reproach to Phyſicians, but not very long after, it was damned for two reaſons, and thoſe no ſmall ones, and ſo was wholly diſuſed: Firſt, becauſe it being given a few Hours before the Fit, according to the received cuſtom of that time, it ſometimes killed the Patient, and ſo I remember it happened to a Citizen of *London*, one Alderman *Underwood*, and to Captain *Potter* an Apothecary in *Black-Friar*; this tragical effect of the Powder, tho' very rare, did yet deſervedly withdraw the beſt Phyſicians from the uſe of it. Secondly, becauſe tho' the Patient was rid of his Fit by it, which wou'd otherwiſe have come, and it ſeldom fail'd; yet within fourteen Days he relapſed that is, when the Diſeaſe was new, and had not ſpent it ſelf by length of time. Moſt men being ſway'd by theſe reaſons, quite caſt off the hope they had formerly conceived of this Powder, neither did they ſo value the keeping

ing

ing off of a Fit for a few Days, as to endanger their Lives by taking the Powder. But having for ſeveral Years ſince ſeriouſly conſidered with my ſelf, that the Virtue of this Bark was not common, I was confident Agues cou'd better be cured by no other Medicine than this Herculean one, if it were uſed with care; therefore I conſidered a long time how I might prevent the danger impending from the Powder, and the relapſe, which followed in a few Days, which were the two Inconveniencies to be avoided, and by the help of it to promote the Patient to a degree of perfect Health.

Firſt of all, I ſuppoſed, the danger that was threatened did not ſo much proceed from the Bark, as from the unſeaſonable uſe of it; for when great ſtore of Febrile matter is gathered in the Body on the days of intermiſſion, the foreſaid Powder, if it be taken immediately before the Fit, hinders the Morbifick matter from being ejected according to Nature's method, that is by the force of the Fit, and being contrary to all reaſon ſhut up, uſually endangers the Patient's life; now I reckoned, I cou'd prevent this miſchief, and alſo put a ſtop to the breeding of Febrile matter a new, if after one Fit is off, I preſently gave the Powder, that the following might be ſtopt; and if on the days of intermiſſion at ſet times, I repeated now and then the ſame till a new Fit were coming, I might gradually, and therefore ſafely, throughly tinge the Maſs of Blood, with the Salutiferous virtue of the Bark.

Secondly, ſince the relapſe, which uſually happens within fourteen Days ſeemed to be occaſioned, becauſe the Blood was not ſufficiently ſaturated with the Virtue of the Febrifuge, and for that reaſon was not efficacious enough; therefore I thought nothing wou'd be ſo good for preventing a relapſe, as the repetition of the Powder at due diſtances, before the Vertue of the preceding Doſe was quite ſpent, though the Diſeaſe at preſent was quelled.

My mind therefore ſwayed with the weight of theſe reaſons dictated to me the method I now uſe: being called to one ill of a quartan Ague, ſuppoſe on a *Munday*, if the Fit is to come the ſame day, I meddle not, but only put him in hopes, that he ſhall be freed from the next,

and

and therefore the two well Days, that is, *Tueſday* and *Wedneſday*, I give the Bark in the following manner:

Take of the Peruvian Bark finely powdered one Ounce, make an Electuary with a ſufficient Quantity of Syrup of Gilliflowers, or of dried Roſes, divide it into twelve parts, whereof let him take one every fourth Hour, beginning immediately after the Fit, and let him drink a Glaſs of Wine immediately after it, or if the Sick like Pills better;

Take one Ounce of the Peruvian Bark finely powdered, make midling Pills with a ſufficient Quantity of Syrup of Gilliflowers, whereof let him take ſix every fourth Hour.

But one Ounce of the Powder may be mingled with a Quart of Claret with the ſame ſucceſs, and leſs trouble, and eight or nine Spoonfuls may be given at the ſame diſtance of time we mentioned before: On *Thurſday*, at which time the Fit is fear'd, I order nothing, becauſe uſually none comes, the reliques of the Febrile matter being deſpumated, and ejected out of the Blood by the uſual Sweats which compleated the preceding Fit, and the gathering a new *Minera*, or *Fomes*, being prevented by the repeated uſe of the Powder of the Days between the Fits.

And however, leſt the Diſeaſe ſhould return, which was one of the foreſaid Inconveniencies, on the eighth Day preciſely after the Patient had taken his laſt Doſe, I certainly give him the ſame Quantity of the ſaid Powder, that is, one Ounce divided into twelve parts, in the ſame method I gave the former: but tho' the Bark once repeated in this manner often cures the Diſeaſe; yet the Patient is not wholly out of danger, unleſs he follows his Phyſician's directions, when he preſcribes him the ſame method at the ſame diſtances, a third or a fourth time, eſpecially when the Blood has been weakened with ſome preceding Evacuation, or the Patient has unadviſedly expoſed himſelf to the cold Air.

But tho' this Medicine has no purgative Vertue in it, yet by reaſon of the peculiar Temper, and *Idioſyncraſie* of

ſome

some Bodies, it often happens, that the Patient is violently purged, as if he had taken a strong Cathartick. In this case, it is altogether necessary to give *Laudanum* with it, that it may not purge, which is plainly contrary both to its own Nature and to the Disease, but that it may be retained until it has done its business; therefore in this case I order ten Drops of *Laudanum* to be dropt into Wine, and to be taken after every other Dose of the Powder if the looseness continues.

I proceed in the same method with other Agues, whether Tertian or Quotidian; for upon the ending of the Fit, I immediately fall upon both, and I follow and press them as much as their Nature will bear by the repetition of the medicine, in the spaces betwixt the Fits, yet with this difference, that whereas a Quartan can be very rarely taken off with less than an Ounce divided into Doses; the other may be so subdued with six Drachms, that they will grant a truce at least.

But tho' Tertians and Quotidians, after a Fit or two may seem to intermit, yet often times, they afterwards turn into a kind of continual Fever, as I have noted before, and come only to a remission, even on those Days they promised an intermission, especially when the Patient has been kept too hot in Bed, or has been punished with Medicines to carry off the Ague by sweat; in this case taking an opportunity from the remission, be it never so small, for that is all is left me, I give the Powder just after the Fit, as near as I can guess, *viz.* every fourth Hour, as I said, making no matter of the Fit, because otherwise in so short an interval, the Alexiterick virtue of the Bark cannot be communicated to the Blood.

And tho' the Agues, which are now frequent amongst us, after one or two Fits incline to continual Fevers, yet since they must be referred to intermittents, I make no scruple to give the Bark, even in those that are most continual of this kind, which being repeated in the manner aforesaid, will undoubtedly bring the Patient to an Apyrexy, if the constant heat of the Bed, and the unseasonable use of Cordials have not made it a continual Fever; in which case, I have more than once observed, that the Bark will do no good. I never found that Wine, wherein

in the Bark is given (which one might well ſuſpect) did any harm to one in an Ague; but on the contrary, Heat, Thirſt, and other Symptoms of the Ague did preſently vaniſh after taking a ſufficient quantity of this Remedy, notwithſtanding the Wine. But here it is to be noted, that the nearer the Ague comes to a continual Fever, either of it ſelf, or by reaſon of too hot a Regimen, ſo much the more need is there of a greater quantity of the Bark; ſo that ſometimes I have found it neceſſary to give an Ounce and an half, and ſometimes two Ounces, before the Diſeaſe wou'd go off.

And whereas there are ſome that cannot bear this Bark in form neither of a Powder, nor of an Electuary, nor yet of Pills, I give them an Infuſion made in the Cold; that is, I infuſe for ſome time two Ounces of the Bark groſsly powdered in a quart of Rheniſh-wine: This Liquor being ſeveral times paſſed through *Hippocrates's* Sleeve, is of a clear colour, and not ſo offenſive, but that it may be taken by the moſt delicate Palate; four Ounces of the ſaid Infuſion having ſtood ſeveral days, ſeem to contain the virtue of one Dram of the Bark given in Powder; which, becauſe it is neither ill taſted, nor burthenſome to the ſtomach, may be taken twice as often as any other form of this Medicine, *viz.* till the Fits are gone.

And ſometimes it happens, that when this Diſeaſe has not come to a regular Type, the Patient, by reaſon of Vomiting, almoſt continually, cannot retain the Bark in his ſtomach, in whatſoever form it is given; in this caſe, the Vomiting muſt firſt be ſtopt, before the Bark can be uſed; to which end I order, That he take a Scruple of Salt of Wormwood in a Spoonful of the freſh Juice of Lemons, ſix or eight times in the ſpace of two hours, and afterwards ſixteen drops of *Liquid Laudanum* in one Spoonful of ſtrong Cinnamon-water; and ſoon after, if the Vomiting ceaſe, let him begin the Uſe of the Jeſuits Powder.

For Children, whoſe tender Age can ſcarce bear, that this Remedy be taken in any other form, at leaſt in ſuch a quantity as may be ſufficient to cure the Diſeaſe, I uſed to preſcribe the following Julap.

Take

Take of Black-Cherry-water and Rheniſh-wine, each two Ounces; of the Peruvian-bark finely powdered, three Drams; of Syrup of July flowers, one Ounce: mingle them, and make a Julap; let him take a ſpoonful or two every fourth Hour, according to the Age, till the Fits go off; drop into every other Doſe, if there be a Looſeneſs, one or two drops of Liquid Laudanum.

It is to be noted moreover, that the ſhort diſtances betwixt the fits in Tertians and Quotidians, do not allow time ſufficient to tinge the Blood throughly with the Febrifuge virtue of the Bark. Therefore it cannot be ſuppoſed, that the Sick ſhould ſo certainly miſs the next Fit after his taking it, as it uſually happens in a Quartan, for in theſe, the Medicine often will not perform the promiſed Cure under two days time.

And you muſt obſerve, that if the Patient, notwithſtanding the Caution above delivered, does nevertheleſs relapſe, which ſeldomer happens in a Quartan, than in Tertians, and Quotidians, yet it will be the part of a prudent Phyſician, not to inſiſt too pertinaciouſly upon the method of giving the Bark at the ſaid diſtances, but to attempt according to his judgment the cure by ſome other means; to which, above the reſt, the bitter decoction is generally held to conduce much.

As to Diet and other regiment, the ſick muſt be neither kept from Meat nor Drink, of what kind ſoever it be, that which gratifies his ſtomach, Summer-fruits and cold Liquors only excepted, for they weaken the Maſs of Blood, and are apt to occaſion the return of the Ague: Let him therefore eat Fleſh of eaſie concoction, and of good juice, and let him uſe a little Wine for his ordinary drink, whereby alone, I have ſometimes reſtored ſick perſons, even thoſe whoſe bodies being weakned with the frequent return of the Ague, have eluded the vertue of the bark.

Nor ought the Patient unadviſedly to commit himſelf to the cold Air, till the Blood has obtained its priſtine vigour again.

But it is to be noted here, that when heretofore treating of Agues, we admoniſhed that the Patient was to be well

well purged after the diſeaſe went off: this is to be understood only of thoſe Agues that either went off of their own accord, or were cured by ſome other method, and not by the Jeſuits Powder; for when the Cure was perform'd by this Remedy, of which we now ſpeak, there was no need of Purging, nor truly wou'd it bear it, ſo powerfully does the bark reſiſt the Fits, and that ill diſpoſition which they bring upon the Body; therefore all ſorts of Evacuations are by all means to be avoided; for the gentleſt Purge, yea a Clyſter of Milk and Sugar will certainly put the Patient in danger of the return of the Diſeaſe, and perchance of Death it ſelf.

And here it is to be remembred, that a certain great Symptom ſometimes came upon theſe Agues the firſt years of this conſtitution; namely, their Fits did not come with ſhaking and ſhivering, and afterwards the Fever following; but the ſick had plainly the ſymptoms of an Apoplexy, though indeed it were nothing elſe, how like ſoever to this Diſeaſe, than the Fever falling on the Head, as was ſufficiently evident by other ſigns, as well as by the colour of the Urin, which in Agues is commonly of a deep red, as is the Urin of people affected with the Jaundice, though not quite ſo red, and likewiſe puts off a Sediment like Brick-duſt; in this caſe, though all Evacuations of every kind ſeem to be indicated for the revulſion of the humours from the Brain, as is wont to be done in a true Apoplexy, yet they are wholly to be omitted, becauſe they are very injurious in the Ague, the Original cauſe of this ſymptom, and moreover haſten death, as I have known; but on the contrary, we muſt wait till the Fit goes off of its own accord, at which time the Bark is preſently to be given, if it could not be taken before, and muſt be carefully repeated in the ſpaces, that are free from the Fits of this kind, till the Patient is quite well.

Sometimes it happens, though very rarely, that old Men, that have had a long time this Diſeaſe, and have been unskilfully puniſhed with Bleeding and Purging, fall into a *Diabetes*, when the Fever is perfectly cured; for their Blood, weakned on this account, being quite diſabled, cannot aſſimulate the Juices brought to it, and they are put off crude and unconcocted, by the urinary

paſſages

passages, and by reason of a prodigious quantity of Urine voided as often as they make it, the strength is by degrees impared, and the substance of the Body as it were washed away: in this case, as well as in every Diabetes, by what means soever occasioned, the curative Indications are wholly to be directed to the invigorating and strengthning the Blood, and likewise to stop the Preter-natural Flux of the Urine.

Take of Venite Treacle one Ounce and an half, of the Conserve of the Yellow peel of Oranges one Ounce, of Diascordium half an Ounce, of Ginger and Nutmegs candied, each three Drams, of Gascoigns Powder one Dram and half, of the outward Bark of Pomegranates, of the roots of Spanish Angelica, of red Coral prepared, and of the Troches of Lemnian Earth, each one Dram, of Bole-Armenick two Scruples, of Gum Arabick half a Dram, with a sufficient quantity of Syrup of dry'd Roses, make an Electuary: let him take the quantity of a large Nutmeg in the Morning, and at five in the Evening, and at bed time, for the space of a Month, drinking upon it six spoonfuls of the following Infusion.

Take of the roots of Elecampane, Masterwort, Angelica, and Gentian, each half an Ounce, of the leaves of Roman Wormwood, white Horehound, of the lesser Centaury, and of Calaminth, each one handful, of Juniper-berries one Ounce; let them be cut small, and infused in five Pints of Canary; let them stand together in a cold Infusion, and strain it as you use it.

Let him be fed with Meats of easie digestion, as with Veal, Mutton, and the like; let him forbear eating of Herbs, and all Fruit whatever, and let him drink Spanish Wine at every Meal.

That lasting and obstinate Disease, the Whites in Women, is cured almost the same way, and by the same Remedies as is the Diabetes just now mentioned; for the curative Indications are in both the same, how different soever these Diseases may seem to be; but in the cure of the Whites, bleeding must be used once, and purging thrice with two Scruples of *Pil. Coch. Major* before corroborating

roborating Medicines are preſcribed ; but in the whole proceſs afterwards they muſt be no more uſed ; for all ſorts of Evacuations render the Virtue of corroborating Medicines ineffectual. But this by the bye.

I thought it neceſſary to ſay thus much briefly concerning the uſe of the *Peruvian* Bark, for I did not intend to indulge the Pomps of Remedies ; and indeed they that add any thing to the Bark beſides a Vehicle neceſſary to carry it to the Stomach, either do it ignorantly, or deceitfully in my Opinion, which any good man ſhou'd abhor, and ſhou'd be drawn to ſuch a Fraud by no private advantage, he being part of the common Nature. As to what remains, if men had pleaſed to turn to what I had written four years ago in the Hiſtory of acute Diſeaſes, (which I alſo knew before that time) *viz.* in what manner the Bark was to be given in the ſpaces betwixt the Fits, and how it was afterwards to be repeated, when the Sick recovered, perhaps not a few of thoſe had been living which are now dead, how much ſoever men contemn'd my endeavours for the publick good, and deſpiſed the Admonition there delivered in the following words, wherein are briefly contained thoſe things, which have been treated here largely, *viz.*

But great care muſt be taken, that the Bark is not given too ſoon, namely before the Diſeaſe has ſomewhat waſted it ſelf (unleſs the weakneſs of the Patient requires, that it ſhould be given ſooner) for it is not only to be feared, that it ſhould be rendred ineffectual by the too early uſe of it, but alſo leſt it ſhou'd endanger the Patients life, if a ſtop ſhould be ſuddenly put to the Blood, whilſt it is endeavouring its Deſpumation with all its might. In the next place no part of the Febrile matter is to be drawn away by Purging, much leſs by Bleeding, that the Bark may perform its buſineſs the better ; for by either of them the Oeconomy of the Body is weakened, and ſo the Fits may more readily and certainly return. When the Virtue of the Powder is gone, it ſeems to me more beneficial to Tincture the Blood leiſurely with the aforeſaid Medicine, and a good while before the Fit, than to endeavour at once to hinder the Fit juſt approaching, for by this means the Remedy has more time to perform its buſineſs thoroughly, and then the Patient

is

s freed from the danger that might happen by a ſudden nd unſeaſonable ſtop, by which we endeavour to op- reſs the Fit, that is now about to exert it ſelf with all s might. Laſtly, the Powder is to be repeated in ſuch hort Intervals of time, that the Virtue of the former Doſe be not wholly ſpent before the other is given ; for y the frequent Repetition a good habit of Body will be ecovered, and the Diſeaſe wholly vanquiſhed, and for heſe Reaſons I like this Method more than any other.

Take of Jeſuits Powder one Ounce, of the Syrup of red Roſes two Ounces; mingle them ; let the Sick take the quantity of a large Nutmeg Morning and Evening daily of thoſe days the genuine Fit does not come, till he has taken all the Confection, and let it be repeated once in a fortnight for thrice.

But tho' the Bark above mentioned excels all other Medicines, which have been hitherto found out, yet n vernal Tertians, if the Patient be of a Sanguine Conitution,and in the flower of his Age,I have obſerved the Cure has been performed by the following Remedies ; or inſtance, let the Patient be Blooded in the Arm on is well day, and ſome hours after in the ſame day, give Vomit of the Infuſion of *Crocus Metallorum*, and ſo rder the time, that the Vomit may have done working efore the Invaſion of the following Fit, and preſently fter it is off,let him enter upon the uſe of the following.

Take of the extract of Gentian,Wormwood, and the leſſer Centaury, each two Drams, mingle them and divide them into nine Doſes, whereof let him take one every fourth hour, drinking upon it of the bitter decoction without Purgers, and of White Wine, each three Ounces.

There is another method of Curing theſe Tertians in oor people, who are not able to bear the Charge of long Proceſs.

Take of Virginian Snakeweed finely powdered one Scruple, of White Wine three Ounces ; mingle them, let the Sick take it two hours before the Fit, and being well covered

with Cloathes, let him Sweat three or four hours, and let it be repeated twice, when the Fit approaches.

The following Year, namely 1679. at the beginning of *July* the ſame Fevers returned again afreſh, and increaſing daily, raged very violently in *Auguſt*, and were very deſtructive; but having now treated largely of theſe, I will add no more, only that they gave way to a new Epidemick depending on the manifeſt diſpoſition of the Air in *November*; for at the beginning of *November* Coughs entered, that were more Epidemical than others I obſerved in other years, for they ſeized almoſt all in every Family; ſome of theſe did not much require Phyſick, but others did ſo violently ſhake the Lungs, that the Sick did ſometimes Vomit up what was in his Stomach, and was giddy by reaſon of the violence of the Cough. On the firſt days moſt commonly, the Cough was dry, and brought up nothing; but when it continu'd a while, a little matter was expectorated: In a word, upon the account of a little matter that was expectorated, and the violence of the Cough, and the duration of the Fits, it ſeemed like the Convulſive Cough of Children, only it did not rage ſo violently: but in this it exceeded the Convulſive Cough, *viz.* it invaded the Sick with a Fever, accompanied with the uſual Symptoms of it, which I never yet obſerved in Childrens Coughs.

Tho' Coughs uſually are troubleſome at the beginning of *Winter*, yet all wondered that they were ſo very frequent this year: and I ſuppoſe it chiefly happened for this reaſon; *October* being more rainy than uſual, for indeed it was almoſt continually raining, and men's Blood agreeing with the Seaſon, ſucking in plentifully crude and watry Particles, and Tranſpiration through the Pores, being hindred by the firſt coming of the Cold, Nature endeavoured to caſt them out by the help of a Cough, through the Branches of the Arterious Vein, or as ſome will have it, through the Glands of the *Aſperia Arteria*. I was well ſatisfied, that the Cure muſt be performed, when there was occaſion of a Phyſician, both by Evacuation, by Bleeding and Purging; nor can the ſuperfluous Particles of the *Serum* be ſo commodiouſly ejected by any other method, as by bleeding and purg-

ing

ing, which do mightily empty the Veins. As to Pectoral Remedies, beſides that they pleaſe the Patient; I do not ſee what good they do in removing the cauſe of the Cough; for their main buſineſs is either to thicken the matter, when being too thin it cannot be ſpit up, or to make it thin, when by reaſon of its Clammineſs it is difficultly Coughed up; this I am ſure of, much time is waſted to no purpoſe about theſe things, and that ſometimes the Maſs of Blood is ſo much weakened by the retention of the Particles of *Serum*, that they are offenſive to Nature, and that moreover the Lungs provoked by the Cough are ſo ſhaken by the violent, and almoſt continual Motion, that a Conſumption is often occaſioned, from whence the Sick ought to be freed by haſtning the Cure; nor are *Sudorificks* much ſafer uſed, by the uſe whereof, the Sick ſometimes falls into a Fever, and ſometimes alſo the Particles of the Blood, that are eaſily inflamed are thruſt upon the *Pleura*, and ſo a Pleuriſie is occaſioned, which through the Courſe of this Epidemick Cough happen'd to a great many men, and was very dangerous. Wherefore I took a moderate quantity of Blood from the Arm, and applyed a large and ſtrong Bliſter to the Neck, that ſome part of the Peccant matter might be carried another way; afterwards I gave daily a gentle Purge, *viz.* of *Sena*, *Rhubarb*, *Manna*, and *Syrup of Roſes Solutive*, till the Patient was quite well, or till the Symptoms were very much leſſened; or if Pills pleaſed the Sick better, I ordered him to take two Scruples of the *Pil. Coch. Major*, every day at five in the Morning, and ſleep after them.

And with this method, *viz.* By Bleeding and Purging, and by this alone the Childrens hooping Cough is cured, which is otherwiſe very laſting, and almoſt incurable. What others are able to do in this caſe I know not, I am ſure I have ſpent much time to no purpoſe, in trying various, and almoſt all kinds of Medicines; but only gentle Purges muſt be uſed, and they muſt be taken by ſpoonfuls according to the Age, which gentle Evacuation cures this Cough, as I ſuppoſe, becauſe tho' not much ſerous Humour is found in the Lungs, yet hot and ſpirituous Vapours being tranſmitted from the Maſs of Blood to the Lungs, at ſet times, occaſion theſe violent Fits of Cough-

ing in Children, and the violent force of theſe upon the Lungs can ſcarce be ſo well ſtopt or prevented by any other method, as by this, whereby a motion contrary to the former, to wit, by the Bowels, turns the cauſe of the Diſeaſe.

But in Epidemick Diſeaſes, of what kind ſoever they are, if they have newly ſeized the Sick, great care muſt be taken, that he be not purged before Bleeding; for the Diſeaſes that depend on an Epidemick Conſtitution of the Air are either Fevers, or upon the leſt occaſion turn to them, for the Fever is eaſily kindled by the Tumult, raiſed in the Blood, and Humours, by the gentleſt purge, and by the heat that follows it, which otherwiſe Nature had carried off by the accuſtomed Evacuations of the Morbifick matter, as in a Cold, or in the Epidemick Cough, of which we now treat, or in a Looſeneſs, when a Fever raging Epidemically is diſpoſed to it. The ſame may be ſaid of any other Conſtitution of the Air, wherein the Body is determined to ſome certain kind of Fever, which does not always actually invade, but by the Guidance of kind Nature, the Fomes of the Diſeaſe is caſt out of the Blood, by the help of ſome Evacuation, that is agreeable to its Genius. This I conſtantly affirm, tho' it be the cuſtom to give Purges before Bleeding, or which is worſe, that being wholly omitted; although it may be objected, that the Feculencies lodged in the firſt Paſſages, are carried to the empty Veins, as often as Blood is drawn before purging; yet it is moſt certain that the Evacuation which goes before Bleeding, can no way compenſate the injury, brought upon the Blood by the Tumult raiſed by the Purge, and it cannot be denied, that a Purge taken preſently after Bleeding works much gentler, and does not ſtir and heat the Blood ſo much as it uſes to do, when it has been uſed before Bleeding; and I ſuppoſe not a few, eſpecially Children, have periſhed by reaſon this was either unknown or neglected, and this is very manifeſt to me by much Experience: Experience, I ſay, the beſt Guide, by whoſe Laws and Rules, unleſs Phyſick be exerciſed, it were better there were no ſuch thing; for the life of Man is too much trifled with, when on this hand Empericks, that are ignorant of the Hiſtory of Diſeaſes, and the method

of Cure, ſet up only with Receipts, and on the other hand, vain triflers that place all their hope in Speculations, and ſo both deſtroy more than the Diſeaſes would if they were left to themſelves. But that is Practice, and that alone will help the Sick, which draws its curative Indications from the very *Phænomena* of the Diſeaſes, and confirms them by Experience; by which means the great *Hippocrates* obtained his height; and if by this method the medical Art had been delivered by any one, though the cure of one or two Diſeaſes might have been known by any of the common People; yet the whole Art would then have required more skilful Men, than now it does, nor would it have been any whir degraded thereby; for there is much more ſubtilty in the Operations of Nature, on the Obſervation whereof true Practice is founded, than is found in any Art that is ſupported by the beſt *Hypotheſis*, and the medical Art, which Nature teaches, would much more ſurpaſs an ordinary Capacity, than that which is taught by Philoſophy. Fevers will confirm what I ſay, which take up two parts in three of the Phyſical Practice, and I appeal to any one, that is but moderately thinking, whether I ſpeak true or no; for which of the moſt ignorant Quacks will confeſs himſelf unfit to cure this Diſeaſe, if according to the common Opinion theſe two Indications are only to be minded, *viz.* that the matter occaſioning the Diſeaſe be ejected by the help of *Sudorificks*, and that care be taken to remove thoſe Symptoms which come upon ſuch Evacuations; for he is very ſure that *Venice-Treacle*, Compound-powder of Crabs-eyes, and the like taken inwardly, together with a hot *Regimen* will force Sweat, which is all he propoſes to himſelf in the cure of this Diſeaſe, eſpecially if he has been acquainted with the word Malignity; and as to mitigating the Symptoms, he has *Diacodium* in readineſs to cauſe ſleep, when the Sick cannot reſt, and a Gliſter when the Body is bound, and ſo of the reſt; but he is not able to underſtand of himſelf, nor by his file of Bills, what ſort of Fever that is, which he endeavours to cure, if we believe (future Ages, perhaps will believe it) that there are various ſorts Fevers, whereof each requires a method of cure different from others, and moreover that one and the ſame

Fever, whatſoever it is, requires one way, when it firſt breaks out, and another a little contrary through all its degrees, as long as it laſts. And by what means ſhall he that is ignorant of the natural Hiſtory of the Diſeaſe collect the curative Indications of this or that *Phænomenon*, that is not very remarkable; (for the Hiſtory of the Diſeaſe can only ſhow the true method of cure) for he cannot judge whether this or that *Phænomenon* proceeds from the Diſeaſe, or from his method of cure. A day would ſcarce ſuffice to reckon up the various Subtilties which are to be obſerved in the curing of this and other Diſeaſes; and there being ſo many things, and of ſo great moment required to free Men from Death, there will be always room for Poſterity to add ſome thing to thoſe Obſervations, wherein is delivered almoſt the infinite Variety of Operations of Nature in the Productions of Diſeaſes, and the curative Indications are enumerated which are drawn from the ſame Fountain. The Art wou'd not therefore become contemptible if things of this Nature were publiſhed, but be rather more illuſtrious, and being render'd more difficult, none wou'd be accounted legitimate Phyſicians, but ſuch as were wiſe and of a ſound Judgment. But this by the bye.

The Coughs aforeſaid, if they were ill managed, occaſioned a Fever like that which raged ſo Epidemically in the Winter in the Year 1675, an account whereof I gave in the fifth Section, Chap. 5. of my Book of acute Diſeaſes: but this Fever only proceeding, and being an effect of the Epidemick cough, I cur'd it by the ſame method, which was uſed for the Cough above-deſcribed, namely by bleeding, by applying a Bliſter to the Neck, and by purging thrice: for tho' in a Cough without a Fever no time was ſet, how long the Sick ſhou'd be purged; for as I noted above, it is to be continued till the Sick was either quite well, or till the Symptoms were much leſſened: but in the Fever, which proceeded from the Cough, purging ordered for three Days was ſufficient to quell it; which I have often obſerved in the Conſtitution we now treat of.

But here it is to be noted, that tho' this Fever when it firſt began was accompanied with troubleſome Deſluxions on the Lungs, yet after a Month or two, when

the heap of the *Serum* was leisurely ejected from the Blood, the Fever was plainly of the same Nature, tho' it was not accompanied with any Cough, (the impression of an ill Disposition remaining yet in the Blood) and therefore it did not require a Cure different from that which the Cough accompanied.

But this Fever continued in the same manner we have said till the beginning of the Year 1680, wherein I wrote these things, at which time also, as the Year proceeded, Agues began to appear, and from that time, till the beginning of the Year 85, in which I publish this Edition they continued the same; for now tho' they are not so Epidemical in this City, as they were the first four Years, and are also milder; yet in other places here and there, they rage as much, and are as violent as before; and the general Constitution does so much favour Agues to this very Day, that I can affirm, that for this time I have not observed one continual Fever, unless by ill management it was made so; nor was there one of these I call Intercurrents, tho' they most commonly come every Year, so mightily inclined was this Constitution to produce Agues, and the force of it undoubtedly must be abated, before that which I call the depuratory Fever can rage Epidemically; for in the Species of Agues Nature seems to make too much hast, and to run through, by reason of the quickness of its motion, the seasons of preparing the Morbifick matter, and of its despumation, too soon, which is otherwise in the depuratory Fever, wherein the signs of the concoction of the Febrile matter to be ejected, sometimes by Sweat, or rather by plentiful Transpiration, do not appear before the thirteenth or fourteenth Day. These things being well considered, without doubt those depuratory Fevers, which reigned in the Years 61, 62, 63, 64, were as it were the *Feces* of some Agues, which raged before that time for a certain Series of Years, (but how long they prevailed I do not know) for when the Constitution, which favoured Agues began to grow mild and old, the Fevers which it afterwards produced were more humoural, and earthy; and for that reason, they were slower in purifying the Blood, whereas those in the first Years of the Constitution were founded upon more subtile Principles, and being Intermittents

mittents were wont to run their Courſe quickly. Now if things are ſo, it ſeems probable to me, that this Fever, I mean Depuratory, will return as ſoon as this preſent Conſtitution a little abates, and that it will continue for a certain Series of Years, before the Plague breaks out. But through all theſe Years how many ſoever they ſhall be, wherein this Fever ſhall rage, Agues may now and then exert themſelves, and perhaps ſometimes for a ſhort while become Epidemical, namely, when ſome manifeſt quality of the Air ſhall favour them. I cannot ſay whether the Peruvian bark will as certainly cure this Fever, as it does the Agues that are now; but in curing the Plague, and continual Epidemicks which will orderly follow this, no other effects are to be expected from it, than thoſe we now find in a Pleuriſie, *Peripneumonia*, *Angina*, and ſuch like inflammatory Fevers, wherein it does not only do no good, but is plainly injurious. But however it be, one Epidemick will ſucceed another for the future in the way we have ſaid, if Nature keep the ſame order ſhe has obſerved for theſe twenty four Years laſt paſt.

And this is in a manner all, worthy Sir, which I have obſerved concerning the Epidemick diſeaſes of the Years laſt paſt. As to the Cure of a Rheumatiſm, for of that you inquired alſo, I have often been troubled as well as you, that it could not be performed without the loſs of a great deal of Blood, upon which account, the Sick is not only much weakened for a time; but if he be of a weakly Conſtitution, he is moſt commonly rendred more obnoxious to other Diſeaſes for ſome Years, when afterwards the matter that cauſes the Rheumatiſm falls upon the Lungs, the latent indiſpoſition in the Blood being put into motion by taking cold, or upon ſome ſlight occaſion. For theſe reaſons I endeavoured to try for ſome other method different from bleeding, ſo often repeated to cure this Diſeaſe; therefore well conſidering that this Diſeaſe, as I long ago mentioned in my Hiſtory of acute Diſeaſes, proceeded from an inflammation, which is manifeſt from other *Phænomena*, but eſpecially from the Colour of the Blood, which was exactly like that of Pleuriticks; I thought it was probable, that this Diſeaſe might be as well cured by ordering a ſimple, cooling, and moderately nouriſhing Diet, as by bleeding repeated, and

thoſe

those inconveniencies might be avoided, which accompanied the other method, and I found that a Whey-diet used instead of bleeding did the business.

After the last Summer, my Neighbour *Malthus* the Apothecary, an honest and ingenious Man, sent for me: He was miserably afflicted with a Rheumatism accompanied with these Symptoms; he was first lame in the Hip for two Days, afterwards he had a dull pain upon his Lungs, and a difficulty of breathing, which also went off in two Days time; afterwards his Head began to pain him violently, and presently the Hip of the Right-side, which was first seized, and afterwards according to the Course of the Disease, almost all the Joints, both of the Arms and Legs were afflicted by turns; he being of a weak and dry Habit of Body, I was afraid, that by taking away much Blood, his Strength before but infirm, would be wholly vanquished, especially the Summer being so far spent, it was to be feared, Winter would come before he could recover his Strength wasted by frequent bleeding, and therefore I ordered, that he should feed on nothing but Whey for four Days; afterwards I allowed him besides the Whey, White-bread instead of a Dinner, namely, once a Day till he was quite well; he being contented with this thin Diet continued the use of it eighteen Days, only at last I indulged him Bread at Supper too, he daily drank eight Pints of Whey made at home, wherewith he was sufficiently nourished. After these Days, when the Symptoms did no more vex him, and when he walked abroad, I permitted him to eat Flesh, namely, of boiled Chickens, and other things of easie Digestion; but every fourth Day he was dieted with Whey alone, till at length he was quite well, the inconveniencies which I mentioned above being remedied by this method, with which he was grievously afflicted ten Years before, bleeding being then used by my order for his Cure, and often repeated.

If any one shall contemn this method, because it is plain, and in-artificial, I wou'd have such a one know, that only weak People despise things for their being simple and plain, and that I am ready to serve the Publick, tho' I lose my Reputation by it, and I will say, that I

do

do not at all queſtion, were it not for common prejudice, that it the ſaid method might be accommodated to other Diſeaſes, the Names whereof I conceal at preſent, and that it would be more beneficial to the Sick, than the common Pomp of Remedies, that are uſed for People, when they are juſt a dying, as if they were to be ſacrificed like Beaſts.

And that thoſe things, which are counted vile and of no worth, may ſerve to free Men from Death, when they are managed by a skilful Phyſician, I will ſhew by one Obſervation, which, tho' it have no relation to the Diſeaſe we are now treating of, is not wholly different from the Scope I propoſe. Two months ago, one in my Neighbourhood deſired me to viſit his Servant, who had taken a great quantity of Mercury ſublimate, that was melancholy upon the Account of Love, I came about an Hour after the Poyſon was taken, and the Mouth and Lips were very much ſwelled, and he was violently ſick with a burning Pain in the Stomach, and was almoſt killed with Heat; I ordered that he ſhould drink three Gallons of warm Water, as ſoon as poſſible he cou'd, and that as often as he vomited he ſhou'd fill his Stomach again with it, I alſo ordered that his Bowels ſhou'd be waſhed with warm Water without any thing elſe, being plentifully injected, when he firſt perceived by Gripes that the Poyſon went downward, the Wretch obeyed, being now very deſirous to live, and drank more Water than I order'd; his Friends that were by learn'd of him, that the Water which he firſt vomited was very acrid, by reaſon of the poyſonous Salt; but that which was from time to time vomited up was leſs acrid, till at length it became inſipid, and the Gripes were taken off by the Water-gliſters, and without any more ado, by the Bleſſing of God he recovered in a few Hours, only his Lips did not preſently aſſwage, and his Mouth was yet ulcerated by the Particles of the Poyſon, which were brought up with the Water by vomiting, but theſe Symptoms went off in four Days time by a Milk-diet only, I preferred the Water before Oyl, (which ignorant People are wont to throw away with their Pains) and any other Liquour, becauſe it being very thin it ſeemed to me fitter

ter to abſorb the ſaline Particles of this Poyſon, than any other Liquour, that was thicker, or impregnated before with Particles of ſome other Body.

But to return to the Rheumatiſm, how convenient ſoever a Milk-diet may be for young Men, and for thoſe that have lived temperately, and by meaſure, yet it is not ſafe to treat People in years with this method, or ſuch as have been for a long while too much addicted to Wine, and other ſpirituous Liquours; for it injures ſuch Mens ſtomachs, and by reaſon of the great Chilneſs it brings upon the Blood, it makes way for a Dropſie; therefore in this Caſe, it is beſt to cure the Patient almoſt in the ſame manner I have ſet down in Chap. 5. of the ſixth Section of my Book of acute Diſeaſes, tho' ſince I wrote that, I have found by experience, that it is better after the ſecond, or at moſt after the third Bleeding to give Catharticks often, and to repeat them, till all the Symptoms go off, than to do all by Bleeding; for Purging aſſiſting Bleeding in the Cure of the Diſeaſe, the buſineſs may be carried on without a great loſs of Blood, and beſides by this means, there will be room for Paregoricks, from which otherwiſe we muſt abſtain, how great ſoever the Pain ſhould be; for by them the Diſeaſe is fixed, nor does it ſo eaſily yield to Bleeding. But thoſe Purgatives are to conſiſt only of Lenitives, as of *Tamarinds*, *Sena*, *Rhubarb*, *Manna*, and *Syrup of Roſes ſolutive*, whereas others made of *Scammony*, *Jalap*, and the like, cauſe a Tumult, and heighten the Pain. At Bedtime every Night after the Purge has done working, you muſt give an Ounce of *Diacodium*, ſomewhat earlier than is uſual.

But here it is to be noted, that I have obſerved a certain Symptom, ſometimes like a Nephritick pain, as to the intolerable Pain of the Loins, which being wont to follow Agues, ariſes from a Tranſlation of the Febrile matter upon the Muſcular parts of the Body; but this Symptom requires no other method of Cure, than the Ague whereon it depends, for it is heightened by frequent Bleeding, and any other Evacuation, and the Patient's life is endangered thereby. I thought good to mention thus much of this Symptom, that it might not impoſe on any one.

And

And theſe things, worthy Sir, are what I have obſerved of the Diſeaſes, you inquired about, and if they ſhall pleaſe you and profit others, I have my Deſire: however I have done what I could to perform my Duty.

SIR,

Your Devoted Servant,

Tho. Sydenham.

To my very good Friend, the Learn'd Dr. Sydenham.

Worthy Sir,

THE Art of Phyſick has been much improved by your excellent Hiſtory of acute Diſeaſes, eſtabliſhed by diligent Obſervation, and faithful Experience, not written to gain Money or Fame, but with great Integrity and Honeſty; for you only endeavour to perform your Duty, and to be every way beneficial to the preſent Age. I have hitherto concealed what I was much deſirous to do; but perhaps others at a greater diſtance have done it before me, he that praiſes what you do, urges that you ſhou'd do ſomething, for which you may be further praiſed. It is the greateſt difficulty to treat of acute Diſeaſes, for they paſs ſo ſwiftly, that unleſs they are ſtopt opportunely the Life is in extreme danger, and it cannot be relieved after by any help; you have obſerved all the Moments of them, and what is neceſſary to be done in every juncture. Indeed your Works are ſo perfect, that nothing cou'd be added to them, if you had not promiſed more, *viz.* of Chronical Diſeaſes; theſe will bear a truce, and allow time to be examined and judged of.

We have often heard of that abominable Diſeaſe the French-pox, the ignominious Original whereof the Euro-

pean

pean Nations carefully endeavour to cast from themselves, and that the Foot-steps of it may be more obscured, they banish it to the most distant *Indies*. It is a very fit punishment for Whores for their exorbitant and untameable Lust; and it is perhaps the harder to be removed, that the Repentance for it may be the more severe; and he seemed to be touched with a Sense of Humanity, and of Sin together, who openly wished, that his filthy Disease should be but once cured. But seeing now the Cure of it is chiefly managed by Mountebanks and Empericks, and the like, they either by Fraud, or Unskilfulness, so long deferr, and protract the Cure to the great charge, and greater trouble of the Sick, that he is weary of his Life, by reason of the Severities, and the tediousness of the Cure, and may count it better to be sick, than to be cured; therefore I friendly claim your promise, and intreat you, that if you have any thing to say of this matter, you wou'd publish it first, as an earnest of the rest, and that you would kindly and candidly shew, by what method and by what means, he that is seized with this Disease may be sooneſt cured. It is enough for the Sick to be punished by God; it would be hard if he should be punished more by the Physician. This would be well received by many, and I shall receive some part of the Thanks, because such a Treatise so much desired was published at my request.

SIR,

Your Humble Servant

H. Paman.

To

To the Learned Dr. Henry Paman, *Fellow o*
St. John's *College in* Cambridge, *Universit*
Oratour, and Profeſſour of Phyſick in Greſham
College London.

ALtho', worthy Sir, you are pleaſed in civility an
kindneſs to me to term my Book of acute Diſeaſe
perfectly accompliſhed, yet I am ſo ſenſible of my ow
weakneſs, and of the imperfection of that Treatiſe, tha
I count, I have only chalked the way, whereby other
of better parts may find the Knowledge, and Cure o
the ſaid Diſeaſes.

——Fungor vice cotis acutum,
Reddere quæ ferrum valet; exors ipſa ſecandi.

And truly ſo various, uncertain, and delicate, as I ma
ſay, is Nature, and ſo does ſhe vary in producing Di
eaſes, that it is not in the power of one Man, how lon
liv'd ſoever he is, to deſcribe particularly the vario
Phænomena of them, and their proper Cures: one Ma
did I ſay, ten Men may certainly be well employ'd, ſu
ceeding one another for ſo many Ages, and alſo of exce
lent parts, and unwearied induſtry, and very converſa
in Practice, ſo far am I from thinking that I have o
tained the Art of Phyſick, or ever ſhall.

Mecum habito, & novi quam ſit mihi curta ſupellex.

As to thoſe Chronick Diſeaſes, which I promiſed
write of, I am ſo very earneſt to do it, that if I kno
my own mind, I do not ſo much deſire to live upon a
other Account as upon that, that I may be ſerviceable
ſome ſort in this reſpect to Mankind. But I every Day
how difficult and hazardous a Task it is, (eſpecially
m

me, who have not Abilities enough for such an undertaking) for among Physical Writers, if you except *Hippocrates* and some very few others, scarce any Footsteps can be found, whereby I might trace thro' these impassable ways, obstructed with so many Difficulties; for the lights and helps, which Authors promise are rather *Ignes fatui*, than true lights, which rather misguide to Rocks and Precipices, than direct for the finding the Genuine method of Nature; for most of their Writings are built upon Hypotheses proceeding from their own Fancies, and the very *Phænomena* of Diseases, of which the History of them consists, as they are described by these, are modled in the same Shop of Suppositions, and the very Practice, wherewith they undertake Diseases, (which is the certain Plague, and Destruction of mankind) is suited to this kind of *Postulata*, and not according to the truth of the thing, so reigning are these mens Whimsies, almost in every Page. And in the mean while the Directions of Nature are slighted. And yet notwithstanding if God shall grant life and leisure, I will try what I can do: For the present, that you may see, how ready I am to serve you, I offer this short Treatise of the French-pox, which I have only as yet fitted for the Press, as a Specimen of the whole.

But first I must acquaint you, that I have met with several, that have affirmed (either upon a good design, that they might fright incontinent Persons from sin, by the fear of following Punishment, or because they would be thought very Chast) that the cure of the French-pox ought not to be taught: but I do not agree with them, because there would be scarce any room left for Charity, or for doing good turns, if those mischiefs, which unthinking People do bring upon themselves by their own fault, were not to be kindly remedied; it belongs to God Almighty to punish the Guilty, but it is our Duty to help the miserable, as much as we can, and to cure the Sick, and not to search too nicely into the cause, or to vex them with our Censures; I will therefore deliver, what I have observed, and what I have try'd in this Disease, not that I design to make men worse, but to cure their Bodies which is my business.

The French-pox came firſt from the *Weſt Indies* into *Europe*, in the Year 1493, for before that time, the name of it was not ſo much as known amongſt us; upon which account the Diſeaſe is commonly thought to be Endemial in thoſe parts of *America*, where we firſt planted our Colonies: But it ſeems rather to me to have taken its riſe from ſome Region of the Blacks near *Guinea*, for I have learn'd from many of our People of good Credit, who live in the *Caribbee Iſlands*, that the Slaves brought from *Guinea*, even before they land, and alſo thoſe that live there, have this Diſeaſe without impure Copulation, ſo that often a whole Family, Man, Wife and Children have it; nor does this Diſeaſe which often afflicts theſe miſerable People any whit differ from the French-pox, as far as I can underſtand, as to the Pains, Ulcers, and the like, reſpect being had to the diverſity of Climates, though the name is quite different; for they call it the *Yaws*; nor does the method of cure, which they uſe differ from ours, for Salivation does the buſineſs every where; notwithſtanding what we ſay of the great Virtue of *Guaiacum*, and *Sarſa Parilla* in the places where they grow, which are thought in a manner to loſe their Virtues in the long paſſage to us; it ſeems therefore probable to me, that the *Spaniards*, that firſt brought the Diſeaſe into *Europe*, were infected with it, by the Contagion of the Blacks bought in *Africa*, to ſome Nation whereof it may be Endemial; for there are many People that border upon *Guinea*, among whom that barbarous Cuſtom of changing Men for Ware prevails. But however it be, this contagious Diſeaſe creeping on by degrees, ſo infected theſe parts of the World, that if it had went on with the ſame Celerity it began, it wou'd have deſtroyed mankind within few Ages, or confined them to an Hoſpital, and made them wholly unfit for thoſe Offices, whereby humane Society is preſerved; only like Vegetables, being as it were tranſplanted from its own Country into another, it does not ſo much flouriſh in *Europe*, but languiſhes daily, and the *Phænomena* grows milder; for when it firſt came over, when any one was ſeized with it, it preſently contaminated his whole Maſs of Blood, with dreadful pains of his Head and Limbs, and ſhew'd it ſelf in Ulcers in va-

rious

rious parts. But it is an hundred years ago ſince it ſhew'd it ſelf firſt in the Species of a virulent *Gonorrhea*, and do ſo ſtill, endeavouring to go off that way, and it has no other manifeſt Symptom, only in a very few a ſmall Ulcer in the Privities, commonly called a Shanker, is the firſt ſign of the Diſeaſe, the venome whereof, becauſe it cannot be carried off by a *Gonorrhea*, invades and infects the Blood preſently.

This Diſeaſe is propagated either by Generation, and ſo the tender Infant is infected by one of the Parents, or by the touching of ſome ſoft part, whereby the Virulency and Inflammation inſinuate themſelves into the Body, upon occaſions to be mentioned in this place; firſt in Sucking, for inſtance, either an Infant may infect the Nurſe through the Pores of the Teates, or the Nurſe the Infant by its tender mouth. And Secondly, Children by lying in bed naked with thoſe that are infected; for tho' thoſe that are full grown, whoſe fleſh becomes firm by Age, can ſcarce be infected if they lie together, without impure Coition, yet the tender fleſh of Children eaſily receives the infection, which I have obſerved more than once in Children lying in bed with infected Parents. But Thirdly, the touching of a ſoft part, eſpecially in impure Coition, and by this was eſpecially, the Pox is convey'd; for the Yard being turgid with Spirits appointed for Generation ſoon ſucks in the infection from a venereal Ulcer, or Puſtle in the ſheath of the Womb. Either of which lying hid within, the Woman notwithſtanding may ſeem well; namely, the venom being ſo detained by the moiſture of thoſe parts, that it ſlowly invades the Blood; or is oftner diluted, or in ſome ſort ejected by the monthly Purgation. This Contagion in my opinion firſt ſeizes the fleſhy Subſtance of the *Glans*, and corrupting it firſt occaſions an Inflammation, and then an ulcerous Diſpoſition being induced by degrees, it cauſes the *Sanies*, which we ſee in a *Gonorrhœa* to drop gently into the *Urethra*, and I am induced to believe it is ſo, becauſe I have ſeen this kind of virulent matter ſweat out of the porous Subſtance of the *Glans*, and not caſt out of the *Urethra*; and there has been no Ulcer either in the *Glans* or *Præpuce*; but at length penetrating deeper, it cauſes

an untoward Ulcer in the *Proſtatæ*, which is often ſeen in the Bodies of ſuch as die of this Diſeaſe.

This Diſeaſe proceeds according to the degrees to be mentioned by and by, the Sick (ſooner or later, according as the Woman with whom he had Converſation has been more or leſs infected, and according to the Conſtitution which is more or leſs diſpoſed to receive the Infection) is firſt ſeized with an unuſual pain in the Genitals with a certain Rotation of the Teſticles afterwards, if he be not Circumciſed, a ſpot firſt like the Meaſles coming out, as to the colour and bigneſs, ſeizes ſome part of the *Glans*, and preſently after the riſe of this Spot, a Liquor diſtils gently like Seed, which daily receeding, both from the colour and conſiſtence of Seed, grows at length Yellow, but not ſo deep coloured as the Yolk of an Egg, and in a more virulent and intent Pox, it is not only Green, but mixed with a watry Humour much tinctured with Blood; the ſaid Puſtle turns at length to an Ulcer, which is at firſt like the *Aphthæ* in Childrens mouths, which eats daily deeper and wider, and the Lips become callous and hard, but it is to be noted, that the Puſtle now mentioned is ſeldom accompanied with a *Gonorrhea* in thoſe who have either before had a *Gonorhea*, or are Circumciſed, for their *Glans* being hardened by being often expoſed to the Air, and by being frequently rubed with rags, does not ſo eaſily perceive the Infection; and therefore thoſe that are Circumciſed are ſcarce ever troubled with this Ulcer of the *Glans*. A *Gonorrhea* is occaſioned only in this manner, other Symptoms preſently follow this, as firſt a great ſenſe of pain in the Yard as often as it is erected, and it ſeems as if it were preſt with a ſtrong hand, this chiefly happens in the Night, when the Sick begins to be hot in his bed; and this painful Conſtriction of the Yard in this State of the Diſeaſe, I count the *Pathognomonick* ſign; the Yard is alſo bowed by a Contraction of the bridle, which being according to its Nature ſtretched the Erection occaſions a violent pain; there is moreover a heat of Urine, which moſt commonly is ſcarce perceived in making water, but preſently after the Patient is violently pained through the whole Duct of the *Urethra*, eſpecially at the *Glans*; and ſometimes alſo, the

Urethra

Urethra being excoriated by the continual Flux of sharp Matter, and Nature being over officious in breeding new Flesh, substitutes a certain loose and spongy Flesh, which growing daily bigger and harder makes Caruncles, which so stuff the Urinary passages, that at length the Urine cannot pass, and these Caruncles also emit a certain Ichor from little Ulcers growing upon them, and much obstruct the Physician in the cure, and miserably afflict the Sick. Moreover it happens often, that the *Sanies*, which ought to be carried off by the *Gonorrhea*, being cast upon the *Scrotum*, either by reason of violent Motion, or by the use of Astringents, occasions violent pain, or an Inflammation of the *Scrotum*, sometimes one, sometimes both sides being much swelled; the *Gonorrhæa* in the mean while proceeds but slowly, but the heat of Urine is as bad as ever; and these are the common Symptoms of this Disease during this State of it.

But when by reason of the continuance of the Disease in the said parts, the Contagion is carried up, and by degrees infects the Blood, or when the Humours putrefie, because the virulent Matter is retained in the Body by the undue use of Astringents, the true Pox is occasioned, wherein Tumours or Bubo's often appear in the Groin, and constitute the first degree of it; grievous pains torment the Head, and the Limbs betwixt the joynts, the Shoulders, Arms and Legs, they come in no order, and by Intervals, tho' most commonly they come as soon as the Sick is warm in his Bed, and continue till towards Morning, there are also Scabs and Scurff in various parts of the Body, and these are most commonly as Yellow as an Honey-comb, and by this Sign they may be known from all others, and sometimes they possess various spaces of the Body with their large Superficies like a Leprosie described in Physical Books; and the more this Itch is diffused, the less it troubles the Sick, all the Symptoms increase by degrees, especially the pain, and it is sometimes so very sharp, that the Sick cannot keep his Bed, but is forced in a restless manner to walk about his Chamber till Morning. Moreover by reason of the violence of the pain, the Skull, and the Bones of the Legs, and Arms grow up in hard Nodes called *Exostoses*, like the Spavin in Horses feet, which Bones, that

have Nodes on them, by reaſon of a continual Pain and Inflamation, become at length carious, and putrefie. *Phagædenick* Ulcers alſo ſeize various parts of the Body, and moſt commonly begin in the Throat, and are propagated by degrees to the *Cartilage* of the Noſe, thro' the Palate, and ſoon conſumes it, ſo that, wanting its Supporter, it falls. The Ulcers and Pain increaſing daily, the Sick is devoured, by the Ulcers and Putrefaction, ſo that he lives a grievous Life by reaſon of the Pain, Stink, and Scandal, which is much worſe than any Death; but at length one Member rotting after another, the torn Carcaſe is hid under ground, being very odious before to all above.

As to the intrinſick Nature, and Eſſence of this Diſeaſe, as they ſay, I count I am to ſeek for it no farther than as it appears by the Symptoms we have deſcribed, no more than I am obliged to ſearch into, the Eſſence of any Plant or Animal; but whatever it be, I am ſure that the Humour occaſioning it partakes of no ſmall Inflammation, from whence proceeds all the ill, and it is alſo manifeſt that the ſaid Humour ought to be evacuated by ſuch means, as by Experience the guide of Phyſicians has been found effectual, there being yet no immediate Specifick found out, whereby without any foregoing Evacuation, the Pox may be cured; for neither *Mercury*, nor the drying Woods can be counted Specificks, unleſs it can be proved that *Mercury* without Saliivation, or a Decoction of the woods without Sweating have ſometimes cured the Pox; and as I have found by Experience, common Sweats do as much good in this Diſeaſe, as a Decoction of the Woods; ſo I do not at all doubt, if any thing could be found out, either amongſt Vegetables or Animals, that could raiſe Salivation as well as *Mercury*, it would cure the Diſeaſe as well. But for as much as this Diſeaſe being yet only a *Gonorrhea* is much different from that which has contaminated the whole Maſs of Blood, and deſerves ſtrictly ſpeaking the name of the French-pox, ſo alſo the Evacuation, whereby the matter of a *Gonorrhea* is ejected, is quite different from that whereby a confirmed Pox is cured.

Therefore as to the *Gonorrhea*, whereof we firſt treat the whole buſineſs of the cure, ſo far as I have hitherto found

found is performed by purging Medicines, by the help whereof the Peccant matter is either evacuated, or a diverſion of the natural Juices of the Body is procured, which would otherwiſe feed the Diſeaſe. But tho' reaſon and experience dictate, that this Diſeaſe may be cured by any ſort of Purge given often and a long while, yet they ſeem moſt powerful, which Purge ſtrongly from the Blood Choler, but eſpecially the ſerous Ichor, and therefore I have ſometimes cured poor People, where reſpect was to be had to their Poverty, only with the Jalap-root. And becauſe this Diſeaſe is plainly accompanied with an Inflammation, and the purging Medicines wherewith it is cured, are alſo hot, a cooling Diet muſt be ordered through the whole Courſe.

I therefore uſe to preſcribe in the following manner.

Take of the Maſs of the Pills of Coch. Maj. *three drams, of Extract of* Rudium *one dram, of Reſine of Jalap, and Diagrydium, each half a dram; with a ſufficient quantity of Opobalſam, make ſix* Pills *of every dram. Let him take four of theſe every Morning at four or five a Clock, and ſleep after them; for twelve or fourteen days or more, namely, till the heat of Urine, and the yellow Colour of the Matter that is like Seed are much leſſened, and afterwards I count it ſufficient to purge the* Patient *every other day for a Fortnight, and then the* Pills *may be uſed only twice a Week till the Matter that is wont to drop from the* Urethra *quite ſtops, which moſt commonly does not happen till after a long while; for tho' it be commonly affirmed, that the* Ichor *after the heat of Urine, and the yellow Colour of the Matter diſappear, which is ſeen, eſpecially in the Morning at the top of the Yard, a drop or two being preſs'd out with the Fingers proceeds only from weakneſs, and a Laxity of the parts ariſing from the long continuance of the Venom on them. Yet the poor* Patient *finds to his great Damage, that it is the Relicks of the Diſeaſe not quite deſtroy'd: for tho' it be in ſome ſort quelled, yet upon any ſlight occaſion; namely, by drinking too much, or by any violent Exerciſe or the like, it begins afreſh, and the* Gonorrhea *returns,*

returns, if the Sick has left of Purging, before the Diſeaſe was quite Eradicated.

If after ſuch Purging, the *Gonorrhea* does not ceaſe, it will be convenient, inſtead of the Pills, eſpecially for thoſe that are difficultly purged, now and then to give ſome ſtronger Purge, as is the following Potion, which taken only once, has ſometimes done more to ſtop a *Gonorrhea*, than gentle Purges given often.

Take of Tamarinds half an Ounce, of the leaves of Sena two Drams, of Rhubarb one Dram and an half; boyl them in a ſufficient quantity of Fountain water, to three Ounces of the ſtrained Liquor add of Manna and Syrup of Roſes ſolutive, each one Ounce, of Syrup of Buckthorn, and Electuary of the juice of Roſes, each two Drams; mingle them, make a Potion; or if the cure does not go on well, give eight grains of Turbith Mineral, only twice or thrice; (but there muſt be a due diſtance betwixt each time, leſt a Flux ſhould riſe) and this Remedy is indeed the chief for Eradicating an obſtinate Gonorrhea, *or twice in a week the following Pills may be given.*

Take of Pill. ex duobus *half a Dram, of* Mercurius Dulcis *one Scruple, with a ſufficient quantity of* Opobalſam; *make four Pills to be taken early in the Morning.*

But ſometimes the Sick does ſo nauſeate repeated purging, that he cannot ſo much as bear the ſight or ſmell of Remedies, and ſometimes by a certain *Idioſyncraſy* the Body does ſo obſtinately reſiſt purging, that a due quantity of the Matter cannot be evacuated; and whilſt this is earneſtly endeavoured, without any advantage, the Pox creeps on, and very often comes upon thoſe, whoſe Bodies ſtrongly reſiſt purging; when the Caſe is ſo, we muſt proceed with Clyſters, by injecting which, we may anſwer both Indications, *viz.* Of purging off the Humour, and of making Derivation from the part affected. And moreover, this method is quicker than the other above-mentioned, but not ſo ſafe in my Opinion; for

tho' the former required longer time, yet there is leſs danger, that any part of the Contagious matter ſhou'd ſtick to the Bowels, and ſo cauſe new troubles: but this inconveniency may eaſily be avoided, if Purges taken every day Gliſters are not uſed, aſſiſt them.

Therefore I proceed in this way; I take care that the Pills above-mentioned, or the like be given for three Mornings following, and afterwards I order the following Glyſter to be injected daily at five in the Afternoon, till the Symptoms quite ceaſe, only once or twice a week I order a Purge, and for that day omit the Glyſter.

Take of the Electuary of the juice of Roſes ſix Drams, of Venice Turpentine diſſolved in the Yolk of an Egg half an Ounce; mix them with a Pint if Barley-water; to the ſtrained Liquor add two Ounces of the Electuary called Diacatholicon*: mingle them, make a Glyſter, and every night at Bed-time, I allow him to take twenty five drops of* Opobalſam, *or of the Balſam of* Mecha *in a lump, of Sugar.*

And this Medicine indeed being a Liquid and pure ſort of Turpentine, and of the ſame Virtue is very proper for the Ulcerous Diſpoſition of the *Genitals*; and therefore for want of it, the quantity of a Hazel-nut of *Cyprian Turpentine*, may be ſubſtituted to be taken at the ſame times.

In the proceſs of the Cure, whatever method is uſed, the Sick muſt abſtain from all ſalted and ſpiced Meats, and others of hard Digeſtion, as Beef, Pork, Fiſh, Cheeſe, Roots, Herbs, and Summer-fruits, and inſtead of them, he muſt eat Mutton, Veal, Rabits, Chicken, and other things of eaſie Digeſtion, and I would have him eat ſparingly of theſe, and only ſo much as will ſuffice to keep up his ſtrength; I forbid the drinking of Wine in general, and all ſpirituous ſharp Liquors, and I wou'd have him drink Milk-water, made of three parts of boyl'd water, and one of Milk; only at Dinner and Supper, he may drink a little ſmall Beer. And moreover, to attemperate the Inflammation, and to mitigate the heat of Urine, I order ſome cooling Emulſion made after the following manner, to be drank frequently betwixt the Purges.

Take

Take of the Seeds of Melons and Pompions, each half an Ounce, of the Seeds of white Poppies two Drams, of ſweet Almonds blanched number eight, beat them together in a marble Mortar, pour upon them gently a Pint and a half of Barley-water; to the ſtrained Liquor, add a ſufficient quantity of Chriſtalline Sugar, make an Emulſion.

In a very Sanguine Conſtitution, and when the Diſeaſe is obſtinate, after having purged a Month or thereabouts; I order that Eight or nine Ounces of Blood be taken away from the right Arm; but I would not have Blooding uſed before, leſt the Contagion ſhou'd be more rooted thereby. I do not much ſtand upon Injections into the *Urethra*, becauſe moſt commonly they do more hurt than good, by reaſon of their Acrimonious biting, or Stiptick Qualities, but towards the end a little Roſe-water may be injected. This method always ſucceeded well in curing a *Gonorreha*, and I have not hitherto found a better, eſpecially in thoſe that are eaſily purged; for in ſuch as are difficultly purged; the Cure tho' it never fails, yet it requires a long time before it can be perfected. In theſe therefore Bleeding muſt be repeated, and the Purges quickened, and alſo oftner repeated, and the uſe of them muſt be longer continued, or Gliſters muſt be uſed in the manner above-mentioned, for purging does all in this Caſe, and it is truly affirmed in this Caſe, if in any other, that he that cleanſes well, cures well if he forbear Mineral waters, which I am very well ſatisfied retain the Relicks of the Diſeaſe, which ſhould be ejected out of the Body, and by reaſon of their Aſtringent, and over Sanative Virtue keep it in, and root it more; upon which Account I have often obſerved ſwellings in the *Scrotum*, when they have been drunk in the beginning of ſtate, and worſe Symptoms, when they have been uſed towards the end, and this I confidently affirm, notwithſtanding they are uſually, and frequently preſcribed in this Caſe.

I am not ignorant how much ſome Practitioners boaſt of curing of this Symptom in a ſhorter time, by Remedies that perform it, which have a great Name, yet

hav

have certainly found by too frequent Obſervation, that the ſtopping up of the matter by aſtringents, which ought to be ejected, has been very prejudicial to the Sick, and thereby it returns very often to the Maſs of Blood, and occaſions the Pox at length, nor is there more ſucceſs, tho' leſs danger by the uſe of Decoctions of the drying Woods; for under the pretence of Specificks, the whole Body, but eſpecially the parts affected, which was too hot before are more inflamed, and ſometimes, as I have obſerved, the *Gonorrhea* which a little before diſappeared returned again,

But it is to be noted, that if the *Glans* be covered all over with the *Præpuce*, and the Lips of it are ſo hard ſwelled and callous, that by reaſon of the inflammation, it can by no means be drawn back; he ſtrives in vain to cure the *Gonorrhea* by purging Remedies, how ſtrong ſoever they be, and tho' he repeats them daily until they become nauſeous, unleſs at the ſame time he endeavour that the part affected be reduced to its natural State, the hardneſs and ſwelling being removed, whereby the *Gonorrhea* was continually furthered, I endeavour the Cure with the following Fomentation.

Take of the Roots of Marſhmallows and of Lilies, each one Ounce and an half, of the Leaves of Mallows, Mullein, Elder, and Henbane, of the Flowers of Camomile and Mellilot, each one handful; of the Seeds of Flax and Fenugreek, each half an Ounce; boil them in a ſufficient quantity of Fountain-water, and make a Fomentation to be applied to the part affected for the ſpace of half an hour twice or thrice a Day.

After the uſe of the Fomentation, anoint the part affected with Linſeed-oyl freſh drawn, and then apply the Plaiſter of Mucilages ſpread upon Leather, upon the ſwell'd Lips of the *Præpuce*. But if the Ulcer, either of the Lips of the *Præpuce*, or in the *Glans* under it occaſions the ſticking by its Calloſity, ſo that the *Præpuce* is difficulty drawn back; beſides the Fomentation above mentioned, I order the following Liniment.

Take

Take of Baſilicon ſix Drachms, of Ointment of Tobacco two Drachms, of red Præcipitate waſhed in Roſe-water, and finely powdered half a Drachm; mingle them, make a Liniment, ſpread it upon Lint, and apply it always to the Ulcers after the uſe of the Fomentation above preſcribed.

But when either by reaſon, the *Gonorrhea* was ſtopt too ſoon, or by violent Exerciſe, or from any other Cauſe, the *Scrotum*, now the Seat of the Diſeaſe, is much ſwelled, I order the foreſaid Fomentation to be applied twice a day to the part affected, and if the Pain and Swelling do not leſſen, I order the Pultiſs commonly known made of Oxycrat and Bean-flower. While theſe things are done without, I alſo endeavour to cure the Diſeaſe by Purges and cooling Remedies, and with the Diet above-mention'd, nor do I make any ſcruple to bleed at any time of the Diſeaſe, and to take away nine or ten Ounces from the Arm of the ſide that anſwers to the ſwell'd Teſticle; if the greatneſs of the Swelling and the violence of the Pain require it, and ſo much for the *Gonorrhea*.

But when the Diſeaſe has ſo far prevail'd, that it comes to a confirm'd Pox, we muſt proceed quite another way, and in ſuch a difficult Caſe we muſt uſe Remedies ſuitable to it; and truly I think no inſtance can be produced where this Diſeaſe was eradicated any other way than by Salivation with Mercury, whatever ſome learned and unlearned Men ſay of the Cure of it by other means. Seeing therefore Salivation does all, all that I have to do is to ſet down what reaſon, and obſervation approving reaſon, dictates concerning the raiſing and governing it.

But firſt, I cannot imagine to what purpoſe, we are ſo frequently admoniſhed to take a ſpecial Care, to prepare the Body well with purging and digeſting Remedies, bathing for inſtance, and the like to ſay nothing of bleeding, which ſome count the chiefeſt thing; whereas if we were to diſpute for the truth of the matter, this muſt be the queſtion, *viz.* that if Salivation is to be procured by Poiſon (for we do not as yet know any wholſom Medicine,

dicine, whereby it may be raiſed, nor can the Sick be cured without it) whether it is better to uſe it when the Body is ſtrong and brisk, and ſo abler to reſiſt the Enemy, or when it has been weakened by Bleeding, and a low Diet; without doubt any judicious Perſon will think it is better to do nothing than to do hurt, by being ſo unſeaſonably buſied; and moreover Experience teſtifies that thoſe bear ſalivation better, that have not been weakened by Evacuations, or any other way than thoſe that have been weakened before the Conflict.

Therefore all this inſignificant flouriſh being laid aſide, aſſoon as I am called I preſcribe an Ointment made of two Ounces of Lard, and one Ounce of Quickſilver, nor do I mingle any of the hot Oyls on any thing elſe, for the Ointment is made worſe if that which is added hinders its Operation, and it is made no whit more effectual, if it does nothing at all, and perhaps thoſe things which are added under the Name of Correctives do the ſame (if they do any thing at all) as things added to Purges have been found to do, namely, they cauſe Gripes, and render the Operation more difficult, by reaſon of the ſtriſe which is betwixt the Antidote and the Cathartick, the whole Virtue whereof is inimical to Nature. But I order that the Sick anoint with his own hand his Arms, Thighs, and Legs three Nights following; but he muſt neither touch his Groins nor his Arm-pits, and his Belly muſt be carefully defended from the Ointment by a Flannel wrapt about it, and ſew'd behind. After the third Unction, his Gums moſt commonly ſwell, and the Salivation riſes, but if within three Days after the laſt Unction it does not riſe, then eight Grains of Turbith mineral may be given in Conſerve of red Roſes, and after every Stool or Vomit let him take a Draught of hot Poſſet-drink; when he begins to ſpit all the Phyſician has to do is to obſerve carefully the degree of Salivation, leſt by uſing too many things the Salivation ſhou'd be raiſed ſo high, that the Life of the Sick will be endanger'd, when the Salivation is come to a due height, that is moſt commonly, when two Quarts is ſpit in the Space of a Night and a Day, or if the Symptoms vaniſh, tho' he ſpit leſs, which moſt commonly happens four Days after the Salivation comes to its height, his Shirt, and Sheets

Sheets muſt be changed, and thoſe muſt be uſed, that have been worn a while, after they were laſt waſhed, for the other being daubed with the Ointment, will heighten the Salivation, and make it continue longer than is neceſſary. But if the Salivation abate before the Symptoms diſappear, it muſt be heightened by giving now and then a Scruple of *Mercurius Dulcis* for a Doſe.

Sometimes it happens, eſpecially in Bodies that are eaſily moved, that after the firſt or ſecond Unction, *viz.* aſſoon as the Blood begins to be affected with the Quickſilver, Nature preſently endeavours to expel the Enemy through the Bowels, and not only ſlimy Stools and Gripes happen, as in thoſe that have the Bloody-flux; but the Cure of the Diſeaſe is alſo hindred, which is wont to yield only to Salivation. In this Caſe, we muſt preſently abſtain from the Uſe of *Mercury*, either inwardly or outwardly, till theſe Symptoms quite go off; and moreover the Looſeneſs, which moſt commonly happens before the Salivation riſes well, muſt be ſtopped by *Liquid Laudanum*, and you muſt ſo increaſe the Doſe, and repeat it, as the Symptom urges, or you may give a Drachm and a half of *Diaſcordium* ſometimes upon occaſion. The Looſeneſs being at length ſtopp'd, the Salivation, which before ſcarce appeared, uſually proceeds well.

The Sick beginning to grow well, only that his Mouth is yet ulcerated, (which is the genuine Fruit of Salivation) the Salivation which is now daily leſſened muſt be neither ſtopp'd by purging or any other way. For it may happen, that after the Pain is ceaſed, and the Ulcers dried, ſomewhat of the Diſeaſe may lie hid in the Body, and may occaſion new Troubles, unleſs that moderate Spitting be permitted, which will go off when the Man after he is well has awhile expoſed himſelf to the free Air. I ſuppoſe therefore it is dangerous to divert what yet remains of the Salivation, that is about to go off of it ſelf either by purging, or by drying it up by a Decoction of the Woods; by which practice, which is commonly uſed to drive the Mercury out of the Body, or to correct its malignity, the frequent relapſes are undoubtedly occaſioned in theſe miſerable People, who earneſtly expect at length Health, after all their Charge and Pains, and they had certainly obtained it, if the Salivation had been let alone.

alone to end of it self. It is therefore much more advisable to promote the Salivation by giving *Mercurius Dulcis* once a Week, after they are quite well, and go abroad (which I have sometimes done for some Months) than to stop it too soon.

But though I dislike purging at the Declination of the Salivation, for the reason above mentioned, yet it may happen, that it must and ought to be used at the State of it, namely, when by ill management, it has been so much heightened, that the Patient's Life is indangered, in which Case it is not only safe but necessary to depress it by a Purge, to that degree the Sick can bear, and then it must be left to it self. If any one should ask whether we ought to be contented with Salivation alone, neither using Purging, nor any other customary Remedies, after it is gone off; I answer, that besides those things now spoken of, which reason and experience confirm; I would fain know, for what reason it is more necessary to purge after Salivation, than to flux after Purging; seeing purging Medicines, (especially Medicines of *Scammony* and such acrid things) leave something of malignity in the Body, which we leave to Nature notwithstanding, and by it at length is subdued, whatever remains of the Poyson: he that was purged returning to his accustomed Course, Exercise, and the Use of the free Air. And moreover I would willingly know how it comes to pass that we endeavour to carry off the Reliques of Mercury by purging, when by it we do not only neglect, but also hinder Salivation, which is the genuine, and almost the only method, whereby Nature is wont and ought to effect it. But such mistakes are to be imputed to those small sparks of reason, wherewith we poor Mortals are only endowed, and not penetrating to the truth which lies deep, we embrace every Shadow, and instead of *Juno* embrace a Cloud, as they say, and then by discoursing with one another we so root ill founded Prejudices in one another, that at length, we would have our Dreams and mad Fansies pass for Demonstrations, a Specimen whereof, unless I am deceived, is now before us.

But tho' the Cure may be performed in the way above-mention'd in most, *viz.* by Unction used for three Nights following, and by giving Turbith-mineral, if the Flux

Flux does not proceed well, and alſo *Mercurius Dulcis* ſometimes, if it abate too ſoon; yet it muſt be carefully noted, that in ſome, there is a certain peculiar *Idioſyn* *craſie* or Temperament both in reſpect of Salivation, as well as Purging, (and moſt commonly thoſe that are difficultly purged, are alſo difficultly fluxed) ſo that in ſome, the method above-mentioned will ſcarce make the Gums ſore, much leſs procure that Salivation, which is ſufficient to eradicate the Diſeaſe. In ſuch Patients, the Phyſician muſt take great care, that he do not too obſtinately, and unſeaſonably urge Salivation, Nature reſiſting, and abhorring ſuch a kind of Evacuation, which being not well underſtood by ſome, they have kill'd many, for in Bodies ſo diſpoſed, as often as Medicines whether external or internal have been obſtinately repeated inſtead of a perfect Salivation, nothing but Gripes, and Dyſenterick ſtools can be obtained, Nature endeavouring to carry off the Poyſon of the Quickſilver this way, or elſe pains in the Stomach, Sickneſs, cold Sweats, and other dreadful Symptoms are occaſioned, ſo that the Sick is juſt a dying, or does die. Tho' it may be lawful for the Phyſician to repeat the Unction, and the Turbith mineral again, after he has expected Salivation in vain four or five Days from the laſt Unction; (ſome Days paſſing betwixt each Unction) yet he ought to take ſpecial care, that he do not ſolicite in vain a Salivation with ſo much eagerneſs, that he perſiſt to force it againſt Nature's inclination; and therefore in my Opinion the Phyſician is to obſerve this method, *viz.* as ſoon as ever he perceives the Sickneſs of the Stomach, or the Gripes, he muſt preſently forbear the giving Medicines, till thoſe Symptoms are quite gone off; for by many and ſtrong Remedies, heaped upon one another to force Salivation againſt Nature's inclination, a Dyſentery will certainly follow the Gripes, and Death the ſickneſs of the Stomach; whereas on the contrary, if you go on gently, and take time, and give a Scruple of *Mercurius Dulcis* once or twice a Week, either by it ſelf, or with a Drachm of *Diaſcordium*, if the Sick is inclined to a Looſeneſs, you will at length do your buſineſs, and cure the Patient; for though the Salivation never riſe to the height, yet the Sick will ſpit more than he uſes to do, and the Stinking

the Companion of a right Salivation, will also accompany this small Spitting, so that it appears, that the Blood and Humours have attained that Putrefaction or Alteration, whatever it be, which either occasions the Salivation, or is produced with it, and by this method, you may cure all the Symptoms of this Disease, if you allow a due Time.

But it is to be noted, that tho' Salivation is much better for the curing of a confirmed Pox, than any other Medicine whatever, yet it cannot cure a *Gonorrhea*, when it accompanies the Pox, nor will that stop, when this is quite cured, from whence we may well gather, that there is no specifick Virtue in Mercury, whereby it immediately cures the Pox; tho' perhaps it may be counted a Specifick mediately, in as much as it cures the Disease by raising Salivation, but it is almost as improper, as I have mentioned else-where, as to call a Lancet a Specifick for a Pleurisie. But to return to the business, when the Pox and a *Gonorrhea* are lodged together, the Cure of the *Gonorrhea* is to be attempted before the Salivation, or when it is over; but in my Opinion it is safer and better done after the Salivation is over; for being accompanied with the Pox, it is more difficultly cured; but after Salivation being somewhat tamed, it is usually cured with less Trouble, but you must be sure to avoid Purging, as long as any thing of the Salivation remains; wherefore the business will be better done, by giving a Dose of Turbith-mineral once or twice a Week, than by any other Purges: for by it the Spitting will be somewhat promoted, and in the mean while, the matter occasioning the *Gonorrhea* will be evacuated by degrees.

Moreover it is to be observed, that if there be a Tumour upon any Bone, commonly called an *Exostosis*, which has continued so long, that the Bone is become carious, it is altogether in vain to attempt the Cure, either by Salivation, or by any other method, unless care be taken of this Swelling, wherefore the Bone must be laid bare by a Caustick, and the Exfoliation of it, as they call it, must be endeavoured by proper Remedies.

As to the Ulcers of the Mouth, which are very common in such as are fluxed, if the Pain is so violent, that the

Sick cannot bear it, or if the Mouth be ſo excoriated that the Blood flows Night and Day, the Mouth muſt be often waſhed with Damask Roſe-water, or with Milk water, or with a Decoction of Barley, of the Roots of Marſh-mallows, and the Seeds of Quinces; and this is the only Symptom worth notice, that happens in Salivation, if it be well managed. And indeed if the Pain and Ulceration of the Mouth cou'd be any way prevented the Cure of this Diſeaſe would be no more troubleſome than of others, that are not near ſo much taken notice of.

As to the Diet and other *Regimen*, they ſhould be altogether the ſame in Salivation, at leaſt till it come near the End, as is ordered in Purging: for ſeeing, he that has taken a purge is only required to keep himſelf warm in his Chamber, and to eat moderately Meats of eaſie Digeſtion, I do not know any reaſon, why he that is in a Flux ſhould be kept conſtantly a bed, or forbid to eat moderately, which may ſtrengthen Nature in conflicting with the Poyſon: for many have been miſerably deſtroyed, Nature ſinking under the Burthen, and their Spirits and Strength being at length quite exhauſted, by Sweating, Purging, and unneceſſary Faſting, beſides the Injury occaſioned by the Quickſilver, and alſo often when the Diſeaſe is vanquiſhed, the Sick wanting Spirits enough to recover Strength, dies of Weakneſs, or if he chance to eſcape, he is accompanied with ſo many Torments, that he were better dye, as a late Poet elegantly deſcribes ſuch.

Graviora morbis patimur remedia,
Nec vita tanti, eſt vivere ut poſſis mori.

And here we may readily anſwer that objection, how it comes to paſs, that ſome being ſeverely handled, as wit, in the State we now ſpeak of, are forced to travel into *France* to recover their Strength: I think this is the reaſon of it; in ſuch ſick People, the Oeconomy of their Bodies being ſubverted, and their Strength gone, a thick and moiſt Air is unfit to recover them; whereas that of *France* being more healthy, and clearer is proper to recover their Spirits, and Strength, and not becauſe

le Physicians there, how learned soever they be, have a etter method of Cure for this Disease, than we in *Eng-nd*; but to return to the Diet.

I suppose therefore (and Experience confirms the me) that Water-gruel, Panada, Posset-drink, Small-er warmed, Veal and Chicken-broth, and the like ay and ought to be allowed in a moderate quantity; d that as soon as the Swelling of the Gums is so much llen, that he can bring his Teeth together, Rabbits, Pul-s, Lamb, and such tender Food may be allowed spa-ngly, and he may keep in bed, or sit by the Fire as he eases; for this Disease being to be cured by Salivation, d not by Sweating, I cannot imagine to what pur-ose, he or she should be punished with a great deal of Heat, hen there is no necessity for it.

This method as it is quicker, so it does not require so any Days to be wasted unprofitably, in preparing the dy before Salivation, nor those frequent Purgings, nor ose usual Decoctions after Salivation: So I am certain is much easier, less dangerous, and less subject to a re-pse, which any one may find, that having been accu-omed to the other practice betakes himself to this. I am re it has succeeded well with me in very many Patients, me whereof have passed Salivation more than once to no rpose, having always relapsed again, upon the occasi-s and reasons above-mentioned.

But I need not, candid Sir, anxiously solicit your od Opinion, who long ago thought me honest, and fur-ered my Reputation. I shall add no more of this Dis-se, for I never did, nor never shall delight in making ings more difficult by many words, that the Fountain the River *Nile* may be more difficultly found, as they y. But how little soever, or of how little Value so-er this Treatise is, I intreat you would receive it kind-; for I wrote it chiefly for the publick good, and to tifie my respect to you: but how great an Opinion ever I have of you, yet I and others, who know your earning, Temper, and Candour of Mind, and other Ver-es, that are Praise-worthy owe you more respect, and deed I do not flatter you when I confess, that I always lu'd your Friendship as a most precious thing; for a-ong other things, that I have observed in the little while

I have lived, this is an excellent thing, (which I wou
alſo recommend to my Son) *viz.* that the Acquaintan
with Men, that were remarkable for Honeſty, and oth
Vertues, have always turned to my profit, and adva
tage; and on the contrary, Friendſhip with ill Men, (
leſs it ought rather to be called a Combination, or C
ſpiracy, when it is not founded in Vertue) tho' they
ver injured me, either by their words, or countenan
yet I know not how it came to paſs, ſometimes at leng
ſome Damage happened to me or my Affairs there
Farewel, kind Sir, and continue to be my Friend.

Your Devoted Servant,

Tho. Sydenham.

An Epiſtolary Diſcourſe to the Learned Doctor William Cole, *concerning ſome Obſervations on the confluent Small-pox, and of Hyſterick Diſeaſes: By* Tho. Sydenham.

To the Worthy Dr. Thomas Sydenham.

PErhaps you will wonder, candid Sir, what impo
nent Diſturber hinders you in your ſerious Affa
But I hope you will pardon me, when you underſta
that I do this chiefly to expreſs my Thanks; for I
knowledge, I have received ſo much Advantage by
elaborate Diſcourſe, about acute Diſeaſes, that I
my ſelf obliged to render Thanks. You have ſo
rately obſerved all the Conſtitutions of Years, and ob
Air, which you have undertaken to treat of in a ma
altogether new, and have propoſed ſuch genuine,
obvious Indications for the curing every Diſeaſe hap
ing in them, and have adorned the whole Work wi
much ingenuity, that we may reaſonably ſuppoſe ſo m

gacity joined with indefatigable Labour, will for er oblige the Sick, and Physicians too.

But tho' you have performed all things so exactly, at I can scarce forbear to praise you singly, for every rticular, yet especially, I heartily thank you for your ethod of Cure in the Small-pox, whereby that dread- Disease, (unless some malignity, or some unusual ng happen, may be easily cured) if Nurses, a sort of ople very injurious to the Health of Man, did not ob- uct, who by their hot *Regimen* and Medicines, con- nd all things, and kill so many before their Time. ou, learned Sir, the Protector of Mankind, ought to esteemed, who are a guide to the Sick in the greatest anger of Life, that they may return to the way of ealth, if they would follow your Direction. As to my f, tho' for some time I was afraid to trust to my own ason, yet I have of a long while thought, that the E- ption of the Small-pox, as it was not the very Disease, t the *Crisis* of the Fever, so like other *Crises*, it re- ired a *Regimen*, wherein according to the Opinion of Physicians, the whole business is to be left to Nature, all things proceed well, as most commonly they do in is Disease, unless the Blood at first be too much exa- rated. But after I had read your excellent Book: I rceived, that those Fears, which possest me and others long were Panick, and I ventured according to your ecepts, (though sometimes not only the vulgar, but hysicians opposed) to govern my Patients; and I found eat an advantage by them, when I had to do with ose that wou'd submit; and whatsoever others think, I und my self happy, by having got so great a Trea- ry in my hands; and moreover, when I was called to ose that had the confluent Small-pox, which was not ery often, I did not doubt, tho' they seemed to be just dying, to fly by your Advice to *Paregoricks*, and I d wonderful Success; and indeed you have seemed to ve done so much in this Case, that I was apt to be- ve that nothing remained for you, or any other to do, ll I lately understood by the learned Man, my ve- y good Friend, Mr. *Kendrick*, (who much praises your ivility) that you had new Observations upon the same ubject, which I cannot but think, must needs be very

advantageous in Practice, becauſe you made them, an unleſs you impart them to the publick, you will be ver injurious to Mankind, and to your own Fame; an therefore, if the Deſires of thoſe that are unknown t you may prevail any thing, be pleaſed, worthy Si to publiſh them.

Nor muſt I ſtay here, for I have heard from the ſam Perſon, that you have ſome choice Obſervations abou Hyſterick Diſeaſes, which truly, as they have Exe ciſed and wearied the Wits of the learned Phyſic ans of all Ages, ſo alas, they have too often eluded th methods of cure delivered by them, and ſhew how u ſafe it is to truſt to Philoſophy; unleſs in thoſe thing the certainty whereof may be ſought for by the Teſti mony of the Senſes. You will, worthy Sir, deſerv much from the preſent and future Ages, if you plea to publiſh what you think of theſe things. I deſi at leaſt, that you would take in good part, what I, th unknown to you, have not bluſhed to ask for my ow and the publick good, and that you wou'd reckon m amongſt the Number of thoſe that are your humb Servants.

Your Devoted Servant,

Worceſter Novemb. *the* 17th. 1681.

William Cole.

To the Learned Dr. William Cole.

Worthy Sir,

IF I ſhould ſo far indulge Self-love, that I ſhould ta to my ſelf thoſe Praiſes, that no whit belong to m it would be very difficult for me not to be proud, be praiſed ſo much by ſo famous a Man, who is known the learned World by his excellent Works, but the F of him not ſo much as known to me; but that you ha been pleaſed to honour me ſo far tho' I am unwort I count it your Civility, for Nature has ſo diſpoſed beſt, and worthieſt Men, that they are not only ge to thoſe that are in ſmall Errours; but that alſo they

re

ready upon all occasions to praise those, that do indifferently well, whereof I gratefully acknowledge you have shewed a clear Specimen towards me, and my small Endeavours, which were designed for the publick good.

Be pleased to receive those things you ask for, which are to be added to the Observations before published of the Small-pox, and my new Treatise of the Hysterick Passion. The first of these I therefore enter upon, that what was wanting in it before might be supplied out of those things, which longer Experience hath suggested: But I have undertaken the other, because Hysterick Diseases of all others occur most frequently, except Fevers; and also because, I think some Advantage may be gained by these my small Observations; tho' I must confess that there is another Cause besides the hopes of doing good to the Publick, *viz.* that I might employ my spare time well, and pass away honestly the tedious long Winter-Evenings; for by reason of my old Age, I cannot any longer seek Companions abroad. But whatever it was, that first provoked me, I do not find my self so fit for the undertaking, as I hoped I should be: For that continual Series of Thoughts, which my mind was always bent on, has for many Years been very injurious to my gouty Body, especially now old Age approaches. But because I have received your kind opportune Letter, I will briefly by way of answer write those things in short, which before I designed to treat more largely of.

Therefore beginning with the Small-pox, I think I must mention first, that that Species of Agues, which first began, as we said in another place in the Year 1677 reign still, namely, in this Year 1681, wherein I writ this. These Agues I say, according to the Custom of all Epidemicks raged chiefly in those Seasons, which are most agreeable to their Natures, through all those Years, wherein they flourished. But another Season approaching they gave way presently to other Epidemicks, whereunto that was most favourable; for instance, at the coming of Winter, they always gave place to the Cough, and the Peripneumonick Fevers proceeding from it, and also to the Small-pox: but in the Spring they returned again; so in the Year 1680, after the Ague had raged

all the Autumn, the Small-pox ſucceeded in the Winter-time, and raged every where, but in 1681 the ſaid Agues began again, but they were not altogether ſo Epidemical as before, upon which Account the Small-pox broke out here and there with them. But when Summer began the Small-pox increaſed daily, and at length were Epidemical and were very deſtructive.

That which reaſon dictated heretofore was clearly manifeſted to me in the Year 1681, to wit, that the Patient was not to be confined to his Bed, Night and Day, before all the Puſtles appeared, for the Spring-time, and Summer continuing longer dry, than was ever known in the Memory of any that was then living (ſo that for the moſt part the Herbs were every where burnt up) and almoſt all that Humidity was wanting, which the Air uſed to communicate to the Blood, upon which account the Small-pox then raging, were accompanied with a greater Inflammation, than they were wont to be, and the other Symptoms ariſing from thence, were more violent; and it was for this reaſon alſo, if I am able to judge, that the Purple Spots many times came before the full Eruption of the Puſtles, and that the violent Inflammation that forced them out, deſtroying the *Craſis* of the Blood, occaſioned the ſudden Death of the Patient, before there was a due Expulſion of the Morbifick matter; and they were the more fatal, becauſe the Puſtles did ſo eaſily Flux for the reaſon above-mentioned; for now the Intemperance of the Air, of its own accord, did that miſchief, which ignorant Quacks uſe unluckily to do, at the beginning of the Diſeaſe, by a hot *Regimen* and Cordials; for (which is diligently to be noted) after the moſt exquiſite Obſervation, the chief of all is, that in the Small-pox, the greateſt ſafety proceeds from the Paucity of Puſtles, and the moſt danger from the fulneſs of them; and as they are few or numerous, ſo the Patient lives or dies; yet we muſt confeſs, that a Bloody Urine and Purple Spots which are the moſt certain Forerunners of Death, ſometimes happen, when there is ſcarce any ſign appearing of the Small-pox, or but very few Puſtles coming out; and as theſe generally accompanied the Pox, that fluxed moſt, ſo now and then they invaded ſo very early, that they killed the Patient before the full Eruption, as we remarked before

I think it is very easie to give an account, why the Patient is more or less endangered, according to the greater, or lesser number of Pustles; for every Pustle is a *Phlegmon*, tho' very small, and presently Imposthumates, and therefore it cannot be imagined, but that the Secundary Fever, that depends on the matter which is now a making, is more or less exasperated at the State of the Disease, according to the quantity of the Matter to be Concocted, which is usually performed in the gentlest Flux-pox, on the Eleventh day, reckoning from the first approach of the Disease; in the middle sort on the 14th. day, but in the severest kind on the 17th. day; for whereas, (which is to be noted) the Flux-pox is as much more dangerous than the distinct, as the Plague than the Flux; so also the above-mentioned three kinds, are more dangerous, one than the other, which also respects as well the Age as the Sex, for every one knows, that a young man in the flower of his Age is much more in danger than a Woman or Boy; but this is by the bye.

Neither truly will he wonder, why so great danger should proceed from a great number of Pustles, who considers with himself, that if any one has a Boyl on the Arm, or any other part, he will be Feverish when it comes to Matter; for the Blood being inraged by the purulent Particles sucked into its Mass, by the Veins in Circulation, occasions the Fever: how much more reason then has a Physician to prognosticate the Death of the Patient, on one of those days above-mentioned, when at the beginning of the Disease, he sees his Face all covered over with small Pustles, like the dust of the Filings of Needles, and that by reason of the extream violence of the Fever that follows, which necessarily rages according to the quantity of Matter cast out of those innumerable Imposthumes into the Blood, which plainly discovers the Destruction of the Patient, some days before it falls upon him, though for the present he thinks himself pretty well, and seems so to be to those who stand by, who do not understand this Disease.

Wherefore, if the Patient be not otherwise in danger, (to omit for the present the Bloody Urine and Purple-spots) than by the great number of Pustles, I diligently consider upon what account they came out so full, and I endeavour

endeavour all I can ſafely to reſtrain them, which indeed is the main buſineſs, and the beſt means to help the Patient, for it is very hazardous to do any thing in this ſort, when the Diſeaſe is eſtabliſht; and if the Patient ſhould chance to ſurvive, its not ſo much from my care, as either from a notable *Hæmorrhage* of the Noſe, or ſome other Fortuitous change which happened to the Diſeaſe; but the moſt profuſe Eruption of the Puſtles, as I conjecture, ariſes from too haſty an Aſſimulation of the variolous Matter, which ſeems chiefly to happen, either becauſe the Nature of the Patient is too hot, and ſpirituous like a Cordial, or becauſe the Sick has heightened the Fermentation, either by confining himſelf to his Bed too ſoon, or by taking hot Cordials, or any other ſpirituous Liquor, by all which means the Blood is diſpoſed to receive the Impreſſions of the Diſeaſe; and Nature being ſo highly inraged by reaſon of the Exuberant Plenitude of the variolous Matter, endeavours to change the whole Subſtance of the Body into Puſtles.

But the immoderate Aſſimulation of the variolous Matter, is no way more readily promoted, than by confining the Patient unſeaſonably to his Bed, to wit, before the Sixth day, or the fourth incluſively from the Eruption, at which time all the Puſtles appear, neither are there more to be expected.

And tho' the moderate heat of the Bed, even after thoſe days are paſt, does a little occaſion the Phrenſie, Watchings, and other Symptoms, yet theſe are ſuch as may be ſubdued by Medicines judiciouſly preſcribed, whereas the great danger of Life, which comes on the Eleventh day, occaſioned by the innumerable Puſtles, exceeds the help of Phyſick.

Therefore here I ſeriouſly admoniſh, that the Patient by no means confine himſelf to his Bed in the day time, if he would avoid the great conflux of Puſtles, till towards the Evening of the Sixth day, by which he will find himſelf very much refreſhed: Afterwards he will be ſcarce able to riſe at all, if the Concourſe of Pox be conſiderable, by reaſon of the ſharp Pains of the Puſtles, and becauſe he is more inclin'd to Fainting at ſitting up, which when I had often obſerved, it came into my mind, that Nature according to the Cuſtom of the Diſ-

eaſes

eaſe did firſt point out the time, when the Patient was continually to be kept in Bed.

But that I may not only confirm the truth of the foregoing Problem, which is of ſo great moment in leſſening the impending danger from the Small-pox, but alſo that in handling them, I take along with me our account from the beginning to the end, I think it will be proper to draw as it were a Scheme of the whole Diſeaſe, and diligently to conſider what is its Nature, and what the method; ſo that at length we may be able to diſcern the thing clearly, according to the Judgment of men, that uſe the moſt faithful Obſervations, not by Opinion built on the uncertain Foundation of Fancy.

Firſt therefore its Eſſence, as much as we can learn the Eſſences of things, ſeems to be comprehended in a certain Inflammation of the Blood, in which Nature is buſied for ſome days, at firſt in preparing and ſubduing the inflamed Particles, ſo that they may be the eaſier thruſt forth to the outward parts of the Body, at which time the State of the Blood being diſturbed, it is neceſſary there ſhou'd be a Fever for the incenſed and raging Particles, roving tumultuouſly through the whole Province of the circulating Blood, neceſſarily occaſion Sickneſs of the Stomach, Lanceing pains of the Head, and all other Symptoms that precede Expulſion, as in their Motion they are driven on this or that part. But when triumphing Nature has driven out the rebellious Particles to the habit of the Body, the reſt of the Tragedy is acted in the Fleſhy parts, as before it was in the Blood, and as Nature knows no other method than a Fever to caſt out the peccant Matter from the Blood, ſo alſo does ſhe free the carnous Parts from any extraneous thing, by no other way than that of an Impoſthume: for inſtance, if perchance a Thorn, or ſome ſuch thing ſtick in the Fleſh, the Circumjacent parts are preſently impoſthumated, unleſs that which is offenſive be preſently drawn forth; therefore when theſe Particles have lodged themſelves in the Fleſh, they cauſe Phlegmons not very viſible in which they abſcond, which increaſing hourly and growing more inflamed, and angry, at length they come to Matter, at which time it cannot be but ſome of the Matter will be ſucked into the Maſs of Blood, as it returns in its circu-

lar

lar motion by the Veins, and if a great quantity of it be poured on the Blood, it does not only produce a Fever, which the Patients ſtrength is not able to bear, but it alſo Poiſons the Maſs of Blood, and yet this is not the worſt, for by the intenſe heat of the Fever, ſtirred up in theſe laſt days, by the too great force of the Matter, the Salivation which ought to be an inſeparable Companion of the Flux-pox, is too ſuddenly ſtopt, and ſo the Patient dies immediately. But if the purulent Matter be ſparingly received into the Blood, the ſtrength of Nature eaſily depreſſes the violence of the Secundary Fever, and the Puſtles dying off daily more and more, the Patient ſoon recovers.

If this be the true and exact Hiſtory of this Diſeaſe, he deſerves to be blind, who will not ſee how that the whole event of it, as to either part depends on the Foundation of the Cure well or ill laid at firſt; for if theſe hot and ſpirituous Particles are provoked by the uſe of hot things, and eſpecially by keeping the Bed continually, it is neceſſary that the Aſſimulating faculty (to which before they were too much inclined) ſhould be heightened and increaſed. Moreover, the Blood and other Humours being heated by theſe means, the eaſier yield to the violent impreſſion of the Particles, ſo that more Puſtles break out than are requiſite, and the Patient is put in danger of his Life, when there is no neceſſity for it; whereas the oppoſite and moderate cooling *Regimen*, and the free uſe of the Air, not only quenches the burning Particles, but alſo condenſes and ſtrengthens the Humours, ſo that they are more able to reſiſt the Morbifick Spirits, and to bear their violence; and ſo there is no greater quantity of variolous Matter; than what was agreeable to the Nature of the Diſeaſe.

Neither does he ſuffer this Inconvenience only, that is confined to his Bed too ſoon, *viz.* That too great a quantity of the Morbifick Matter is aſſimulated, and that the Ferment of the Diſeaſe is overmuch heightened; but moſt commonly bloody Urine and Purple-ſpots, eſpecially in Summer, and in thoſe that are yet in the flower of their Age are occaſioned alſo by the ſame. If I be not miſtaken, both theſe Symptoms ariſe from the heat and fury, into which the Blood is put, by the hot and ſpirituous Particles,

Particles, by which being exagitated, and greatly attenuated, it breaks out of the Veſſels: when it ruſhes in upon the Kidneys it cauſes bloody Urine; when it is percolated through the Extremities of the Arteries, terminated in the Muſcles and Skin, it occaſions Purple-ſpots, which are like ſo many Mortifications in thoſe places, in which extravaſated Blood is coagulated; and tho' theſe two Symptoms might have been eaſily prevented, at the beginning of the Diſeaſe (at which time they chiefly ſhew themſelves) by a cooling *Regimen*, and Diet; yet when they actually appear, he will be as much miſtaken, who endeavours to cure them by keeping the Patient in Bed, and by giving Cordials, as an Old woman would be, that ſhould ſtrive to hinder the boyling of her Pot, by putting more Fire under it.

But to ſpeak the truth, let the Dogmatical, and thoſe that are ignorant of this matter, and therefore incompetent Judges, ſay what they will, it is not only dangerous to keep the Patient in Bed continually, but truſy ſometimes it is neceſſary to allow him the open Air, *viz.* if it be Summer, and he has not paſt the flower of his Age, or has accuſtomed himſelf to ſpirituous Liquors, and eſpecially if the Diſeaſe was occaſioned by exceſſive drinking; indeed I think in theſe Caſes too haſty an Eruption of Puſtles can ſcarce be reſtrained enough by keeping from Bed, and abſtaining from Cordials; for the Blood without the help of theſe, is ſo over ſtored with hot Spirits of the ſame Nature with the Diſeaſe, that the violent Exploſion of it is unavoidable; and beſides, ſo great a quantity of Humours will turn to Puſtles, that the Patient being as it were overwhelmed by the abundance of Matter flowing back upon the Blood, muſt neceſſarily periſh at the latter end of the Diſeaſe.

But moſt commonly the Ferment immoderately exalted, adds ſo great violence to the variolous Matter, that the Patient dies at the beginning of the Diſeaſe, *viz.* when the Matter that produces it, cannot extricate it ſelf and come out, by reaſon of the inordinate and confuſed Motion ſtirred up in the Blood; inſtead of which, bloody Urine and Purple-ſpots put an end to the Tragedy: which alſo often happens in the Meaſles and Scarlet Fever, when they are unſeaſonably forced out.

Neither

Neither does Bleeding, as I can find, tho' it be uſed early, ſo effectually reſtrain the Aſſimulation of the variolous Matter, as the temperating of the Blood by the Air ſucked in, eſpecially if the Patient be put to Bed preſently after Bleeding, and be injured by hot Cordials; for by theſe means, the Blood is more inclined to receive the impreſſions of the Adventitious heat, than it was before Bleeding; and I ſolemnly declare, that almoſt the worſt Diſeaſe of the Flux kind I ever ſaw, and which killed the Patient on the Eleventh day, happened to a young Maid, after ſhe had recovered of a Rheumatiſm by the uſual method, *viz.* by large and repeated Bleeding: and from hence I learned, that Blood-letting did not ſo much conduce to the reſtraining the Small-pox in their due Bounds, as heretofore I imagined, though I have very often obſerved, that purging repeated before the Blood is infected, often renders the Small-pox more diſtinct and favourable.

I am very ſenſible, that many things may be objected againſt this Opinion, of keeping the Patient up a-days; and thoſe of no ſmall moment amongſt the ordinary ſort of People, and others that are little acquainted with this Diſeaſe, to whom vulgar Phyſicians are wont to appeal as fit judges, that by their Authority they may underprop their ill built Theorems; and indeed ſuch better ſuit with their Capacities, than thoſe that are maturely contrived by more ſearching men. Hence it follows, that the far greater part of mankind, being fitted to take up things only upon truſt, but very few able to fathom the depth of them, that the unlearned prevail over the more underſtanding ſort of men, who are commonly calumniated, yet they endure it patiently, having truth and the beſt, tho' feweſt of men on their ſide. Firſt it is objected, that keeping from the Bed at the beginning of the Diſeaſe, hinders the Eruption of the Puſtles, and by conſequence the Sickneſs, and other Symptoms ariſing from thence, are protracted; and this I do not at all deny, and Experience daily teſtifies the ſame: but it ought to be conſidered, whether it be more dangerous ſomewhat to ſuppreſs the variolous Matter, and upon that account to protract the Sickneſs a little, which is occaſioned by its not coming out: or on the other hand,

hand, by too much provoking the Ferment of the Diſeaſe, and Aſſimulating ſo great a quantity of the variolous Matter, that the Patient be brought to the jaws of Death by the Secundary Fever on the Eleventh day. I believe it will appear, if the thing be rightly weighed, that very few have therefore died, becauſe the Puſtles did not come out ſooner or later, unleſs perchance in ſome of thoſe, whoſe Blood being inraged, by too great heat and inordinate Motion, had not leiſure to caſt out gently the Morbifick Matter, which makes for me : For we need not fear, tho' we do nothing, the variolous Matter (how much ſoever it flies about the beginning of the Diſeaſe, and wearies all the parts it falls upon, from whence proceed theſe Symptoms, violent Vomiting, and pains in various parts, *&c.*) Yet at length they will be tamed by Nature, and extruded to the habit of the Body, eſpecially the Patients Body being bound hitherto for the moſt part, gives good aſſurance that the Eruption of the Puſtles will be certain, tho' late ; but on the contrary, in what great hazard is the Patient, when the Puſtles are unſeaſonably thruſt out, it would be too tedious to mention them all, I will only handle the chief now, and they are theſe : Firſt, the number of the Puſtles being too much increaſed, the Fever coming towards the latter end of the Diſeaſe, is more or leſs dangerous, according to their number. Secondly, the bloody Urine and the Purple-ſpots, both which ariſe from the extravaſated Blood too much thinned, and raging, by reaſon of great heat, breaks out through the Veſſels. Thirdly, as we ſaid before, a total Suppreſſion of the due Eruption, is ſometimes occaſioned by being over officious in haſtening it, by which the deſign of the Phyſician is as much fruſtrated, as he would be, that ſhould endeavour to call out a great number of men, contained in a large houſe orderly, one after another, by flinging a Squib amongſt them, which on the contrary would ſo diſturb them, that all endeavouring to come out at once, the paſſage would be ſo wedged up, that they would be all ſhut in.

If any one ſhould ask me, why a due Separation of the variolous Matter, cannot as well be performed at the beginning of the Diſeaſe, by cheriſhing the Patient with the moderate heat of the Bed, as by taking him out of

it ?

it? on the contrary I demand, whether experience does not testifie, that any one a Bed in the Winter-time, moderately covered with Cloaths, without Fire, is not hotter than if he were taken out of his Bed, and well cloathed in the same Chamber; but if the difference be very manifest, then I would enquire in the next place, which of these methods is likeliest to suppress the immoderate Motion of the variolous Ferment, at which, if I am able to judge, the Physician should chiefly aim at the beginning of the Disease, and the more or less he wanders from the same, so it will be well or ill with the Patient.

But this chiefly has imposed upon the unwary in this Case, to wit, that they have observed that the Patient of his own accord is inclined to Sweat, which continually flowing as long as he keeps his Bed, the feverish Heats are very much abated, otherwise than in those that did not sweat. Therefore let us consider, why we do so much endeavour to restrain the Fever, whereas that is Nature's usual Instrument, which she chiefly uses in preparing and casting out all offensive Matter that lies hid in the Blood, why who does not perceive, that while we diligently provoke Sweat to lessen the Fever, at the same time we force out a crude and indigested Humour, like over-early Fruit: And by these very Sweats, we afterwards occasion a violent Fever; for by this means the *Serum* of the Blood (with which the Blood it self and those hot new-bred Particles are diluted) is driven out, and in the mean while, these Particles wax violent, because they are now freed from the *Serum*, which was exhausted by Sweat. In a word, the lessening of the Fever and other Symptoms by Sweat, and the Pustles for this reason being too hastily thrust out, happens ill to very many, who die upon this Account on the Eleventh Day.

But it is to be noted, that I keep the Patient from his Bed at the beginning of this Disease, only when upon supposition that the Small-pox coming out, are of the Flux kind; for as to the distinct sort, if it can be certainly known, as there is no necessity to keep the Patient continually in Bed, so neither to force him from it, for the fewness of the Pustles, secures him either way.

But I do not flatter my ſelf ſo much, as to think that theſe things which I have here treated of, ſhould be believed upon the Authority of my Judgment, which I know is very ſmall; and truly I have accounted always the Opinions of almoſt all ſorts of Men, to be ſo uncertain, and of ſo little weight, that I may always very well ſuſpect my own, when it is contrary to the Sentiments of others; which I alſo ſhou'd do here, if practical *Phænomena*, did not as it were with one Conſent, confirm the Dictates of Reaſon; for without practical Obſervation, that which ſeems reaſonable to me or any other Perſon, perchance will be nothing elſe, but the Shadow of Reaſon or a Phantaſm, that is, mere Opinion; and the oftner I converſe with Men, I am the more confirmed how dangerous it is, even for thoſe that are the moſt acute, to wrack their Brains, and as it were inflame them, in the ſearch of any Art or Science, unleſs they conſtitute matter of Fact, as Judge and Umpire of Truth and Falſhood: And ſuch great Opiniators as *Cicero* ſays, infinitely wander from Truth, in controverſies purely ſpeculative; whereas he that applies his Mind only to thoſe things, which may certainly be determined by practice, if he ſhould chance to have a falſe Opinion, would be ſoon ſet right, by proving the Idea's of things, which he has conceived in his Mind by this Touch-ſtone. For in this our buſineſs, may not I obſerve what *Regimen* chiefly produces a favourable or cruel Sort of Pox, and ſo frame an Opinion in my Mind ſuitable to what appears? and if others would practiſe the ſame, I ſhould be ſatisfied; but it is extreamly unjuſt to defame me as an impoſtor, when they never try'd ſo much as once in their whole Lives, whether the method ſo often repeated above, of keeping the Patient up a Days, does either good or hurt. If this cavilling Humour had heretofore prevailed over thoſe that found out truths, though contrary to common Opinion, no Man would have endeavoured for any thing, which being found, would have been uſeful to Mankind; and truly why ſhould I thus trouble my ſelf, if often repeated, and almoſt daily experienced; did not proclaim, that this method was much more ſafe, than the vulgar one. I am not ſo very mad and fooliſh, to ſeek for Fame by

exploding the Opinions of thoſe, which if I courted applauſe, were to be flattered; neither can it be thought I am ſo deſperately malicious, as to conſpire the Ruin of thoſe that are to be born many Ages after I am dead; by the Reputation of this my method, if it has any, that ſo I might deſtroy when I am dead, as well as when I am living, at which I tremble in the very mentioning. However it is, I have uſed this method for my own Children, my deareſt and neareſt Relations, and all others that have committed themſelves to my Care: And if I am to be blamed for any thing, it it becauſe I have ſometimes yielded to thoſe of a contrary Opinion, leſt I ſhould be counted moroſe; and for the Confirmation of this, I appeal to my intimate Acquaintance. And this is another Unhappineſs, that ſometimes alſo, when the ſtanders by have contemned all I have propoſed through the whole Courſe of the Diſeaſe, yet they have charged me with the Death of the Patient, tho' he was deſtroy'd by that Heat, which the Friends and Nurſes promoted, and which I ſo much inveighed againſt; upon which Account, by reaſon of the inſuperable Prejudice of moſt People, I have thought it would be well for me, if I were never called again to any that have the Small-pox.

Truly, I do not deny, but that the Small-pox will flux ſometimes very much after what manner ſoever they are handled, and therefore they are never free from danger, tho' the beſt help be procured; but this I affirm (which is enough for my purpoſe) that it is apparent by daily and often repeated Experience, that he is in much leſs danger, who totally abſtains from Fleſh, and keeps himſelf from Bed in the Day-time, at the firſt approach of this Diſeaſe, and allows himſelf only Small-drink, than he that preſently confines himſelf to his Bed, and takes hot Cordials; for this method, as we mentioned before, moſt commonly hinders the Flux of the Puſtles, and by conſequence alſo the immoderate Effervеſcence of the ſecundary Fever, which does not deſtroy only of it ſelf, but alſo by thickening the Spittle too haſtily (of which we have treated largely in the Hiſtory of this Diſeaſe) it threatens Death to the Patient, at the latter End of this Diſeaſe: And alſo by this method a bloody Urine and Purple Spots

may

may be prevented, both which Symptoms invade at the beginning of the Diſeaſe, and often before there is any Sign of the Eruption, which is alſo uſual in the Meaſles and Scarlet-fever, and other acute Diſeaſes, that proceed from a great Inflammation. To ſay nothing now of that pleaſant refreſhment, which the Patient perceives himſelf encompaſſed with, from the free Approach of the Air, as often as he is taken out of the hot Bed; which every one of thoſe that I was permitted to treat after this manner, openly declared, being extreamly thankful, as if they had been recovered from Death, having as it were received Life and Spirit from the Air.

From whence I have been induced to conſider, how much oftener we are miſguided, by that which we ſuppoſed to be Reaſon, than by Senſe, which is moſt certainly known to us, and that in the Cure of Diſeaſes, we ſhould have a greater regard to the earneſt Deſires of the Sick (if they are not very irregular, and ſuch as would preſently extinguiſh Life) than to the more doubtful and fallacious Rules of the medical Art: For inſtance, he that has a burning Fever earneſtly deſires the free uſe of Small-beer; now the Theorems of Art that are built upon a certain *Hypotheſis*, that propoſes to it ſelf ſome other End, with which the indulgence of a cooling Liquor does not agree, croſſes the Appetite, and orders a Cordial inſtead of it: The ſame Patient being kept from Small-beer, loaths all ſorts of Nouriſhment, but Art eſpecially, that which Nurſes and the Friends that ſtand by profeſs, earneſtly requires that he muſt feed. Another upon the ſame Account, after long Weakneſs, humbly petitions for ſome abſurd thing, and which perhaps may ſeem hurtful; and here again impertinent Art oppoſes, and pronounces Death if he will not be obſervant, unleſs perchance the Artiſt has well digeſted this wholſome Aphoriſm of the wiſe *Hippocrates:* Meat and Drink, tho' ſomewhat worſe, if pleaſing is to be preferred before better, that is diſpleaſing. In all theſe wanderings of Nature, as it ſeems, any one that is but indifferently accuſtomed to the Practice of Phyſick, if he ſeriouſly conſider, will readily grant, that many Patients have been better after they have forſook the Precepts of their Phyſician, and have followed their own Inclinati-

ons ; neither will he wonder at this, who conſiders, tha
the moſt wiſe Creator of all things, has accompliſhed th
whole with ſuch great exactneſs, that even as all th
Miſeries of Nature, excellently conſpire to compleat th
Harmony of the whole Work, ſo each particular is en
dowed with a certain divine Artifice, interwoven as
were to its proper Eſſence, by which the Subject remove
thoſe Ills from its ſelf ; which plainly appears at the na
tural Period of moſt acute Diſeaſes, (which generall
have God for their Author, as Chronicalus) as alſo i
thoſe Propenſions which accompany ſuch Diſeaſes, an
prepare a way to free the Sick from that danger, whic
Art performs, when it is concern'd with Fools : And up
on this Account truly, it was very well for thoſe, who
whole trace had been otherwiſe in a very ſad Condition
at the time when the whole Art of Phyſick was incloſe
within the narrow Bounds of *Greece* ; which is no mor
proportionable to the other parts of the World, than
ſmall Village to our *Britain:* And now alſo what woul
become of the Inhabitants of ſo many and ſo great Re
gions for all *Aſia*, *Africa*, and *America* (except ſom
late Colonies, that are not very populous) and more
over a great part of *Europe*, are altogether deſti
tute of the medical Art: But as the Comedian elegant
ly diſtinguiſhing thoſe that were famous for Reaſon an
Vertue from the heard of others, that ſcandalize their hu
mane Shape with a brutiſh Life, ſays they are Men
they act like Men ; ſo the medical Art, if it be truly a
Art, and not only a Name, is the greateſt Benefit tha
belongs to this Life ; and is by ſo much greater than a
others, by how much Life is more excellent than tho
things we enjoy by it.

But to return to the buſineſs : How profitable ſoeve
it be for the moſt part, that the Patient be kept fro
Bed at the beginning of the Diſeaſe, yet ſometim
(which is to be noted) he muſt be altogether confine
to it before the Eruption : For inſtance, a Child that
paſt the Symptoms, which accompany the breeding
Teeth, is of a ſudden taken with a Convulſion ; in this ca
we muſt conſider that perhaps it proceeds from Natur
endeavouring to thruſt out to the Habit of the Bod
the Small-pox, Meaſles, or Scarlet-fever, tho' yet the
an

are hid in the Skin: That therefore we may ſufficiently provide againſt ſo dangerous a Symptom, we muſt preſently apply a Bliſter to the Neck, and put the Child to bed, and give a Cordial, with a ſmall Quantity of ſome Opiate, by which the Cauſe of the Diſeaſe may be the more powerfully caſt out, and alſo the Tumult which occaſions the Paroxyſm may be quieted. *E. G.* I preſcribe five Drops of *Liquid Laudanum*, in one Spoonful of Epidemick Water, or the like, for a Child of three Years old: And truly I very much ſuſpect, not to ſay I am certain, that ſome thouſands of Children, and ſome older, have therefore periſhed, becauſe Phyſicians have not ſufficiently conſidered, that ſuch Convulſions are nothing elſe but the Forerunners of the foreſaid Diſeaſes; for unwary Phyſicians taking theſe Fits, which are really Symptomatical for eſſential Diſeaſes, and endeavouring to cure them by Gliſters often repeated, and other Evacuations, hinder the Eruption of the Puſtles, and render the Fits more laſting, which they ſo much ſtudy to vanquiſh, and which would otherwiſe certainly vaniſh of their own accord, as ſoon as the Puſtles come out: And the Small-pox (as we have mentioned in another place) that ſeize young Children with a Convulſion, are favourable and ſeldom flux much, ſo that the Patient may be put in bed much ſafer at the beginning of the Diſeaſe, but I have obſerved that the Small-pox flux very much, when they immediately follow Comatoſe Diſeaſes: In which caſe, I rather order a Bliſter, and ſuch an Opiate, as I deſcribed, than to let the Patient keep his Bed continually before the Eruption; I have alſo taken notice, that ſuch Convulſions do ſometimes (tho' very rarely) precede the Fits of intermitting Fevers; but Comatoſe Diſeaſes often begin and end with theſe Paroxyſms, as well in Children as grown People; of both which there is no notice to be taken with reſpect to the Cure, but the Fever is only to be oppoſed, that being the chief and eſſential Diſeaſe; for if I ſhould principally regard theſe Comatoſe Symptoms that accompany the Fever, and therefore ſhould ſtrive to conquer this Drowſineſs by Bleeding, Purging, and repeated Gliſters, I ſhould by this means heighten the Fever, and by conſequence ſo increaſe the *Coma* (which I endeavour'd to cure)

that the Patient at length would be lulled aſleep for ever: whereas if I uſe my utmoſt endeavour to cure the Fever, all the Symptoms that proceed from thence, will be eaſily vanquiſhed, which I deſire may be ſeriouſly minded; for upon this account frequent, and very fatal Errors are wont to happen: But I ſpoke largely of this in another place.

In the next place alſo I muſt acquaint you, tho' it be advantageous for the Patient to be kept up a days, yet this Comfort cannot be allowed ſometimes, if vehement Sickneſs, a high Fever, violent Vomiting, Giddineſs, and Pains of the Limbs like a Rheumatiſm, *&c. contraindicat*, all which Symptoms, if they be violent, eſpecially in thoſe that are Sanguine, and in the flower of their Age, betoken that there is a great quantity of variolous Matter within, and that there will be no ſmall danger from the Puſtles ſtriving to come out tumultuouſly, and about to Flux extreamly: Seeing therefore it is abſolutely neceſſary to reſtrain the exorbitance of the Ferment, and yet on the one hand it rages more violently by being promoted, by the continual heat of the Bed, and on the other hand the Patient cannot keep up, becauſe he is ſo very Sick, unleſs we give him eaſe; for theſe reaſons it is altogether neceſſary to bleed him in the Arm, and to give him a ſtrong Vomit ſome hours after of the infuſion of *Crocus Metallorum*, which does not only expel the Matter that cauſes the unuſual Sickneſs, but ſo refreſhes the Patient, that being as it were well he can keep in Bed: Neither are we to endeavour by this method only, to ſuppreſs the force of the Ferment, but that the Patient may be the more ſecured it is very fit, that beſides the Evacuations above-mentioned, a good Doſe of Spirit of *Vitriol* be dropt into the ſmall Beer, as often as he drinks, till there be a full Eruption of the Puſtles. Yet notwithſtanding theſe Evacuations, and the uſe of the cooling drink, the Patient muſt not be permitted to keep his Bed a days, if it may be; for theſe univerſals much leſs reſtrain the Aſſimulation of the variolous Matter, than once cooling the Blood by the freſh Air, paſſing in and out by the Lungs, which alone forthwith leſſens the above-mentioned Symptomatick Sickneſs, as I have found by experience more than once

B

But this somewhat unusual method is not necessarily required, unless in those that are in the flower of their Age, whose Blood has been over heated by Venery or Wine, and in others (always excepting young Children) that together with the Small-pox, conflict with those violent Symptoms above-mentioned: where the Blood is not so much inflamed, nor the Symptoms so violent, as there is much less danger of over hastily Assimulating the variolous Matter, so by consequence the forementioned Evacuations, and the Spirit of *Vitriol* may be omitted.

I have taken the more time in treating of these things, because I am very well satisfied, that the happy, or lamentable end of the Disease, chiefly if not wholly, depends on the Management of the Patient at the beginning; but now all the Pustles being come out (which, as we have said before, was on the Sixth day, reckoning from the first Invasion, but on the Fourth inclusively from the first Eruption) the Patient is no more to be kept from his Bed the remainder of the Disease, which indeed as it ought not to be allowed before this day, so the Condition of the Patient will scarce bear, that it be deferred any longer, if he has the Flux-pox; and this is the sort (which I desire may be taken notice of) that we have hitherto treated of; for if the Pustles are few, it is no great matter which method is used, if the Physician be but indifferently well skilled; for tho' this kind of its own Nature be free from danger, yet not a few (which is much to be lamented) have died, when they have unfortunately made use of those, who placing all their hope in promoting the heat, have ignorantly conspired with the Disease to destroy the Patient.

From this time the Pustles begin to increase, and to inflame the Superficies of the Body all over, especially the Head, so that the Patient, unless he be a Child, is restless and can hardly sleep, which I think in the next place is to be seriously considered in this Disease; for the more sedate the Blood is, the better do the Pustles increase and attain their due Magnitude, and on the contrary, according to the degree of the violent Motion, by which the Blood is disturbed, the Pustles fade, their farther progress being intercepted, so that the Eruption

of the peccant Matter is not only obſtructed, but moreover the Oeconomy, and natural *Craſis* of every particular *Phlegmon* is diſturbed; and therefore, either they do not at all attain Separation at their due time, or inſtead of *Pus*, at length an *Ichor* is produced, and for the yellow Liquor, reſembling the colour of an Honeycomb, ſome black Humour, or ſome other Non-natural Juice is caſt out, contrary to the genuine Puſtles of the Small-pox: Wherefore I think *Opiates* are as much indicated in the Small-pox, as any other Remedy is in any other Diſeaſe; for in this Caſe they are as it were Specificks, as the Jeſuits Powder in intermitting Fevers; tho' I know very well, that *Paregoricks* do not operate by any preciſe Specifick Virtue, but only by anſwering that Indication, by which we endeavour to quiet the Blood and Spirits, and to reduce them to order; and truly this inordinate Motion of the Blood and Spirits (being an inſeparable Companion of the Flux-pox in grown People) chiefly requires the uſe of *Paregoricks:* Neither does he as yet rightly underſtand the Genius of this Diſeaſe, who thinks thoſe things are only occaſioned for want of ſleep; for as it may happen ſometimes, he that does not ſleep may alſo have his Spirits compoſed and quiet, (which often happens upon taking of *Laudanum*) ſo ſometimes it comes to paſs, that the Spirits being in violent Motion, hinder the laudable Eruption of the Puſtles, even when the Patient ſleeps much, which is worth Obſervation.

Now to ſpeak of the ſorts of *Anodynes*, tho' I have uſed Liquid *Laudanum*, for many years with good Succeſs, when this Indication was to be anſwered, yet I think *Diacodium* is to be preferred before it, tho' both may be uſed for the ſame purpoſe, yet I ſuppoſe the *Laudanum* heats a little more than the Syrup; as to the Doſe, that is not only to be ſuited to the Age of the Patient, but to the degree of the Symptoms, and that which perchance would be too much for a Perſon whoſe Spirits are well compoſed, would not be ſufficient for another that has his Spirits inraged: For inſtance, we ſuppoſe in general that Six Drams is ſufficient for moſt but for thoſe that have the Small-pox, when this kind of Remedy is indicated, we muſt ſcarce give leſs than

an

an Ounce, if we will do any thing to the purpose, which quantity indeed must be prescribed for one Dose through the whole Course of this Disease; I speak now of grown People, for if it be given to Children, the Dose must be lessened according to their Age; and truly *Anodynes* are not so much indicated in Children that have the Small-pox, as in grown People, for they are more prone to sleep the whole time of the Disease; yet if they are in much danger, I should be afraid to abstain from *Opiates*. But as I was about to say, it is very hard to determine the Dose of the *Anodyne*, in all the Cases in which they are indicated, for whether it be in any inordinate Motion of the Spirits, or in violent Vomiting, or Fluxes of the Belly, or great Pains, in which three Diseases, *Anodynes* are chiefly indicated (as we said in another place) they are to be given in such a manner, that if the first Dose do not do the business, another, and also another is to be given at due times, till at length the Medicines answer the intention of the Physician, not so much regarding the quantity taken, as the effect it should produce in the Patient; and when this is done and not before, we must desist from so frequent, and great use of the *Anodyne*; but such a space must be interposed between the Doses, that we may be able to know, whether the last performed the Business designed, before another be prescribed: but when we have once obtained our end, the Dose of the *Anodyne* is to be lessened in the progress of the Disease, as things appear.

I have many observations in readiness, that may confirm what I have hitherto delivered, but for the present I will mention but one. The 13th. of *April* 1681. one of my Neighbourhood, by Name, *Cross*, came weeping to me, and earnestly desired that I would visit her Son, which was Ten years old, who being ill for Four days, had as she fear'd the Small-pox; but I being laid up with the Gout, which at that time afflicted me, desired my Apothecary to visit him, and to acquaint me how he was; when he returned, he told me, that the Boys Mother had given him the Countesses Powder, and other hot Medicines by the Advice of a Petticoat Doctor, and that by her over care, she had as it were buried him in cloathes, that by their weight she might provoke Sweat

(which

(which women fly to in this Diſeaſe, as the ſacred Anchor of their hope:) moreover, ſhe drenched him with a great quantity of Poſſet-drink, with Mary-Gold-flowers and *Harts-horn* boyl'd in it, by which the Fever being increaſed, it occaſioned ſo great a Confuſion of the Spirits, that the Child was extraordinary light headed, ſo that he could hardly be kept in Bed by all the force of the Bye-ſtanders, and he muttered ſome odd words, like thoſe that are mad; neither did the Puſtles yet appear, or very obſcurely, but they lay very full in the Skin, the Eruption being plainly hindred by this violent method, which was deſigned to promote it: I ordered that he ſhould be preſently taken out of the Bed, and ſhould not return to it again, but only 2 Nights, till the Sixth day was paſt, and then that he ſhould preſently take half an Ounce of *Diacodium*; which doing no good, I ordered the ſame Doſe to be repeated an hour after, but without any Succeſs; for the Blood raged ſo furiouſly, that it could not be quelled before he had taken two Ounces and an half; but there was ſo much ſpace betwixt the taking of each half Ounce, that I might be certain what was the effect of the laſt Doſe. Afterwards I preſcribed half an Ounce to be taken only every Night at Bed-time, to the end of the Diſeaſe, which was ſufficient to preſerve the quiet of the Spirits, that a more frequent uſe had already obtained, and by this means the Patient recovered.

And here I muſt inform you, that how great ſoever the Doſe of the *Anodyne* be, which is preſcribed at the beginning of the Diſeaſe, and tho' it be repeated, yet it can ſcarce obtain its end, unleſs the Patient riſe, if the heat of the Blood, and the violent Motion of the Spirits rage mightily; for the heat of the Bed increaſes the heat of the Diſeaſe, and therefore it will be neceſſary to give ſo great a quantity of the *Anodyne*, that perhaps Nature will not be able to bear it: which likewiſe happens, tho' not with the ſame danger, when the *Peruvian* bark is taken in an intermitting Fever, whilſt the Patient keeps his Bed; and this I ſuppoſe is the reaſon, why the Cure of this Fever is ſometimes prolong'd, which otherwiſe might be performed ſooner; and ſometimes alſo if the Fever only remit, it will be ſo heightened, that the Patient will ſcarce eſcape Death.

But to omit extraordinary Cases, in which this Remedy may be indicated at any time of the Disease, I would have it first prescribed the Night in which the Patient is altogether confined to his Bed, to wit, the Sixth from the first Invasion, from which time, it is to be given every Evening to the Seventeenth day, or at least till the Patient is out of danger: For on the Sixth day, the Flesh being seized as it were with an Inflammation, the Head begins to be disturbed by the Humours, that are also inflamed upon this Account.

But we must take great care that the *Anodyne* be used earlier in this Disease than in others, because as it were a Paroxysm of heat and Restlessness, always afflicts those that have the Small-pox about Evening; and sometimes it happens, that unless it be given early at the latter end of the Disease, the Patient on a sudden being somewhat dull, presently grows hot, and afterwards complains of Sickness, which soon ends in Death, his Friends being wonderfully astonisht, who a little before entertained great hopes of his Recovery; and perhaps his Death might have been prevented by giving an *Anodyne* immediately; therefore on these days, especially on the Eleventh, I order the *Anodyne* to be taken sooner, *viz.* about Five or six in the Evening, that it may be ready to quell the Sickness, if it should chance to happen of a sudden: And truly I am very confident, that some of my Acquaintance have therefore perished, because they were destitute of this Medicine, when their Case required it, who otherwise might now have been in the Land of the Living, and if opportunity be sudden in any other Case, it is much more in this: Wherefore seeing so great danger is like to happen, either if an *Anodyne* be not taken soon enough, or on the contrary so over early, that its *Anodyne* Virtue which quiets the Spirits, fades before it is repeated; therefore seeing things are so uncertain, it is safest to prescribe a *Paregorick* to be taken Morning and Evening at appointed hours, to wit, on the last and most dangerous days of the Disease; neither at this time will an Ounce of the foresaid Syrup be always sufficient, for this quantity will signifie no more in an intense Inflammation of the Blood, and in a great Exorbitancy of the Animal Spirits, than half an Ounce in a milder Disease; for

for I have found by repeated Experience, that an Ounce and an half was but enough for one Doſe, in young Men of a Sanguine Complexion, to ſuppreſs the violence of the Symptoms which invade them, and which we are moſt concerned to prevent; and this very Doſe, in ſuch Perſons, and at ſuch times, may not only be ſafely repeated, but alſo with great advantage, Morning and Evening till the Patient recovers.

Neither am I afraid to confeſs, that ſometimes at the laſt days of the Small-pox, when they Flux very much; I have been forced to give an *Anodyne* three times in the ſpace of a Natural-day, *i. e.* once every eighth hour; Namely, when longer Intervals from the uſe of it could not be allowed, by reaſon of the violent rage and confuſion of the Spirits, which occaſion Sickneſs: But this is to be noted, that if this ſo frequent uſe of *Diacodium*, is nauſeous to the Patient (which often happens on the foreſaid days) then *Liquid Laudanum* muſt be preſcribed, of which Sixteen drops is Equivalent, to one Ounce of *Diacodium*, namely, if it be prepared after the ſame manner as I have deſcribed in my Treatiſe of acute Diſeaſes, in the Chapter of a Diſentery.

I know very well, that they which are diſpleaſed at theſe things, will object that the peccant Matter will be fixt, and the Spittle leſſened by the *Anodyne*, ſo often repeated in ſo large a Doſe: to whom I anſwer, that indeed the Salivation will be a little leſſened, yet never ſo throughly ceaſe, as not ſomewhat to revive again, at the longeſt Intervals from taking the *Anodyne*, when its Virtue is decaying: Moreover, it will be ſupplied with two advantages; Firſt, for that the Patient being recruited by the *Narcotick*, will better expectorate the Phlegm, and then tho' the Spittle, which is hauked up be leſs, yet its better concocted, than if there were no *Anodyne* preſcribed: In the next place, the defect of Salivation is ſufficiently ſupplied by the ſwelling of the Face and Hands, which by the repeated uſe of the *Anodyne* is greater, and more certain in thoſe days, in which theſe parts uſe to ſwell, to wit, the Face, from the Eighth day to the Eleventh (at which time it begins moſt commonly to ſink) but the Hands from the Eleventh, till the Puſtles which are upon them ripen: And I boldly affirm,

which

which no one who is well skilled in this Diſeaſe, can deny, that the abſence of either of theſe Swellings, at the time when they ſhould appear, is a worſe ſign than the ſtoppage of the Salivation. Truly, I think it is much ſafer to venture the danger of reſtraining the Flux, than to leave off the uſe of the *Anodyne*, which is ſo extreamly requiſite in this Diſeaſe, that he ought to be accounted very unskilful and careleſs, who will defraud his Patient of ſo great a help.

But thoſe things I have hitherto diſcourſed of, are not to be underſtood as if I would adviſe the daily uſe of *Diacodium*, tho' but in a convenient quantity, in young Children that have the Flux-pox, unleſs the Diſeaſe threatens ſome great miſchief, and that for two Reaſons: Firſt, becauſe Children are not ſo hot as thoſe whoſe Lamp of Life is fuller of Light, and burns clearer. Secondly, becauſe their ſoft and infirm Age, cannot ſo well bear the force of *Anodynes* continually taken: Beſides, Children ſleeping almoſt perpetually of their own accord, eaſier paſs over the wearineſs of the Diſeaſe, yet notwithſtanding when they are ſeized with a Phrenſie, or when the Puſtles are of an ill ſort, *Anodynes* are always indicated; for the diſturbed Motion of the Blood and Animal Spirits, fully confirm the ſame.

Theſe two things which we have ſo fully treated of, to wit, the method by which the over haſty Aſſimulation of the variolous Matter is hindred at the beginning of the Diſeaſe, and the other that prevents the inordinate Motion of the Spirits, which is occaſioned by the Inflammation of the external parts, are as it were the two Hinges, on which the whole Cure of the Diſeaſe is moved, foraſmuch as the miſchiefs that ariſe, becauſe theſe two dangers are not ſufficiently prevented, call in thoſe dreadful Symptoms, that end the Tragedy of the Small-pox. Wherefore ſeeing theſe are the chief curative Indications, which when I ſhall have ſufficiently anſwered, after the manner now mentioned, there is nothing more for me to do, as I am a Phyſician, not a preſcriber of a Medical *Formula*, which two Arts, or Gifts, or if you pleaſe to call them Provinces, I think mightily differ one from the other.

To

To mention one thing more, if there be need of a Bliſter, it muſt be very large and ſtrong, and applied to the Patient's Neck, which ought to be performed ſo opportunely, that neither being put on too early, it leave off running before the Eleventh day, which is the moſt dangerous, neither be put off to that very Day: So that coming too late, it might do injury at that juncture of time, by the heat and rage it imprints on the Blood, which then is ſcarce able to combat with the Secundary Fever; therefore the Bliſter will be moſt ſeaſonably applied, the Night which precedes the great *Criſis* of the Diſeaſe, preſently after the *Anodyne*, which is to be taken then, the Bliſter being applied at that time, the Pain will wholly ceaſe that is occaſioned by it, before that day in which the Patient is to fight the great Battle, and there will be a diſcharge of the peccant Matter at that time, of which there is need to conquer thoſe great Symptoms that attend upon that Day; for it is at this time firſt (which I have handled largely in the Hiſtory of this Diſeaſe) that the Face which hitherto ſwelled, now begins to aſſwage, and the Salivation which hitherto flowed plentifully decreaſes, the Humour being thickened and hardly hauked up, which occaſioned it, but to omit, that the Bliſter ſomewhat ſupplied the ſinking of the Swelling of the Face, aud the Spitting that was leſſened, moreover, it in ſome meaſure conduced to the ſuppreſſing of the Secundary Fever, which at this time prevails, the Blood being as it were overwhelmed and quite poyſoned by the Abundance of *Pus* ſucked in from ſo many little Ulcers, ſo that in almoſt all I have been concerned with, that have been afflicted with the Small-pox, I have obſerved that the Pulſe in the Hand-wriſt could hardly be obſerved, tho' they were eaſily felt the Day before, and the Day following this Day.

Among thoſe things which draw from the Head, either by derivation or revulſion, nothing in my opinion is ſo effectual as Garlick applied to the Soles of the Feet. That it really draws, is manifeſt by the Bladders it raiſes, and the intolerable Pain it ſometimes occaſions, tho' rarely when it has raiſed no Bliſters, to wit, by attracting the Humours to thoſe parts, whence ſo violent Pain is now and then ſtirred up, that I have been

forced

forced to order a Pultis of White-bread and Milk; therefore in grown People that have the confluent Small-pox, I use to apply Garlick sliced, and wrapt in a Cloath to the Soles of the Feet, from the eighth Day, at which time the Face begins first to asswage, till all the Danger of the Disease be pass'd, and to repeat it every Day. Neither must I omit to acquaint you, that the Patient must wholly forbear Flesh, and that he must only use the smallest Beer for his Drink; in the mean while, it is fittest for him to live poorly upon Oat-meal-Broth, roasted Apples, and Small-beer; but at the time of maturation, when the purulent Particles, flowing back upon the Mass of Blood, pollute the same with their Filth, it will be proper to give the Patient a few Spoonfuls of Wine, Night and Morning. As to the Coverings of his Bed, there must be no more, nor fewer than he used to have when he was well; and he must be permitted to move from one part of the Bed to the other, as often as he will, that the Symptomatical Sweats may be hindred, which as I suppose has been sufficiently proved to be injurious to the Patient; and by the same means the violent Inflammation of the Pustles will be prevented, which proceeds from too great Heat that the Flesh contracts, when he lies always in one place as if he were staked to it: But of this we have discoursed largely in another place.

I will add a very late Case, as a Specimen of this whole Practice: This Winter the Noble Lady *Dacres* sent for me to her Nephew, Mr. *Thomas Chent*; he was of a very Sanguine complexion, and in the flower of his Age: The day before he began to be in a violent Fever, he cast up a great quantity of Choler by vomit, and he had a violent Pain in his Back; and hoping to ease himself he went to bed, and by heaping on Cloaths, and taking hot Liquors, he endeavoured with all his might to force Sweat, for a whole day, but all in vain; for the great inclination to Vomit, and the Looseness, tho' moderate frustrated the force of the Sudorificks, and in the mean while increased the Fever, I suspected the Small-pox would soon come out, and that they would flux extreamly, by reason of the vigour of his Age, and also because his Blood was much inflamed, by the fruitless

leſs Attempt to force Sweat (upon which Account, if i
had been Summer, a bloody Urin and purple Spots hac
certainly been occaſioned) but chiefly becauſe I hav
always obſerved, that in young Men ſeized with a vio
lent Vomiting and Sickneſs, and Pain more than uſua
the following Small-pox fluxed beyond meaſure: There
fore I thought it was my Duty to endeavour all I coul
to hinder the over-haſty Aſſimulation of the variolou
Matter. I kept him up till the time he uſed to go to bed
The day following (which was the third) the Small
pox not appearing, I ordered eight Ounces of Blood t
be taken from his Right-arm; it was very good and flo
rid, for as yet it had only received the ſpirituous Ve
nom, not that Putrefaction, which is occaſioned by
longer continuance of the Diſeaſe, and is moſt commonl
ly ſeen in the Blood of thoſe that are newly recovered
of this Diſeaſe. At five of the Afternoon the ſame day
I gave him an Ounce of the infuſion of *Crocus Metallo
rum*, he vomited very well, and being freed of his Sick
neſs, ſeemed much better, and willingly kept from bed
from whence before he would ſcarce yield to be taken
being grievouſly afflicted with Sickneſs and Giddineſs
On the fourth day I viſited him in the Morning, and
found the Puſtles coming out ſo full (which I had
much endeavoured to prevent) that it was to be feared
they would endanger his Life, by reaſon of the great
Flux they threatned; therefore I took great care, that
he was not put to bed in the Day-time, and I adviſed
he ſhould drink Small-beer ſharpened with Spirit of Vi
triol dropt into it; he continued this method till the
ſixth Day, on which Day tho' he was not ſick, but
much refreſhed by the free uſe of the Air, yet his Body
was now and then ſomething looſe; towards Evening
he was no longer able to keep from bed, which is com
mon in this caſe; therefore he continued in it to the
end of the Diſeaſe by my conſent; for all the Puſtles
were now come out, which notwithſtanding all my
Care fluxed much; and tho' they were fewer than thoſe
which I have obſerved in ſome that died of this Diſeaſe
yet were they more than they uſed to be in moſt of thoſe
that recovered. This was the firſt Night that I ordered
an Ounce of *Diacodium* in Cowſlip-water to be repeated
every

every Night after, and I adviſed that he ſhould have no more Cloaths on than he uſed when he was well, and that he ſhould be dieted with Oat-meal and Barley-broth, and ſometimes with a roaſted Apple, and that he ſhould drink Small-beer. On the eighth Day, I ordered ſliced Garlick to be wrapt in a linen Cloth, and applied to the Soles of his Feet, and to be renewed daily till he was paſt danger; afterwards all things ſucceeded according to the Genius of the encreaſing Puſtles, till the tenth Day; at which time, viſiting him in the Morning, tho' I found him pretty well, yet I perceived as it were ſome Fore-runners of the Secundary Fever, with ſome kind of reſtleſneſs; therefore preſently fearing the approaching Storm, I gave him the *Anodyne* above-mentioned, by which all things were quieted, and at Night I preſcribed an Ounce and an half of *Diacodium*. On the following Morning, to wit, on the eleventh Day, when the Virtue of the Paregorick was faded, which he took the Night before, he began to be reſtleſs again afreſh, therefore I preſently ordered him again an Ounce and an half of *Diacodium*, and ſo much in the Evening, and that he ſhould take the ſame Doſe Morning and Evening, till he was quite well: The Patient was very orderly, neither were we affrighted with any other Symptom afterwards, excepting only that he had a ſuppreſſion of Urine (a Symptom very frequent to young People in this Diſeaſe) but he made water kneeling in the Bed: As to the Salivation, tho' the quantity of the Spittle was ſomewhat interrupted by the frequent Repetition of *Anodynes*, in ſo large a Doſe; yet in the longer Intervals from the uſe of them, he hauked up concocted Phlegm, and his Face and Hands ſwelled in due time, as well as could be wiſhed. On the eighteenth Day he roſe, and I firſt allowed him Chicken-broth, and ſo by degrees he returned to his accuſtomed Diet. On the twenty firſt he was let Blood in the Right-arm, and eight Ounces was taken away, which was like the Blood of thoſe that have a Pleuriſie, and not much unlike *Pus*. Laſtly, he took four Purges at a convenient Diſtance one from another.

It is to be noted, that when in this Treatiſe the Day from the firſt Invaſion is mentioned, to wit, the Sixth,

the Eleventh, and the like; I would not have it be ſoo underſtood, as if the confluent Small-pox came out al-ways on the third Day; whereas I know very well, that it ſometimes happens, even in thoſe that flux moſt, that thee Puſtles do not appear till ſome time after the third Day; but the Eruption is moſt commonly on the third Day, and for the moſt part, thoſe for inſtance which are ſei-zed with the Flux-pox on *Monday*, ſhall perceive thee Puſtles coming out the *Wedneſday* following; and the Se-cond *Thurſday* from that *Monday*, will be the eleventh Day, that is ſo very dangerous, unleſs the Phyſician in-terpoſe.

And here I muſt again remind you, that all theſe The-orems belong only to the confluent Small-pox, and are of no uſe in the diſtinct ſort; neither indeed do they need them; and they impoſe upon themſelves as well as others, who value themſelves upon curing thoſe who have but few Puſtles, and thoſe diſtinct alſo: If they de-ſire to try their skill, let it be in the Flux-pox, eſpeciall-ly when this Diſeaſe invades thoſe that are in the flower of their Age, or others that have been inflamed by the immoderate drinking of Wine; leſt being exerciſed only in ſlight Matters, they ſhould be ſo much miſtaken as to think they have ſaved thoſe the By-ſtanders did not kill.

But before I finiſh this Diſcourſe, I will relate what my good Friend Dr. *Charles Goodall* Fellow, and at pre-ſent Cenſor, of the College of Phyſicians, told me when I was writing theſe things, and I do it to confirm what I have ſaid here and elſewhere of purple Spots, and co bloody Urine; for theſe Symptoms when they come upp on acute Diſeaſes, proceed wholly from a violent Inflam-mation of the Blood, and therefore indicate cooling Re-medies. The caſe is as follows; a young Man of about twenty ſeven Years of Age, of a thin and hot Conſtitutio-on, was ſeized with a violent and continual Fever in *June* 1681; his Tongue was dry and foul, he was very thirſty, his Pulſe was quick, there was a Pain near the Region of the *Scrobiculum Cordis*, but eſpecially in the Back, wherein it raged continually; he made a bloodi Urine now and then, and Spots of a browniſh Colour were thick in the Neck, Breaſt, and Wriſts; the Phyſi-cian was called on the fifth Day, and finding the Sick in

grea

great danger, by reason of the great Excretion of bloody Urine, he thought the curative Indications were to be directed for the cooling and thickening of the Blood, and also for stopping the Mouths of the Vessels, which were relaxed and opened in the Veins.

Bleeding therefore, and a lenitive *Bolus*, being premised, he ordered the Patient to keep from bed, as much as he could; for he did not question, but that the voiding of blood by Urine was promoted by the continual Heat of the Bed; he also advised, that he should sleep rather upon a leather Couch, and that he should very rarely lie upon his Back, that he should drink Milk-water, and be dieted with Panada, Ryce-milk, roasted Apples, either alone, or squeezed into Fountain-water, and sweetened with Sugar, and he ordered the following Medicines.

Take of Red-roses six Drachms, of the inner Bark of the Oak half an Ounce, of the Seeds of Plantain a little bruised three Drachms, of Fountain-water a Quart, of Spirit of Vitriol a sufficient Quantity to make it pleasantly acid; infuse them in a close Vessel on a gentle Fire for four or six hours; to the strained Liquor add, of Cinnamon-water hordeated three Ounces, of White-sugar a sufficient Quantity to make the Tincture pleasant to the Taste, whereof let him drink often Night and Day.

A Glister of Milk and Syrup of Violets was injected at Two in the Afternoon, and at Bed-time the following Draught was given.

Take of the Waters of Cowslip-flowers, Plantain, and Cinnamon hordeated, each half an Ounce, of distilled Vinegar two Drachms, of Diacodium *six Drachms, mingle them.*

On the seventh Day the Symptoms scarce remitting, the Glister before described was ordered to be injected daily, and an Emulsion and Draught was prescribed in the following Manner.

Take of the Seeds of Succory, Endive, Lettice, Purſlain each two Drachms, *of the Seeds of Quinces and whit* Poppies, each one Drachm and an half, *of ſweet Al* monds blanched Number four; *beat them altogether i* a Marble-mortar, *pouring upon them gently a Pint an* an half of Barley-water; *to the ſtrained Liquor add* ſufficient quantity of Cryſtalline-ſugar; *make an E* mulſion, *whereof let him take twelve Spoonfuls ever* fourth Hour.

Take of the Waters of Cowſlip-flowers, Water-lilies, Oa buds and Plantain, each half an Ounce, *of diſtille* Vinegar, and Cinnamon-water hordeated, each thre Drachms, *of the Confection of Hyacinth half a Drachm* of Diacodium one Ounce; *mingle them; make a Draug* to be taken at Bed-time.

On the eighth Day, the Fever ſtill remaining, and Bloo mingled with the Urine flowing plentifully, and the Spoo being many, in the Parts above-mentioned; ſuppoſin that all theſe Symptoms proceeded from the Heat, Thi neſs and Acrimony of the Blood, he bled again a ſecon Time, and allowed Small-beer more freely, made plea ſantly acid with Spirit of Vitriol; but becauſe the Sic nauſeated it, he allowed him Poſſet-drink made Juice of Limons and Milk, and alſo the Pulp of Limo cut into Slices, and wrapt round with Sugar; he all added the following.

Take of the Conſerves of Wood-ſorrel and Hips, each ha an Ounce, *of the Confection of Hyacinth three Drachm* of Diaſcordium one Drachm and an half, *of Re* coral prepared, Dragons-blood and Bole-armenick, ea one Scruple, *of Syrup of Comfrey, and Mouſe-ear, ea* a ſufficient quantity; *make an Opiate, whereof let hi* take the quantity of a Hazel-nut every ſixth Hou drinking upon it a ſmall Draught of Poſſet-drink ma with Milk and the Juice of Limons, and ſweeten with Sugar, or of the vulnerary Decoction made a li tle acid with Spirit of Vitriol.

Let the Draught prescribed the Night before be repeated with ten Drachms of *Diacodium*.

On the Ninth day the Spots vanished by degrees, and the Urine was not so bloody, and the Blood that was in it was more easily separated, and subsided sooner to the Bottom of the Chamber-pot; therefore he advised the Patient to persevere in the use of these things, and a few Days after he added the following things to the same Purpose.

Take of the Conserve of Red-roses pulped and vitriolated four Ounces, of Lucatellus's *Balsam two Ounces, of Bole-armenick, Dragon's-blood, and the Species of the Electuary of Coral, each one Drachm, with a sufficient quantity of Syrup of Coral; make an Electuary; let him take the quantity of a Nutmeg twice a Day, drinking upon it a Draught of the following Emulsion.*

Take of the Seeds of Lettice and Purslain, each three Drachms, of Quinces one Drachm and an half, of white Poppies half an Ounce, of sweet Almonds blanched Number five; beat them in a Marble-mortar, and pour upon them gently a Quart of Plantain-water, and two Ounces of Cinnamon-water hordeated; to the strained Liquor add a sufficient quantity of Sugar.

With these Remedies by the Blessing of God the Sick was freed within three Weeks from the Fever, and those dreadful Symptoms we have mentioned, and the Spots going off, and the Urine coming to its Natural Colour and Consistence, he recovered by degrees his Health and Strength.

But tho' the foresaid Symptoms accompanied the continual Fever, yet not the Disease we have treated of above. But as often as they accompany either Disease, they always arise from a violent Inflammation, and the too great Thinness of the Blood: Upon which Account, the Blood is as it were forced violently through the Mouths of the Vessels. And without doubt, the same method is to be used, when there is so great a Parity in the Causes, as much as the Nature of the Disease will allow of; wherefore I intreated the worthy Man, that he

he would give me leave to add this Cure here, and my greateſt Enemy (but judging other Men's diſpoſitions by my own, I could hope I have no Enemy) haa performed the ſame, I muſt, being overcome by truth confeſs it had been the greateſt Cure I ever knew; fo I long ago found how fatal it was for thoſe that have Fever to render Blood with their Urine. But when it my good Friend, how earneſtly ought I to contend fo truth, and the Reputation of the beloved Man; for th is he, who when very few dared to aſſert that I hav done any good either in diſcovering, or cultivating th leaſt thing in Phyſick, that ſuſtained the Torrent of m Calumniators, and was as earneſt to defend me, as Son would be to defend his Father: But tho' I am obl ged by ſo great kindneſs, yet I would never have pub liſhed theſe Praiſes, unleſs he had deſerved them; for is alike faulty to praiſe or diſpraiſe contrary to deſer for on either ſide we forſake truth; therefore no Ma ought to blame me, if I affirm he is ſecond to none fo Honeſty which I have hitherto known: For in thoſe ma ny Years I have been familiarly acquainted with hi he never allowed himſelf to ſpeak, much leſs to do an thing to the injury of another, and how excellent he in the Art he profeſſes will ſhortly appear, if God gran him life; for being very learned, he has ſearched int the ancient and modern Treatiſes of Phyſick; and ha been wiſely induſtrious in diſcovering the minute Sub tleties of Practice, without which no man can practic Phyſick laudably; and therefore, the Sick will coun him as good and ſucceſsful as the beſt. Now to con clude, Theſe are my Sentiments of this Diſeaſe, which raſh Fancy did not ſuggeſt, but practical *Phænomen* nor can I tell how it ſhould come to paſs, that he ſhou be deceived, that bounds and determines all his Thoug to the meer naked Practice of the Art, or Faculty, whi he deſigns to underſtand fully, and to practiſe with R putation: or on the contrary, how it is poſſible, that ſhould do any thing, but trifle away his whole Life deceiving himſelf as well as others, who is vainly em ployed in contriving thoſe things, that do not at all b long to Practice; and as he would be no very hone nor ſucceſsful Pilot, that ſhould not bend his mind

mu

much to know and avoid the Shallows and Rocks, as to contemplate the cauſe of the ebbing and flowing of the Sea, which truly becomes a Philoſopher, but is not his buſineſs, who is only to ſecure the Ship; ſo neither will the Phyſician, who has no other Province than that of curing Diſeaſes, be a true Proficient in the Art of Phyſick, tho' he has good natural parts, who does not take ſo much Pains in ſearching out that hidden and crooked method, whereby Nature produces and nouriſhes Diſeaſes, (on which alſo their Hiſtory depends) and in procuring agreeable Remedies for them, as in nice Speculations, which do not at all conduce to the reſcuing of men from the jaws of Death, which Phyſick promiſes; and this trifling Humour does not only deprive mankind of thoſe great advantages, which would accrew to it by the Ingenuity of very many; but it makes alſo that which is called the Art of Phyſick, rather a babbling Faculty; at length it comes to this, that the Patient muſt live or die, as the Philoſopher gueſſes right or wrong; and this muſt needs be very uncertain; for the firſt Contrivers of Speculations had as great Contentions about their Brain-ſick Fictions, as their Slaves and Tools, and yet none of them perhaps in the right. For tho' upon ſerious Conſideration, we may be able to find what Nature does, *de facto*, and what Organs ſhe uſes in her Operations, yet the manner how ſhe does it will be always hid from Mortals, or I am deceived: nor is this ſtrange; for it is much more, yea infinitely more probable, that we poor Manakins, baniſhed from the illuſtrious Region of light and life, can by no means comprehend the method, which the moſt wiſe Artificer uſed in making the Machin, than that an ignorant and bungling Smith ſhould not underſtand how a Clock is put together, the Structure and Motion whereof ſhew the exquiſite Neatneſs of the Art; and as it plainly appears, that the Brain is the Fountain of ſenſe and motion, and the Shop of Memory and Thoughts, yet it is not poſſible, that the mind ſhould be ſo enlightned by the moſt careful Inſpection, and Contemplation of it, as to know how it comes to paſs, that ſo thick a Subſtance, and as it were a Pulp, and as it ſeems of no great Contrivance, ſhould ſuffice for ſo great an uſe, and ſuch excellent Faculties; nor is a-

ny one able to demonſtrate, for what reaſon, accordin
to its Nature and Structure of parts, it neceſſarily ex
erts this or that Faculty.

And ſo much for the confluent Small-pox, to which,
thoſe things are added, which I have delivered of this Di
eaſe in the Hiſtory of acute Diſeaſes, you have the ſum
all I hitherto know, and all thoſe things, which I hav
ſearched and weighed as carefully as I could.

I begin now, becauſe you require it, worthy Sir, to di
liver thoſe things, which I have hitherto found by Ob
ſervation concerning Hyſterick Diſeaſes; the Diagnoſtic
whereof I readily confeſs is very obſcure, and more di
ficult than other diſeaſes, that afflict mankind, and they a
more difficultly cured; but I will endeavour to do as w
as I can, and as briefly as is neceſſary for a letter, whi
indeed my Sickneſs requires, eſpecially at this Seaſon
the year, wherein there is danger of occaſioning preſen
ly a fit of the Gout, if I ſhould ſtudy too hard; there
fore I will deliver in a few words what I have to ſay, a
will proceed in the method I am wont to uſe, *viz.* I will
down a ſhort Hiſtory of the Diſeaſe, according to the tr
Phænomena of Nature, I will alſo add the method of Cu
which I have found moſt ſucceſsful, which was ſuggeſt
to me heretofore rather by my own Experience, that is
ill Guide, than by the reading of Books.

This Diſeaſe, if I Calculate right, moſt frequently o
curs of all Chronical Diſeaſes, and as Fevers with th
that appertain to them make two Thirds, if they a
compared with Chronical Diſeaſes taken all together,
Hyſterick Diſeaſes, at leaſt thoſe that go under that Nam
are half the remaining Third; that is, they are half
Chronical Diſeaſes; for very few Women, which Sex is
half of grown People, are quite free from every Aſſa
of this Diſeaſe, excepting thoſe who being accuſtom
to labour live hardly; yea many men that live ſedenta
Lives, and are wont to ſtudy hard, are afflicted w
the ſame Diſeaſe; and tho' Hyſterick Symptoms w
always heretofore ſuppoſed to come from a vici
Womb, yet if we compare Hypochondriack Sympto
which were thought to proceed from Obſtructions of
Spleen, or Bowels, or from ſome other, I know not w
Obſtruction, an Egg is ſcarce more like an Egg that th

Sym

Symptoms are one another in all Reſpects. But it muſt be confeſſed that Women are much more inclined to this Diſeaſe than Men, not becauſe the Womb is more Faulty than any other Region of the Body, but for Reaſons to be ſhewn by and by.

Nor is this Diſeaſe only frequent, but ſo ſtrangely various, that it reſembles almoſt all the Diſeaſes poor Mortals are inclined to; for in whatever part it ſeats it ſelf, it preſently produces ſuch Symptoms as belong to it, and unleſs the Phyſician is very skilful, he will be miſtaken, and think thoſe Symptoms come from ſome Eſſential Diſtemper of this or that part, and not from an Hyſterick Diſeaſe.

For inſtance, ſometimes it poſſeſſes the Head, and cauſes an Apoplexy, which alſo ends in an *Hemiplegy*, and is exactly like the Apoplexy, whereby corpulent and old People are deſtroyed, and which happens becauſe the Animal Spirits are ſtopt, the *Cortex* of the Brain being ſtuffed, by a great deal of Phlegm, from which cauſe the Apoplexy of Hyſterick Women does no way ſeem to ariſe; for it ſeizes ſuch very often, preſently after Delivery, a great quantity of Bloud being at the ſame time evacuated, or it proceeds from hard Labour, or ſome violent Commotion of the mind.

Sometimes it occaſions violent Convulſions, much like the Falling-ſickneſs, the Belly and Bowels ſwelling towards the Throat, the Sick ſtruggling ſo violently, that tho' at other times her ſtrength is but ordinary, ſhe can now ſcarce be held by all the ſtrength of thoſe that are about her, and ſhe mutters ſome odd and inarticulate Sounds, and ſtrikes her Breaſt. Women that are wont to have this Diſeaſe commonly called Mother-fits, are generally very Sanguine, and have an habit of Body almoſt like that of a *Virago*.

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

Sometimes falling on the Vital parts, it cauſes ſo great a beating of the heart, that the Women who are troubled with it verily believe, that thoſe that are near may hear

hear thumping on the Ribs; this kind chiefly ſeizes thoſe that are of a thin habit of Body, and of a weak Conſtitution, and who look Conſumptive, and alſo young Virgins that have the Green-ſickneſs.

Sometimes it ſeizes the Lungs, and the Patient coughs almoſt without Intermiſſion, but Expectorates nothing; and tho' this ſort of Cough does not 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 on the Region under the *Scrobiculum Cordis*, it produces violent Pain, very like the *Iliac* Paſſion, and the Woman Vomits greatly, ejecting a certain green Matter, ſomewhat like that they call *Porraceous Bile*, and ſometimes of a colour unuſual. And frequently after the Sick has been almoſt deſtroyed by the foreſaid Pain (which would weary a Stoical Apathy) and reachings to Vomit for many days, at length the Fit is carried of by a violent Jaundice; which Tinctures the Superficies of the Body like Saffron. Moreover the Sick is oppreſſed by a dreadful Anguiſh of mind, and wholly deſpairs of Recovery; which dejection of Soul, and as it were a certain Deſperation, as certainly accompanies (as I have noted) this kind of Hyſterick Diſeaſes as the Pain and Vomiting above-mentioned. This kind chiefly invades thoſe, that are of a crude and lax habit of Body, and thoſe that have ſuffered much by bringing forth great Children. When this Diſeaſe ſeizes one of the Kidneys, it plainly repreſents by the Pain it cauſes there, a Fit of the Stone, 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 the Pain ſometimes extends it ſelf through the paſſage of the *Ureter*: So that it is very hard to know, whether theſe Symptoms proceed from the Stone, or from ſome Hyſterick Diſeaſe, unleſs per-chance ſome unlucky Accident diſturbing the Womans mind a little before ſhe was taken ill, or the Vomiting up 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 not only produces

Pain

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 Kidneys is not so rare, both are accustomed to invade those Women who are much weakned by Hysterick Fits, coming frequently, and whose health of Body is much impaired.

Sometimes falling upon the Stomach it occasions continual Vomiting, and sometimes a *Diarrhea*, when it is fixed upon the Guts; but no pain accompanies either of these Symptoms, tho' frequently in both the Green humour appears. Both these kinds are familiar with those that are much weakened by the frequent coming of Hysterick Fits.

And as this Disease afflicts all the inward parts almost, so sometimes the outward parts also seized by it, and the Musculous flesh, occasioning Pain, and sometimes a Tumour in the Jaws, Shoulders, Hands, Thighs, Legs, in which kind the Tumour, which swells the Legs is more conspicuous than the rest; but whereas in Hydropical Tumours, these two things may be always observed, namely, that the Swelling is most in the Evening, and being pressed by the Finger, a pit remains. 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 observe the largeness of it, or its Superficies, it is so very like Hydropical Swellings, that the Patient can scarce be perswaded to believe, that it is any other Disease. Neither are the Teeth which you will scarce believe free from the assaults of this Disease, tho' they are not hollow, and tho' there is no apparent Defluxion, that may occasion the Pain, yet it is no whit gentler, nor shorter, nor easier to be cured. But those Pains and Tumours that afflict the outward parts, chiefly fall upon those Women that are in a manner quite destroyed by a long Series of Hysterick Fits, and by the force of them.

But among all the Torments of this Disease, there is 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 above-mentioned Pains, that the place on which they were, cannot bear

touch-

touching after they are gone, but is tender, and akes juſt as if it were beaten ſoundly; but this Tenderneſs goes off by degrees.

And this is worthy of Obſervation, that often a notable Cold of the external parts, makes way for theſe Symptoms, which for the moſt part goes not off till the Fit ends; which Cold I have obſerved is almoſt like that by which a Carkaſs grows ſtiff, yet the Pulſe is good.

And moreover, almoſt all Hyſterick Women, whom I have taken care of hitherto, complain of a Dejection and ſinking of the Spirits; and when they would ſhew the place where this Contraction or ſinking of the Spirits is, they point to the Region of the Lungs.

Laſtly, it is known to every one, 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, *viz.* An Urine as clear as Rock-water; and this Hyſterick Women evacuate plentifully, which I find by diligent iniquity, is in almoſt all, the *Pathognomonick* ſign of this Diſeaſe, which we call Hyſterick in Women, and Hypochondriack in men; and I have ſometimes obſerved in men, that preſently after making water of a Citron colour (yea almoſt the next moment) being ſuddenly ſeized with ſome violent Perturbation of the mind, they preſently void water as clear as Chryſtal, and in 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, when the Diſeaſe has been long upon them, that ſometimes they belch up ill Fumes as often as they eat altho' they eat with Moderation, 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 decayed, and the Juices quite changed from their natural State.

Nor are they unhappy on this Account only, *viz.* that their Bodies are ſo diſorder'd, and as it were tottering like ruin'd Houſes; for their minds are worſe affected than their Bodies, for an incurable Deſperation is mixt with

with the very Nature of the Diſeaſe, they are very angry when any one ſpeaks never ſo little of the hopes he has of their Recovery, eaſily believing that they undergo all the Miſeries that can befall a man, foreboading the moſt dreadful things to themſelves, entertaining in there reſtleſs and anxious Breaſts upon ſmall occaſions, and perchance for none at all, Fear, Anger, Jealouſie, Suſpicions, and worſe Paſſions of the mind, if any can be worſe, abhorring all Joy, Hope, and Mirth, and if any of theſe chance to happen, 'tis very rare, and ſoon flies away, and yet does no leſs diſturb the mind, than the ſorrowful Paſſions, and they never keep a Mean, conſtant only to Inconſtancy. Sometimes they love above meaſure, and preſently hate the ſame without any reaſon, ſometimes they intend to do this or that, then preſently alter their Intentions, and begin the quite contrary, and yet they do not do that neither; ſo wavering are they that their minds cannot be at all at reſt; and what the Roman Orator ſaid of the Superſtitious, agrees exactly 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 Friends deceaſed are repreſented in Dreams, and they are ſo afflicted in Body and Mind, that one would imagine that their Lives were a Purgatory, wherein they were to purifie themſelves, and to expiate Crimes committed in ſome other State; nor is it only ſo with mad People, but alſo with thoſe, who, if you except theſe Impetuoſities of mind, are very prudent and judicious, and who much excel, for deep thought and wiſdom of Speech, others, whoſe minds were never excited by theſe Provocations to thinking, ſo that *Ariſtotle* was in the right, when he ſaid that Melancholy People are moſt ingenious.

But this dreadful Condition of mind, which I have mention'd above, ſeizes thoſe only that have much, and a long while been afflicted with this Diſeaſe, and have been at length quite conquer'd by it, eſpecially if Adverſity, Care, or Trouble of mind, or hard Study, or the like, joyned with an ill habit of Body, have added Oyl to the flame.

A Day would ſcarce ſuffice to reckon up all the Symptoms belonging to Hyſterick Diſeaſes, ſo various are they, and ſo contrary to one another, that *Proteus* had no more ſhapes, nor the Chameleon ſo great Variety of Colours: And I think *Democritus* was pretty right (tho' he miſtook the Cauſe of the Diſeaſe) when he wrote 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 cannot be contained under any uniform Type, which is uſual in other Diſeaſes, for they are as it were a diſorderly heap of *Phænomena*, ſo that its very hard to write the Hiſtory of this Diſeaſe.

The Procatartick or external Cauſes of this Diſeaſe, are violent Motions of the Body, or which is much oftener, violent perturbations of the Mind from ſome ſuddain Aſſault, either of Anger, or Grief, or ſuch like Paſſions; therefore as often as Women adviſe with me about this or that Diſorder of the Body, the reaſon whereof cannot be deduced from the common Axioms, for finding out Diſeaſes, I always diligently enquire of them, whether they are not chiefly afflicted with that indiſpoſition, which they complain of, when they have been diſturbed in their Minds, and afflicted with Grief, which if they confeſs, I am abundantly ſatisfied that the Diſeaſe muſt come under this Tribe we now diſcourſe of, eſpecially if Urine clear as Cryſtal evacuated copiouſly at ſome certain times makes the Diagnoſtick more manifeſt. But to theſe Diſorders of the Mind, which are uſually the Cauſe of this Diſeaſe, Emptineſs of the Stomach, by reaſon of long faſting, is to be added, and immoderate Bleeding, a Vomit or Purge that hath wrought too much. Now having drawn the Picture of this Diſeaſe according to its vulgar *Phænomena*, in the next place the internal efficient Cauſes of it are to be conſidered, as well as we can gather them from all the Circumſtances joyned together, which we have deſcribed. 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 hurried violently upon this or that part, cauſing Convulſions and Pain,

when

when they rush upon parts endued with exquisite Sense, perverting the Functions of the Organs, both of that they thrust themselves into, and also of that from whence they departed; both being much injured by this unequal Distribution, which is altogether contrary to the Oeconomy of Nature.

The origin and antecedent Cause of this Ataxy, is a weak Constitution of the said Spirits, whether it be natural or adventitious; for which reason they are easily dissipated upon any occasion, and their System soon broke. For as the outward Man is framed with parts obvious to Sense, so without doubt the inward Man consists of a due Series, and as it were a Fabrick of the Spirits, to be viewed only by the Eye of Reason: And as this is nearly joyned, and as it were united with the Constitution of the Body, so much the more easily or more difficultly the Frame of it is 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 bestowed on them a more delicate and fine Habit of Body, having designed them only for an easie Life, and to perform the tender Offices of Love: But she gave to 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 Spirits is the Cause of this Disease, the *Phænomena* now described will abundantly prove; I will only mention the chief of them. And I begin with Mother-fits. Here the Spirits are crouded in the lower Belly, and violently rushing together towards the Jaws, produce 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 affected with the Convulsion, which cannot be suppressed without great Violence. The external parts in the mean while, and the Flesh being in a manner destitute of Spirits, because they are carried another way, are often so very cold, not in this kind only, but in all other kinds of Hysterick Diseases (as was noted above) that dead Bodies are not colder. But the Pulse is as good as that of People in health;

health; nor is the Woman's life in danger by this cold, unleſs it is occaſioned by ſome great Evacuation going before.

The ſame may be ſaid of that Hyſterick Diſeaſe, which to outward appearance is like the Bilious Cholick or the Iliack Paſſion, in which the Woman is ſeized with a violent Pain about the *Scrobiculum Cordis*, and alſo violent Vomiting, by which a Matter is caſt up, like Herbs in colour; which Symptom I ſuppoſe, proceeds only from a violent Impulſe of the Spirits crouded together in the ſaid parts, which cauſes the Convulſion and Pain, and the total Subverſion of all the Faculties. Nor is it to be concluded preſently that this Diſeaſe reſides in the Humours, becauſe thoſe things that are evacuated upwards and downwards are of a green Colour ſometimes, or that the violent Pain is produced 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 rooted out by Vomits and Purges; for it is manifeſt that the Sickneſs which ſeizes People that go to Sea (ariſing from the Agitation of the Animal Spirits in the boiſtrous Sea) occaſions the vomiting up of Matter as green as an Herb, from the Stomachs of thoſe in perfect health, when they go firſt to Sea, and are a good way from Land, in whom there was none before of that colour which they call porraceous. And do not Infants in convulſive Fits, in which the Animal Spirits are chiefly concerned, evacuate upward or downward Matter of the ſame Colour, to which muſt be added that which almoſt daily Experience teaches, to wit, that though ſuch Women and Children ſhould be quite exhauſted by repeated Purges, yet the ſaid Colour would ſtill appear in that which they evacuate by Vomit or Stool; yea the green matter increaſes by the frequent uſing of Cathartick and Emeticks; becauſe by both, the Confuſion of the Spirits is augmented, 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 diſpoſed to give the Humours ſuch a tincture. And though Chymiſts are not ſo happy as to prepare better Medicines in their fruitful Claſs than are made in a Morta-

co

or a Pipkin, yet know they how to pleaſe the vain Humour of the Curious, by ſhewing two Liquors equally limpid and clear, which being mixed together, preſently change into ſome deep Colour, as if there was conjuring in the caſe. And indeed the ſpeculation of Colours is ſo uncertain, and vain, that we can learn nothing of certainty 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 ſhould be acrid, than that all acrid things ſhould be green. Theſe things therefore being throughly conſidered, it will plainly appear, that the violent Pain which almoſt deſtroys thoſe that are afflicted with the Hyſterick Cholick, and the Evacuation of the green Matter, are wholly occaſioned by the Spirits ruſhing in violently upon the parts about the *Scrobiculum Cordis*, and contracting the ſame by Convulſions.

That Symptom which I termed 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 contracted in a certain Point of the *Pericranium*, occaſioning a Pain, boring as it were through; juſt as if a Nail was driven into the Head, together with violent vomiting and caſting up of green Matter; which Contraction indeed is ſomewhat like that Collection of the Rays of the Sun, which is made by a Burning-glaſs, and as the force of theſe united burns, ſo they by the ſame reaſon produce Pain, by tearing the Membranes with their forces united.

And then from that inordinate Agitation of the Spirits diſturbing the Blood, ariſes that Symptom, which we have mentioned above is often in Hyſterical and Hypochondriacal People, *viz.* clear, limpid and copious Urine: For when the Oeconomy of the Blood is diſturbed, the Sick cannot long enough contain the *Serum* that is imported, but lets it go before it is impregnated with Saline Particles, by which the Citron colour is to be communicated 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 over-powered by that quantity of *Serum*, and being wholly unable to retain it, puts it off

quite clear, not as yet coloured by the Juices of the Body by reaſon of its too ſhort ſtay.

Three years ago a Noble-man ſent for me, he ſeemed to labour under an Hypochondriack Cholick, that was almoſt come to an Iliack Paſſion, with Pain and violent Vomiting, with which he was greatly and a long time afflicted, and almoſt worn out. I obſerved through the whole Courſe of the Diſeaſe, that when he was worſt his Urine was always clear, but when he was a little better, it was ſomewhat of a Citron-colour. Viſiting him one day I looked upon his Urine made at three times, kept apart in three Chamber-pots, of a Citron-colour; he was then merry and chearful, and thinking to eat ſome Meat of eaſie Digeſtion, and ſaid he had a craving Appetite; but one coming in at that very moment, who vext him ſo much, that ſuddenly being taken ill, he called for a Chamber-pot, which he almoſt filled with Urine as clear as Cryſtal.

And perhaps that ſpitting ſo common to Hyſterical Women proceeds from the Spirits diſturbing the Blood; they ſpit thin for many Weeks juſt as they were ſalivated by Unction: For during this diſturbed Motion of the Blood, in which it is not able to perform Evacuation according to Nature's method, the *Serum* by chance taking this contrary Courſe is not evacuated by the Reins according to Nature's rules, 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 it is inclined to be put off upon the Habit of the Body, by reaſon of the Confuſion of the Blood, juſt now mentioned.

As to the Cold by which the external parts are ſo often chilled in Hyſterical Diſeaſes, it is very apparent 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 ſeize Hyſterical Women, without any occaſion, are cauſed by the Animal Spirits forcing themſelves violently upon the Organs, that perform theſe Animal Functions. And

And by the bye, Men are alſo (tho' rarely) ſubject to Fits of Weeping. I was ſent for ſome time ago to an ingenious Gentleman, who but a few Days before had recovered of a Fever ; he made uſe of another Phyſician, who blooded him, and purged him three times, and forbad him the uſe of Fleſh: When I came and ſaw him with his Cloaths on, and heard him diſcourſe judiciouſly, I asked to what purpoſe I was ſent for: One of his Friends anſwered, if I would have a little patience I ſhould ſee ; ſitting down therefore and diſcourſing with him, I preſently took notice that his lower Lip was thruſt out, and moved frequently (as froward Children uſed 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 aſſwaged. I ſuppoſed that this Diſorder proceeded from a Confuſion of the Spirits, which was partly ſo occaſioned by the length of the Diſeaſe, and partly by Evacuations which the Method of Cure neceſſarily required ; and partly alſo from Emptineſs, and abſtinence from Fleſh ; which the Phyſician ordered for ſome Days after he was well, to ſecure him from a Relapſe. But I affirmed he was clear from all Danger of a Fever, and that the above-mentioned Symptom was wholly produced by Emptineſs, and therefore I ordered that a roaſted Chick ſhould be provided for his Dinner, and that he ſhould drink Wine moderately ; which being done, and he returning again to the eating of Fleſh moderately, was never afterwards troubled 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 Intemperies both of Body and Mind, which prevails over Hyſterical, and Hypochondriacal People, is produced by this Inordination of the Spirits, for in both that firmneſs of the Spirits being wanting, which is always to be found in the Robuſt, and in thoſe who are continually ſtrengthned by the Aſſiſtance of vigorous Spirits, they cannot bear the Impreſſions of groſs Accidents, but are ſoon moved 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

it has been rendred ſo by a long Series or Continuanc
of Diſeaſes. For the Strength and Conſtancy of Minc
as long as it is confined in the Body, much depends c
the firmneſs of the Spirits, that are ſubſervient to it
which indeed are made of the fineſt Matter, and are place
in the Confines of immaterial Beings; and as the Fram
of the Mind if it be lawful to call it ſo, is much mo
curious and delicate than the Structure of the Body, t
it conſiſts in the Harmony of the moſt excellent and
moſt Divine faculties; ſo if its Conſtitution is any wa
vitiated, by ſo much the greater is the Ruin, by ho
much it was more excellent and more exquiſitely co
poſed when it was whole. And this truly is the Con
tion of theſe miſerable and dejected People we have d
ſcribed, for which Diſeaſe, ſome obſtinate Decree of t
moſt inſolent Stoick would give no greater eaſe, th
he that would prevent the Tooth-ach, by firmly reſo
ving that he would not by any means permit his Tee
to ake.

And now I ſuppoſe it is manifeſt, that this whi
Diſeaſe is occaſioned by the Animal Spirits being
rightly diſpoſed, and not by ſeed and menſtruous Blo
corrupted (as ſome Authors affirm) and ſending up m
lignant Vapours to the parts affected; nor from I kn
not what depravation of the Juices, or congeſtion of
crid Humours as others think, but from thoſe Cauſes
have aſſigned. For that the Fomes of the Diſeaſe d
not lurk in matter, will evidently appear by this one
ſtance, *viz.* a Woman that uſed to enjoy perfect Hea
being delicate, and of a thin Habit of Body, if
chance to be weakened and exhauſted by ſome Err
or by a ſtrong Vomit or Purge, will certainly be a
cted with ſome one of thoſe Symptoms, that accomp
this Diſeaſe; which would rather be removed than
caſioned by ſuch Vomiting or Purging, if the Fome
the Diſeaſe was contained in an Humour. The ſa
may be ſaid of a great Loſs of Blood, whether it be
ken away by opening a Vein, or flows immoderatel
Labour, or of Emptineſs, or too long abſtinence f
Fleſh; all which would rather prevent Hyſterick
eaſes, than produce them, if the Fomes of them was
tained in ſome matter: Whereas on the contrary,
th

thing does ſo conſtantly occaſion this Diſeaſe, as theſe Evacuations.

But tho' it is evident enough that the original Fomes of this Diſeaſe, is not lodged in the Humours, yet it muſt be confeſſed that the Confuſion of the Spirits, the Cauſe of this Diſeaſe, occaſions putrid Humours in the Body, by reaſon the Function as well of thoſe parts which are diſtended by the violent Impulſe of the Spirits, as of thoſe which are deprived of them, is 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 cannot be but a great many Feculencies will be heaped up, which had been eliminated, and ſo the Maſs of Blood purified, if the Organs had performed their Duties; which they had certainly done, if a due Oeconomy of the Spirits had invigorated them all. To this Cauſe I attribute great Cachexies, loſs of Appetite, a *Chloroſis*, or the white Fever in young Women (which I doubt not is a Species of Hyſterick Diſeaſes) and the Spring of all the Miſeries that afflict poor Women, that have languiſhed a long time under this Diſeaſe; all which are produced by putrefying Juices heapt up in the Blood, and flowing from thence upon the various Organs. Of this kind is a Dropſie of the Womb in Women, which have been long afflicted with this Diſeaſe, produced by depraved Juices caſt from the Blood upon the Organs, by which their Faculties being perverted, they become firſt barren, the Oeconomy of the parts being wholly deſtroyed, and then *Sanies* and *Serum* are generated, which do not 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 perceived by the Diſſection of thoſe that die of this Diſeaſe: And the Hyſterical Diſpoſition, is the prime Cauſe of theſe and other Humours, though they are not of the ſame kind with it. As in a Quartan-ague, with which any one in perfect Health may be ſeized, if he ſtays two or three Days in fenny or mooriſh Places; Firſt ſome ſpirituous Venom of the Diſeaſe is imprinted upon the Blood, which continuing a long while, and at length the Oeconomy of Nature being hurt, it infects all the Juices of the Body, and

quite alters their Diſpoſitions; ſo that the Sick (eſpecc
ally if he begins to be ancient) is rendred obnoxious t
Cachexies and other Diſtempers, which come upon lon
Agues; yet theſe Agues are not to be cured by thoſe Re
medies that are fit to purge off ſuch Humours, but b
ſuch things as cure Agues by a Specifick Quality.

From all that has been treated of, it is very evident t
me, that that is the chief Indication in this Diſeaſe
which directs the ſtrengthning of the Blood, that is, th
Fountain and Origin of the Spirits; which being done
the invigorated Spirits can preſerve that Order whic
is agreeable to the Oeconomy of the whole Body, an
the particular parts. And therefore, when the Ataxy o
the Spirits (which we have allowed above may be) ha
vitiated the Humours by long continuance, it will be i
firſt to leſſen theſe Humours ſo corrupted, by bleedin
and purging, if the Patient has ſufficient ſtrength, bo
fore we endeavour to invigorate the Blood; and whic
indeed we can ſcarce do, whilſt a feculent heap of Hu
mours lies in the way. But for as much as Pains, V
miting, and Looſeneſs are ſometimes ſo very ſevere, tha
they will not bear a Truce ſo long, until we have ſatis
fied the firſt Intention of fortifying the Blood; there
fore we muſt begin the Cure ſometimes by quieting th
Symptoms, (the cauſe being let alone a little while) wit
ſome *Anodyne* Medicine, and then we muſt endeavou
to rectifie the Spirits, the infirm Conſtitution whereof
the cauſe of this Diſeaſe, and ſo to cure ſuch kind
Symptoms: And becauſe we find by Experience tha
there are many ſtinking things which will quell the Ino
dination of the Spirits, and retain them in their place
(and are therefore called Hyſtericks) we muſt uſe ther
when we wou'd anſwer ſuch Intentions.

According to what has been ſaid, I order the Sick
be Blooded in the Arm, and that after ſhe be purge
Three or four Mornings following, but the Wom
thinks her ſelf worſe after thoſe days, ſhe is Blooded a
Purged in; for theſe Evacuations promote the diſord
which I take care to forewarn her of, that ſhe may n
deſpair, the Diſeaſe of it ſelf being apt to incline her
do ſo, yet notwithſtanding thoſe vitious Humours, w
ſuppoſe are heaped up, by the long continuance of t

Diſeaſe, are in ſome ſort to be evacuated, before we can conveniently anſwer the chief Intention.

After theſe Evacuations I order ſome *Chalybeate* Remedy to be taken Thirty days to ſtrengthen 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 Blood, whereby the weak Spirits are rouſed, which before were preſſed down by their own weight, and this is very manifeſt, for as often as Steel is given in the Green-ſickneſs, the Pulſes are manifeſtly greater and quicker, the outward parts grow warm, and the pale and dead Countenance is changed, and becomes freſh and lively. But here it is to be noted, that bleeding and purging muſt not be always uſed before Steel Medicines, for when the Sick 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, and this muſt be well minded.

But in my Opinion it is moſt conveniently given in Subſtance, and as I have never ſeen nor heard, that ſo taken it ever hurt any Body; ſo I have been fully ſatisfied by frequent Experience, that the bare Subſtance performs the Cure ſooner and more effectually 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 fortifies our Aſſertion) that the crude Mine as it is digged out of the Earth, is more effectual in curing Diſeaſes, than Iron that has paſſed the fire, and been purified by melting, ſo the Author aſſerts, but I have not as yet tryed whether it be ſo or not. This I am certain of, that no excellent and effectual Remedy has been any where made, which has not received its chiefeſt Virtues from Nature; upon this Account grateful Antiquity called excellent Medicines, God's Workmanſhip, not Man's. And that ſome excellent thing does produce wonderful Effects by its native Goodneſs and Efficacy, in what form ſo ever it be taken, may be proved by *Opium*, or the Jeſuits Bark. Nor is a Phyſicians skill ſo much perceived by preparing Medicines, as by chuſing ſuch as are fit, which Nature

has prepared with her own Fire, and freely beſtowed on us, ſo that all we have to do is to reduce Medicines to ſuch a form, as that either their Subſtance, or their Virtue 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 chuſe the Syrup of it prepared with the Filings of Steel or Iron, infuſed in the Cold in Rheniſh-wine, till the Wine is ſufficiently impregnated, and afterwards ſtrained, and boyled to the Conſiſtence of a Syrup with a ſufficient quantity of Sugar.

Nor do I uſe any purging Medicine at ſet times, during the whole *Chalybeate* Courſe, for I think the Virtue of the Steel is deſtroyed by a Purge, both in Hyſterick and Hypochondriack 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 ſo by pulling down what I had built, and by building what I had pulled down, I ſhould trifle with my ſelf and Patient too; and I believe Mineral waters, which participate of an Iron Mine are rendred leſs effectual by this means, tho' I know that ſome have been cured, when Purges have not been given only now and then, but daily with the Steel, which does not ſo much prove to me the Diſcretion 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 truly do I ſee what advantage Purges often repeated may produce in many other Diſeaſes, beſides that juſt mentioned, for tho' it cannot be denied, that they clear the Inteſtines of Impurities, and likewiſe that they ſomewhat diſcharge ill Humours, that are lodged in the Maſs of Blood; yet on the contrary, it is no leſs certain that when they are frequently repeated in weak Bodies eſpecially in the tender Age, they may do much hurt, becauſe thereby a great many Humours are drawn to the Inteſtines, and being put off upon theſe parts, occaſion Preter-natural Ferments, whereby Tumours ariſe in the Belly, increaſing daily ſo much the more, by how much the oftner the Sick is purged, and at length it happens

that those parts by reason of weakness, (being as it were overwhelmed with a burthen of Humours) and by a defect of natural heat,) soon become tabid and putrefied; and sometimes also the Oeconomy of the Bowels being quite subverted, by reason of the Causes mentioned, Preter-natural Kernels like the Kings-Evil, and the like grow upon the *Mesentery*, and make way for Death; for these Reasons I judge it is 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 are given long enough. And because things outwardly applied, can easily penetrate the tender Bodies of Infants, and so throughly affect the Blood with their Virtue, whatever it is; it will be proper in swellings of their Bellies, whether caused by the Kings-Evil, or 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 Horehound, Germander, Groundpine, Scordium, *common Calaminth, Feverfew, Meadow Saxifrage, St.* John's *Wort, Golden-rod, Wild Thyme, Mint, Sage, Rhue,* Carduus Benedictus, *Penny-Royal, Southern-wood, Camomile, Tansie, Lily of the Valleys, all fresh gathered and cut, each one handful; of Lard four Pounds, of Sheeps-suet, and Claret-wine, each a Quart: Let them be infused in an Earthen-pot upon hot ashes for twelve hours, and then let them boyl till all the watry part is consumed, afterwards strain them, and make an Oyntment, wherewith let the Belly and Hypochonders 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 seized the Bellies of Infants heretofore after long Agues, not much unlike the true Rickets, purges repeated seem to be indicated. For before the use of the Jesuits-powder, Agues continued a long while, and put

put off a Sediment, which was the cauſe of Tumours co this kind, which could be only carried off by Purges re peated, but Catharticks are not to be uſed in the Rickets above once or twice at the moſt, before the Sick en ters upon the uſe of Alteratives, and let him take in wardly of the Wine above-mentioned, all the time th parts are anointed, or let him uſe, if it may be, for hi ordinary drink Beer with the forementioned Herbs, co at leaſt ſeveral of them put up with it in the Veſſe Laſtly, what I have now hinted ought to be carefull minded, for I am well ſatisfied that many Infants an Children have been ruined by Purges repeated often which perhaps were given to aſſwage the Belly. But thi by the bye.

If any one object that the Filings of Steel may injur thoſe that take them by ſticking in their Guts, unleſ they are purged now and then. I anſwer firſt, that never found any ſuch thing in any one, and beſides it i much more probable, that being involved in the Slime and with the Excrementitious Humours of the parts, the ſhould at length all paſs away with them, than when they are exagitated by purging Medicine, which cauſe unuſual Compreſſions, Twiſting and Contraction of th Bowels, whereby the Filings of the Steel thruſt upon the coats of the Guts may penetrate deeper into them.

When the Sick is in a Steel-courſe, Remedies com monly called Anti-Hyſtericks are to be uſed, as it were by the bye, (to comfort the Blood and Animal Spi rits) 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 retain the Spirits in their Of fice and Place, than things that are Liquid, that is, ei ther Decoctions or Infuſions, for the Subſtance it ſelf af fects the Stomach longer with its Savour, and works more forcibly upon the Body.

Upon the whole, being about to anſwer all the Indica tions which I have mentioned above, I uſe to order theſe few and common things, which tho' they are not at all pompous, yet they moſt commonly do what I deſign. Let eight Ounces of Blood be taken from the right Arm.

Taki

Take of Galbanum *dissolved in Tincture of* Castor, *and strained three Drams,* Tacamahacca *two Drams; make a Plaister to be applyed to the Navel; the next Morning, let her enter upon the use of the following Pills.*

Take of Pil. Coch. Major two Scruples, of Castor powdered two Grains, of the Balsam of Peru *four drops; 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 the waters of Black-Cherries, and of Rhue, and of compound Briony-water, each three Ounces, of Castor *tyed up in a rag, and hung in the Glass, half a Dram, of fine Sugar a sufficient quantity; make a Julep, whereof let her take Four or five spoonfuls, when she is faint, droping into the first Dose, if the Fit be violent, twenty drops of Spirit of Harts-horn.*

After the purging Pills above described are taken, let her use the following.

Take of Filings of Steel Grains eight, 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 four Ounces; mingle them and keep them for use; let her take at the same times fifteen Grains, or a Scruple made in 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 one Ounce, of candied Angelica, Nutmegs candied, and of Venice Treacle, each half an Ounce, of candied Ginger two Drams, make an Electuary with a sufficient quantity of Syrup of Oranges: Take of this Electuary one Dram and an half, of Filings of Steel well rubbed eight Grains,

Grains; 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 Myrrh and Galbanum, *each one Dram and an half, of* Caſtor *fifteen Grains, 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 theſe Pills move the Belly, which ſometimes happens in Bodies that are very eaſily purged, by reaſon of the Gum that is in them, the following are to be ſubſtituted.

Take of Caſtor *one Dram, of Volatile Salt of* Ambar, *half a Dram, with a ſufficient quantity of extract of Rhue; make twenty four ſmall Pills, let her take three every Night.*

But here we muſt take notice, that Steel Medicines in whatſoever Form or Doſe they are taken, cauſe 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 *Chalybeates* muſt not preſently be interrupted, but *Laudanum* muſt be given every Night for ſome time, in ſome Hyſterick-water, that they may bear it the better.

But when the Symptoms are gentle, and it ſeems that the buſineſs may be done, without taking Steel, *viz.* 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-mentioned, Morning and Evening for ten days, which method ſeldom fails, when the Diſeaſe is not violent, yea the Pills alone, Bleeding and Purging being omitted, oftentimes do a great deall of good.

Yet it muſt be carefully noted, that ſome Women, by a certain *Idioſyncraſie* do ſo abhor Hyſterick Medicines, (which

(which give ease in most of the Symptoms of this Disease) that they do not only not receive Benefit, but are thereby much injured; therefore they must not be prescribed for such, for *Hippocrates* says, it is to no purpose to do any thing contrary to Natures inclination, which *Idiosyncrasie*, is indeed so great and so common, that if we have not regard to it, the Lives of the Sick may be indangered, and not only by Hysterick Medicines, but by many other, whereof I will at present mention but one, *viz.* that some Women, that have the Small-pox cannot bear the use of *Diacodium*; for Giddiness, Vomiting, and such Symptoms belonging to Hysterick Diseases are occasioned thereby; and yet *Liquid Laudanum* agrees very well with them, which I observed 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-mentioned invaded both Nights; nor did the Inflammation of the Pustles duly proceed; but after she had used *Laudanum*, she was quite freed from the said Symptoms, the swelling of the Face, and Pustles daily increasing, the Anxiety and Restlessness of the Body and Mind (which used to be as it were a Fit of the Small-pox) was wholly removed, as often as this *Anodyne* was given, the Patient being strengthened and revived by it: But this by the bye.

And so Hysterical Diseases are most commonly cured, and most Obstructions of Women, but especially a *Chlorosis*, or Virgins pale Colour, and also all suppressions of the Courses. But if the Blood is so very weak, and the Confusion of the Spirits so great, that Steel ordered to be used according to the method prescribed is not sufficient to cure the Disease, the Sick must drink some Mineral-waters, impregnated with the iron Mine, such are *Tunbridge*-waters, and some others lately found out; for the *Chalybeate* Virtue of these is better mingled with the Blood, by reason of the great quantity that is taken in, and also because they are most agreeable to Nature, and they cure Diseases more effectually than Iron, how much soever exalted by Art, as boasting Chymists Talk.

But

But this is more eſpecially to be taken notice of in drinking of them, *viz.* if any Sickneſs happens that is to be referred to Hyſterick Symptoms, in this caſe the Patient muſt forbear drinking them a Day or two, till that Symptom that hinder'd their paſſage is taken off; for tho' theſe Waters are leſs apt to ſtir the Humours, and ſo to cauſe a Confuſion of the Spirits than the gentleſt Purges of the ſhops, yet they do ſomewhat ſtir them as they force Urine, they alſo often purge by Stool too; but if the Waters themſelves hinder their own paſſage, by diſturbing the Humours and Spirits, let thoſe conſider how incongruouſly they act who order purging Medicines to be given once or twice a Week, while the Sick is drinking theſe Waters, or which is yet more impertinent, to be mixed with the Waters, whereby theſe and other Mineral-waters paſs more difficultly.

And here I muſt inform you, that tho' ſome think Iron is in theſe Waters *in principiis ſolutis* (which is plainly the ſame as if we ſhould ſuppoſe liquid Iron) yet I do not at all doubt, but that they are ſimple Waters impregnated with the Mine, through which they paſs, which will appear to any one, if he pour ſome Gallons of Water on a ſufficient Quantity of ruſty Nails, for then he will perceive that this Water when the Powder of Gauls, or the Leaves of 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 caſt into them. Nor indeed have theſe artificial or inartificial Waters (which you pleaſe to call them) when they are taken, different effects, if they are uſed in the Summer-time, and in a good Air.

But however it be, if the Diſeaſe becauſe of its Obſtinacy does not yield to Chalybeate-waters, the Sick muſt uſe ſome hot Sulphureous-waters, ſuch as is our Bath, and when he has uſed 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 obſerved, that the Sick 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 ſoon return.

Venice-

Venice-Treacle alone if it be 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 effectual that has been hitherto known, how contemptible ſoever it may ſeem to moſt People, becauſe 'tis common, and has been a long while known.

Spaniſh-wine medicated with Gentian, *Angelica*, Wormwood, Centaury, the yellow Rind of Oranges, and other Corroboratives infuſed in it, does much good, ſome Spoonfuls of it being taken thrice a Day, if the Woman be not of a thin and cholerick Habit of Body; and indeed a large Draught of Spaniſh-wine by it ſelf taken at Bed-time, for ſome Nights by my advice has done much good to ſome Hyſterick Women, for by it the Habit of the whole Body was render'd ſtronger, and they who before were Cachectick, became freſh colour'd and brisk.

Moreover we find ſometimes that the Jeſuit's-powder wonderfully comforts and invigorates the Blood, and Spirits; a Scruple whereof taken Morning and Evening, for ſome Weeks, has, as I have obſerved, reſtored (both to Hypochondriack Men and Hyſterick Women that have been very ſick a long while, and when the Oeconomy of their Bodies has been much weakened) a firm and healthy Conſtitution, but it ſucceeds beſt in that kind of Hyſterick Diſeaſes, wherein Women are affected with Convulſions, ſo that they ſtruggle violently and beyond the Strength of Women, and at the ſame time beat their Breaſts; yet it muſt be confeſſed that this Medicine does not ſo certainly and ſo often cure this Diſeaſe as Agues; but tho' to mention this by the bye, the Jeſuit's-powder does wonders in curing Agues, and tho' we uſe it freely our ſelves, and give it our Wives and Children, as often as there is occaſion, yet there are ſome at this preſent as much diſpleaſed with it, becauſe it cures ſo certainly and ſuddenly as they were heretofore, becauſe it was lately known amongſt us. To which Fate the beſt Men, and moſt excellent Remedies have been almoſt always expoſed, but by this we try as by a Touch-ſtone our diſpoſitions, and from thence judge whether we are good or ill Men, *viz.* according to the degree of our joy or grief, as oft as the Welfare of Mankind is promoted by ſome common Benefit or the Bleſſing of God.

But if any of the Remedies above-mentioned do not well agree, which often happens in cholerick and thin Conſtitutions, then a Milk-diet may be uſed. For ſome Women (which wou'd ſeem ſtrange at firſt) that have been troubled 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 Cholick, which cannot be quieted by any thing but Narcoticks, to which repeated by Interrvals theſe Women are much accuſtomed, the Pain returning as ſoon as the Vertue of the *Anodyne* fades. But this is chiefly to be wonder'd at in this Method of Cure, *viz.* That Milk which yields only a cold and crude Nouriſhment, ſhou'd notwithſtanding by uſe ſtrengthen and invigorate the Spirits, and yet this will not ſeem diſagreeable to reaſon, if you conſider that Milk yielding only a ſimple Nouriſhment does not buſie Nature much in concocting it; for what Meats and Liquors more compounded 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 Weakneſs of the Spirits conſider'd by it ſelf, is not the Cauſe of thoſe Confuſions they are under, but the Weakneſs of them compared with the State of the Blood. For it may be an Infant has Spirits ſtrong and firm enough with reſpect to its Blood, but yet not proportionable to the Blood of a grown Perſon. Now when by the continual uſe of a Milk-diet (tho' it is crude and weak) the Blood is rendred more ſoft and tender, if the Spirits that are made by it, are only equal to it, all is well. Yet all are not able to undergo thoſe Inconveniencies, which moſt commonly accompany it the firſt Days, namely becauſe it curdles in the Stomach, and is not ſufficient to maintain the ordinary Strength of the Body; but if they could 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 ſince by this kind of Exerciſe the lower Belly is moſt ſtrongly moved, in which the Veſſels for Excretion (as many as are appointed by Nature to drain the Impuri-

ti-

ies of the Blood) are ſituated: What diſorder of the Functions or other natural Impotence of the Organs, can be imagined 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 exſtinguiſhed, that it cannot be ſtirred up by this Motion and Ferment afreſh? Or what preternatural Subſtance or depraved Juices can there be in any creek of theſe Parts, which cannot by this Exerciſe of the Body, be either reduced to ſuch a Condition as is agreeable to Nature, or ſcattered every way and ejected? Moreover the Blood being perpetually exagitated by this Motion, and throughly mixed, is as it were renewed, and grows vigorous again. And indeed, this Method, tho' it is inconvenient for Women that are accuſtomed to a ſlothful and delicate way of living, for they may be injured by Motion, eſpecially in the beginning; yet it is very proper for Men, and ſooneſt reſtores their Health. One of our Reverend Biſhops, famous for Prudence and Learning, having ſtudied 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 paſſed through long ſteel Courſes more than once, and had tried almoſt all ſorts of Mineral-waters, with often repeated Purges, and Antiſcorbuticks of all kinds, and a great many teſtaceous Powders, which are reckoned proper to ſweeten the Blood: And ſo being in a manner worn out, partly by the Diſeaſe, and partly by Phyſick uſed continually for ſo many Years, he was at length ſeized with a colliquative Looſeneſs, which is wont to be the Forerunner of Death, in Conſumptions and other Chronical Diſeaſes, when the Digeſtions are wholly deſtroyed. At length he conſulted me: I preſently conſidered that there was no more room for Medicine, he having taken ſo many already, without any benefit; for which reaſon I adviſed him to ride a Horſe-back, and that firſt he ſhould take ſuch a ſmall Journey as was agreeable to his weak Condition; had he not been a judicious Man, and one that conſidered things well, he would 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 Miles, as prudent and mode
rate Travellers, that go a large Journey upon buſines
uſe to do, without any regard to Meat or Drink or th
Weather; but that he ſhou'd take every thing as it hap
pens, like a Traveller. To be ſhort he continued thi
Method, increaſing his Journey by degrees, till at lengt
he rode twenty or thirty Miles daily: And when he foun
he was much better in a few Days, being incouraged b
ſuch a wonderful Succeſs, he followed this Courſe for
pretty many Months, in which, as he told me he rod
many thouſand Miles, ſo that at length he not only re
cover'd, but alſo gained a ſtrong and brisk Habit of Bod

Nor is this kind of Exerciſe more beneficial to Hyp
chondriacal People, than to thoſe that are in a Conſum
tion; whereof ſome of my Relations have been curd
by riding long Journeys by my advice; for I knew
cou'd not cure them better by Medicines of what val
ſoever, or by any other Method.

Nor is this Remedy proper only in ſmall Indiſpoſitio
accompanied with a frequent Cough and Leanneſs, b
alſo in Conſumptions that are almoſt deplorable; wh
the Looſeneſs above-mentioned accompanies the Ni
ſweats, which is wont to be the Fore-runner of Dea
in thoſe that die of a Conſumption. To be ſhort, ho
deadly ſoever a Conſumption is, and is ſaid to be, th
thirds dying of it, which are ſpoiled by Chronical Di
eaſes: Yet I ſincerely aſſert, that Mercury in the Frenc
pox, and the Jeſuit's-bark in Agues, are not more ef
ctual than the Exerciſe above-mentioned in curing a Co
ſumption, if the Sick be careful that his Sheets be w
aired, and that his Journeys are long enough. But
muſt be noted, that thoſe that are paſt the Flower of th
Age, muſt uſe this Exerciſe much longer than thoſe
have not yet arrived to it; and this I have learned
long Experience, which ſcarce ever failed me. And
riding on Horſe-back is chiefly beneficial to People
have a Conſumption, yet riding Journeys in a Coach
ſometimes very beneficial.

But to return to the buſineſs in hand, this is the ge
ral way of Cure in this Diſeaſe, which is applied to
original Cauſe, *viz.* the weak Conſtitution of the Bl
and is to be uſed only when the Fit is off; therefo

often as the Fit invades, joined with any one of the above-mentioned Symptoms, if the Diſeaſe be ſuch, or ſo great an one, that it will not bear a Truce, till it may be cured by Medicines that ſtrengthen the Blood and Spirits, we muſt preſently uſe Hyſterick Medicines, which by their ſtrong and noiſom Smell, recall the exorbitant and deſerting Spirits to their proper Stations, whether they are taken inwardly, or ſmelt to, or applied outwardly: Such are *Aſſa Fœtida*, *Galbanum*, *Caſtor*, Spirit of *Sal* Armoniack: And laſtly, whatever has a very offenſive and ungrateful Smell.

And indeed, whatever ſtinks is proper for this intention, whether it is naturally ill ſcented, or made ſo by Art; and, unleſs I am deceived, Spirits of Harts-horn, of humane 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 ſcented *Empyreuma*, which is intimately joyned with their Eſſence, which is alſo perceived in Fumes ariſing from Feathers, and ſuch kind of parts of Animals, when they are burnt, for this is common to the Subſtance of all Animals, *viz.* to emit a ſtinking Fume, while they are burning; and if it is forced by Fire, and received in Glaſſes, when it is condenſed it turns to thoſe Liquors, called Volatile Spirits, which aſſume Faculties that were not in the beginning in their Subjects, and are indeed only Creatures of Fire, and their Vertues are truly all the ſame, from whatſoever Subſtance (ſo it be Animal) they are extracted.

In the next place it is to be obſerved, that if ſome intolerable Pain accompanies the Paroxyſms, in what part ſoever it is, or violent Vomiting, or a Looſeneſs; then beſides the Hyſterick above-mentioned, *Laudanum* muſt be uſed, which only is able to quell theſe Symptoms.

But in quieting theſe Pains, which are cauſed by Vomiting, we muſt take great care that they are not reſtrained, either by *Laudanum* or any other *Anodyne*, before due Evacuations have been made, unleſs they almoſt exceed all humane 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 it is able to reſiſt the Operation of the moſt effectual *Anodyne*, tho' it be often repeated; and there-

fore in ſuch, Blood muſt be neceſſarily drawn from the Veins of the Arm, and a Purge muſt be given before the Uſe of *Laudanum*. For when theſe things are orderly performed, that which before wou'd do no good given in a large Doſe, will now do the buſineſs in a moderate Doſe. And then becauſe I have found by long Experience, that when the Sick has been uſed by little and little to *Laudanum*, and has not been duly evacuated before, ſhe was forced by reaſon of the return of the Pain preſently after the Vertue of the Medicine vaniſhed, to take an *Anodyne* again; and ſo daily for ſome Years, the Doſe being ſometimes by degrees increaſed, ſo that at laſt they can by no means be without *Laudanum*, and thereby all the Digeſtions are ſpoiled, and the naturral Functions weakened, tho' I do not think that the Uſe of *Laudanum* does immediately hurt the Brain or Nervees or the Animal faculties. Therefore I judge and ſpeak what I have found, That Evacuations ought to precede Paregoricks, *viz.* in Viragoes, and in Women that abound with Blood, a Vein muſt be opened, and the Body purged, 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, it will be ſufficient to cleanſe their Stomachs with a Gallon of Poſſet drink, more or leſs, drunk and vomited up again; and then to give a large Doſe of Venice-Treacle, or of Orvietan, and a few Spoonfuls of ſome ſpirituous Liquor that is pleaſing to the Taſte, with a few Drops of liquid *Laudanum*, to be taken immediately after.

But if the Sick has vomited a great while before the Phyſician was called, and there is danger, leſt by a further provocation by Emeticks, the Spirits ſhou'd be inraged, and the Sick too much weakened; 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 an one as is able to conquer it.

But here two things are to be chiefly obſerved: 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 vanquiſhed; only ſuch a ſpace muſt be betwixt

each

each Dose, that we may know what the former has done, before we give another. But I have spoken largely of this in another place. And then when we treat the Disease with *Laudanum*, we must do nothing else, and nothing must be evacuated; for the mildest Glyster of Milk and Sugar, is sufficient to ruin whatever has been repaired by the *Anodyne*, and to occasion the return of the Vomiting and Pain.

But tho' the foresaid Pains, as has been said, are apt to vanquish the force of the *Anodyne*, yet violent vomitting indicates the largest Dose of it, and that it should be frequently repeated; for by the inverted Peristaltick Motion of the Stomach (by which, that which is contained in it ought to be carried downwards) the *Anodyne* is ejected by the *Oesophagus*, before it can produce any effect, unless after every time the Sick Vomits, the *Anodyne* be given afresh, and especially 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 cannot be cast up; for instance, some drops in a spoonful of strong Cinnamon-water; or the like, and the Sick must be told 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, stirs up Vomiting more than any thing else, and then the Medicine that was just taken is vomited up. Moreover, when the Vomiting ceases, and is as it were overcome, it is expedient to give a *Paregorick* Morning and Evening for a few days, to prevent a relapse; which also ought to be observed after a *Diarrhœa*, or an Hysterick Pain taken off by an *Anodyne*. 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 imposed 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 mentioned, which resembles a *Nephritick* Pain, is not the great Parity and Similitude of both Diseases evident 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 are produced from cauſes differ-
ing from one another; and the methods for the cure of
them, ſo unlike, that that which helps in the one does
hurt in the other, and ſo on the contrary? For whether
a Stone or Gravel fretting upon the ſubſtance of the
Reins, produces Pain, and by Conſent of parts, Vomit-
ing, nothing is ſo effectual, as very large and frequent
Revulſion of the Antecedent cauſe by Blood-letting, and
Dilatation and Laxation of the paſſages, by which the
Stone is to be excluded, by Emollient Glyſters often re-
peated, and inward Medicines of the ſame kind, to
which are to be added *Lithontriptick* and *Diuretick* Me-
dicines. Now if the ſaid Symptoms do no way ariſe
from the Stone, but from the Animal Spirits, ruſhing im-
petuouſly in a great quantity upon the Kidneys (in which
Caſe, *Anodynes* are only indicated; nor is the gentleſt
Glyſter injected after the firſt Evacuations without dan-
ger) what great hazard the unhappy Woman is put
into, whoſe Life is trifled with, I need not ſay. The
ſame may be affirmed of that Hyſterick Diſeaſe, which
reſembles the *Bilious* Cholick, or the *Iliack* Paſſion, where
it is taken for granted, that the Diſeaſe (tho' of a quite
different, yea contrary Nature) is the *Bilious* Cholick
and proceeds from a ſharp Humour caſt upon the Bowels
by the Mouths of the *Meſenterick* Arteries; (into which
Error the vehement Pain, and the Green-colour of the
Matter expelled by Vomit and Stool, eaſily ſeduces the
unwary and unthinking Phyſician) what method is
proper, as that whereby we endeavour to attemperate the
ſharpneſs of the Humours, by the help of cooling, and
craſſating Medicines? And what is fitter than *Cathartics*
frequently given, beſides Glyſters daily injected to exte-
minate the Humours from the Guts, eſpecially *Mercu-
rius Dulcis*, mixed with *Diagrydiate* Medicines, to erad-
cate perfectly the *Morbifick* Matter? But it is plain to
very one, how ill the Patient wou'd be treated, and
what hazard he would be, whilſt we inſiſt upon th
method, if the Diſeaſe which is ſuppoſed to be a *Bili*
Cholick, ſhould really prove an Hyſterick or Hypoch
driack Symptom, when Experience openly proclai
that after the firſt general Evacuations (which are
pointed to remove the rubbiſh of the putrefying H
mo

mours, which the Ataxy has occasioned, whereby the Virtue of the *Anodyne* may be obstructed) nothing remains to be done, besides the mittigating of the tumultuous Spirits, till the Symptoms go off, and afterwards it will be proper to give Steel Medicines, or any other Remedy, if there be any that by kindling, and invigorating the Blood, may root out the Disease. It is not my business to reckon those great Miseries, which I have known befal Women, when this Hysterick Cholick has been supposed to proceed from Choler, nevertheless I affirm that Evacuations often repeated, which are indeed indicated in the *Bilious* Cholick, have been so far from lessening the Pain and Vomiting, that they have stirred them up more, by promoting the disturbance of the Spirits, which is the true cause of these Symptoms. And at length the Disease being prolonged for some Months, ends in Convulsions, there being a sudden Translation to the Brain, whereby the Sick is soon destroyed, and especially when after other Evacuations repeated a long time, by reason of the Green-colour of those things which are vomited up, a Vomit is given. To be short, if I have learnt any thing by Observation, I judge we must chiefly take care, that those Symptoms familiar to Hysterick Women, be not supposed 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 above-mentioned, whereby Women subject 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 it, it is fatal to many: For instance, a Woman of a tender and weak habit of Body, brings forth a Child, and all succeeds well, and according to Nature. The Midwife, whether rude and unskilful, or Vain-glorious, to shew how well he has performed her business, advises that her Women shou'd rise a few days after she has been Delivered, and that she should keep up a while; the Woman does so, and is presently seixed upon the first Motion of her Body, with an Hysterick indisposition, and according as the Disease increases, the

Lochia are firſt leſſened, then quite ſtopped, whoſe untimely ſuppreſſion a long Train of Symptoms follow; which ſoon deſtroys the Sick, unleſs great Diligence and Skilfulneſs intercede. And ſometimes they are ſeized with a Phrenſie on this account, which growing daily worſe and worſe, cauſes Convulſions firſt, and then Death. But if they eſcape they are maddiſh, and ſometimes continue ſo their whole Life-time. 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 occaſioned by the ſuppreſſion of the *Lochia*, rage more now, as if afterwards they proceeded from it. I was of Opinion long ago, that of thoſe Women that die 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 produced by that Motion, whereby when the *Lochia* are ſtopt, a numerous Series of dreadful Symptoms follows. Wherefore they that follow my Advice, 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 they have in Bed, frees them from theſe Dangers, we have ſo often made mention of; 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 appeaſed, and that the *Lochia* ſhould flow again, for as much as the ſtoppage 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 ſucceſsfully in this Caſe; if they do not anſwer according to our Deſires, we muſt leave them off; for as

ſtrong

ſtrong things muſt not be uſed, ſo neither ought we to perſevere in the uſe of gentler, by reaſon Women in Child-bed ſo affected are much weakened, and their ſtrength almoſt worn out. For inſtance, when it firſt appears that the *Lochia* are ſtopt, it is proper to put the Woman preſently to Bed, and then to apply an Hyſterick Plaſter to the Navil, and to order this following Electuary to be taken forthwith.

Take of the Conſerve of Roman Wormwood, and of Rhue, each one Ounce, of the Troches of Myrrh two Drams, of Caſtor, *Engliſh Saffron, of Volatile Salt, of* Sal Armoniack, *and of* Aſſa Fœtida, *each half a Dram, 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 Julep.*

Take of Rhue-water, compound Briony-water; each three Ounces, of Sugar-candy a ſufficient quantity, mingle them, make a Julep.

And if theſe Remedies are given as ſoon as the Suppreſſion begins, the Diſeaſe is moſt commonly conquered; but if having continued the uſe of the ſaid Medicines, till the whole quantity is taken, the *Lochia* are ſtill ſtopt, in this Caſe we muſt try *Laudanum*, at leaſt for once, tho' of its own Nature it is Aſtringent, yet by quieting the diſturbance of the Spirits, whereby the uſual Evacuation of the *Lochia* is interrupted, it does ſometimes much good, and when *Emenagogues* do no good, it may bring back the Flux of the *Lochia*; but *Anodynes* are moſt conveniently given with *Hyſtericks* and *Emenagogues*: For inſtance, Fourteen drops of *Liquid Laudanum*, in compound *Briony*-water, or one Grain and an half of *Solid Laudanum* made into two Pills, with half a Scruple of *Aſſa Fœtida*. But we muſt be ſure to take notice, that if we do not hit the Mark at once, if the *Lochia* do not follow, we muſt by no means repeat the *Opium*, as is uſual in other Caſes, and ought to be: For if here the *Narcotick* is repeated, it will ſo powerfully ſtop the *Lochia*, that afterwards they can by no means be provoked; for indeed if this do not ſucceed (ſometime being paſſed that we may know

know the effects of it) we muſt return to the uſe of *Emenagogues*, mixed with *Hyſtericks*, and then inject a Glyſter of Milk with Sugar; and what has been ſaid before of *Opium*, holds good here likewiſe of Glyſters; for unleſs the firſt injected bring down 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 done (which are to be touched on lightly) it is 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 removed from danger, and if the Patient live beyond the Twentieth day, ſhe is in a manner beyound danger. For when the Woman has been recruited a little, and gained ſome ſtrength, in a long Diſeaſe whatſoever it is, ſhe will be able to bear that Remedy, which is moſt proper for the Cure of that Diſeaſe, which was cauſed by a Suppreſſion of the *Lochia*; whereas Medicines cram'd in obſtinately, the firſt doing no good, may augment the Diſeaſe, and alſo the diſturbance of the Spirits, from whence the Diſeaſe proceeds, which muſt be carefully obſerved.

Lately a vertuous Matron of good Quality ſent for me; ſhe upon the above-mentioned occaſion, preſently after ſhe was brought to Bed, was ſeized with Hyſterick Fits, and the *Lochia* ſuppreſſed. I endeavoured by the Medicines above-mentioned to provoke them, but to no purpoſe, the violence of the Hyſterick Diſeaſe being too ſtrong for the Medicines; and at length when I perceived ſhe wou'd recover 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 every day, I found ſhe was no day worſe than ſhe was the day before. After this the Women that waited on her, whom I had kept hitherto from doing miſcheif by their over-Officiouſneſs, perſwaded the Husband to have a vein opened inſtantly in his Wives foot, which being performed, the Hyſterick Fits ſo far prevailed, that within a few hours ſhe was ſeized 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 performed the Duty of an honeſt man, and a good Phyſician (not only in Diſeaſes of Women in Child-bed, but alſo in all other acute Diſeaſes, when I cannot 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 him no worſe this day than the day before, and when I gueſs he will be no worſe to morrow than he is to day; whereas if I proceed in curing the Patient after a method, whereof I do not yet know the Efficacy, he will be in hazard both upon the account of the Experiment I am about to make upon him, and alſo by the Diſeaſe, nor will he ſo eaſily get out of two Dangers as one. For tho' at preſent there is no evident Sign of his beginning to be well, yet it is very 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 Sick, or afford an occaſion to the Phyſician, whereby he may more opportunely and certainly conquer the Diſeaſe, than he could before. Which as it may be truly aſſerted of moſt Diſeaſes, ſo eſpecially of the Diſeaſes of Women in Child-bed, wherein the leaſt Error may prove fatal, and in which we are ſo little able to govern that natural Evacuation, the ſtopping whereof cauſes the Diſeaſes we have been treating of.

But for as much as Hyſterical Diſeaſes do not always owe their Original to the prime cauſe, namely, the native weakneſs of the Spirits, but ſometimes to an Adventitious Debility; therefore I intend before I make an end, to diſcourſe of this ſort of Cauſe, which moſt commonly is the cauſe of Vapours, as they are called; and it is an immoderate Flux of the Courſes either in Child-bed, or at other times: As to the firſt kind that comes and is troubleſome the firſt days after hard labour accompanied with a numerous Train of Hyſterical Symptoms; and as it only comes, and is troubleſome the 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 one Pint, boyl them together till a third part is conſumed, then ſweeten it with a ſufficient quantity of white Sugar, give half a Pint of it twice or thrice a day.

In

In the mean while ſome very gentle Hyſterick Julep may be taken now and then, and the following *Nodulus* may be held to the Noſe.

Take of Galbanum, *and* Aſſa Fœtida, *each two Drams, of* Caſtor *one Dram and an half, of Volatile Salt of* Amber *half a Dram, mingle them and make a* Nodulus. Or,

Take two Drams of Spirit of Sal Armoniack, *to which let her ſmell often.*

But as to the Flux when Women are not in Child-bed, tho' that is wont to happen at any time, yet it comes moſt commonly a little before the time the Courſes are about to leave them, *viz.* 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 Scoket which gives the greateſt light, juſt as it is about to go out) they flow impetuouſly, and Subject the poor Women almoſt continually to Hyſterick Fits, by reaſon of the great quantity of Blood, which is continually evacuated, now tho' in this Caſe *Hyſtericks* both inward and outward muſt be uſed, by the bye (forbearing thoſe that are ſtrong, leſt they ſhou'd promote the Flux;) yet the main Intention muſt be to ſtop the Courſes, which may be ſoon done in the following manner.

Let eight Ounces of Blood be taken from the Arm; the next Morning give the common purging Potion, which muſt be repeated every third day for twice, and every Night at Bed-time through the whole Courſe, let her take an *Anodyne*, made with one Ounce of *Diacodium.*

Take of Conſerve of dried Roſes two Ounces, of Troches of Lemnian *Earth one Dram and an half, of Pomegranate-peel, and Red-coral prepar'd, each two Scruples, of Blood-ſtone, Dragons-blood, and* Bole-Armenick, *each one Scruple; make an Electuary with a ſufficient quantity of ſimple Syrup of Coral; 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 Julep.* Take

Take of the Waters of Oak-buds, and Plantain, each three Ounces, of Cinnamon-water hordeated, and of Syrup of dryed Roſes, each one Ounce, of Spirit of Vitriol a ſufficient quantity to make it pleaſantly 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 Clarifie it: Let her take ſix ſpoonfuls cold three or four times a day, after the firſt Purge apply the following Paiſter to the Region of the Loins.

Take of Diapalma, *and of the Plaſter* ad Herniam, *each equal parts mingle them, and ſpread them on Leather.*

A cooling and thickening Diet muſt be order'd, only it it will be convenient to allow the Sick a ſmall draught of Claret-wine, once or twice a day, which tho' 'tis ſomewhat improper, by reaſon 'tis apt to raiſe the Ebullition, yet it may be allowed to repair the ſtrength, and as indeed this is very beneficial to Women thus affected, ſo it is alſo as uſeful for thoſe that are in danger of miſcarrying, only the Purges and Juices muſt be omitted.

There is another cauſe, though it is not ſo frequent of Hyſterical Diſeaſes, *viz.* a falling of the Womb, by reaſon of hard Labour, it is accompanied with a large Train of this kind of Diſeaſes, yet is it ſoon and eaſily removed this way.

Take of Oak-bark two Ounces, boyl it in four Pints of Fountain-water to two, add at the latter end one Ounce of Pomegranate-peel bruiſed, Red-roſes, Granate-flowers, each two handfuls; and then add half a Pint 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 is in Bed; continue the uſe of it till the Symptom is quite gone. But enough of this.

And now, worthy Sir, I have mentioned the chief of what has been hitherto obſerved in the Hiſtory and Cure of this Diſeaſe, and have nothing elſe to do but to beg Pardon,

Pardon, if I have erred in deſcribing theſe things, not ſo exactly 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 received any thing of this Nature, that either I have merited no ſuch thing, or elſe theſe candid and ingenious men which Nature has framed with ſuch excellency of Mind, as to know how to be grateful are very few, ſcarce ſo many as the Gates of *Thebes*, or the 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, if any ſuch there are let other People think of me what they pleaſe. For having nicely weighed, whether it is better to be beneficial to men, or to be praiſed by them, I find the firſt Preponderates, and much conduces to the Tranquility 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 ſolidity in them, let them enjoy what they have ſcraped 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 they do 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 Virtue (whereof the Nature of Beaſts is not capable) the Beaſts are plainly as good as theſe, and all others who do not endeavour to do all the good they can in their Generation. Pray give my Reſpects to the Learned Mr. *Kindrick*, your and my good Friend, for he acquainted me of your Kindneſs to me, and I ſhall endeavour as much as I can to make the beſt returns of good Offices; for I am,

Worthy Sir,

Your obliged Servant

Tho. Sydenham

Lond. Jan. 20*th.*

168⅞.

A TREATISE OF THE *GOUT* and *DROPSIE*.

To the Learned Dr. Thomas Short, *Fellow of the College of Phyſicians in* London.

I Dedicate to you, worthy Sir, this ſmall Treatiſe of the Gout, and Dropſie inſtead of a larger Volume I deſign'd, I mean the Hiſtory of Chronical Diſeaſes, eſpecially of thoſe my practice was moſt converſant in. But by being too intent on theſe things, I occaſion'd the worſt Fit of the Gout I ever had, and therefore I was admoniſhed thereby to lay aſide theſe thoughts, tho' unwillingly; and to conſult my own Health, and to be contented that I had in ſome ſort finiſhed theſe two Diſeaſes; for as often as I fell to ſtudy, ſo often the Gout returned: Therefore I deſire you wou'd accept of this Work as it is, which I dedicate to you, for two reaſons chiefly. Firſt, becauſe you have not doubted to declare to me, and before others, that have contemn'd them, the Uſefulneſs of the Obſervations I publiſh'd heretofore, and alſo, becauſe in conſultation with you, I have found your Genius diſpoſed for the Practice of Phyſick: for tho' you are well skill'd in all ſorts of Learning, yet Nature has rather determined you to thoſe Subtleties, which ariſe from Practice, than to vain Speculations, which differ as much

much from one another, as things of the greateſt Moment and Children's Rattles do. And unleſs my Obſervation fails me, one Man ſeldom minds both. Your Sagacity accompanied with great Practice have given you an opportunity of making Experiments, whereby you are become the chief Phyſician, and your extraordinary Civility will preſerve the Eſteem you have gain'd; if theſe things I diſcourſe of now are not diſpleaſing to you, to whom they are dedicated, and to a few more honeſt Men that are my Friends, I ſhall not much care what others ſay, who are offended with me upon no other Account, than becauſe I have other opinions of Diſeaſes and their Cures, than they have. And this is not in my Power to help; for I am ſo made and diſpoſed by Nature, that what time others ſpend in reading Books, I ſpend in Meditation, and I do not ſo much inquire whether others are of my Opinion, as whether what I deliver be agreeable to Truth. For I do not much eſteem publick Applauſe, and truly what matter is it, if performing carefully the duty of a good Citizen, and ſerving the Publick to my own prejudice, I have no thank for my Labour. For if the thing be rightly weighed, the providing for Eſteem, I being now an Old-man, will be in a ſhort time the ſame, as to provide for that which is not, for what advantage will it be to me, after I am dead, that eight Alphabetical Elements reduced into that Order that will compoſe my Name, ſhall be pronounced by thoſe who can no more frame an Idea of me in their minds, than I can now conceive what thoſe are to be, who will not know ſuch as were dead in the foregoing Age; and perhaps will have another Language and other Manners, according to the Inconſtancy, and Viciſſitudes of all humane Affairs. But to what purpoſe ſhou'd I be ſollicitous about the Opinion of others, for if my Endeavours have any way promoted the Knowledge of Diſeaſes, or their Cure, and ſo I have deſerved ſomething of Praiſe on that Account, I cannot long enjoy it: And on the contrary, if my Writings diſpleaſe any one, I think I ſhall ſcarce write any more, for by reaſon of Sickneſs I am not able to trouble the World with any more Phyſical Treatiſes; and truly I cou'd not hold a Pen to write this ſmall Treatiſe I now publiſh, but was

aſſiſted

assisted I must thankfully acknowledge, by Mr. *John Drake* Bachellour of Physick in *Christ* College in *Cambridge*, who by reason of his good Nature, and Integrity, is an excellent Friend, and his natural and acquired Endowments, will render him very serviceable to the Publick, when he pleases to practise that Art he so well understands. To conclude, worthy Sir, I must beg your pardon, if in performing my Duty, I have been any way troublesome to you, for I only design'd to testifie my Respects.

Your Humble Servant,

Tho. Sydenham:

Of the GOUT.

WIthout doubt Men will suppose, that either the Nature of the Disease I now treat of is in a Manner incomprehensible, or that I who have been troubl'd with it thirty four Years am a very dull Fellow, seeing my Observations about it, and the Cure of it little answer their Expectations. But however it is, I will faithfully set down those things I have hitherto found, the Difficulties and the Intricacy either respecting the History of the Disease, or the Method of Cure, leaving them to be made clear and plain by time the Guide of Truth.

The Gout most commonly seizes such Old men, as have lived the best part of their Lives tenderly and delicately, allowing themselves freely Banquets, Wine and other spirituous Liquors, and at length by reason of the Sloth that always attends Old-age, have quite omitted such Exercises as young Men are wont to use. Moreover they who are subject to this Disease have large Skulls, and most commonly are of a gross Habit of Body, moist and lax, and of a strong and lusty Constitution, the best and richest Foundation for Life.

But the Gout does not only ſeize thoſe that are corpulent, for ſometimes alſo tho' ſeldomer it ſeizes thin Folks, nor does it ſtay always till they are old. For ſometimes it invades ſuch as are in the Flower of their Age, when they have received the ill Seeds of this Diſeaſe from their Parents by inheritance, or if this is not the reaſon, they have too ſoon uſed Venery, or have wholly left off Exerciſe, that they uſed formerly violently; moreover they have great Appetites, and have immoderately drunk ſpirituous Liquors, and afterwards of a ſudden fell to thin and cooling Liquors.

When it firſt ſeizes any one, when he is very old, it never afterwards has ſuch exact Periods, nor is ſo violent, as when it invades a younger Man, becauſe he dies moſt commonly, before the Diſeaſe attended with its proper Symptoms comes to its height, and alſo becauſe the natural Heat and Vigour of the Body, being abated, it cannot be ſo conſtantly and violently thruſt off on the Joints: But if it ſeizes any one ſooner, tho' it does not yet fix on one part, nor treat him ſo ſeverely, but comes with uncertain Periods, occaſionally paining a little, for a few days coming and going without any Method; yet it formally beſieges the Man by degrees, and proceeds regularly both as to the time of its coming, and as to the duration of the Fit, and afflicts him more violently than at firſt.

I will treat of this Diſeaſe firſt as it proceeds regularly, and afterwards of its irregular and uncertain *Phænomena*, when being forced out of its Courſe, either by a prepoſterous Uſe of Medicines, that were improper, or by the Weakneſs of the Subject, it cannot attain to its proper and genuine Symptoms; therefore when the Gout is regular, it ſeizes the Sick moſt commonly in the following Manner. About the End of *January* or the beginning of *February* it comes ſuddenly, and moſt commonly without giving any notice, only the Patient has been troubled with Indigeſtion, and Crudities of the Stomach ſome Weeks before; moreover the Body has been oppreſſed and puffed up with Wind, which daily increaſes, till the Fit thunders upon him; but a few Days before it comes, the Thighs are as it were benumed, and there is as it were a Deſcent of Wind through the Fleſh of them,

them, with convulsive Motions, and the Day before the Fit the Appetite is sharp, but not natural. He goes to bed and sleeps well, but about two a Clock in the Morning is waked by the Pain, seizing either his great Toe, the Heel, the Calf of the Leg, or the Ancle; this Pain is like that of dislocated Bones, with the Sense as it were of Water almost cold, poured upon the Membranes of the parts affected, presently shivering and 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 height, 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 those Ligaments, sometimes the gnawing of a Dog, and sometimes a weight; moreover the part affected has such a quick and exquisite Pain, that it is not able to bear the weight of the Cloths upon it, nor hard walking in the Chamber; and the Night is not passed 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 used to ease the Pain, by changing the place continually, whereon the Body and the affected Members lie, 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 is a little Digestion of the peccant Matter, and some Discussion of it, tho' he undeservedly attributes it to that Position of the affected part he used 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 intermixed with the affected Members. The next Day, and perhaps two or three after, if the Matter apt to generate the Gout is copious, the part affect-

ed will be in pain, which will be violent too towards E-
vening, but it will be eaſed about the time of the Cocks-
crowing; within a few Days the other Foot will be in
pain, as the former was; and if the former have left off
aking, the Weakneſs which rendred it infirm will pre-
ſently vaniſh, Strength and perfect Health being ſo pre-
ſently reſtored, as if it never had been out of order; i
the Pain is violent in the Foot lately ſeized. And yet i
acts the ſame Tragedy in the other Foot, as it did in th
former, both as to the greatneſs of the Pain, and the du
ration of it, and ſometimes on the firſt Days of the Diſ
eaſe, when the peccant Matter is ſo exuberant, tha
one Foot is not able to contain it, it afflicts both togethe
with the like violence; but moſt commonly it ſeizes b
turns one after another as we ſaid: After it has vexe
the Feet, the Fits that follow are irregular, both as t
the time of their coming on, and duration; yet the Pai
always returns in the Evening, and is not ſo great in th
Morning, and of a Series of theſe ſmall Fits conſiſts th
which we call a Fit of the Gout, longer or ſhorter, a
cording to the Age of the Patient; for it is not to be ſu
poſed, that when any one is afflicted with this Diſea
two or three Months, that it is one Fit, but rather a S
ries or Chain of ſmall Fits, whereof the latter is more ge
tle, and of ſhorter duration than the former, till at leng
the peccant Matter being wholly conſumed, the Patie
recovers his former Health, which in thoſe that are
gorous, and in others, whom the Gout has rarely
ſited, comes to paſs often in fourteen Days, and
thoſe that have been often afflicted by it in two Month
but in thoſe who are more weakened, either by the lo
Continuance of the Diſeaſe, or by Age; it does not
off till Summer coming pretty well on drives it aw
The firſt fourteen Days the Urine is of a high Colo
which after ſeparations puts off a red Sediment, and
it were full of ſmall Sand; nor does the Sick render
Urine more than a third part of what he drinks, a
the Belly is moſt commonly bound the ſaid firſt Da
want of Appetite, ſhaking of the whole Body towards
vening, Heavineſs and a troubleſome Uneaſineſs of
Parts that are not affected, accompanies the whole F
a violent itching of the Foot affected, follows the Fit t

is going off, chiefly betwixt the Toes, and the Feet ſcale, as if the Sick had taken Poyſon. The Diſeaſe being diſcuſſed a good Habit of Body and Appetite return, according to the Degree of Pain with which the Fit laſt paſt raged; and ſo proportionably the following will be haſtened or retarded; for if the laſt Fit was very ſevere, the following 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 it is diſturbed by unfit 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 not being able to thruſt out the ſame by her wonted Method, then the *Phænomena* differ much from thoſe deſcribed. 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 part, it is without doubt, that either the Method of the Diſeaſe has been altered, or the Vigour of the Body, is by little and little diminiſhed) now it poſſeſſes the Hands, Wriſts, the Arms, the Knees, and other Regions, tormenting theſe, as much as it uſed to do the Feet: For ſometimes diſtorting one or more of the Fingers, it makes them like a Bunch of Parſnips, taking away the Motion by little and little, and at length it produces ſtony Concretions about the Ligaments of the Joints, which deſtroying the Cuticle and the very Skin of the Joints rendred viſible, naked Stones, like unto Calk or Crabs-eyes, which may be picked out by a Needle. Sometimes the Matter cauſing the Diſeaſe thruſt upon the Arms, cauſeth a whitiſh Swelling, almoſt as big as an Egg; which is by degrees inflamed 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 obſtructing all Motions, that it is as it were nailed to the Bed: ſo that it cannot be moved a Hairs-breadth from the place where it is. And becauſe of the Reſtleſneſs of the Body, or to eaſe Nature, the Patient muſt be moved by the help of others, there is great care required, leſt by chance, the leaſt contrariety

trariety of motion, ſhould occaſion Pain, which for this reaſon only is tolerable, *viz.* becauſe it preſently goes off: And truly, this carrying of the Body, that muſt be perform'd ſo tenderly and carefully, is not a ſmall part of the Troubles wherewith the Gout is burthened: 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 remains upon the Sick a whole Year, excepting only two or three hot Months of Summer. And what is moreover to be obſerved as the great and general Fit is longer than heretofore it was, ſo thoſe particular Fits, whereof the general is compoſed, rage longer; for whereas before thoſe particular Fits did not torment the Patient above a Day or two, now where-ever it fixes, eſpecially if it poſſeſſes the Feet and Knees, it does not go off 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 height the Patient did not only enjoy larger Intervals of the Fits, but alſo during that Intermiſſion, he was well in his Limbs, and in the other parts of the 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 very lamely and troubleſomely, that when he walks he ſeems to ſtand ſtill; and if he endeavour to walk beyond his ſtrength, that he may the better recover the 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 cannot be ſo freely diſcharged upon the Feet, which at this time of the Diſeaſe, are ſcarce ever free from Pain, but are always uneaſie more or leſs.

The Sick is alſo afflicted with many other Symptoms as with a Pain of the Hemorrhoidal Veins, with unſavory Belchings, reſembling the taſte of the Meat laſt eat-

putr-

putrefying in the Stomach, when ſomething of hard Digeſtion is eaten, or only ſo much as is fit for People in health, the Appetite languiſhes, and likewiſe the whole Body, by reaſon of a ſcarcity 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 was before high coloured; eſpecially in the Fits, and rendred in a ſmall quantity, now is like that, both as to colour and quantity which is voided in a *Diabetes:* the Back and other parts, Itch troubleſomely about Bed-time.

And this inconvenience alſo happens in this Diſeaſe, when it is confirmed, *viz.* that upon yawning, eſpecially in the Morning, the Ligaments of the Bones of the *Metatarſus*, are violently pull'd, and ſeem to be ſtrongly preſſed with a ſtrong hand; and ſometimes when yawning does not go before, the Patient 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 vehement 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 gentler, as a pledge of the diſcharge which approaching Death is about to give, (Nature being partly oppreſſed by the burthen 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 accuſtomed Pain, a certain Sickneſs with a pain of the Belly, ſpontaneous Wearineſs, and ſometimes a propenſion to a Looſneſs ſupervene. Theſe Symptoms eaſe the pain of the Limbs when they are violent, and likewiſe vaniſh when the pains in the Joynts return; and ſometimes the Pain, and ſometimes the Sickneſs afflicting alternately, prolong the Fits much. For it is to be obſerved, that when any one has had the Gout many years, the Pain is by degrees leſſened every Fit, and at length he dies more of the Sickneſs than the Pain: for the Pain which is in theſe Fits, tho' it is longer; yet it is not the tenth of that which he uſed 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 time enjoys. For in this Diſeaſe pain is Natures moſt bitter Medicine; and the more violent it is, the ſooner will the Fit paſs over, and the intermiſſion will be longer and more perfect, and ſo on the contrary.

Nor does the Pain, the Lameneſs, and the obſtructed Motion of the affected parts, the Sickneſs, and other Symptoms deſcribed, compleat the Tragedy of this Diſeaſe: for it breeds the Stone in the Kidneys in very many, either becauſe the Sick lies a long while upon his Back, or becauſe the Organs of Secretion have left of to perform their due Functions, or becauſe 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 Patient has ſometimes many ſad Contemplations, to know whether the Stone or the Gout is moſt ſevere; and ſometimes the Stone hindring the paſſage of the water into the Bladder, through the Urinary paſſages kills him, not waiting longer upon the ſlow Gouty execution. Nor is it enough, that the Sick is tormented in ſuch a miſerable manner, as that he cannot 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 it is hard to ſay, which of them is moſt afflicted, for every Fit may be as properly called a Fit of anger, as of the Gout, for the mind and reaſon are ſo extreamly enervated by the infirm Body, that they are diſordered by the leaſt Motion of the Affections, ſo that he is as troubleſome 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 is alſo vexed, till the Diſeaſe going off the mind alſo has recovered its former Tranquility.

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 Duty; upon which account, the Blood ſtuffed with Dregs ſtagnates, and the peccant Matter is not as heretofore caſt

upon

upon the extream parts of the Body; at length I say, the most miserable wretch is so happy as to die. But (which may be a comfort to me and others, that are afflicted with this Disease, though we are but moderately furnished with Money, and the Graces of the mind) so lived, and so died, great Kings and Potentates, Generals of Armies, and Admirals of Fleets, Philosophers, and many others such as these. To be short, this Disease of the Joynts (which can scarce be said of any other) kills more rich than poor, more wise than Fools, Nature demonstrating as it were with the Finger, how just the Creator and Disposer of all things is, and how little he sides with Parties; for those that want something, are wont to be abundantly replenished with another kind of Good, and he allays profuse Munificence, by mixing an equal share of Miseries with it; so that it is every where inviolably decreed, that no Man shall be perfectly happy, or altogether miserable, but that all shall partake of both Lots, which mixture of good and ill, so convenient to our Frailty, and Mortality, is perhaps very proper for us.

Women are very seldom afflicted with the Gout, and if they are, not until they are old, or of a Masculine habit of Body. Thin Women who in their youth or middle age are troubled with Symptoms like the Gout, receive them from Hysterick Diseases, or a Rheumatism which they were troubled with heretofore, the Fomes whereof was not well carried off at the beginning.

Nor have I hitherto observed, 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 arrived to that Age, *viz.* when their Fathers had this Disease when they begat them. And here ends the History of this Disease.

Having very much considered the various *Phænomena* of this Disease, I suppose it is produced by the Concoction weakened, both in the parts, and in all the Juices of the Body; for in those who are obnoxious to this Disease, they being either worn out by Age, or having by Intemperance hastened old Age, the Animal Spirits are decayed throughout the whole Body, being consumed by the immoderate use of the vigorous Functions in the heat

heat of youth, for inſtance, by too early, or to much uſe of Venery, by mad and extravagant Exerciſes, 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 accuſtomed heretofore, either by reaſon of years, or Lazineſs, (by the uſe whereof the Blood was wont to be rendred more vigorous, and the Tone of the parts more firm) upon which account the Body becomes now withered, and the Concoctions are no more rightly performed, but on the contrary, the Dregs of the Juices of the Body are henceforth laid up in the Veſſels, as a Stock for the Diſeaſe, which were diſcharged before by the help of ſuch Exerciſes, and ſometimes hard ſtudy, or meditation concerning ſome ſerious Matter had increaſed the Diſeaſe, the fine and volatile Spirits being thereby diverted from their buſineſs of Concoction, which they ought to perform. Moreover, they that are ſubject to this Diſeaſe, are not only moſt commonly greedy of Meats in general, but chiefly of thoſe that are hardeſt to digeſt, of which, when they eat as much, as they are wont to do, when they Exerciſed themſelves, they are unable to digeſt them, nor does the ſaid Voracity or full Feeding, ſo frequently (tho' it does often) occaſion the Gout, as the immoderate and mad drinking of Wine, whereby the Ferments appointed for various Concoctions are wholly deſtroyed, and the Concoctions themſelves, and the natural Spirits are vanquiſhed, and diſperſed 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 leſſened, and alſo a great heap of Humours oppreſſes the Blood, it is impoſſible that all the Concoctions ſhould be duly performed, when all the *Viſcera* are ſo overwhelmed, upon which account the Spirits long ago weakened, are now ſuffocated. For if this were occaſioned only by a weakneſs of the Spirits, Women and Children, and thoſe which long Sickneſs has waſted, ſhould likewiſe be ſeized by it; whereas for the moſt part it invades 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

by which joyned together the vitiated Concoctions are perverted.

Moreover, as every one of the causes we have mentioned, promote Indigestion, so most of them occasion a Loosness of the habit and Muscles of the Body, by which means a passage is opened 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 putrefying heat, and can no longer be governed by Nature, they break out into a Species, and fall upon the Joynts, and by heat and sharpness produce most exquisite Pains in the Ligaments, and Membranes covering the Bones, which being either weakened and loosened by Age, or by Luxury or Intemperance, make room for them, when they make an attempt; but this falling of the Humours that generates the Gout, which constitutes the Fit, happens sooner or later as occasion is offered for putting these Humours into Motion.

As to the Cure (I will first mention those things that are to be omitted) tho' if we respect the Humours, and the indigestion whereby they are occasioned, it may seem at first, that the curative Indications are chiefly to be directed, for the Evacuation of the Humours already made, and for strengthning the Concoctions; so that the heaping up of other Humours may be prevented, for as much as these are the more general Indications, whereby we should do the business in most other humoral Diseases; but in the Gout there is a sort of Prerogative in Nature, for Exterminating the peccant Matter after its own way, by putting it off upon the Joynts, and by discussing it by insensible Transpiration.

There are about three ways propoſed, whereby we may eject the containing cause of the Gout, *viz.* Bleeding, Purging, and Sweating, and yet neither of these methods will ever perform the Business.

First, tho' Bleeding may seem both to evacuate those Humours that are just ready for a Descent, and also those that have already besieged the Joynts, yet it plainly opposes that Indication, which the Antecedent cause, that is Indigestion, arising from a Depravation and Defect

fect of the Spirits (which Bleeding leſſens and oppreſſes more) requires, and therefore is not to be uſed; either to prevent the Fit which is feared, nor to mitigate that which is now preſent; Namely, in thoſe that are old; for tho' 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 thoſe afflicted with this Diſeaſe, as it does good in the two juſt mentioned: For if Blood is extracted in the Intermiſſion, tho' a good while after the Fit, there is danger, leſt by the Agitation of the Blood and Humours, a new Fit ſhould be cauſed more laſting than the former, and attended 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 expelled.

And this Inconvenience happens as often, as Bleeding is us'd at the beginning of the Fit, and if it be uſed preſently after the Fit, there is great danger, leſt Nature, the Blood having not yet recovered its former ſtrength, weakened by the Diſeaſe, ſhould be ſo much dejected by this unſeaſonably uſed, that a Dropſie ſhould be cauſed thereby. But if the Patient 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 uſed, the Gout is ſoon confirmed 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 annexed to the very Eſſence of this Diſeaſe, the fomes of it ought always to be expelled to the Joynts; *Emetick* or *Cathartick* Medicines 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 Joynts, ruſhes perhaps upon ſome of the *Viſcera*, and ſo the Life of the Patient is in hazard, when before it was in no danger at all. Which is often obſerved, to be fatal to thoſe who have been accuſtomed to purging Medicines, that they might prevent the Gout. (or which is worſe) to leſſen the Fit: for when Nature

is

is put by her usual method, whereby as being best and more secure, she drives the *Morbifick* Matter upon the joynts, and the Humours are turned inward upon the Intestines, and instead of Pain in the joynts, where there is none at all, or certainly but very little, the poor Wretches are almost destroyed by Stomach-sickness, Gripes and Faintings, and 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 as are usually designed for purging the Joynts, do much hurt, whether it is used 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 purging Medicines used at any of these times, have been so far from doing good, that they have hastened 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 Joynts, sometimes causes a great Confusion of the Spirits, so that the Fit is not only increased thereby, but the Patients Life is also not a little indangered; and then *Cathartick*s used at the end of 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 deceived, contrives Misery for themselves, which they had not felt, if the Humours had not been inraged again: which Inconvenience I have often found, having preposterously craved 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; tho', which must be confess'd, there is not so much danger of a new Fit, as in the case just mentioned, when the Patient was not wholly freed, yet at this time it occasions a Fit, for the reason above-mentioned; and if by chance the Sick is not presently seized, yet it does not at all free him from the Disease, though he takes this or that Purge constantly at due distances, for I have known some subject to this Disease, who have not purged only at Spring and Autumn,

but

but alſo monthly and weekly, that they might recover their Health, and yet none of theſe have eſcaped the Gout, for moſt commonly it handled them more cruelly afterwards, and with worſe Symptoms than if they had not taken Phyſick at all. For tho' the ſaid purging might take away ſome part of the containing cauſe, yet no way conducing to the ſtrengthening of Concoction (ſo far from it, that it weakens the ſame, and wounds Nature afreſh) it oppoſes only one Cauſe, and ſo is totally unable to cure the Diſeaſe.

But this muſt be noted moreover, that from the ſame defect of Spirits, whereby the Concoctions are vitiated, in thoſe who are accuſtomed to have the Gout, the frame of the ſame Animal Spirits is rendred leſs firm and vigorous, ſo that it is preſently diſturbed by any cauſe, whereby the mind or body is violently moved, and ſo very fleeting and ſhattered is it, as it happens to thoſe that are ſubject to Hyſterical and Hypochondriacal Diſeaſes. From which Inclination of the Spirits to be diſturbed, it happens that the Gout moſt commonly follows the leaſt Evacuation. The Tone of the Body being diſſolved, which the firmneſs of the Spirits, whilſt they continue brisk, keeps compact and vigorous, the peccant Matter moves without reſiſtance; and by this injury to the Body a Fit is preſently produced.

But how pernicious ſo ever this method is, yet ſome Quacks are eſteemed for it, by cunningly concealing the purging Medicine they uſe; for it muſt be noted, that during the purging, the Patient has little or no Pain at all; and if purging cou'd be continued 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 puniſhed afterwards, by the Confuſion into which the ſaid Agitation of the Humours has precipitated Nature.

Laſtly, the Evacuation of the peccant Matter by Sweat, tho' it does leſs hurt than the above-mentioned Evacuation, yet it evidently appears to be injurious, for tho' it do not draw back the Fomes of the Diſeaſe into the Bowels, but on the contrary, drives it into the habit of the Body; yet for theſe Reaſons it does hurt. Firſt indeed, becauſe when the Fit is off; it forces the Humours

yet

yet crude and not prepared for Separation, upon the Limbs, by which means it brings the Fit before its time, and contrary to Natures Consent; and then, because the forcing of Sweat in the Fit, does cast the peccant Matter too violently upon the affected Member, it produces at the same time an intolerable Pain; and if the quantity of the *Morbifick* Matter is greater than can be contained in the affected Part, it forces it presently upon other Members,and for this reason there is a great Ebullition of the Blood and other Humours; and if the Body abounds very much with serous Matter, Fit to produce the Gout, there is danger lest an Apoplexy should be occasion'd. Wherefore in this,as well as in all others,wherein Sweat is provoked by Art, to cast forth the *Morbifick* Matter, and does not come naturally, it is very dangerous to force it out too violently, and beyond that degree of Concoction, where unto 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 great use in provoking Sweat, as in purging the Belly, which is very evident 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 is forced beyond Natures bounds, by keeping the Sick continually a Bed, a continual Fever is caused, and instead of extinguishing the former Fire, a new one is kindled. In like manner in the Gout, the 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 wrestled 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 the peccant Matter requires, which was concocted by the last Fit, the Disease is increased thereby. Therefore in this Disease, and in all others I ever saw, except the Plague only, it is not so much the Physicians, as Natures business to force Sweat, because we cannot know by any means what part of Matter is already prepared for such a Separation,

paration, and by conſequence what meaſures we are to take for provoking it.

Now ſeeing it evidently appears from what has been ſaid, that it is not only in vain to endeavour the cure of the Gout, by evacuating Remedies, but that they are alſo hurtful to gouty People, it remains that we enquire to what other end the curative Indications are to be directed.

Indeed I having exactly weighed, and carefully examined 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 the defect of Heat, and the natural Spirits; the other is the containing Cauſe, or the heat and boyling of theſe Humours, when they are corrupted and grown ſharp by continuing too long in the Body, which their delay is occaſion'd by the Indigeſtion above-mentioned; theſe Cauſes are ſo abſolutely contrary to one another, that thoſe Remedies that do good for this are injurious for the other, for which reaſon this Diſeaſe is ſo very difficultly cured; for while we endeavour to remove Indigeſtion by hot Medicines, there is danger leſt on the other hand we increaſe the heat of the Humours, and when on the contrary we wou'd mitigate the hot and acrid Humours, either by cooling Remedies, or Diet, we occaſion Indigeſtion, the natural heat being weakened. But here by the containing Cauſe, I do not only mean that which actually beſieging the Joynts forms the Fit, but that moreover which lurking in Blood is yet unfit for Separation; for all the *Morbifick* Matter is very ſeldom clearly caſt out, how long and ſevere ſoever the Fit has been, as that there are no Relicks of it in the Body after the Fit is gone off, and therefore regard muſt be had to this cauſe, as well when the Fit is off, as when it rages, but for as much as the Ejection of the containing Matter is wholly Natures buſineſs, it muſt be done by her method alone; for nothing can be in the mean time attempted to aſſwage the hot and acrid Humours without injury to the Digeſtions, only the Sick muſt forbear hot Medicines and Diet, whereby the Humours are inflamed, ſo that undoubtedly the greateſt and chiefeſt intention of curing conſiſts, in helping Concoction by removing Indigeſtion

whereof I will now treat; yet so as that in the Series of my Discourse, I may touch on those Remedies occasionally, which conduce to the asswageing of the Heat, and sharpness of the Humours.

Therefore whatever assists Nature in duely performing her Offices, either by strengthening the Stomach that it may Concoct the Nourishment well, or the Blood that it may assimulate 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 Emuctories of the Body in such a State, as that the Feculencies of of each part may in due time, and order be carried off. These and all things of this kind further the fulfilling this Intention, and are properly called Digestives, whether they are Medicines, or rule of Diet, or Exercise, of any other of those things which are called the six Non-naturals.

These kind of Medicines in general are those which moderately heat, and are 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*, *Elicampane*, the Leaves of *Wormwood*, the lesser *Centaury*, *Germander*, *Groundpine*, and the like. Also those that are vulgarly called *Anti-Scorbuticks* may added, as the Roots of *Horse-Radish*, the Leaves of Garden *Scurvy-Grass*, *Water-Cresses*, and the like. But yet these Acrid, and purgent Herbs, how pleasingly soever they be to the Stomach, and how much soever they help Concoction, are to be used 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 formed, and increase the heat.

Some Species of them neatly mixed are better in my Opinion to concoct the Humours, than any one simple of their Tribe. For tho' when we have need of the Specifick Virtue of any Medicine, that rule holds good, the simpler it is, the better it is; but when we design to cure the Sick by satisfying this, or that Indication, e-

very ingredient contributes ſomewhat for the cure of th
Diſeaſe; and in this Caſe the greater, the number of Sim
ples is, the more powerfully does the Remedy wor
therefore various Forms of Medicines tending to th
end may be neatly framed of the foreſaid and of t
reſt of the *Materia Medica* of this ſort. I prefer an
lectuary before the reſt made like Venice-Treacle, as t
moſt excellent, for that a mutual Fermentation of t
Simples Augments the Virtue of them all, as if it prod
ced ſome third thing, which in the things joyned, h
greater Virtue than any one of them in the ſame qua
tity. But I willingly leave the Choice of ſuch Ingred
ents, and the Forms wherein they are to be given, to t
diſcreet Phyſician; for I never thought it my buſineſs
write Receipts as they call them, but rather to note
Indications, according to which the Methods of cure
to be directed; and this not being well minded, is
cauſe why *Empericks* boaſt, that they are the chief
the Medical Art.

But for the advantage of beginners, I will ſet do
the Remedy I am wont to uſe, which is compounded
ter this manner.

Take of the Roots of Angelica, of the ſweet ſmel
Flag, of Maſter-wort, Elicampane, of the Leave
common Wormwood, of the leſſer Centaury, of w
Hore-hound, of Germander, of Groundpine, of S
dium, *of common Calaminth, Feverfew, of Field S*
frage, St. John's*-wort, Golden-rod, Thime, Mint, S*
Rhue, Carduus Benedictus. *Penny-Royal, South*
wood, of the Flowers of Camomile, Tanſie, Lily of
Vallies, Engliſh-Saffron, of the Seeds of Treacle-
ſtard, Gardon-Scurvy-Graſs, Carraways, Juniper-
ries, each a ſufficient quantity; let the Herbs
Flowers, and Roots be gathered when they have
Virtue in them; let them be dryed and kept in P
bags, till they may be finely powdered; to ſix O
of each well mixed, add a ſufficient quantity of
rified Honey, and Canary Wine to make an Elect
take two Drams Morning and Evening; or for
of this, uſe the following.

T

Takes of the Conserve of Garden-Scurvy-Grass, one Ounce and an half, of Roman Wormwood, and of the yellow Rind of Oranges, each one Ounce, of Candid Angelica, of Nutmegs Candied, each half an ounce, of Venice-Treacle three Drams, of compound Powder, of Wake-Robin two Drams; make an Electuary with a sufficient quantity of Syrup of Oranges; let him take two Drams twice a day, drinking upon it Five or six spoonfuls of the following water.

Take of the Roots of Horse-Radish sliced three Ounces, of Garden-Scurvy-Grass twelve handfuls, of Water-Cresses, and Brook-lime, of Sage and Mint, each four handfuls, the Peels of six Oranges, two Nutmegs bruised, of Brunswick Mum twelve Pints; 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 quantity of *Opium*, the Electuary above-mentioned, may be more commodiously prepared of the chief heating, and strengthning 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 it is very requisite that they should be palatable; among the Simples, the *Peruvian* Bark, is the best, for it strengthens the Blood, and renders it vigorous, if some Grains of it are taken Morning and Evening,

And truly as in this Disease we now treat off, so in most other Chronical Diseases, these and such like Remedies, that strengthen the Blood, and render it brisk (if their heat do not consist of Vinous Spirits, for reasons to be shewn hereafter) do most good, for as much as every Disease of this kind, if I Conjecture right, ought to be referred to one and the same cause, to wit, the Indigestion of the Humours.

But it can no way be made more evident, and better proved, than by setting in view the Difference that is betwixt Chronical and acute Diseases; wherefore I hope

the Reader will not take it amiſs, if I digreſs a little 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 concocted at all, or require a long time for their Concoction. And indeed, the very Nature of the thing, as well as the words by which it is expreſſed, plainly ſignifies as much: But the cauſe of Difference which is perceived betwixt theſe two kinds of Diſeaſes, is more obſcure, and not eaſily to be cleared.

I ſuppoſe it will 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 is 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 occaſioned by a certain Conjunction of Heavenly Bodies: It is moſt certain, that for this ſpace of time, the Air is ſtuffed with Particles, which are hurtful to the Oeconomy of humane Bodies; and that at another time it is 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 is an Enemy to Nature, and fall into ſuch Epidemick Diſeaſes, which that is apt to produce; Nature procures a Fever, its uſual Engine, to free the Blood from any diſagreeable Matter that lodges within, and ſuch Diſeaſes are commonly accounted Epidemick, 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 other as acute proceeding from this or that peculiar Inflammation of the Blood, which do not depend on any general cauſe, from the Air, but on a particular Irregularity, or intemperies of particular Bodies, which ſort of Fevers I call Intercurrent, and *Sporadick* which happen almoſt in all years.

But Chronical Diſeaſes haye quite another Genius, for the

tho' an unhealthy Air of this, or that kind may conduce much to the generating these Diseases, yet they do not so immediately take their Rise from the Air, but most commonly from the Indigestion of the Humours, the common Parent of them all; for when any one has the Principles of his Nature weakened, 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 Organs of Secretion have been so weakened, that they are wholly unable to purifie the Blood, and to carry off its Superfluities; in these Cases a greater stock of Humours being heapt up, than a Man's strength is able to digest, the said Humours by 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 depraved Juices have various Dispositions, so they variously fall on 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 on those parts, which two join'd together constitute the irregularity of Nature, which is marked with the Name of some Disease.

Now it will plainly appear, that such an Impotency of Nature, for the Concocting of Humours is the principal cause of Chronical Diseases, if we consider, that old Men whose Concoctions are weakened, and the Spirits the Instruments of them wasted by the repeated Functions of a long Life, are more inclined to these Diseases than younger People; whose flame of Life being more kindled, scatters those Feculencies heapt up, and whose Organs of Secretion 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 Humours is the cause of most Chronick Diseases, is manifest from hence, *viz.* because Winter is more apt to breed such Diseases than Summer; tho' some of them do not actually come out till the latter end of Winter, yet the Stock of Humours on which they depend increasing all the Winter is inlarg-

ed by that cold and raw Seaſon, debilitating Nature, ſo that ſhe is not ſo able to preſerve the Oeconomy 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 inclined. For inſtance, the Gout or *Aſtma*, and a Cough, and the like. And from hence we may learn the reaſon, why travelling into more Southerly Regions, does ſo effectually conquer thoſe Diſeaſes, the Cure whereof is attempted in vain, in colder Climates. The truth of what I have ſaid already concerning the general cauſe of Chronical Diſeaſes, will moreover manifeſt it ſelf by the great and incredible relief which thoſe that are afflicted with moſt Chronical Diſeaſes, eſpecially with a Conſumption, receive by riding on Horſeback, which kind of Exerciſe invigorates and ſtrengthens all the Digeſtions, the natural heat being revived by the continual ſhaking of the Body, and the Organs deſtined for Secretion, aſſiſted in duly performing their Office of purifying the Blood, ſo that a Renovation of the ſpoyled Digeſtions muſt neceſſarily follow, and by conſequence, the beſt Conſtitution of the Body.

Wherefore it is manifeſt enough by the Reaſons already alledged, that not only in the Gout, but alſo in other Chronical Diſeaſes, where no manifeſt Symptom Contra-indicates; ſuch kind of hot Herbs are very beneficial, for they procure the heat of Summer in the midſt 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 produce: And truly if they are deferred till Winter approaches, at which time a great deal of Matter is heaped up, it is to be feared we fly too late to this refuge. But tho' (as I have Diſcourſed largely before) the Gout by a peculiar Diſpoſition, is made worſe by *Cathartick*s; yet in moſt other Chronical Diſeaſes, bleeding repeated as often as there is occaſion, and purging is to be ordered before theſe digeſting and corroborating Medicines are to be uſed; but when the Patient has once entered upon the uſe of theſe, he muſt go on without purging betwixt whiles; for this muſt be conſtantly maintained, that as often as the cure of any Diſeaſe is aſſayed by corrobora-

ting

ing Medicines, all Evacuations are wholly injurious.

Laſtly, I do not affirm, that theſe digeſtive Remedies now mentioned, are better than all others; but this I ſay, that he that can find out the beſt Remedy to anſwer this Intention, will do much more in curing Chronical Diſeaſes, than he would think he was able to do.

But this muſt be firſt taken notice of, and chiefly obſerved above all 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 bye, but muſt be uſed conſtantly, and daily with the greateſt Diligence; for whereas in this Diſeaſe, as alſo in moſt other Chronical Diſeaſes, the cauſe of it hath paſſed 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, ſuper-induced 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 changed, and the whole Man muſt be as it were new framed; for it is not ſo here, as in ſome acute Diſeaſes, where he that even now was ſtrong, and in perfect Health, is ſuddenly ſeized 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 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 oppreſſed the Animal Spirits (which are the chief inſtruments of Digeſtion) by which means the Preter-natural Humours that are heapt up, break out at length, when they are arrived to to the higheſt degree, and confound all, the fleſh being ſoftned, and the joynts weakened, ſo that they readily receive the Humours falling upon them. And ſo at length another Nature is as it were ſuper-induced by degrees, the priſtine and natural Oeconomy of the Body being wholly ſubverted, and deſtroyed: 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 cauſes the Diſeaſe; wherefore he Labours in vain, that endeavours to drive away this Diſeaſe, by this or that Remedy, or *Regimen* now and then uſed. 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 reduced and reſtored gradually to the former State, and Oeconomy of the Body, tho' to perform this fully and perfectly, may not ſeem poſſible, not only becauſe any habit is difficulty changed into the quite contrary, but alſo becauſe old Age, which moſt commonly attends this Diſeaſe, violently oppoſes; yet the Cure is to be endeavoured, as much as the Stength and Age will permit: And the nearer or further from this Mark the Patient is, he will more or leſs avoid the Tyranny of the Gout.

And it is moreover to be obſerved, that digeſtive Remedies, either Medicinal or *Dietetick*, are chiefly to be uſed in the Intervals of the Fits, and as long as may be before the next Fit; for by reaſon of Old-age, much time is required, and a conſtant uſe of Medicines, before the Corrobation of all the Concoctions, and the Reſtauration of the enfeebled Ferments of the Body, and ſuch a Soundneſs as is requiſite for the Blood, and *Viſcera* can be obtained.

But tho' theſe Remedies, and other things of the like Nature, may do good, yet this intention of corroborating cannot be anſwered by theſe things alone, but Reſpect muſt be alſo had to thoſe things, which do not properly belong to Phyſick. And he will be moſt certainly deceived, that thinks he can perform the Cure of this, or ſome other Chronical Diſeaſe by Medicines alone: Firſt therefore, a Mediocrity is to be obſerved in Meat and Drink, ſo that neither more Nouriſhment be taken in, than the Stomach can Concoct, leſt the Diſeaſe ſhould be heightened by it; nor on the other hand muſt the parts, by two much Abſtinence, be defrauded of that Proportion, whereby their ſtrength and vigour ought to

be

be sustained, for by doing so, they will be more weakened; for either is a like hurtful, as I have frequently found in my self and others. Moreover as to the quality of the Meat, the things of easie Digestion considered by themselves, are to be preferred before things of hard Digestion; yet regard must be had to the Patients palate. For we must take notice, that that which is earnestly craved for by the Stomach, tho' of difficult Digestion, is sooner conquered by Nature, than that which is accounted to be of easier Digestion, if it be offensive to the Stomach: But those things that are reckoned 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 kinds of flesh eaten at once, disturb the Stomach, more than one sort eaten in the same quantity, as to other things besides flesh; let him eat at Pleasure, if they are not sharp, nor salted, nor spiced; which tho' they do not injure Concoction, yet they are hurtful, 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 convenient to digest the Humours, that time ought not to be wasted about concocting the Meat; therefore they that are subject to the Gout, should not eat Suppers, yet they may allow themselves a large draught of Small-beer, for such are also most commonly inclineable to breed the Stone in the Kidneys, the Concretion whereof, is much hindred by such a kind of Liquor, drank at this time, the Reins being cleansed and cooled thereby.

The drinking of Milk, or a Milk-Diet, either crude or boyled, without any thing else; except perhaps a a piece of Bread with it once a day, has been much used these twenty years, and it has done more good to many, than any other kind of Remedy for this Disease, as long as they kept exactly to it: But so soon as they returned to common Diet, tho' of easie Digestion, the Gout returned more violently than before, and kept them longer; for the Principles of Nature being weakened by this method, the Sick was rendred less capable to repel the Disease, for which cause it was more dangerous and lasted longer, therefore he that designs to betake himself to this

method,

method, ought firſt to conſider ſeriouſly, whether he can continue in the uſe of it all his Life long, which perhaps is not in his Power, how reſolute ſoever 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 forced to leave it off, becauſe he was ſuddenly bound in Body, and the Temper of his Body altered, and becauſe at length his Stomach nauſeated Milk, tho' the inclination of his mind ſtill continued. But ſome *Hypochondriacal* people of a groſs habit of Body, or who have accuſtomed themſelves much and a long while to ſpirituous Liquors, 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 do not doubt, but that Barley-broth may do as well, if the Stomach will bear it) but alſo becauſe it renders the Blood more ſweet and mild, by quelling the acrid Particles in it; and moreover, which I ſuppoſe is moſt conſiderable, Milk being a ſort of Food 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 unſuitable to the original cauſe of the Gout, *viz.* the weakneſs of the Ferments, and Concoctions; it is much more injurious than Beneficial. And becauſe this has not been ſufficiently regarded, ſome unwary people have fell into great and fatal Errors; for by endeavouring to oppoſe the containing cauſe, *viz.* the heat and ſharpneſs of the Humours, they have deſtroyed 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 extreams on either hand are hurtful. Firſt as to the Wine, tho' the Proverb ſays, drink Wine and have the Gout, and drink no Wine and have the Gout: Yet it is without Controverſie, and confirmed by various Experiments of gouty People, that Wine *de facto* is injurious. For tho it may be ſuppoſed to do good by helping the Concoctions,

ctions, the disorders whereof, I have long accounted the Antecedent cause of the Gout; yet with respect to the containing cause, it must be reckoned wholly injurious, for that it Fires, and exagitates the Humours, the Fomes of the Disease, already prepared to give Battel; Yet I do not grant that Wine used for ordinary drink, does promote Concoction, but rather spoils it, unless in those that have been accustomed to Wine for a long time; for tho' as it passes by it imparts some heat, y t it certainly injures the Ferments of the Body, and destroys the natural Spirits; and for this reason I suppose great Drinkers die of the Gout, Dropsie, Palsie, and other cold Diseases. Moreover, a continual swilling of Wine, renders the Body soft like the Bodies of Women, whereas temperate Liquors strengthen and confirm the Tone of all the parts; for which reason, they that have always used small Liquors, seldom know what the Gout means. It is moreover to be noted, that those men are most inclinable to this Disease, who tho' their natural Concoction is lessened, are nourished more than enough, by reason of a certain Luxury of the Blood, and they grow bulky by reason of 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 occations 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 are *Pleuriticks*, or seized with some other Inflamatory Disease; it would be a mad thing to inrage it more with spirituous Liquors. Nor on the contrary, are too cooling Liquors to be used; for these by quite spoiling the Concoctions, and extinguishing the natural heat, produce the greater mischief; not pain as Wine doth, 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 small Liquors, have soon destroyed 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 injure the Stomach by Chilling it; of this kind as I said,

ſaid, is our Small-beer, and a proper Liquor may be made in other Countries, by mixing a little Wine with a great deal of Water. I count water by it ſelf, crude and injurious, and I have found it ſo to my 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 Trains of Diſeaſes, whereby our Bodies on this account are tormented, *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 Volatiſing 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 ſufficient for him that has the Gout but a little, and at ſometimes only, to uſe Small-beer, and diluted Wine, the degree of his Diſeaſe, not requiring a more ſevere uſage; yet when the whole Subſtance of the Body is as it were degenerated into the Gout, he will be unable 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 Virtue to the whole Maſs) ſo they incline the Humours to a perpetual Fermentation.

Therefore a *Dietetick* drink muſt be preſcribed 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 inraged as by Wine: And, on the contrary, it muſt not be ſo ſmall, as to hurt the natural Functions, by overcooling them. This ſort of Drink, if it be made of ſuch ingredients as are leaſt diſpleaſing to the Patient, tho'

the

the conſtant taking of them, may cauſe ſome loathing for a week or two, 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 increaſed, and become more natural than it uſed 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 it is almoſt impoſſible for a man to avoid) will by this means, be ſomewhat corrected and amended. But which is the chiefeſt of all, the Patient may prevent the Stone by this means, which is commonly 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 *ſix Ounces*, *of* Saſſafras, *China*, *and ſhavings of Harts-horn*, *each two Ounces*, *of Liquorice one Ounce*; *boyl them in two Gallons of Fountain water for half an hour*; *afterwards let them ſtand covered upon hot aſhes twelve hours*, *afterwards boyl it to the Conſumption of a third part*; *as ſoon as it is taken from the Fire*, *infuſe half an Ounce of Anniſeeds*, *after two hours ſtrain it*, *and let it ſtand till its clear*; *keep the clear infuſion in Glaſs Bottles well ſtopt for uſe*.

This Liquor is moſt conveniently uſed 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. For it is not enough to ſtudy new things, when the Diſeaſe is raging; for in ſuch a Confuſion, and diſorderly Motion, Nature can ſcarce bear the change of fermented Liquors, which are briſk and ſpirituous, for ſuch as are ſmall and without Spirits. At the ſame time the above-mentioned Electuary muſt be uſed 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

the Blood and Bowels, without that Agitation which uſed to be occaſioned by the heat of fermented Liquors.

If any one ſhould object, that that Life is ſcarce vital, wherein a total Abſtinence from Wine and other fermented Liquors is obſerved: I anſwer, it muſt be conſidered, whether it be not much more miſerable, and leſs tolerable, to be racked and dreadfully tortured with the Gout, grown ſtrong by continuance (for when the Diſeaſe is gentle, this is not requiſite) than to be confined 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 well 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 Patient by reaſon of a long, and too great uſe of intoxicating Liquors, or by reaſon of old age or weakneſs, cannot concoct his Meat without Wine, or ſome other fermented Liquor, he cannot leave it off ſuddenly without great danger, the doing whereof has been fatal to many. Therefore in my opinion he ſhould not uſe the *Dietetick* Apozem above deſcribed; but if he be reſolved to uſe it, let him be accuſtomed 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 preferred 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 is another thing tho' it may ſeem ſmall, yet is of great moment, as well for digeſting the Fomes of the Diſeaſe, when the Fit is violent, as for hindring the Generation of the Matter, when the Fit is off; to wit, that the Patient, eſpecially in Winter go to Bed early; for beſides, bleeding and purging, nothing deſtroys the ſtrength of Nature more than watching a Nights, which every ſickly Perſon can affirm by Experience, if he conſiders

siders how much brisker, and more chearfully he rises, when he goes to Bed early, and how languid and faint, he is when he sate up late; and tho' it may seem as well, if he lies 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 it is not so, and I suppose chiefly for this reason, *viz.* in the Day-time the Spirits are dissipated, either by the Exercise 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 causing as it were a Relaxation of the Oeconomy of the Body, which was kept up in the Day-time, by the influence of the Sun, it is necessary that the heat of the Bed should supply the want of the Sun, especially in Winter. But in the Morning, the Spirits being refreshed and invigorated by the Rest of the foregoing Night, and the warmth of the Bed besides, for that the ensuing 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 injured, as by Evening watchings protracted an hour or two. Wherefore I would perswade those that are subject to the Gout, to go to Bed early, especially in Winter, and to rise early, tho' sleep somewhat shorter may intice them to lie longer; for sleeping in the Morning, prevents so much sleep the next Night, and so at length a force being brought upon Nature, and its wise Instructions despised, Night is turned into Day, and Day into Night.

Moreover, the tranquility of mind must be by all means obtained; for all Perturbations, when they break the bounds, mightily dissolve the Frame of the Spirits, that are the instruments of Digestion; and so by consequence, much promote the Gout. Therefore the Sick should 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 the fault of others, he can never prescribe Laws to the World, which has not been always hitherto obedient to any one, how Potent and Wise soever he has been; nor does ever

all

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 deprived 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 attending 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 mightily over-think, that the Oeconomy of the Body, cannot 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 advantageous, than all other things that are uſed 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 obſerved, which I have mentioned above, that as in this Diſeaſe, more than in any other chronical Diſeaſe, the habit of the whole Body ought to be changed; the Exerciſe of the Body, unleſs it is daily, will do no good; for this kind of Exerciſe intermitted by Turns, 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 diſuſed 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. Tho' 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 puniſhed 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, will not be long, ſo ſuch an one will be more prone to breed

thee

the Stone, which is more dangerous, and more tormenting than the Gout.

Moreover (which is of great moment) the Stony matter is much increaſed by long reſt in the Joynts 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 Joynts, yet it will eaſily appear to any one that does a little weigh the thing more ſeriouſly, that when a great quantity of unconcocted Matter, cauſing the Gout, flows upon ſome of the Joynts, and renders the neighbouring parts tumid a long while, at laſt it happens, that partly by reaſon the Aſſimulative Virtue of theſe is choaked, and partly by reaſon of a ſuffocating Obſtruction, which this dull Humour breeds in them; the ſaid Matter is generated, which is turned into this kind of Subſtance, by the heat and pain of the Joynts, and is daily increaſed, changing the fleſh and skin into its own Nature, which now lies naked, and may be picked 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 ſcattered through the whole Body. So that it comes to paſs as I have obſerved my ſelf, that long and daily Exerciſe does not only hinders the Generation of this ſtony Matter; but alſo diſſolves the Stones when they are hard and old, if they have not prevailed 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 preferred before the Reſt: And truly, I have many times thought with my ſelf, that if any one knew a Medicine which he could alſo conceal, as effectual in this, and moſt Chronical Diſeaſes, as conſtant and daily riding on Horſe-back, he might eaſily get a vaſt Eſtate. If this cannot be uſed, riding in a Coach does almoſt as well; and on this account at leaſt, it is 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 cannot the other.

But it is to be obſerved, that it is beſt to uſe Exerciſe in a good Air, *viz.* in the Country, and not in a City, where the Air is filled with Vapours exhaling from the Shops of various Artificers, and thickened by the Cloſeneſs of the Buildings, as it is here in *London*, which is generally thought to be the moſt ſpacious City in the whole World. But how great the difference is betwixt Exerciſes 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 Joynts, and the Neighbouring parts to them are but too much weakened, and looſened without this adventitious Deſtruction) is equally as improvident in my Opinion, if he indulge himſelf in theſe Allurements, as if he that had undertaken a Journey, ſhould conſume all his Proviſions before he ſets out; for beſides, the miſchief he brings on himſelf, by not reſtraining the impotent Deſires of feeble Age, he deprives himſelf of the great privilege of enjoying that Jubilee which is reſerved 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 the 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 long Train of Miſeries, that either accompany or follow it. And ſo much for the *Regimen*.

But tho' Rules of this kind reſpecting Diet, and the other *Regimen*, if they are carefully obſerved 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 ſeized with the Gout; for tho' in Summer time, when the Tone and vigour of the Blood is excited and preſerved in its State by the heat of the Sun, and there is likewiſe a due Elimination of the Humours through the Pores. It is reaſonable to

ſuppoſe

ſuppoſe, that the Concoctions ſhould proceed much better than in Winter; yet when Winter approaches, the ſtrength of the Blood being leſſened, and the Perſpiration through the Pores hindred, there muſt needs be a great heap of indigeſted Matter, which by its long continuance, will form a Species accompanied with proper Symptoms and produce a Fit, as ſoon as occaſion is offered, either by the Humours put into a Motion by the nearer approach of the Sun, or by drinking Wine, or by violent Exerciſe, or by any other evident cauſe.

It is manifeſt from what has been ſaid, That he that endeavours to cure this Diſeaſe, ought to make it his buneſs 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 endeavoured in the ſpaces between the Fits; not when the Fits are on, for when the Fomes is not only generated, but now is caſt upon the Joynts, it is too late to ſtrive to change it, or to caſt it out any other way, for it is to be ejected by no other method than Nature ſhews, wherein alone we muſt acquieſce; which is obſerved 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, Thirſt and Reſtleſsneſs, and other Symptoms of theſe Fevers, than he that thinks he has cured the Gout, when he has only laboured to reſtrain the Symptoms; for by this means he has only rendred 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 ſuppreſſed, it will 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 conſidered what I have treated of above concerning the Hiſtory of this Diſeaſe.

But now tho' 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 for ſome days, when he is firſt ſeized, and in the place of it, to uſe ſimple Barley-broath, 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 for as much as there is a vaſt difference betwixt the Body of one Perſon and another, ſome not bearing Abſtinence from fleſh, but by reaſon of it are ſeized with a Confuſion of the Animal Spirits, with fainting and other Symptoms, which uſe to befal Women that are ſubject to Hyſterical Fits, theſe People are injured 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 joyned together as I mentioned before, 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 do not at all err in the quantity, or quality of his Meat or Drink. And moreover, more than ordinary care muſt be taken in obſerving any other *Regimen*, as well as this in the Intervals; and tho' the Pain, as well as the unfitneſs for Motion, may ſeem to contract-indicate Exerciſe, which I have commended above all other things, yet this labour muſt be undertaken. For tho' 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 is much leſs able to bear the Motion of it; and yet if he try it, he will ſoon perceive that he is leſs pained 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 ſate at home all day, he lay awake 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 cauſes. But what is moſt conſiderable, the total impotence of the Limbs for Motion, is helped by conſtant Exerciſe, which happens to many after the firſt or ſecond long Fit, the tendons of the Hams and Heels being contracted ; for when by reaſon of the tormenting Pain, they have allowed themſelves to lie ſtill a long time (being unwilling to extend their Legs, when the Pain has ſeized their Knees) at length they are deprived 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 turned to the Gout, it is 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 die by Fainting and Sickneſs, which the abundance of the Furniture for the Diſeaſe that cannot be concocted produces, and they are deſtroyed by this Matter, that cannot be concocted, as by Poyſon.

But notwithſtanding what has been ſaid of the Uſefulneſs of Exerciſe in the Fits of the Gout, yet if the Sick by reaſon of the violence of the Fit, is as it were overwhelmed 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 it yet grown gentle by a Courſe of many years) in this Caſe, if the Sick is confined to his Chamber, it will alſo be convenient, that he keep his Bed for ſome of the firſt days, until 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 be contented only with Barley-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 deſtroyed by one of the Fits, if he do not uſe Exerciſe in a free and open Air : for a great many Gouty people

have periſhed by theſe Symptoms, to whom they have been obnoxious by being confined to their Chambers, and eſpecially to their Beds; whereas had they bore the Fatigue of riding in a Coach the greateſt part of the day, they had not died ſo ſoon. For tho' he that is troubled with Pain only in one of his Limbs, may confine himſelf to his Chamber, yet another, that inſtead of violent Pain is afflicted with Sickneſs, and the other aforeſaid Symptoms, ſhould he do the ſame, would endanger his Life; and indeed it is well for the Sick when the Pain is ſo violent, that he cannot bear Motion, for then there is no great need of it, the very Pain which is the bitterеſt 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 indangered; the weakneſs and faintneſs of the Stomach, with Gripes of the Belly as from wind, is the moſt frequent of theſe which befalls thoſe, who either have been ſubject to the Gout many years, or thoſe, who tho' 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 aſſwage the Pain; upon which account the material cauſe of the Diſeaſe, which ought to have been put off upon the Joynts, is caſt upon the Bowels. I have tryed 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 Sickneſs and Faintneſs afflict 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 Cordial, if Exerciſe be not uſed, can wholly preſerve the Patient.

But if any one Symptom ſcarce bearing a Truce, comes ſuddenly by reaſon of the ſtriking in of the gouty Matter, and threatens Death, we muſt not 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 immediately fly to *Laudanum*, namely, give twenty drops of *Liquid Laudanum* mixed

mixed 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 Looseness, because it is 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 Looseness) the *Diarrhæa* continues, accompanied with Sickness and Gripes, there is only one Remedy, that I know, *viz.* to provoke Sweat, by a method and Medicines designed for this use, which if it be performed two or three days, Morning and Evening, for two or three hours at a time, it most commonly stops the *Diarrhæa*, and forces the Fomes of the Disease upon the Limbs. I cured my self by this method some years ago, after I had imprudently cast my self into this Disease, by drinking cold water for my ordinary Drink, when I had used Cordial 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 of the peccant Matter upon the Lobes of the Lungs, when a winter Cough by reason of cold taken in time of the Fit, has by degrees drawn the matter upon the Lungs, the Limbs in the mean time being wholly, or almost freed from the Pain and Swelling, by reason of the Translation of the peccant 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 like a true *Peripneumonia*, *viz.* by bleeding repeated, and cooling, and thickening Medicines, and Diet; for the Blood drawn in this Symptom especially, is like the Blood of *Pleuriticks* exactly. Moreover, the Sick must be purged betwixt the Bleedings, whereby the filth that is fallen upon the Lungs may be carried off. But Sweating how powerful soever it is in forcing the Fomes of the Disease upon the Limbs, does hurt in this Case, by hardening the Matter that is thrust upon the Lungs; upon which account small Abscesses are generated, and at length the Sick certainly dies.

Moreover it is to be noted, that almost all Gouty people, when they have conflicted a long time with this Disease, are subject to the Stone in the Kidneys; and

that they are wont to be troubled with *Nephritick* Pains, either in the State, but moſt commonly at the Declination of a general Fit, which does not only torture him much, but alſo weakens him much, whereas he was but too much weakened, and worn out before. In this Caſe, ſetting aſide all other Remedies, let him preſently take a Gallon of Poſſet-drink, wherein two Ounces of the Roots of *Marſh-mallows* have been boyled, and let the following Glyſter be injected.

Take of the Roots of Marſh-mallows, and Lillies, each one Ounce, of the leaves of Mallows, Pellitory of the Wall, Bears-breech, and of the Flowers of Camomile, each one handful, of Flax and Fenugreek-ſeeds, each half an Ounce; boyl them in a ſufficient quantity of Water, to a Pint and an half; diſſolve in the ſtrained Liquor of brown Sugar, and Syrup of Marſh-mallows, each two Ounces, mingle them, make a Glyſter: as ſoon as he has rendred all the Poſſet-drink by Vomiting, and has rejected the Glyſter, let him take a large Doſe of Liquid Laudanum, *viz. twenty five drops, or fifteen Grains of* Mathews's *Pill.*

If any one enquires for external Remedies to eaſe the Pain of the Gout, I hitherto know none, tho' I have tryed many in my ſelf and others, excepting things cooling and repelling, the uſe whereof, I have ſhewed above, is dangerous, and I confidently affirm, that the greateſt part of thoſe, who have periſhed in the Gout, have not been ſo properly killed by the Diſeaſe, as by an improper uſe of Medicines. But if any one will try the Virtue of external Medicines, which are certainly accounted *Anodynes*, do not 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 the 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 uſed no external Remedies many years. The Pultiſs made with white Bread and Saffron boyled in Milk, a ſmall quantity of Oyl of Roſes being added

added, 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, it will be better for the Sick to keep himſelf a Bed, till the Pain is abated, than to uſe external *Anodynes*. But it will not be amiſs to take a little *Laudanum* in the Evening, if the Pain is intolerable, otherwiſe it will be better to omit it.

But now ſeeing I am ſpeaking of external Remedies, I muſt ſay ſomething of the Indian Moſs, called *Moxa*, much eſteemed of late for the Cure of the Gout, if it be burnt a little upon the part affected. Tho' this kind of Remedy is ſaid to be received from the Oriental Indians, being before wholly unknown by the Europeans, yet it will appear to be known amongſt 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 cannot be expelled by Medicines, in whatever 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 Fingets above the Joints with crude Flax. Now I ſuppoſe none will think that there is any Specifick difference betwixt the Flame of Flax, and of this Indian Moſs, no more than he can ſuppoſe, that a Fire kindled with Pieces of Oak can do any thing more than a Fire made of 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 obtained by this means, becauſe 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 turned inward, either by its long continuance, or by an unſeaſonable, and undue Uſe of Medicines, and ſo afflicts the Patient rather with Sickneſs, Gripes, and a great many other Symptoms of this kind, than with Pain,

Pain, I ſuppoſe no ſober Man will think that Fire is to be uſed.

What I have ſaid is all I know of the Cure of this Diſeaſe. If any one objects, that there are many Specifick remedies for the Gout, I freely confeſs I know none, and I fear thoſe that promiſe ſo much are as ignorant as I am; and truly it is to be lamented, that the noble Art of Phyſick ſhould be ſo crouded with theſe Trifles, which are impoſed upon the credulous, either by the Ignorance or Falſeneſs of Writers; for in almoſt every kind of Diſeaſes, ſuch kind of things are cried up, as if they were divine, by ſuch as make a Trade of theſe Trifles; or which is more to be wondred at, this mad Humour does not only prevail in Diſeaſes, that are indued with a Type, but in ſuch alſo, as are not at all formed, and proceed from ſome hurt of the Organs, or from an external Occaſion, and impoſes upon Men, as to other things very prudent; and this appears from ſuch things, as are commonly accounted Specificks for Contuſions, ſuch are *Sperma Ceti*, Iriſh Slate, and the like, all which do only divert the Method, whereby this Malady ought to be treated, as will be manifeſt to him, who ſhall try, how much ſafer and ſooner it may be cured by Bleeding and Purging, uſed alternately, till the Sick is well, thoſe Trifles being wholly neglected, which are cuſtomarily given after once Bleeding, and that Solicitation of Sweat, which is wont to proceed from the Uſe of them, by which heating of the Parts, before inclined to an Inflammation, the life of the Sick is indangered without any reaſon.

But if what I have propoſed ſignifie nothing, and I ſeem not ſagacious, and too ſparing of Medicines, I will propoſe all that *Lucian* has propoſed fully in his Tragedy of the Gout, from whence one may chuſe Externals and Internals, and perhaps he will find them as effectual, as many of thoſe things that are cried up by ſome. *Lucian* brings in the gouty Perſon ſpeaking thus to thoſe that boaſt, that they have ſome ſecret Remedies to cure this Diſeaſe.

Quis invictam me Dominam dolorum
Ignorat podagram in terrâ mortalium?

Quam

Quam neque thuris vapor placat,
Neque effusus sanguis aras ad incensas;
Non templum divitiarum undique suspensis ornatum donariis:
Quam neque Apollo *medicamentis expugnare valet,*
Omnium medicus in cœlo Deorum;
Non filius Apollinis *doctissimus Æsculapius.*
Postquam enim enatum est primùm hominibus genus,
Conantur omnes meam elidere potentiam,
Miscentes semper medicamentorum artificia.
Alius aliam in me experitur artem.
Terunt plantagines, & apia mihi,
Et folia Lactucarum; & Sylvestrem portulacam;
Alii Marrubium; alii potamogeitonem;
Alii urticas terunt; alii Symphytum;
Alii lentes afferunt ex palustribus lectas;
Alii pastinacam coctam; alii folia persicorum,
Hyoscyamum, papaver, cæpas agrestes, mali punici cortices,
Psyllium, thus, radicem Ellebori, nitrum,
Fœnum Græcum cum vino, Gyrinem, Collamphacum,
Cyperissinam Gallam, pollinem hordeaceum,
Brassicæ decoctæ folia, gypsum ex Garo,
Stercora montanæ capræ, humanum oletum,
Farinas fabarum, florum Asii lapidis;
Coquunt Rubetas, mures-araneos, lacertas, feles,
Ranas, Hyenas, Tragelaphos, Vulpeculas,
Quale metallum non exploratum est mortalibus?
Quis non succus? Qualis non arborum lachryma?
Animalium quorumvis ossa, nervi, pelles,
Adeps, sanguis, medulla, stercus, lac.
Bibunt alii numero quaterno pharmacum:
Alii octono: sed septeno plures.
Alius verò bibens hieram purgatur:
Alius incantamentis impostorum deluditur:
Judæus alium stultum excantat nactus:
Alius vero remedium petit ab hirundinis nido.
Ego autem his omnibus plorare impero,
Et facientibus hæc atque irritantibus me
Soleo occurrere multò iracundior.
Iis vero qui cogitant nihil adversum mihi,
Benignam adhibeo mentem, faciliſque fio.

I do not at all doubt, but the moſt prudent of thoſe, who having a long while conflicted with this Diſeaſe, and wholly deſpairing of a Cure, will approve of the Chorus, that makes the Cataſtrophe of this Tragedy.

Lenem, O ubique gentium celebrata afferas (nobis) dolorem, ô podagra,
Levem, facilem, non acutum, brevem, haud ſævientem,
Tolerabilem, facile deſinentem, parum validum, ambulationes non impedientem.
Multi ſunt modi miſerorum:
Sed exercitia dolorum, & conſuetudo
Podagricos ſoletur.
Ideoque æquo animo, ô complices, oblivi ſcimini
Dolorem. Si ea quæ placent non fiunt,
Tamen etiam præter ſpem accidentibus viam invenire
Solet Deus.
Quivis ſuſtineat podagrâ laborantium
Deludi & derideri:
Talis enim hujus morbi natura eſt.

To conclude; The method which I here deliver is built upon a ſtrict Examination of the foreſaid *Phænomena*, and by following it, I have eaſed the Diſeaſe in my ſelf and others, yet a perfect Cure, whereby a Man may be freed from a diſpoſition to this Diſeaſe, yet lies hid, and I know not when, or by whom it will be brought to light; yet notwithſtanding I hope that I have been ſome way beneficial to Mankind by this Treatiſe, by faithfully diſcovering thoſe Rocks, whereon I and many others have been wrecked; and moreover the beſt Method I have yet known, and I promiſe no more, tho' by my long Courſe of thinking, I am induced to believe, that ſuch a Remedy will be ſometime found out; and if ever it happen to be, it will expoſe the Ignorance of the Dogmatical, and then it will appear, how much they are deceived in the Knowledge of the Eſſences of Diſeaſes, and in the Medicines they uſe for them; a plain inſtance whereof we have in the Diſcovery of the Peruvian-bark, the beſt Specifick for Agues. For how many Ages were the Wits of the moſt diligent Men exerciſed in finding out the Cauſes of Agues, whereby eve-

ry

ry one adapted a Practice beſt agreeing to the Theory he had framed: But how thoſe ways of Cure were able to defend the Theorems is manifeſt from thoſe things, whereof we have yet a freſh remembrance, in which, placing the various Species of Intermittents in the various Humours abounding in the Body, they were wont to direct the Method of Cure to the Alteration and Evacuation of theſe Humours: But how unſucceſsfully they managed it, the ill Succeſs of their Endeavours, but eſpecially the happier Uſe of the Bark make manifeſt, by the help whereof now, not regarding theſe Humours, nor Diet or *Regimen*, by only obſerving a due Method of giving the Bark, we do the Buſineſs effectually, and ſcarce ever fail, unleſs the Sick be unneceſſarily kept in Bed, whilſt it is uſed. Yet ſo great is the Virtue of this Remedy, that notwithſtanding this Inconvenience, *viz.* becauſe the Fever is heightened by the heat of the Bed, the Sick is moſt commonly cured by it. In the mean while, till the perfect Cure of the Gout be found out, which all Phyſicians ought to deſire, eſpecially I, let this Treatiſe be kindly received as it is: But if it be otherwiſe, I ſo well underſtand the Humours of Men, that I ſhall not be much deceived, and I ſo well underſtand my Duty, that I ſhall not be diſcouraged; and if the tormenting Pains, the unfitneſs for Motion, and the reſt of the Diſeaſes of the Body, wherewith I have been afflicted for the greateſt part of my Life, together with the loſs I have ſuſtained in my buſineſs by Sickneſs, can acquire eaſe for others, I ſhall receive, now I am paſſing into another World, ſome Fruit of the Miſeries of this kind I have felt in this Life.

Of a DROPSIE.

EVery Age of Man, and both Sexes, are ſometimes afflicted with a Dropſie: But Women are more inclined to this Diſeaſe than Men: But it ſeizes theſe eſpecially when they are in Years, and Women when they have done breeding. But it ſometimes ſeizes barren Women when they are young; the Pits by the impreſ-

ſion

ſion of the Fingers in the Small of the Leg, that are eſpecially conſpicuous at Night, and that vaniſh in the Morning, are the firſt Signs of this Diſeaſe: But not ſo certain a Sign of an approaching Dropſie in Women, as in Men, for Women with child, and ſuch as have a ſtoppage of the Courſes upon any Account, are often ſo affected: Nor does ſuch a Tumour in Men certainly indicate a Dropſie; for when an Old-man, of a groſs habit of Body, has for ſeveral Years been troubled with an *Aſthma*, and has been ſuddenly freed from it in the Winter, a great Swelling preſently ſeizes the Legs, that reſembles an Hydropick Swelling, which is more in Winter than in Summer, in a rainy Seaſon, than in clear Weather, and yet he is accompanied with it as long as he lives, without any great Inconvenience. And yet notwithſtanding, generally ſpeaking, a Swelling of the Legs, is to be accounted a Sign of a ſupervening Dropſie in Men alſo, eſpecially, if thoſe ſo affected are ſhort breathed, which Tumour increaſes daily in Bulk and Quantity, till the Legs containing no more Water, the Thighs are ſwelled, and afterwards the Belly, which being filled with *Serum*, continually put off by the Blood, diſtends it by degrees to its utmoſt Capacity, ſo that often it contains many Gallons of Water, which ruſhing upon the Navel, ſometimes cauſes a Rupture there.

Three Symptoms accompany this Diſeaſe, difficulty of breathing, little Urine, and great Thirſt; the difficulty of breathing riſes, from the Water oppreſſing the Diaphragm, upon which account the natural Motion of it is obſtructed, the Urine is rendred ſparingly, becauſe the *Serum* of the Blood, which ought naturally to be voided by the Urinary paſſages, is now put off upon the Cavity of the Belly, and upon other parts fit to receive it; the Thirſt is occaſioned by the Putrefaction of the ſerous Humour, which, by long continuance in the Body, becomes acrid and hot; upon which Account the Sick is always feveriſh and thirſty.

Proportionable to the Bulk of the Sick increaſed in the Parts, wherein the Diſeaſe is ſeated, he waſtes daily more and more in other Parts; at length when the Quantity of the Water is ſo great, that it can no longer be contained within the Belly, it breaks out upon the vital and noble

noble Parts, and he is as it were drowned in a Deluge.

The Cauſe of this Diſeaſe is a Weakneſs of the Blood, by reaſon whereof, being now unable to turn the Aliment into its Subſtance, it neceſſarily caſts it off upon the Extremities, and depending Parts of the Body, and preſently into the Belly alſo, wherein, as long as it is in a ſmall Quantity, Nature frames ſome ſmall Veſicles to contain it: But at length increaſing above meaſure, it is included only by the *Peritoneum*.

The Blood is weakened moſt commonly by too great an Evacuation, either by Veneſection, or by any other way, or by ſome long Diſeaſe, or by the deſtructive Cuſtom of drinking ſpirituous Liquors immoderately, by which means the natural Ferments are deſtroyed, and the Spirits diſſipated, and hence it is, that exceſſive Drinkers are oftenеſt afflicted with this Diſeaſe, tho' it be a cold one, and alſo on the contrary the drinking of Water in thoſe who have accuſtomed themſelves to generous Liquors, injures the Blood as much.

But in Women, which is to be noted, another Cauſe of a Dropſie, very different from theſe, is to be found, *viz.* a heap of matter or obſtruction of one of the Teſticles, which by degrees confounds the *Craſis* of it; upon which Account, the Tunick of it is wonderfully ſtretched by the Fomes of the Diſeaſe, firſt repoſited in the ſaid Teſticle, which being about to crack, Nature makes ſome Veſicles to receive the Humour: But at length one or more of them being broken, and exonerating themſelves into the Cavity of the Belly, the ſame Symptoms occur, which we have deſcribed above in a Dropſie: But of this kind I have treated heretofore.

There are alſo two other Species of Swellings of the Belly, that reſemble a Dropſie, both frequent in Women; the firſt is a preternatural Excreſcence of Fleſh in the Parts within the Belly, which makes it as bulky, as when Water is included in it; the other Species ariſes from Wind, which occaſions not only a Tumour but other Signs of breeding; this Widows are chiefly ſubject to, or Women that were not married till they were in Years, and theſe in their own judgment, and in the opinion of their Midwives, which they conſult as their Oracle

Oracle in theſe matters, think they feel the Child move at the accuſtomed time, and ſo to the uſual time of the Birth, and moreover they are ſometimes ſick, as breeding Women uſe to be; moreover their Breaſts ſwell, and have Milk in them, ſo that they often provide Childbed-Linen: But at length their Bellies aſſwage by degrees, as they increaſed, and their hopes fail them: But neither of theſe is to be referred to the Diſeaſe we are now ſpeaking of.

The true and genuine curative Indications, as they naturally ariſe from the foreſaid *Phænomena*, are wholly to be directed, either to the Evacuation of the waters contained in the Belly and other parts, or to ſtrengthen the Blood, to cut off the Spring of them.

As to the Evacuation of the water; it is of great moment to obſerve diligently, that in Hydropical Perſons, thoſe Purges that work ſlowly, or not ſufficiently, do more hurt than good; for all purging Medicines being inimical to Nature, upon which Account they purge, ſomewhat weaken and hurt the Blood; wherefore unleſs they paſs quickly, and are preſently expelled by moving the matter, which they cannot carry off with themſeleves, and by exagitating the Blood tumultuouſly, they increaſe the Tumour more, which appears plainly in their Legs, who are ſo gently purged; wherefore, that purging may be uſed for the advantage of the Patient, you muſt know, whether he be eaſily or hardly purged; for on this depends all the buſineſs of the Cure, and accordingly it will be eaſie or very Difficult.

Wherefore when you are to uſe *Hydragogues*, you muſt carefully reſpect the Eaſineſs or Difficulty of the Patients purging, which can be certainly known no other way than by enquiring diligently how other purging Remedies, uſed at another time, operated; for in Bodies there is a certain *Idioſyncraſie*, as to purging eaſily or difficultly; and therefore he will endanger very often the Patients Life, who makes the ſenſible Temperament of the Body his rule in this Caſe; for it many times happens, that they that are of a ſtrong Conſtitution are eaſily purged' whereas they that are of a quite contrary Conſtitution are not eaſily purged with the ſtrongeſt *Cathartick*; and indeed this Caution concerning the unaptneſs of the Patients Body to bear purging

is not only to be minded in *Hydragogues*; but in all other ſorts of Purges; for I have often obſerved an *Hypercatharſis* occaſioned by Lenitive Potions, when the Phyſician has not enquired as he ought, whether the Patient was eaſily or difficultly purged: but becauſe a Dropſie, as I ſaid before, above all other Diſeaſes requires the ſtrongeſt and quickeſt Purges; and becauſe in this Diſeaſe gentle purging, that may do good in ſome other Diſeaſes, ought by no means to be admitted here; (for Purges of this kind do not only not diminiſh the ſwelling, but increaſe it;) for this reaſon I ſay, ſtrong and large purging is to be preferred before ſuch as is weak, eſpecially ſeeing we have *Laudanum* to ſtopt it, if it ſhould work too much.

Moreover, in all Purges uſed for the Cure of a Dropſie, this muſt carefully be noted, *viz.* that the waters be evacuated as faſt, as the ſtrength of the Sick will permit; for the Patient ought to be purged every day; unleſs by reaſon of the weakneſs of the Body, or the too violent Operation of the preceeding Purge, it ought to be omitted for a day or two; for if purging be repeated only at great diſtances, tho' it purge much, we ſhall give occaſion to the waters to gather again, and by means of this Truce, being ignorant of the Victory gained almoſt, inſtead of being Conquerours, we ſhall be ſhamefully routed, and leave the buſineſs undone. Moreover there is danger leſt the water by its long continuance among the Bowels ſhould putrefie them; and beſides, which is of no ſmall moment, the waters put into a Motion by the foregoing *Cathartick*s are more inclined to injure the Body, than when they are quiet; wherefore for this reaſon as well as others before mentioned, we muſt anſwer this intention which reſpects the Waters contained within as ſoon as may be, nor muſt we deſiſt from it, or ceaſe purging, unleſs neceſſity urge, till all the water is evacuated.

This is moreover to be obſerved, which is plain from Practice, that almoſt all *Hydragogues* by a peculiar Genius of their own, if they are given by themſelves to thoſe that are difficultly purged, that do not ſucceed well, and a large Doſe of them rather promotes a Tumult in the Blood than Purges, ſo that the Tumour,

which ought to be leſſened, is increaſed thereby, and therefore in ſuch Bodies, they are uſually mixed with things that purge gently, to quicken them; yet notwithſtanding in thoſe that are eaſily purged, *Hydragogues* work quickly, and with great Succeſs.

Wherefore for thoſe that are eaſily purged, Syrup of *Buck-thorn* alone purges water plentifully, which Remedy indeed, Purges in a manner only water, and evacuates a great quantity of it, and does not diſturb the Blood, nor render the Urine high coloured, as other Purges uſually do, and this Syrup has but one ill Property, *viz.* that whilſt it is working, it makes the Sick very thirſty. But if you give the greateſt Doſe of it to thoſe that are difficultly purged, it will not give many Stools, nor bring away ſo much water from them as it ought.

I remember very well, (for this was my firſt *Hydropick* Patient) Twenty ſeven years ago or thereabout, I was called to *Weſtminſter*, to one Mrs. *Saltmarſh*, an honeſt and pious Gentlewoman, her Belly was incredibly big; I gave her an Ounce of the foreſaid Syrup before Dinner, as the Cuſtom was then, it can ſcarce be imagined how much water ſhe evacuated by Stool, and that without any Tumult, or Faintneſs, which ſo incouraged me, that I gave it daily, only when at any time ſhe was weak, I omitted it for a day or two, and ſo the waters being gradually drained, the Belly daily aſſwaged, and ſhe perfectly recovered, and I with the juvenile Confidence of an unexperienced Man verily believed, that I had got a Medicine that would cure any manner of Dropſie: But I found my miſtake within a few Weeks, for ſoon after I was called to another Woman, that had the ſame Diſeaſe, that came upon a long Quartan Ague, I gave the ſame Syrup, and followed the Diſeaſe by the frequent Repetition of it, and by increaſing gradually the Doſe. But having endeavoured in vain to evacuate the waters, the Purge not working, the Tumour of the Belly increaſed, and the Sick diſmiſſed me, and as I remember recovered by the Aſſiſtance of another Phyſician, who preſcribed more effectual Remedies.

Wherefore when it is manifeſt, that the Sick is of ſuch a Conſtitution, that gentle Purges will not do the buſineſs quickly, and eaſily, ſtronger muſt be uſed; in which

Caſe

Case, as I hinted just now, it is to be noted, that tho' few *Hydragogues*, given by themselves, succeed, yet being mixed with *Lenitives* to quicken them, they are effectual enough in such kind of Bodies. For instance, I have frequently prescribed the following Potion with Success.

Take of Tamarinds *half an Ounce, of the Leaves of* Senna *two Drams, of Rhubarb one Dram and an half; boyl them in a sufficient quantity of water, to three Ounces, in the strained Liquor dissolve of Manna, and Syrup of Roses Solutive, each one Ounce, of Syrup of Buck-thorn half an Ounce, of the Electuary of the juice of Roses two Drams; mingle them and make a Potion.*

But it must be given only to strong People. It purges when nothing else will, as I have found by much Experience. Or:

Take of white Wine four Ounces, of Jalap finely powdred one Dram, of Ginger powdred half a Scruple, of Syrup of Buckthorn one Ounce, mingle them, make a Potion to be taken early in the Morning, every Day, or every other Day according to his strength.

Another form of a Medicine that I frequently use follows, which they may conveniently use, who nauseate the Repetition of other Purges, which heats the Patient in purging and strengthens him, for instance.

Take of the Roots of Jalap beaten, and of Hermodactiles, *each half an Ounce, of crude Scammony three Drams, of the Leaves of Senna two Ounces, of Liquorish rasped, of the Seeds of Anise and Caraways, each half an Ounce of the tops of Wormwood, and the Leaves of Sage, each one handful, infuse them cold in three Pints of common* Aqua Vitæ, *strain it as you use it, let a spoonful be taken at Bed-time, and two the next Morning, increasing, or decreasing the Dose according to its Operation.*

But two Medicines remain, which I count the beſt for thoſe that are difficultly purged, and ſtronger than any I have mentioned above; I mean *Elaterium*, and the infuſion of *Crocus Metallorum*; *Elaterium*, or the *Fæcula* of the wild Cucumber works powerfully in a ſmall quantity, and evacuates plentifully the *Fæces*, and watry Humours, two Grains of it, generally ſpeaking; is a ſufficient Doſe for moſt Bodies; I uſe to mix them with one Scruple of the Pill *Ex duobus*, and ſo make three Pills to be taken in the Morning.

As to the infuſion of *Crocus Metallorum*, one Ounce and an half of it, or for ſuch as are purged difficultly two Ounces, given in the Morning, and repeated daily according to the ſtrength of the Sick; tho' at firſt, it may ſeem only to evacuate the Water lodged in the Stomach, yet at length it will free the Belly from Water; for beſides, that it uſually works downwards, when the Vomiting ceaſes, it neceſſarily alſo, by the great Agitation, and Concuſſion of the Stomach, and Bowels encompaſſed round with water, evacuates it, by Paſſages which are not very open: But if the foreſaid Vomit does not ſufficiently Purge the lower Belly, I uſe to add, ſometimes tho' rarely, after the third or fourth Doſe, of the infuſion of *Crocus Metallorum* by it ſelf, the Electuary of Roſes, or the Syrup of *Buckthorn*. For inſtance.

Take of the water of Carduus Benedictus *three Ounces, of the infuſion of* Crocus Metallorum *one Ounce and an half, of the Syrup of Buckthorn half an Ounce, of the Electuary of the juice of Roſes two Drams, mingle them, make a Potion.*

It is plain, that there are ſecret Paſſages, through which the waters are carried from the Cavity of the Belly to the Inteſtines; for we daily obſerve, that *Hydragogues* evacuate ſuch a great quantity of water from the Belly by Stool, as if it were contained in the very Inteſtines. But becauſe we cannot well ſolve, how it ſhould be, I cannot but mention that famous Saying of the wiſeſt and beſt Phyſician, according to the opinion of all Ages, *viz.* *Hippocrates*, in his Book *De Priſca Medicina*

Som

Some Phyſicians and Sophiſters, ſays he, ſay, That it is impoſſible to know the Art of Phyſick, unleſs you know what Man is, and how he was firſt made, and compacted; but I, ſays he, think, that thoſe things that are ſaid and written by ſome Sophiſters and Phyſicians of Nature, more properly belong to the Art of Painting, than to Phyſick.

But (leſt this Divine Author ſhould be accounted Erroneous, or *Empericks* ſhould ſeek a Cloak for their ignorance from this place) I declare, That I according to my beſt thoughts about Practice, (which ought to be the Touch-ſtone of the Profeſſors of Phyſick) ſuppoſe, that it is abſolutely neceſſary, that a Phyſician ſhould well underſtand the Structure of the humane Body, that he may be the better able to conceive and form, true Ideas of the Nature and Cauſes of ſome Diſeaſes: For he that is ignorant of the Fabrick of the Reins, and of the paſſages tending to the Bladder, cannot gueſs, whence thoſe Symptoms ariſe, that proceed from the Stone in the *Pelvis*, or from being thruſt deep into the *Ureters*. Chirurgeons alſo ought to underſtand the Structure of the humane Body, that in their Operations they may be the better able to abſtain from thoſe Veſſels and parts, which if they ſhould be violated, would deſtroy the Patient; nor can they well reduce diſlocated Bones to their natural places, unleſs they curiouſly inſpect, and well underſtand the frame of the Bones, called a *Skeleton*.

Therefore ſuch a knowledge of the humane Body is abſolutely neceſſary, and he that has it not, will, as they ſay, Fence winking with ſome Diſeaſes, or go to Sea without his Compaſs. Moreover, this knowledge is eaſily and ſoon acquired; for it may be ſhortened more than other things that are more difficult; for it may be learned by ſight in humane Bodies, or in ſome Animals, and that very eaſily by ſuch as are not ſharp witted: But in acute Diſeaſes, which kind contains more than two thirds of Diſeaſes; and moreover in moſt Chronical Diſeaſes, it muſt be confeſſed, there is ſome Specifick Propriety, which no Contemplation deduced from the Speculation of the humane Body can ever diſcover; wherefore, that men ſhould not ſo place the main of the

buſineſs upon the Diſſection of Carcaſſes, as if thereby the Medical Art might be rather promoted, than by the diligent Obſervation of the Natural *Phænomena*, and of ſuch things as do good and hurt, is, I ſuppoſe what the Divine old Man would have chiefly avoided in the aforeſaid place, and that he does not banter and contemn the general knowledge of the Fabrick of the humane Body.

And truly ſo great, and wiſe a Man muſt deeds know, that all the Diſcoveries that can be made, cannot exceed ſuch a general knowledge; for tho' by a diligent ſearch in diſſecting Bodies, the greater Organs, which Nature uſes in performing her buſineſs, appear; and alſo ſome Veſſels, through which the Juices are tranſmitted from theſe to other parts: yet what is the Original, and primary cauſe of this Motion, the Eyes cannot ſee, nor can the beſt *Microſcope* diſcover thoſe ſmall paſſages through which the *Chyle*, for Example, is ſtrained through the Inteſtines into the Chyliferous Veſſels, or by what paſſages the Blood paſſes through the Arteries into the mouths of the Veins. Moreover, there are moſt innumerable, and fined Pores, and paſſages in the wonderful frame of Man, which none can ſo much as Dream of, ſo rude and unlearned, (pardon the Expreſſion) is our knowledge, and in a manner only converſant about the outſide of things, and only riſes to the τὸ ὅτι, and to only underſtand things are ſo; but can by no means reach the cauſes of things. However it be, we may without much difficulty underſtand as much as is ſufficient, according as the Nature of the thing will allow, to direct us in the cure of thoſe Diſeaſes, which require, as we ſaid above, ſuch a knowledge, ſo much eſpecially as may force us to worſhip the Divine Artificer with the greateſt humility of mind, while we contemplate his wonderful Workmanſhip in thoſe things, which our reaſon can diſcover to us, and that which is much more excellent in other things, which we can no way ſearch into.

And as *Hippocrates* blames thoſe who waſte more time in ſtudying Curioſities in Anatomy, than in practical Obſervations, and by conſequence of Nature it ſelf; in like manner any prudent man in this Age may blame

thoſe

those, that think the Art of Physick, can be no ways so well improved, as by new Chymical inventions; for tho' we should be very ungrateful, if we should not freely acknowledge that help which we have received from Chymistry, it having supplied us with some good Medicines, and such as are very fit to answer Indications, among which this very *Emetick*, of which we now treat, is not the feast; wherefore the Art is very laudable; if it be restrained to the Bounds of Pharmacy: But they are to be blamed, who so heat and distract their Brains, that at length they think, the Art of Physick is chiefly Deficient for want of great and effectual Remedies, that can only be prepared by the Chymists, whereas he, that weighs the thing well, will find, that the chief defect of the Practice of Physick does not proceed from the want of means to answer this or that intention, but because we do not know, what that intention is, that is to be satisfied; whereas every Apothecaries Boy, in a quarter of an hours time can tell me, with what Medicine I shall Vomit, Purge, or Sweat, or how I shall cool one that is hot: But he ought to be well skilled in the Practice of Physick, that can teach me as certainly, when this or that kind of Remedy is to be used, through the whole Course of Diseases and Cures.

And truly I am very certain, that nothing can so much conduce to form the Judgment right in this matter, as an exact Observation of the natural *Phænomena* of Diseases, and likewise of those things, which are observed in Practice, from what does good or hurt, whether they are the Remedies used, or the method, wherewith we endeavour to cure the Disease: if these things are diligently compared one with another, they will shew the Nature of the Disease, and moreover, from whence the curative Indications are to be taken, much better and more certainly, than if I should direct my Course to the Speculation of the Nature of this or that Principle of the concreted Body, as by the Stars; for the most exquisite Dissertations of this kind are nothing else than Metaphors neatly deduced and adorned, and which, like all other things, that are founded upon Imagination, not upon Nature it self, will vanish and be worn out by time, whereas the Judgments of Nature

built upon the Verity of things will continue as long as Nature does.

But tho' *Hypotheſes* built upon Philoſophical Speculations are altogether vain; becauſe no man is indued with intuitive knowledge, whereby he can lay down Principles, on which he may preſently build; yet if *Hypotheſes* flow from things done, and from thoſe Obſervations only, which practical and natural *Phænomena* ſuggeſt, they will remain firm and unſhaken, ſo that tho' the Practice of Phyſick, if you reſpect the order of writing, may ſeem to riſe from *Hypotheſes*, yet if they are ſolid and Genuine, they in ſome ſort owe their original to Practice; for inſtance, in *Hyſterick* Diſeaſes, I do not therefore uſe *Chalybeats*, and other things that invigorate the Blood, and forbear things that evacuate, (unleſs upon ſome Circumſtances, and uſe rather *Paregorick* Remedies;) becauſe I firſt took it for granted, that this Diſeaſe proceeded from the Animal Spirits, being weakened and broken: But when the conſtant Obſervation of practical *Phænomena* had taught me, that the giving of purging Medicines always increaſed the Symptoms, and that things contrary, were wont to quiet the ſame Symptoms, I took my *Hypotheſis* from this and other Obſervations of the natural *Phænomena*, ſo that the Philoſopher ſhould here ſerve the *Emperick*. But if I had began with an *Hypotheſis*, I ſhould have been as mad, as he that ſhould go about to Tyle a a houſe, before he has laid the Foundation, which is only proper for thoſe to do, that build Caſtles in the Air, as they ſay, and they have a Privilege to begin at which end they pleaſe.

But to return to the buſineſs, whatſoever theſe paſſages are through which the water paſſes from the Cavity of the Belly into the Inteſtines, I am certain, that Vomiting provoked by the ſaid *Emetick* does powerfully evacuate the ſame; and not only downward by Stool, but alſo upward through the Stomach and Mouth in the Act of Vomiting; for after Vomiting twice or thrice, the waters do not ſeem ſo much to be drawn by the Secretory force of the Medicine, as to run with a full Stream, the ſtoppages being broken and opened, which appears plain enough by the frequent impetuous Irruption of them betwixt the ſpaces or intervals of Vomiting.

Laſt

Last *August* a certain poor Woman of Fifty five years of Age, or there abouts implored my help, she had an Ague, a long while, and afterwards was a Prisoner three years; she had suffered much by Cold, and her Belly was bigger, than ever I saw any before. I gave her an Ounce and an half of the infusion of *Crocus Metallorum* three days following, afterwads every other day according to her strength, till she had taken six Doses; her Urine was quite stopt, after she had Vomited some times at first, but she rendred it again sometimes by Intervals, tho' very rarely; the oftner the Vomit was repeated, the greater quantity of water was wont to be ejected, and towards the end, by the Mouth, as well as by Stool. But after the third Dose, the Tumour began to subside, and to be lessened, and after Fourteen days, by the thread wherewith I ordered her Body to be measured when it was swelled, she appeared to be a Yard less in Compass, and by Computation she evacuated some Gallons of water upward and downward, so that whereas before she was forced to sleep in her Bed upright, fearing if she should lie down, she should be suffocated by the weight of the waters, now she could securely lay her Head upon the Pillow, and turn from side to side as she pleased. But because the said Vomits, by reason of the violence of their Operation, did raise the Vapours, as they call them, to that degree, that it was not safe any longer to use them, and yet notwithstanding, it was very manifest by the remaining swelling of the Belly, and the motion of the water, which she perceived, as oft as she turned her self from side to side, also by the Pits remaining in the Legs, after being pressed by any thing, that there was yet much water in the Body; wherefore I was forced to finish the Cure, with purging things, properly so called; therefore afterwards, I prescribed, either the purging Potion above-mentioned, or some other *Hydragogue*, seldomer or oftner, according as her strength, and the Vapours would permit: for purging downwards does in some sort also occasion *Hysterick* disorders, tho' not so great and violent, as *Emeticks* are wont to do. I continued this method till she seemed quite well, and while she was under cure, these things worth Observation occurred, first on those days, she did

not

not purge, ſhe voided a great quantity of water by Stool, and towards the latter end by the Urinary-paſſages a Gallon, tho' I did not allow her to drink above a Pint and an half, or a Quart for each day; ſo that all the paſſages ſeemed to be every where open. Secondly, it is worth notice, that when the Cure was almoſt perfected, the Vapours were raiſed by the Purges, and the Belly ſwelled very much upwards, as if it were filled again with water, which yet I knew could not be, becauſe ſhe drank ſo ſparingly; and therefore, that the Tumour aroſe only from wind, which proceeded, from the confuſion occaſioned by the Purges, and the event confirmed my Opinion of it; for tho' ſhe evacuated a Gallon of water in a day when ſhe was purged, yet notwithſtanding, ſhe began to ſwell preſently, nor did the Tumour abate, but riſe up to the Throat, and cauſed a difficulty of breathing, till the Body freed from the diſturbance of the Purge, had obtained its natural ſtate, and quiet; after which, the ſwelling and other Symptoms vaniſhed of a ſudden, till they were irritated again by the ſucceeding Purge. Laſtly it is to be noted, that the ſaid Woman being about Fifty five years of Age, and not having had her Courſes for many years, yet they broke out again violently, which Flux of weakened Blood being added to the foregoing Evacuations wonderfully increaſed the Train of *Hyſterick* diſorders, namely, a violent Pain in the Back, and about the Region of the Spleen, the Headach, and a great *Catarrh*; moreover, tho' after ſo great a quantity of water evacuated by Vomit, Stool, and Urine, it was very probable, that much could not remain in the Body, yet the Belly ſwelled as much, as it uſed to do, when no Evacuation was uſed. Wherefore to quiet theſe Motions, which cauſed a diſturbance for a week after the laſt Purge, I was forced to give an Ounce and an half of *Diacodium* for four Nights following, which Doſe was alſo to be repeated within three hours, if ſhe did not fall aſleep, whereby at length all things were quieted, and the Tumour diſappeared.

But it is to be noted, that if the Belly be but a little ſwelled, the waters are not ſo eaſily evacuated by the infuſion of *Crocus Metallorum*, as in a great Dropſie, where there is a very great quantity of water; for the bulk

bulk of the water, when it is agitated, and ſhook by the Operation of the Vomit, wonderfully conduces to the Evacuation of it. Wherefore, unleſs the Belly be very much ſwelled, it is beſt to do all by things that purge downwards.

There is another Medicine that is very common, and ſimple, that cures a Dropſie in the ſame manner, that does we have now mentioned, namely three handfuls of the inner Bark of Elder raſped from the wood into two Quarts of Water and Milk mixed together, and boyled to a Pint; half a Pint of this Decoction is to be taken in the Morning, and the other half in the Evening daily, till the Patient is well. This Remedy Vomits and Purges, in like manner as *Crocus Metallorum* does, and ſo cures the Diſeaſe the ſame way, and not by any ſpecifick Quality; for when it performs neither of theſe Operations, or if moderately or ſparingly, it does no good at all: But when it does effectually work either way, but eſpecially if both ways, it cures this Diſeaſe in a wonderfull manner.

But truly it ſhould be carefully minded, which often happens, that water is put off upon the Legs and Thighs, and alſo into the Belly, and yet it muſt be by no means evacuated upwards or downwards: For inſtance, when ſuch a Tumour follows a long Conſumption, or when it is occaſioned by the Putrefaction, or fault of the Bowels, or by the Tone of the Blood, if it be lawful to ſay ſo, not only relaxed but ſpoiled, the Spirits being quite exhauſted, or by reaſon of the long continuance of a *Fiſtula* in the fleſhy parts, which has heaped up a great quantity of Sanies, or by too great a weakneſs and Evacuation of the Humours and Spirits, by Salivation, Sweating, or too much purging, or by a thin Diet in the cure of the French-pox, which has been ſtricter than was neceſſary: In theſe and other Diſeaſes occaſioned in this manner, the ſick is not only not relieved by purging; but the Tone of the Blood being more weakened thereby, the Diſeaſe is increaſed; wherefore in theſe Caſes, the whole of the buſineſs is to be performed by ſuch things, as ſtrengthen and confirm the Blood and Bowels: Among other things of this kind, beſides Remedies that comfort, which are to be mentioned below, I have certainly

tainly found, the change of the Air, and exerciſe in a free Air, ſuch as the Sick can bear, have anſwered this Indication excellently well, the Spirits being by this means revived, and the Organs of Secretion fitted to perform their Office again.

It alſo happens that when there is none of the Caſes mentioned above, we muſt not anſwer the Intention, which reſpects the Evacuation of the water, neither by Purging, nor by Vomiting; for when the Patient is of a weak Conſtitution, or a Woman that is very ſubject to the Vapours and Diſorders of the Animal Spirits, we cannot perform the buſineſs by *Cathartick*s, much leſs by Vomits; here therefore, the Evacuation of the water muſt be managed by *Diureticks*, among which, tho' many are much cryed up in the Writings of Phyſicians, yet I think the moſt effectual, not to ſay the only, are made of *Lixivial* Salts. It matters not, of what kind of vegetable the Aſhes are made: But becauſe, ſcarce any other vegetable can be eaſier got than Broom, and becauſe it is well approved of in this Diſeaſe, for the moſt part I order a Pound of the Aſhes of it to be infuſed cold in two Quarts of Rheniſh-wine, adding to it one or two Pugils of common *Worm-wood*; the Sick muſt take four Ounces of the Liquor filtrated in the Morning, at Five in the Afternoon, and in the Evening daily, till the Tumour vaniſhes, with which Remedy alone, I have known ſome Dropſies, that were counted deplorable, cured in thoſe, whoſe weak Conſtitutions could not bear Purging.

The waters, to haſten to the ſecond Intention, which are the next cauſe of the Diſeaſe being quite evacuated. But half the Cure is performed moſt commonly, unleſs the weakneſs of the Blood, which is the Origin of the Diſeaſe, be removed by a long and daily uſe of heating and ſtrengthening Medicines, to prevent a freſh Stock of waters; for tho' it often happens in young People, that when the waters are well purged off, they recover without any more ado, their natural heat being freed from the Burthen of the waters, ſupplying the Room of Remedies, yet in ancient People, and in others, who are of an infirm Conſtitution, it is abſolutely neceſſary, preſently after the waters are quite evacuated,

cuated, to use those Simples, which heat and invigorate the Blood, among which those things, which I have commended above, for the cure of the Gout, whether they are Remedies, or the six Non-naturals may be used, besides those which shall be mentioned by and bye, (only Wine, from which we ought wholly to abstain in the Gout, is not only, not hurtful in a Dropsie, but very Beneficial if it be used for the ordinary Drink) for these two Diseases agree in this, *viz.* the same strengthening Remedies resist the Original cause in both; but it must be confessed, that we being taught in both by the manifest *Phænomena*, and by those things that do good or hurt, that these and most other Chronical Diseases, take their rise from weakness of the Blood and Indigestion, and being able to know no more, we have as yet, but a Superficial knowledge of Diseases, being not able to penetrate into the Essential Differences of them, and the specifick Depravations of the Humours, proceeding from such Indigestions, which Indigestion is the common cause of all, nor can we any way understand those various Specifications, which in acute Diseases, flow from one and the same cause, *viz.* the Inflammation of the Blood; wherefore, as well in these, as in Chronical Diseases, *Specificks* being wanting, we are forced to direct the Cure, not to the essential Nature of the Diseases, but to the more general cause of them, varying now and then the method of Cure, either according to the Spontaneous indication of Nature, which she uses in Eliminating Diseases, or following the Guidance of experience, shewing by what kind of method of Cure every Disease yields easiest.

Moreover, in order to the fulfilling this intention of which we now treat, *viz.* that the Blood be corroborated, whether the Evacuation of the Water be effected by this Diuretick, or by Purging or Vomiting, as above, it is absolutely necessary, that the Sick, if his condition will allow of it, be ordered to drink Wine all the while he is in Cure (but he must not begin drinking of Wine before the Passages are somewhat opened, and a way made for the Water) or at least, instead of Wine, the best Strong-beer; because all sorts of small and cooling Liquors, how agreeable soever they may be to the

Palate

Palate of the Sick, who is almoſt alway thirſty in this Diſeaſe, render him more Phlegmatick, and further the Increaſe of the Water: Therefore they are rarely or never to be allowed, but on the contrary, generous Liquors, if they are not diſtilled Spirits do ſo promote Health, that ſometimes alone they cure at the beginning of the Diſeaſe, when there is not much Water in the Belly, eſpecially when they are impregnated with heating and ſtrengthening Herbs. In poor People for inſtance, the Narrowneſs of whoſe Fortune could not allow of better Remedies, I uſe to order for their ordinary Drink, Strong-beer, wherein a ſufficient Quantity of the Roots of Horſe-radiſh, of the Leaves of Common-Wormwood, Garden-Scurvygraſs, Sage, the leſſer Centaury, and the Tops of Broom have been put: For ſuch as are rich, Canary-wine may be impregnated in the like manner with the ſame bitter Herbs, a Draught whereof may be taken twice or thrice a Day with the Medicines above-mentioned; but Wormwood-wine may be uſed inſtead of it, if it be more pleaſing to the Palate, whereof the Sick may take nine Spoonfuls after two Drachms of the digeſtive Electuary deſcribed in the Treatiſe of the Gout, at the Medicinal hours, that is, in the Morning, at four in the Afternoon, and at Night. This Electuary anſwers this intention excellently well, and very much excels all other corroborating Medicines whatever: But here great Care muſt be taken, that the Sick drink very ſparingly ſmall Liquors; becauſe all whatever they be ſomewhat increaſe the Water; for a total Abſtinence from Drink has cured ſome; wherefore if theſe Liquors are ſometimes to be indulged, the Sick muſt drink very ſparingly of them. But becauſe this Diſeaſe is wont to be accompanied with great Thirſt, which is moreover increaſed by abſtaining from ſmall Liquors, it may be convenient for the Sick to waſh his Mouth often with cold Water ſharpened with Spirit of Vitriol, or he may hold now and then Tamarinds in his Mouth, or chew a Limon, but he muſt ſwallow neither, by reaſon of the Coldneſs of them which increaſes the Diſeaſe.

But amongſt Corroboratives, Steel is the chief at the beginning of the Diſeaſe, for it heats and invigorates the

the Blood; for which reaſon alſo Garlick is good, and I have known a Dropſie cured by it alone, without any Evacuations, by the Preſcription of others, not my own.

But it is to be obſerved, that that Dropſie which ſwells only the Legs, or the Belly, but moderately does not preſently require to be cured by Vomits and Purges; for it often yields to the foreſaid heating and ſtrengthening Liquors: But above all you muſt take great notice, when the Cure of this Diſeaſe is managed only with ſtrengthening and lixivial Medicines the Sick muſt by no means be purged with any gentle or ſtrong Medicine, whilſt we endeavour to ſtrengthen the Blood; for the Cathartick deſtroys what has been done by the corroborative Medicine, as any one muſt needs acknowledge, who has obſerved the Swelling to begin to aſſwage by Uſe of Corroboratives, and to be preſently increaſed by Purging: For tho' when we endeavour to anſwer the Intention of evacuating the Waters, it may not be improper to give now and then Corroboratives: yet when all the Buſineſs depends on ſtrengthening the Blood, we muſt wholly abſtain from Catharticks.

But it is to be noted, that the Sick is not always cured, when we anſwer both theſe Intentions, *viz.* when the Water contained in the Belly is wholly evacuated, and alſo when heating and ſtrengthening Medicines have been uſed to prevent a new Stock of Water; for it often happens, that a Dropſie continuing for many years, the Waters lying a long while upon the Bowels pervert their Subſtance, and half boyls them as it were, and quite corrupts the Bowels and the Neighbouring parts, generating preternatural Glands, and ſmall Bladders full of Sanies, and turning all things contained in the Cavity of the Belly into a ſort of Corruption, as Diſſection diſcovers in the Carcaſes of thoſe who die of an inveterate Dropſie, and when the Diſeaſe is at this height, it contemns, as far as I ſee, the help of Art; yet it is the Duty of the Phyſician ſeeing he cannot certainly know how much the Bowels are hurt, to endeavour the Cure all he can, by things that evacuate and ſtrengthen, and not to deſpond, or to cauſe the Patient to do ſo, and for this reaſon, he muſt uſe his utmoſt Endeavours in this Caſe,

Caſe; becauſe in very many Diſeaſes, when the Fomes of the Diſeaſe is quite carried off, Nature that aſſiſts us Night and Day, wonderfully contrives of her own accord to free the Sick from the pernicious Reliques of the Diſeaſe; wherefore every Dropſie, how inveterate ſoever it be, although it has mightily injured the Bowels, may be treated in the ſame manner, as if it were juſt begun.

Topick or external Remedies, ſo far as I can obſerve, perform no great matter in this Diſeaſe; thoſe are left hurtful, which are applied to the Belly to diſcuſs the Swelling in the Form of a Catalapſm or Liniment: But I do not ſee by what means they can diſcuſs the Water, but there are other things preſcribed by ſome, inſtead of Remedies, that inſtead of doing good, do much hurt, of this ſort are Oyntments made of the ſtrongeſt Cathartricks, and applied to the Belly, Bliſters alſo applied to the Thighs and Legs, to evacuate the Water when the Parts are much ſwelled: But both theſe are dangerous; for by the Firſt the cathartick Force of the Simples is ſometimes ſo thruſt into the Muſcles and Membranes, that an Hypercatharſis is occaſioned, that can never be ſtopped by any Remedies: But Bliſters, that are wont to be applied to the foreſaid Parts by Empiricks, quite extinguiſh the natural Heat, which was almoſt overwhelmed before by the Waters, the Animal ſpirits being alſo deficient, and ſo they often occaſion a Gangren, which is too frequent in this Caſe; for the ſlighteſt Wound is very difficultly healed in the Fleſh of Hydropical Perſons, eſpecially in a depending Part; becauſe the very Subſtance of the Fleſh in theſe Parts ſo much abounds with water, that the Humour, having got any paſſage, perpetually flows, and thereby hinders the healing of the wound; nor in my Opinion can a *Paracenteſis*, or the Puncture by a Needle, that is commended by ſome, be uſed with leſs hazard, and greater Succeſs than Bliſters.

But to conclude, tho' this Diſeaſe, when it is come to a true Dropſie of the Belly, is always counted deplorable, yet it will appear, if it be treated as above, that it may be as certainly cured, if the Bowels are not corrupted, as many others which are not reckoned ſo deadly.

But

But perhaps some will blame these Remedies, for being simple, and plainly inartificial, I should rather blame his wickedness, for disliking that others should be cured with such simple Medicines, when he would be glad, that himself, his Wife, or Children, when they are at any time Sick, might recover their Health by the most contemptible means; moreover, the Coxcomb exposes himself; for the Pomp and Dignity of the medical Art, is not so much discovered by neat forms of Remedies, as by curing Diseases.

This is all I have to say of these two Diseases, and I think I shall scarce treat of any other, but as to those I have already published, if any one shall vouchsafe to read them but once, I am very sorry, that I should occasion his loss of time, but if he will read them often, and ponder them well, I do not at all question, but he will receive such advantage by them, as will in some sort answer the Desires, and great Labour, which I have bestowed on the making and composing these Observations; for he can only know with what sincerity they have been delivered, by being conversant in the Practice of them, and by being as diligent and curious a Searcher for Observations as I was before him; and if in those few things I have written, I have wholly followed Nature, not Pinning my Faith upon the opinion of any Man, how great soever he is, I am sure all wise Men will pardon me, who cannot be ignorant that there are two sorts of Men, who equally obstruct the Improvement of the Art of Physick; the first are those, who adding nothing for the increase of the Art which they profess, despise others who never so little improve it, who hide their defect and sloath under the Pretext of reverence to Antiquity, from whence they say they must not recede a Nails breadth: But why should we confess that all other Arts, which are not of so great Importance to Men, should be so much improved, without any prejudice to the Ancients, and Physick alone should be reckoned altogether perfect? could not the Inventors of the more certain Art of Sailing, which now prevails, try the use of the Compass, which succeeds so well, but they must forsooth contemn the first that were so unskilful, that they could not direct their Course any o-

ther way than by the view of the Stars, and the windings of the Shore? Or muſt the more accurate and perfect Art of making and governing Ships in fight, whereby now-a-days, the Weſtern Inhabitants of *Europe* excell all others, defame thoſe Ship-wrights, who made the Navies, that fought heretofore at *Actium*, or *Auguſtus*, or *Mark Antony*, who were ſuch great Generals and Admirals? Beſides, there are moſt innumerable examples of things found out, which far excel the Inventions of the Ancients, the Contrivers whereof are no more to be ſuppoſed injurious to the Memory of the Ancients, than that Son is to his Father's fame, who increaſes the Eſtate left him by his Care and Induſtry. There is alſo another ſort of Men, who out of a Levity of mind, affecting the Title of Wits, troubleſomely intrude Speculations, that no way advance the cure of Diſeaſes, not ſo properly ſhewing the way to Phyſicians, as making them ſtray from it by their *Ignis Fatuus*. Nature has beſtowed ſo much Wit on theſe People, as enables them to trifle Learnedly with it: But ſhe has failed them in the prudential part, whereby they ſhould know, that they can underſtand nothing no other way, than by Experience, which unveils Nature; for the abject Condition of the humane Nature, being unable to riſe to an intuitive Science, is reſtrained to the narrow bounds of Knowledge, which it receives from the five Senſes, yet notwithſtanding a Man, may become as prudent, as the humane Lot will allow: But a Philoſopher, according to the Auguſt Majeſty of the name, no mortal Man can ever be: But all the Philoſophy of a Phyſician conſiſts wholly in ſearching the Hiſtory of Diſeaſes, and for Remedies, which are found by Experience to be able to cure them, obſerving, as I ſaid in another place, the method of Cure, which right reaſon, (founded upon the common and natural way of thinking, and not the Commentaries of Speculations,) Dictates to him.

POST-

POSTSCRIPT.

BY the Readers leave, I will add one thing of no ſmall moment, in finding out and curing Fevers; which, if I had not forgot, ſhould have been mentioned in a more proper place. I have obſerved that every year, from the beginning of Winter to the height of the Spring, a certain Fever invades, which, both as to the Symptoms and Cure, plainly differs from the *Stationary*, or *Epidemick* Fever of the general Conſtitution, which then prevails, and therefore to be reckoned amongſt thoſe Fevers, which I call Inter-currents. It ſeems to riſe from the Frigidity of the Air, and the thickneſs, and moiſture of it; for by this means, the Pores of the Skin are ſhut, and the Blood, by reaſon of Tranſpiration hindred, is burthened with a heap of ſerous Matter, which at length becoming offenſive, and Putrefying by its long continuance, eaſily kindles a Fever upon taking Cold, or upon ſome ſlight occaſion, and if the Matter cauſing the Diſeaſe be very much; that Fever ariſes, which I deſcribed under the Title of a Baſtard *Peripneumonia*, *Chap. 4th. Sect. 6th.* of my Book of acute Diſeaſes. But if the Humour does not ſo much abound, it only produces thoſe Symptoms, which I am now about to deſcribe. The Sick for a day or two, after the beginning of the Fever is ſometimes hot, ſometimes cold, he complains of a Pain in his Head and Limbs, and of Reſtleſsneſs over his whole Body, his Tongue is white, and his Pulſe not much unlike the Pulſe of a well Perſon, his Urine is thick and very red, his Blood is like that of *Pleuriticks*, there is moſt commonly a Cough, but the Difficulty of breathing, Straitneſs of the Breaſt, and Pain of the Head in Coughing, as if it were cleft does not accompany this Cough, as they are wont in a Baſtard *Peripneumonia*. And moreover, this Fever is not accompanied with the more remarkable Signs of a *Peripneumonia*, tho' it differ from it only in degree; I call this the Winter-Fever.

This Diſeaſe, tho' at its firſt coming, it has only the Symptoms that ariſe from taking Cold, yet if it be ill

managed, it draws after it a long Chain of great ills, which at length kill, for when the Sick is confined to his Bed, and has been puniſhed with I know not what Cordial things to provoke Sweat, and carry off the Fever, (but its ſeldom done) a *Delirium*, *Lethargy*, a Languid and inordinate Pulſe, dry Tongue, red Spots, and ſometimes looking almoſt livid, too often accompany this Fever. This and ſuch like Symptoms, altho' ſome impute them to Malignity, as they love to term it, yet they are really to be aſcribed to ill Management; for this Fever of its own Nature, having too much of an Inflammation, the Blood is yet more fired by Cordials, and keeping continually a Bed, ſo that the Spirits are driven into Confuſion, and inordinate Motions, and the *Morbifick* Matter being caſt upon the Brain, all things go to wreck.

In curing this Fever, I propoſe this method, *viz.* to cauſe a Revulſion of the ſtock of Flegm abounding, that was heapt up by the Analogy of Winter, by Bleeding, and to carry it off by repeated Purges, and in order to this, as ſoon as I am called, I order Nine or ten Ounces of Blood to be drawn from the Arm, and the next day I give my common purging Potion, *viz.*

Take of Tamarinds *half an Ounce, of Sena two Drams, of Rhubarb one Dram and an half; boyl them in a ſufficient quantity of water; to three Ounces of the ſtrained Liquor add of Manna, and Syrup of Roſes Solutive, each one Ounce; mingle them make a Potion to be taken early in a Morning.*

I repeat this Potion twice, a day being betwixt each Purge, if all the Symptoms do not go off before, of the days he does not purge, if he has a Cough; I order him to take the pectoral Decoction, and a *Linctus* made of Oyl of ſweet *Almonds*, and of the Syrups of *Maiden-hair*, and *Violets*, now and then, and to ſuppreſs the too great heat of the Blood. If the Fever be very raiging, I preſcribe an Emulſion of the cold Seeds; however the following Julep.

Take

Take of the Waters of water Lillies, Purſlain, and Lettice, each four Ounces, of Syrup of Limons one Ounce and an half, of Syrup of Violets one Ounce; mingle them; make a Julep, whereof let him drink as oft as he will.

In the mean while, I order the Sick to keep from Bed a days, and from eating Fleſh; but after the firſt or ſecond Purge, I allow, that now and then he ſhould drink a Draught of thin Chicken-Broth. But it is to be noted, that if any violent Symptom, as difficulty of breathing, or a lancing Pain of the Head in Coughing, ſhew that this Diſeaſe is near a Baſtard *Peripneumonia*. In this Caſe both Bleeding, and Purging are ſo often to be repeated at due Intervals, till all the Symptoms quite vaniſh, and the Sick is to be treated carefully in the manner we have deſcribed in the ſaid Chapter. But it is very rare that this Fever whereof we now ſpeak, is ſo violent as that after once Bleeding, and thrice Purging, it ſhould want more Evacuation: But enough of this, tho' I thought it neceſſary to mention it, that this Winter-Fever might not be counted Stationary, or a general *Epidemick* Fever of any Conſtitution, for I certainly know, that many Men have died, either becauſe this was neglected, or not known.

To the Worthy, and Learned Dr. Charles Goodall *Fellow of the College of Phyſicians.*

WHen I reſolved to Publiſh what I lately obſerved concerning the Fever of this preſent Conſtitution, I thought I ought to Dedicate it to you, worthy, Sir above all others, and I count I ought to do it chiefly for two Reaſons; Firſt, becauſe you are my faithful Friend, and conſtant Companion, and have always ſtood by me, and defended me againſt all that have any where oppoſed me, which you did not do ſo much for my ſake, as on the account of a generous Principle, and a great and honeſt mind, whereby you were induced to ſide with

Truth, when almoſt every Phyſician inveigh'd againſt me ; and yet there is no reaſon I ſhould be angry with them, nor indeed am I angry with them, for ſo many Quacks that boaſt of their Fancies and Fictions, have ſo often impoſed on the World, in order to increaſe their Fame, that it was the Duty of wiſe and ingenious Men not to admit preſently without Examination, ſuch things as I propoſed, that were contrary to the received method of Practice. Yet notwithſtanding I am as much obliged to you, and therefore I thought it my Duty to teſtifie publickly my Reſpects to you, for ſcarce any Virtue more becomes humane Nature, when it is arrived at the very height ; for as Kings endeavour to render their Favorites illuſtrious, and to diſtinguiſh them from others, by Titles of Honour, and Coats of Arms, ſo when Nature would ſeparate this or that Man from the crowd and herd of Men, ſhe is wont to make him grateful, that being as it were the Mark and Character of a noble Spirit. This is the other reaſon why I Dedicate eſpecially this Treatiſe to you, *viz.* becauſe we being familiar and converſant together daily in a manner for many years, you know beſt what Pains I have taken in collecting Obſervations, for the Hiſtory and Cure of thoſe Diſeaſes, I have publiſh'd : And tho' I have not Printed them altogether, and at once but at ſome years diſtance according as I came to underſtand them, yet notwithſtanding, I think them ſo lame and imperfect, that I ought rather to be aſhamed than to expect Praiſe from them ; but however it be, this at leaſt may be ſaid in my excuſe, *viz.* that tho' the ſpace of Thirty years, wherein I have been very diligent in the Obſervation of Diſeaſes, may ſeem ſufficient to make a greater Progreſs in the Knowledge of them than I have made ; yet I boldly affirm, that tho' ſo much time is more than needs to confound the Brain with Theorems and Fictitious, Comments, collected from Books (all which no more conduce to the Cure of Diſeaſes, than the Art of Painting to the Art of Navigation) yet four times the number of years would not be ſufficient, even for a Man that is conſtantly employ'd in the Practice of Phyſick, to perfect the ſame in every part of the phyſical Art. I have endeavoured all I could

to

to collect the most accurate Observations, and I have published them forthwith, that if there was any thing that was good in them, the Publick might presently receive it; and therefore having done my Duty my mind is quiet, and I am not at all sollicitous, how others will esteem my Writings. I will only add this, that as he that does not value them will do me no hurt, so he that only reads them but once, will not be much benefitted thereby. But to pass by these things, I beseech you, candid Sir, to accept kindly of this Treatise, whereby I publickly own how much I Respect you, which also all others do, that know less of your Virtue than I do; nor can any one imagine, that I who no way depend on you, flatter you, when I publickly profess, that as you are second to none in the Art you exercise (to speak modestly) so you excel all others I ever knew for Integrity, and Honesty. May you live long after I am dead, and be the chief Physician, not so much for scraping Money together, for the benefit of your Posterity (which compared with what follows is in a manner agreeable to the Nature of a Beast) as by shewing the World by what means the Difficulties in curing Diseases, that have hitherto perplex'd, and overcome the medical Art, may be removed, in doing which, you, if you please, may build on the Foundation I have laid, only I would have you kindly, and publickly correct the mistakes I have perhaps made, in my Observations, either in the History or Cure of this, or that Disease, when you shall be better informed by long, and repeated Experience, and in so doing you will not injure the Memory of the dead, who when he was living desired above all things the furtherance of the medical Art, by whomsoever it was done; yet not so much by Learned Comments, on the Nature of Diseases (wherewith we have been already a long while nauseated) as by a certain and faithful method of Curing them. Farewel, worthy Sir, and continue your Kindness to me.

Your Obliged Servant,

Tho. Sydenham.

The Monitory Schedule, *concerning the coming of the new Fever.*

THo' my old Age, worn out almoſt by long Sickneſs, may well require on that account a Writ of Eaſe, and a Ceſſation from deep thoughts, the labour of the Brain; yet I could not forbear, but I muſt be buſied in the procuring the Health of others, tho' even by the loſs of my own, when my Acquaintance informed me of the entrance of a new Conſtitution, from whence proceeded a new ſort of Fever, much unlike thoſe that lately reigned.

We muſt remember that in *Autumn*, 1677. Intermittent Fevers firſt advanced and increaſed daily, and were *Epidemical* till they came to their State; afterwards they decreaſed by degrees, and ſo rarely appeared the laſt years of this Conſtitution, that they could not be counted *Epidemical*; and on this account we muſt likewiſe take notice, that the two laſt years of the Conſtitution now going off, had two very ſevere Winters, eſpecially the laſt ſave one, *viz.* the Year 1683; in which the Seaſon was ſo vehemently cold, that no Man living ever ſaw the like, as to the intenſe degree of the Cold, and the long time it held. For the noble River of *Thames* was ſo froze that it eaſily ſuſtained, like a ſolid Pavement, Coaches running about upon it, and Shops well furniſhed in the manner of Streets, and great crowds of People. Tho' the following Year 84, did not equal the preceeding, either as to the Extremity of Cold, or obſtinate Duration of it, yet it did not come much behind it as to either; but as ſoon as it thawed in *Frebruary* in the Year 8$\frac{4}{5}$. This Fever began, that I now treat of, which I take to be a new ſort of Fever, and wholly different from that which has prevailed for theſe Eight years laſt paſt.

I cannot certainly ſay, whether the change of this Conſtitution is to be attributed to the Alteration of the manifeſt Qualities of the Air, which ſucceeded for theſe two Winters; for I have obſerved, that Alterations as to the ſenſible Qualities of years how different ſoever,

have not produced Species of *Epidemick* Diſeaſes; and that a certain Series of years (tho' one year has differed from another, as to outward appearance and Temperament) have notwithſtanding all agreed in producing of the ſame Species of *Stationary* Fevers; which when I have conſidered ſeriouſly, I was of the Opinion, as I have mentioned in another place, that the change of a Conſtitution chiefly depends on ſome ſecret and hidden Alteration in the Bowels of the Earth, paſſing through the whole *Atmoſphere*, or from ſome influence of the Celeſtial Bodies. Tho' it is to be obſerved here, that when the Depuratory Fever heretofore went off, a very dry and violent Froſt from the beginning of Winter 64. froze up all things, nor did it abate at all till the beginning of *March*, at which time, as ſoon as the Froſt went off, a Peſtilential Fever, and ſoon after the Plague began to rage. But however this may be, the Fever which we now treat of, began at the time aforeſaid, *viz.* in *February* 84, and was more ſpread through all the parts of *England*, and more *Epidemical* in other places than here in *London*, the year before, and this Year.

When I was firſt called to this Fever, I firmly believed, it was not of that kind of Fevers, which I call *Stationary*, but rather of the Family of Inter-currents, which come promiſcuouſly almoſt in all years; to wit, that it was nothing elſe than that Baſtard *Peripneumonia*, which I have heretofore deſcribed in my Book of acute Diſeaſes, only with this difference, that in this Fever the Symptoms did not appear now and then, which were more *Pathognomonick* in the *Peripneumonia*; ſuch are a violent Cough, a violent Headach in Coughing, cleaving as it were the Head, a Giddineſs upon any Motion, and a great Difficulty of breathing, all which did moſt commonly accompany the Baſtard *Peripneumonia*. When therefore the Bookſeller deſired a new Edition of my Works at that time; I publiſhed my Conjecture in the Poſtſcript, in which I perceive my ſelf miſtaken; and truly, I was led into this Error, by the great and manifeſt Agreement, which was between this Fever, and foreſaid *Peripneumonia*, which comes now and then every Winter; but the Summer coming on, which was wont to vanquiſh theſe *Peripneumonick* Fevers, and this notwithſtanding

withſtanding continuing, I was ſoon convinced of my Error, being wholly perſwaded that it was to be reduced to a new Conſtitution.

After as diligent a ſearch as I cou'd make, the Symptoms I obſerved are, and were for the moſt part theſe. The Sick is cold and hot by Turns, and often complains of Pain of his Head and Limbs; the Pulſe is like the Pulſe of thoſe that are well; Blood taken away is moſt commonly like the Blood of Pleuriticks; the Patient for the moſt part is troubled with a Cough, which together with other Symptoms accompanying a gentle *Peripneumonia*, goes off ſo much the ſooner, by how much longer the Diſeaſe invades from the Winter. A Pain ſeizes the Neck and Jaws, ſometimes at the beginning of the Diſeaſe, but it is leſs than in a Quinſey; tho' the Fever be continual, yet it has violent Exacerbations often towards Night, as if it were a double Tertian or Quotidian. The Sick is much indangered by keeping his Bed conſtantly, tho' he has but very little Cloaths on, for by that means the Fever being turned upon the Brain, he ſoon falls into a Coma or Phrenſie; and to ſpeak truth, the Inclination of this Diſeaſe to a Phrenſie is ſo great that it often creeps on of a ſudden of its own accord, without any ſuch occaſion. But the Phrenſie does not riſe with ſo great fury in this Fever, as in that with which thoſe that have the Small-pox, and other Fevers are ſeized; for the Sick rather doats, muttering now and then ſome odd words. *Petechiæ* very often break out by reaſon of the unſeaſonable Uſe of Cordials, and too hot a *Regimen*, and in young People of a hot Conſtitution, Purple-ſpots the certain Signs of a high Inflammation, as well in this as in any other kind of acute Diſeaſe; and ſometimes Eruptions which they call *Miliares*, ſprinkle themſelves over the Surface of the Body, and are not very unlike the Meaſles, only they are redder, and when they go off they do not leave behind thoſe branny Scales which are ſeen in the Meaſles; tho' they come ſometimes of their own accord, yet moſt commonly they are forced out by the Heat of the Bed and Cordials. The patients Tongue is either moiſt or dry according to the Method which has been uſed; when it is dry, it is of a duskiſh Colour in the Middle, which

is

is hemmed round with a whitiſh Fringe; but when it is moiſt it is all white, covered alſo with a white and filthy Skin: For if the Sick be too much heated by the Method uſed, the Tongue is moſt commonly dusky and dry, but if not, it is moiſt and white. This is alſo to be affirmed of Sweat, which flows according to the different Method aforeſaid; for if the Sick be treated with too much heat, it is in a manner viſcous, eſpecially about the Head; and tho' it flow freely, and from all parts, yet the Sick has little eaſe by it: So that it is evident that ſuch Sweats,are only Symptomatical not Critical. Sweat forced by Art at the beginning of the Diſeaſe, uſed to put off the Morbifick matter, if not on the Head, at leaſt upon the Limbs. But when the Fever has poſſeſſed the Head, and the Phrenſie has once prevailed, then no ſigns of the Fever remain, only the Pulſe is ſometimes quicker, ſometimes ſlower. But at length when by ill management, the Spirits are driven into a Confuſion, the Pulſe is inordinate, with a *Subſultus* of the Members, and Death ſoon follows.

As to the Cure: thoſe ſigns of the *Peripneumonia*, which accompanied this Fever laſt Year in *February*, in which it firſt began, made me believe preſently after Winter, as I ſaid before, that it ought to be reckoned with the Family of *Peripneumonicks*; and therefore I preſently betook my ſelf to that Method, which I have heretofore commended in the Cure of a Baſtard *Peripneumonia*, which truly was very ſucceſsful to me, in thoſe few, I was ſcarce able to take care of becauſe of my Sickneſs, and to others who were pleaſed to try it upon my Commendation. Whatever it was that perſwaded me to Uſe this Method, I am now fully ſatisfied, having conſidered the *Phænomena* of the Diſeaſe, and the Temperateneſs of the laſt Year, which followed the two cold Winters (eſpecially of the Winter, if it could be called ſo, for it brought with it no conſiderable Cold) I ſay it is evident to me that this Fever is nothing elſe than a ſimple Inflammation of the Blood, and that therefore the curative Indications are wholly to be directed to the ſuppreſſing of the ſaid Inflammation by proper Remedies and Methods.

There-

Therefore I proceed after this manner; firſt I order ten Ounces of Blood to be taken from the Arm; and indeed this Fever (how like ſoever the Blood be moſt commonly to that of Pleuriticks) does not eaſily bear repeated Bleeding; but if a difficulty of breathing, a lancing Pain of the Head in coughing and the like, ſignifie that this Diſeaſe tends to a Baſtard *Peripneumonia*, then Bleeding and Purging are to be repeated, until all the Symptoms totally vaniſh, as I have ſaid in the Chapter of a *Peripneumonia*, and I deſire this may be ſeriouſly minded.

In the Evening I apply a Bliſter to the Pole, and next Morning give this lenitive Potion.

Take of Tamarinds half an Ounce, Leaves of Senna two Drachms, Rhubarb one Drachm and an half; boyl them in a ſufficient Quantity of Water to three Ounces; in the ſtrained Liquor diſſolve of Manna and Syrup of Roſes Solutive, each one Ounce; mingle them and make a Potion to be taken early in the Morning.

Which I order to be repeated every other Day for thrice; and this or the like *Paregorick* to be taken at Bed-time after every Purge.

Take of Cowſlip-water two Ounces, of Diacodium *one Ounce, of Juice of Limons freſh drawn two Spoonfuls; mingle them and make a Draught.*

Viz. To prevent the Sick's being Comatoſe, by reaſon of the Confuſion of the Animal Spirits, which purging often occaſions, by the Tumult it raiſes in the Blood and Humours of thoſe that have Fevers; which Symptom is cured by Hypnotick Medicines, tho' they ſeem to promote it; for which reaſon not daring to give a Purge in the Comatoſe Fever of the Year 73, I perſiſted in the Uſe of Glyſters; for I knew that purging Medicines uſed at that time, preſently cauſed a Coma, which perhaps would have happened otherwiſe, if I had thought of giving a Paregorick after ſuch a Purge. But when the Sick does not purge, we muſt not give a Paregorick at Bed-time, leſt it hinder the Operation of the Cathartick

which

which is to be taken the next Day (which is usual tho' it be taken late) but if it do not wholly stop it, it will render it less effectual. It is a rule with me in this and other Epidemick Fevers, not to purge either in the beginning or state of the Disease, unless Bleeding hath been first used: which indeed by being either neglected or violated has occasioned the Death of many, especially of Children, as I have in another place admonished by way of caution.

But we must take notice, that tho' for the most part the above-mentioned Evacuations ought to be used in the Cure of this Fever; yet often the Patient, if he be a young Man or Infant, presently recovers after Bleeding, and being once Purged: And there is no occasion for more, the Fever being conquered by the first; but on the contrary it is sometimes necessary that Purges should be used oftener than we said before. For it sometimes happens, tho' rarely, that the Sick being freed by this Method, relapses in a few Days after by reason of the Febrile matter growing crude again; but it is presently carried off by the Purge repeated the fourth time; tho' this new Fever seldom happens under this Method, unless it be occasioned by *Aphthæ*, coming at the latter end of the preceding Fever, and now being at their height recall it; which Fever is indeed only Symptomatical. And the Hickocks returning by intervals often follow it, which also remain for some Days after the Fever is gone off; but at length vanish of their own accord, as the Patient gets strength, which is diligently to be observed; for as much as there is no danger from the Hickocks coming at the latter end of this Fever, unless many Medicines are over officiously and unprofitably crammed in, and then Death is instead of the Physician; but both the *Aphthæ* and Hickocks, or either of them, if they do not go off of their own accord, but continue a long while, may be easily cured by the Peruvian-bark, *viz.* an Ounce with a sufficient Quantity of the Syrup of Erratick Poppies, either in the Form of an Electuary, or Pills taken after the manner I set down heretofore in my Epistle to Dr. *Brady*, and drinking upon it a Draught of Posset-drink. Which Remedy I have found by experience more certain in this case than any other whatever, if its Virtue be

be not ſpoiled (as commonly it is) by the Patient keeping his Bed continually.

I ſometimes preſcribe the following, or the like, on the Days the Purges are not taken.

Take of the Conſerves of Wood-ſorrel, of Hips, each one Ounce; Conſerve of Barberries half an Ounce, Cream of Tartar one Drachm, with a ſufficient Quantity of Syrup of Limons; make an Electuary; of which take the Quantity of a Nutmeg thrice a Day, drinking upon it ſix Spoonfuls of the following Julep.

Take of the Waters of Purſlain, Lettice, and Cowſlips, each three Ounces, of Syrup of Limons an Ounce and an half, of Syrup of Violets one Ounce; mingle them, make a Julep,

Or:

Take of Fountain-water one Pint, of Roſe-water, of the Juice of Limons, of White-ſugar, each four Ounces; boyl them over a gentle Fire, till all the Scum be riſen: take three Ounces at pleaſure.

But in all theſe things I forbear the uſing of Spirit of Vitriol, tho' it be very cooling, becauſe it is not proper in any Diſeaſes that are cured by Purging, by reaſon it is ſo very ſtyptick, not to mention now the Mineral-nature of this Spirit.

It often happens, eſpecially towards the end of this Fever, that the Sick when he is treated after this manner, ſweats now and then of his own accord in the Night, by which all the Symptoms of the Diſeaſe are very much mitigated: But notwithſtanding ſeeing we cannot truſt in ſuch Sweats, we muſt by no means intermit the foreſaid Method; becauſe if the Sick ſhould indulge thoſe Sweats for a longer time, the Fever, which the preceeding Purges had in ſome ſort overcome, would again revive; for if the Sweat be protracted beyond that time, in which the Febrile Particles prepaired by due Coction are wholly carried off, the Sweats that follow do nothing elſe, but kindle the Flame afreſh; wherefore tho' thoſe Sweats which flowed ſpontaneouſly were perchance critical, with reſpect to the caſting out of the

Fe-

Febrile matter, which is fit for Expulsion, yet the others that follow may be only Symptomatical, and so do more hurt than good. To be short, the gentle heat of the Bed at Nights opportunely favours such Sweats as of their own accord come in the Night; wherefore the Sick should have no more nor thicker Cloaths on, than he used to have when he was well, nor should any hot Remedies be given. Only let him keep his Bed a little longer than he was wont, in the Morning following, and afterwards let him go on in the Method of Cure above prescribed.

His Diet is to be Oat-meal and Barley-broths, and now and then a roasted Apple, and after the second Purge Chicken-broth. I order Small-beer cold for his ordinary Drink, and the white Decoction made of one Ounce of Harts-horn calcined, and boyled in three Pints of common Water, and afterwards sweetened with White-sugar.

It is not necessary, as I have said in another place, after the taking of two Purges, to forbid the eating of Chickens, and the like of easie Concoction; for this way of Cure by purging indulges the same, which could not be allowed, if we went on another way; Moreover after the last Purge, if the Fever has a little spent it self, and is not yet turned to an Ague, three or four Spoonfuls of Canary-wine may be taken Night and Morning, and after Dinner, for some Days, by which the strength may be sooner recovered, and the Febrile fits averted.

But for as much as this kind of Fever is more prone than any other I ever yet saw, to assault the Head, neither can it be removed from thence without great difficulty: I seriously advise my Patients, that they lie a Bed naked only a Nights; but if they are so very weak that they cannot sit upright, I permit that they should lie upon their Bed or Couch with their Cloths on, with their Heads a little elevated; neither do I allow them any more Fire in their Chambers, than when they are well.

And as this *Regimen* is to be observed from the beginning, in all that are seized with this Fever, (excepting Women taken on the first Days of Child-bed) so it is necessarily injoyned, when the Physician is called to a Pati-

Patient, who becauſe of too hot a *Regimen*, has been ſeized with a Phrenſie, *Petechiæ* or Purple-ſpots, or any other Signs of a violent Inflammation; for in this Caſe tho' Blood be taken away, tho' the Body be lightly covered, and whatever cooling Liquors are drunk, yet the Fever will not ceaſe till the Sick keeps from bed a-days, for as much as the heat of the ambient Air, kept in by the Coverings, too much exagitates the Blood, and the lying Poſture of the Body forces the ſame with violence on the Head; but when the Phrenſie hath once prevailed, by reaſon of an ill Method, it cannot preſently be tamed, neither is it ſafe to endeavour the Cure by repeated Bleeding, and Purging beyond the Bounds preſcribed; but at length it will go off at its own time, and of its own accord, by the help of the Method above-mentioned. But nothing conduces more to the removal of it, than ſhaving the Head, and therefore I always order it without applying a Plaſter, only a Cap ſo thick as may compenſate the loſs of the Hair, or at leaſt defend the Head from external Cold; by this means the Head is extreamly cooled and refreſhed, ſo that by degrees it may be able to vanquiſh the hot impreſſions that cauſe the Phrenſie.

And what has been ſaid of a Phrenſie may likewiſe be affirmed of a Coma that comes upon this Fever, in which as in the ſaid Phrenſie, the Febrile matter is carried up to the Head; and ſo, if you except the Whiteneſs of the Tongue, there are no ſigns of a Fever; for the Patient ſeems to be altogether freed from it. In this Symptom, as in the other, Catharticks, Sudorificks, Bliſters, and the like, are not only uſed without Succeſs, but do a great deal of hurt; for ſuch Evacuations procure Death, ſooner than the Cure of this Symptom: Wherefore after general Evacuations by Bleeding and Purging, the buſineſs is to be committed to Nature and Time, tho' this Symptom terrifie the By-ſtanders; for tho' the Patient be ſtupid for a long time, yet he will recover his Health after many Days, if he be not continually kept a Bed; but is taken out of it a Days, and laid upon a Couch, or on the Bed with his Cloaths on; in the mean while his Head may be ſhaved, and at the latter end of this Symptom, three or four Spoonfuls of

Canary-

Canary-wine may be given twice a Day. But I have treated largely of this in the fifth Section, and second Chapter of my Book of acute Diſeaſes, where I diſcourſed of a notable Coma, that accompanied that Conſtitution.

But as to the Fever the Phyſician is not to be deterred from making the foreſaid Evacuations, if upon feeling the Pulſe, he ſhou'd perceive a twitching of the Members, or a convulſive Motion of the Body; for as much as in ſome kind of Diſeaſes of the Nerves, both Bleeding and Purging do not only not do hurt, but are neceſſarily preſcribed; of which I will produce an Expetiment I made in a certain kind of Convulſion, which is vulgarly called *Chorea Sancti Viti*, of which Diſeaſe I cured no leſs than five, by Bleeding and Purging by Intervals; of which ſort of Diſeaſe I will ſpeak ſomewhat, ſeeing it occurs opportunely, and evidently confirms the Truth of what I have now aſſerted. *Chorea Sancti Viti* is a ſort of Convulſion, which chiefly invades Boys and Girls, from ten Years of Age to Puberty: Firſt, it ſhews it ſelf by a certain Lameneſs, or rather Inſtability of one of the Legs, which the Patient drags after him like a Fool; afterward it appears in the hand of the ſame ſide; which he that is affected with this Diſeaſe, can by no means keep in the ſame Poſture for one Moment, if it be brought to the Breaſt or any other Part, but it will be diſtorted to another Poſition or Place by a certain Convulſion, let the Patient do what he can. If a Cup of Drink be put into his Hand, he repreſents a thouſand Geſtures, like Juglers, before he brings it to his Mouth; for whereas he cannot carry it to his Mouth in a Right-line, his hand being drawn hither and thither by the Convulſion, he turns it often about for ſome time, till at length happily reaching his Lips, he flings it ſuddenly into his Mouth, and drinks it greedily, as if the poor Wretch deſigned only to make ſport. For as much as this Diſeaſe ſeems to me to proceed from ſome Humours ruſhing in upon the Nerves, which provoke ſuch Preter-natural Motions, I think the curative Indications are firſt to be directed to the leſſening of thoſe Humours by Bleeding and Purging, and then to the ſtrengthening the *Genus Nervoſum*, in order to which I uſe this Me-

thod: I take ſeven Ounces of Blood from the Arm, more or leſs, according to the Age of the Patient; the next Day I preſcribe half, or ſomewhat more (according to the Age, or the more or leſs Diſpoſition of the Body to bear purging) of the common purging Potion above-deſcribed, of Tamarinds, Sena, *&c.* in the Evening I give the following Draught.

Take of Black-cherry-water one Ounce, of Langius's *Epileptick-water three Drachms, of old* Venice-*Treacle one Scruple, of* Liquid Laudanum *eight Drops; make a Draught.*

I order the purging Potion to be repeated thrice, once every other Day, and an *Anodyne* Draught the ſame Nights; afterwards I preſcribe Bleeding and Purging as before, and ſo alternately I bleed and purge till the Sick has bled three or four times, and after every Bleeding purge ſo often as his Strength will bear; only it muſt diligently be noted, that there muſt be ſo much ſpace between the Evacuations, that the Sick receives no Damage from thence. In thoſe Days purging is not uſed, I preſcribe as follows.

Take of Conſerve of Common *Worm-wood, of the yellow Rind of Oranges, each one Ounce; Conſerve of Roſemary-flowers half an Ounce; of old* Venice-*Treacle and Nutmegs candied, each three Drachms; of Ginger candied one Drachm, Syrup of the Juice of Citrons a ſufficient Quantity; make an Electuary; of which take the Quantity of a Nutmeg in the Morning, and at five a Clock in the Evening, drinking upon it five Spoonfuls of the following Wine.*

Take of the Roots of Peony, Elicampane, Maſter-wort, Angelica, each one Ounce; of the Leaves of Rhue, Sage, Bettony, Germander, white Hore-hound, and the Tops of the leſſer Centaury, each one handful, of Juniper-berries ſix Drachms, the Rinds of two Oranges, let them be cut and infuſed cold in ſix Pints of Canary-wine; ſtrain it as you uſe it.

Take

Take of Rhue-water four Ounces, of Langius's *Epileptick-water, and compound Briony-water, each one Ounce; Syrup of Peony six Drachms; mingle them and make a Julep; take four Spoonfuls every Night at Bed-time, with eight Drops of Spirit of Harts-horn: Let a Plaster of Gum-*Caranna *be applied to the Soles of the Feet.*

The more the Sick recovers, the less he drags his Foot, and the Hand is steddier, so that he can bring the Cup more directly to his Mouth; which are certain Signs how much better he is, but tho' to perfect the Cure, I do not advise that he should be bled more than three or four times, yet purging and altering Medicines are to be used till he is quite well. And because he that has once this Disease may easily relapse, I think it expedient that he be blooded and purged for some Days the next Year about the same time, or a little before the Disease first invaded. And truly I suppose that the Epilepsie of the Adult, may go nigh to be cured by this Method, if the Remedies prescribed were well proportioned to their Age, tho by reason I have seldom met with this Disease, I have not yet tried it; but this by the bye.

It sometimes happens in Women subject to Hysterick fits, that when the Cure has been managed by the foresaid Evacuations, the Fever continues after Bleeding and Purging, tho' repeated; in this Case the Fever that now prevails is plainly continued by the Commotion of the Spirits caused by the Evacuations; and therefore all other things being omitted, the curative Indications are only to be directed to the quieting the Fury of the Spirits, if there be no Signs of a *Peripneumonia*, or Inflammation about the Vital parts. In order to which an *Anodyne*, that is sufficient to cause Sleep, ought to be prescribed every Night, and also Hysterick-remedies properly so called, twice or thrice a Day, such are Pills made of *Galbanum*, *Assa-fœtida*, *Castor*, and the like; and Juleps of the same Nature, described in my Treatise of Hysterick fits. Moreover that Meat and Drink which is most agreeable to the Appetite of the Patient ought to be allowed to recover the Strength, and to suppress the Vapours, as they call them.

We have ſaid already, that this Fever had both the laſt year, and eſpecially this, a certain Exacerbation daily about Night, not much unlike the Fit of an intermittent Fever. Wherefore thoſe Phyſicians that had found by Experience that all thoſe Fevers, which did any whit intermit (and oft thoſe that did not intermit at all) through that Series of years, from Seventy ſeven to the beginning of Eighty five, were certainly cured by the *Peruvian* Bark, treated this Fever with the ſame Remedy: But tho' it was reaſonable, yet moſt commonly it did not ſucceed ſo well as in former years. For upon a diligent ſearch I found, that tho' a great quantity of the Bark was given, yet it rarely cured the Sick, and ſo very rarely, that I rather imputed the recovery of the Patient to ſome lucky event of the Diſeaſe, than to the Virtue of the Bark, ſo that it wholly loſt that curing Virtue, and Certainty it had in the foreſaid years. I mean the Fever we treat of now, which is ſomething like a Quotidian; but when there is a Type of a genuine Tertian, or of one invading every other day, the Bark is as effectual at this time as ever; ſo that it is very evident, that this Fever was quite different from that of the former Conſtitution, for as much as the uſe of the Bark does now no good, and this is heightened by Wine, Cordials, and other Hot things; all which well enough agreed with the uſe of the Bark, and alſo with that Fever.

Moreover we muſt obſerve, that this Fever raging all the Summer, eſpecially that of this year, the Diſeaſe did often ſhew it ſelf, not ſo much by the *Pathognomonick* Signs of a Fever, *viz.* by heat and inquietude; as by Gripes ſometimes dry, and ſometimes looſe, yet notwithſtanding the Fever of this Seaſon lurked under this diſguiſe, in which the Inflamatory Exhalations of the Blood were not, as is uſual, protruded to the habit of the Body, but put off inwardly by the *Meſenterick* Arteries, upon the *Viſcera* of the lower Belly, and ſometimes upon the Stomach by the Branches of the *Cœliack* Arteries, which Exhalations are wont to provoke Vomiting, eſpecially preſently after taking drink, or any more ſolid Nouriſhment. Yet tho' this Fever lurked under the form of the foreſaid Symptoms, yet it was to be cured by the genuine method, we delivered above, in the ſame manner

ner as if it had appeared in its own Colours, *viz.* by bleeding and repeated Purges; only it is to be obſerved, that when the Fever does ſo much moleſt the Stomach, that it cannot retain a Potion, then the Pill of *Coch. Major* (of which two Scruples preſcribed do always paſs through the Body) may be ſubſtituted in the room of a gentle purging Potion; but the Pills muſt be taken at four in the Morning, that the Patient may ſleep after them, and then an *Anodyne* in a large Doſe is to be allowed, *viz.* a Grain and an half of ſolid *London Laudanum*, with the like quantity of Maſtick made into two Pills, to be taken the ſame Night; or Eighteen or twenty drops of *Liquid Laudanum*, in an Ounce of Cinnamon-water hordeated, or any other generous Vehicle, by which means the Stomach being both ſtrengthned, and not irritated by the ſmall quantity, may not caſt up the Remedy: But if the purging Potion, and *Diacodium* can poſſibly be retained in the Stomach, they are wholly to be preferred before the above-mentioned Pills, and *Laudanum*, for they perform their buſineſs without heating the Body ſo much as the Pills.

But ſeeing I have mentioned the Gripes, I will admoniſh my Acquaintance with how much danger, as I have frequentſy obſerved, Mineral waters are wont to be preſcribed in any Gripes whatever, or Looſeneſs, or Vomiting, or any other Diſeaſe whatever, that takes its riſe from a Fever; for as much as in ſo ſubtil and ſpiritual kind of Diſeaſe, as 'tis evident a Fever in Mineral Remedies do ſo confound all things, that inſtead of the Symptoms which were wont to accompany a Fever, they introduce Accidents altogether irregular, yet in the mean time do not at all aſſiſt towards Eradicating of the Fever, which I have long and often obſerved.

But this muſt be carefully minded, for as much as it may ſerve to deliver many from the jaws of Death, *viz.* that notwithſtanding what we have ſaid before, when the above-mentioned Gripes riſe to be a confirmed *Dyſentery*, in which beſides the Gripes, ſome *Mucous* Matter together with Blood is voided by Stool; it is manifeſtly very dangerous to treat the Diſeaſe with that tedious method, which orders Evacuations firſt, and afterwards thoſe things that attemperate the ſharp Humours

(to ſay nothing of Aſtringent Medicines of various kinds and forms taken inwardly, and Glifters ſometimes Aſtringent, ſometimes Conſolidating, now and then injected) for I have found by experience, that a *Dyſentery* is moſt certainly, and moſt ſpeedily cured, if without any more ado, the Flux be preſently ſtopt by *Laudanum*; for this Diſeaſe is ſo very violent and fierce, that if you go on in purging, when the *Dyſentery* is confirmed, there is great danger, leſt it being heightened by this means, ſhould by reaſon of its incredible Ferment, torment the Patient longer, do afterwards what you can, or perhaps kill him. Therefore being called, I preſently give him about twenty two drops of *Liquid Laudanum* in *Epidemick* water, or in *Aqua Mirabilis* or the like, to be repeated twice in the ſpace of twenty four hours, or oftner at ſet times, if the Doſe preſcribed to be uſed only Morning and Evening, be not ſufficient to quell the Gripes, and the Bloody Stools. The Excrement being a little thickened, or of a better Conſiſtence (which is the firſt ſign of recovery) and the Symptoms being vanquiſhed, I ſuppoſe it is ſafeſt for the Patient, to continue for ſome time in the uſe of the foreſaid Medicine, Morning and Evening, taking ſome Drops daily till there be no further occaſion. But it is to be obſerved, that I order the Sick to keep his Bed longer after the uſe of the *Anodyne*, for any erect Poſture ſoon diſturbs the Head, unleſs the Patient ſleep long enough after it. As to Diet, if the Sick has been accuſtomed before to Wine, I allow him Canary, but well diluted with water, in which a Cruſt of Bread has been boyled, which I order to be kept cold for this uſe in a ſtone Bottle, that it may be in readineſs when the Wine is to be attemperated. Alſo the white Decoction of burnt *Hartshorn* in Fountain water, drank freely is profitable; Barly, or Chicken-broth, or a Poached-Egg, or any thing elſe of eaſie Digeſtion may ſuffice for Food on the firſt days: But afterwards we muſt riſe by degrees to more generous Liquors, and to a more plentiful and ſolid Nouriſhment, leſt too great a Vacuity ſhould produce again the ſame Diſeaſe, the Patient recovered of, or ſome other Symptoms that are produced by Emptineſs. But we muſt obſerve this, that tho' *Laudanum* alone did ſubjugate *Dyſenteries* of this

Conſtitu-

Conſtitution, yet in thoſe years in which they are *Epidemick*, and exceed other Diſeaſes, it will not be improper to uſe thoſe Evacuations firſt, which were heretofore deſcribed in the Chapter of a *Dyſentery*.

And as in that confirmed *Dyſentery* now ſpoke of, ſo in this Caſe that follows, it cannot be, that the Cure ſhould be preſently expedited by that method, which is proper for the Fever, from whence it is firſt took its riſe. For inſtance, ſometimes it is ſo, that the Sick being ſeized with a Horror and Rigor (heat and cold ſucceeding one another by turns, which are the certain Signs of an imminent Fever) is of a ſudden miſerably afflicted with the Gripes, by reaſon the Febrile Matter ruſhes in upon the Guts: And whereas he ought to be Purged and Blooded, as is above-mentioned: Preſently he betakes himſelf to hot Medicines taken inwardly, and outwardly applyed, to the intent he may expel the Wind, which he ſuppoſes to be the cauſe of his Miſery, till at length the Pain increaſing, and being as it were impacted into his Bowels by long continuance, the *Periſtaltick* Motion (by which according to the Law of Nature, all things ſhould be conveyed downwards) begins to be inverted, and all things tend upwards, and the Patient is grievouſly tormented, and provoked to Vomit, the Diſeaſe now ending in an *Iliac Paſſion*. In this Caſe the Phyſician can proceed no further in the method of Cure; which the Fever, the Antecedent cauſe of this Symptom, required, than to order bleeding in the Arm for once: For how many, and whatſoever *Cathartick*s you preſcribe, will preſently become *Emetick*, and ſo the more promote the inverted Motion of the Bowels; for as much as the ſtrongeſt purging Medicines, or indeed the leaſt part of them, can ſcarce paſs the Guts, and cauſe a Stool. In this Caſe I think it is moſt adviſeable firſt to bleed in the Arm, and an hour or two after, to inject a ſtrong Gliſter. I reckon the ſmoak of Tobacco, ſtrongly blown up through a large Bladder into the Inteſtines by a Pipe inverted, to be the beſt, and moſt effectual Gliſter I know, which may be repeated a little while after, unleſs the former, by giving a Stool, open the paſſage downwards. But this Symptom being not totally conquered by this Remedy, it is neceſſary, that a *Ca-*

thartick ſomewhat ſtronger, be uſed, how difficult ſoever it be to make way.

Take of the Pill Ex duobus *thirty five Grains*, Mercurius dulcis *one Scruple, make four Pills with a ſufficient quantity of Balſam of* Peru, *take them in a ſpoonful of Syrup of Violets.*

Drink no Liquor upon them, leſt they ſhould not be retained; but if the Sick ſhould Vomit this Remedy, we muſt proceed in this manner: Let him take preſently twenty five drops of *Liquid Laudanum* in half an Ounce of ſtrong Cinnamon-water, and after a few hours let it be repeated; but when the Vomiting and Pain of the Belly are abated by the uſe of theſe, then the foreſaid Purge may be repeated again; for at this time it will be retained under the Protection of the *Laudanum*, and will at length perform its buſineſs; but if the Vomiting and Pain ſhould return again, by reaſon the Virtue of the *Anodyne* is wholly decayed, and the Purge ſhould ſtop in the Body, in this Caſe, all hopes from Stools being at preſent laid aſide, we muſt return to the uſe of the *Anodyne* before deſcribed, which muſt be repeated every fourth or ſixth hour, till the Guts be wholly quiet, and the natural Motion downwards be reſtored, at which time the Purge, which has been hitherto ſtopt in the Body, by reaſon of the contrary Motion of the Guts, will now operate by Stool; tho' becauſe of the *Narcotick* ſo often repeated, a quite contrary effect might ſeem to follow, which I have juſt now experienced in a Gentleman, tormented with a very ſevere *Iliac Paſſion*, who had afterwards *Aphthæ* by reaſon of too long retenſion of the Humours, that occaſioned the Diſeaſe, and of ſharp Purges; but they were eaſily cured by the uſe of the Peruvian-bark above deſcribed, and by waſhing the Mouth often with the following *Gargariſm.*

Take of Verjuice half a Pint, of Syrup of Raſpberries one Ounce; make a Gargariſm.

But when theſe Paſſages are open again, as much as they ſhould be, the Patient may forbear purging for ſome days,

days, till the Tumult raiſed of late in the Bowels be wholly ceaſed, which ſpace of time may conveniently enough be allowed for diluting, and attemperating the heat, and *Acrimony* of the Humours, which being performed, he muſt purge every other day as before, if the leaſt Footſteps of the Fever remain: But of this enough.

If a Child has this Fever, two Leeches muſt be applyed behind each Ear, and a Bliſter to the Neck, and it muſt be purged with Beer, wherein *Rhubarb* has been infuſed; if after purging the Fever ſeem to remit, then the Julep muſt be given of the Jeſuits-bark, ſet down for Infants in the Chapter of an intermitting Fever.

Moreover it is to be obſerved, that tho' Children are equally ſubject to this ſort of Fever with the Adult, and that therefore they are to be cured by the ſame method, only the quantity of Blood taken away, ought to be leſſened, with reſpect to their Age, and Purging ought to be accommodated to it, and perhaps not ſo often to be uſed; for the Diſeaſes of Infants, and young People will be often tamed by the firſt or ſecond Purge: yet we muſt ſeriouſly conſider, whether the Fever treated after this manner, certainly belong to this Conſtitution, or to another kind, which ought ſeriouſly to be minded in thoſe Fevers that ſeize Infants in all Conſtitutions of years; for it is commonly known, that Children are frequently ſeized with Fevers, ariſing from their breeding Teeth, which are not eaſily diſtinguiſhed from Fevers of another kind. I have been in great doubt a long while about the Cure of theſe, neither could I be certainly perſwaded but of late, that any committed to my Care, were recovered ſo much by Art as by Chance; till at length being often admoniſhed of the happy Succeſs of a Remedy, that is not very famous, yea indeed very contemptible, upon the account of the common uſe of it; I had alſo preſcribed it, which anſwered my deſire better than any I know; it is three or four drops of Spirit of *Hartshorn* according to the Age, given in a ſpoonful or two of Black-Cherry-water, or of any other proper Julep, four or ſix times, once every fourth hour.

There is another Symptom that very much troubles Infants, which is very different from the Fevers, of va-

rious

rious Conſtitutions of the years, and from that laſt mentioned: It is a ſort of *Hectick*, that afflicts a long time, and thoſe that are troubled with it, languiſh without any conſiderable heat, with a loſs of Appetite, and a waſting every where, both of the Members, and Trunk of the Body. I uſe this ſimple method following:

Take of choice Rhubarb ſhred two Drams, let it be put into a Glaſs Bottle, containing a Quart of Small Beer, well ſtopt, or any other Liquor the Child uſually drinks of, which medicated Beer I order to be taken both in the Day and Night, and at Meals; which being drank up, I order a Quart more to be put upon the ſame Rhubarb, which alſo being drunk off, a Quart more is to be put upon it as before; after which the Rhubarb commonly loſes its Virtue, and the Child recovers; but leſt the Beer firſt put on, ſhould be too much impregnated with the purging Quality of the Rhubarb, and ſo purge too much, it will be better to add another Pint preſently after the firſt is drunk up; but afterwards freſh Beer is not to be added, till the whole Bottle be drunk.

But to return to the Fever we now treat of, *viz.* of the preſent Conſtitution; we muſt diligently obſerve, that in this kind of Fever (as in a Rheumatiſm, and many other Diſeaſes, whoſe Cure is performed only by Evacuations) if we obſtinately inſiſt on the above-named Evacuations, till the Symptoms wholly ceaſe, the Sick will often be deſtroyed; for it is not very unuſual that ſome ſlight Symptoms, as it were the Relicks of the feeble Fever, remain a while after the Diſeaſe is gone off, yet a relapſe is not to be feared from thence, they retiring gradually, as Health returns; for theſe Symptoms are commonly nothing elſe, but the true Progeny of theſe Evacuations, by which the Phyſician endeavoured to cure the Diſeaſe: If this at leaſt be added, as partly the cauſe, *viz.* the Emptineſs, that the Abſtinence of the Patient from his wonted Meals, and Drink has occaſioned: All which, when they fall upon Bodies weakened, and almoſt worn out by the Diſeaſe, raiſe Vapours as they ſay, as in Women; and for the ſame reaſon, on the account of the weakened, dejected, and broken

Syſtem

Syſtem of the Animal Spirits: Wherefore having made thoſe Evacuations, that are ſufficient for taking off the Diſeaſe, it is the Duty of a prudent Phyſician to forbear the unſeaſonable Adminiſtration of them, and to wait a while on time, often the beſt and moſt ſucceſsful Phyſician, for the taking off thoſe light Symptoms, which truly, as I have often obſerved, go off at the latter end of ſuch a Diſeaſe, without any more ado, by an *Anodyne* taken at Bed-time for two or three Nights.

The method now delivered much exceeds all I have tryed in the Cure of this Fever; and if at any time it does not take it off, yet it forces it to intermit, and then it is always cured by the Jeſuits-bark: But whereas purging ordered for the Cure of this Fever, may perchance ſeem hurtful to ſome, I aſſert, that upon Tryal, nothing ſo certainly, and ſo powerfully cools the Patient, as purging preſcribed after Bleeding; which muſt be always uſed. Firſt, for tho' a Purge does for the preſent raiſe a greater Tumult in the Blood, and other Humours on the day it is taken, and in the Operation, than was before, yet that injury will be ſufficiently made up by the advantage that preſently follows; for it is found by Experience, that purging after Bleeding quells a Fever ſooner and better than any other Remedy whatever, both as it, expels that filthy Humour from the Body, by which, as the Antecedent cauſe, the Fever was occaſioned; and if they were not Peccant before, yet at length being heated, concocted and thickened by the Fever, do much to render it more laſting: And alſo, as it makes way for a *Paregorick*, which performs its buſineſs ſafer, and much ſooner, than if the peccant Humours, which might otherwiſe hinder the force of the *Anodyne*, were not Eliminated by purging.

But on the contrary, as that method which is buſied in Eliminating the Febrile Matter through the Pores of the Skin is leſs certain, ſo it is more troubleſome and tedious; for by it the Diſeaſe is very often protracted many Weeks, and the Sick is brought by this means to the brink of the Grave; and if he chance at length to eſcape Death, he is plagued with a crowd of Remedies all the long Courſe of the Diſeaſe, to take off theſe Symtoms, which the ill Management of the Diſeaſe brought on,

when

when the Cure of it is endeavoured by the hotteſt method and Remedies, which according to its own Genius wholly requires the cooleſt of both; and ſo while Brainſick men inſlave themſelves to Rules of Art, falſly ſo called, and deſpiſe the Judgment of their very Senſes, informing them better, they learnedly convert a Diſeaſe, of its own Nature ſhort and eaſie, into a laſting and difficult one, confounding all things through Tumult and Fear, and raiſing, as they ſay waves in a Cup; upon which account there is no more need of them, than for a Pilate, who when he may ſail in the open Sea, ſteers the Ship among Rocks and Shelves; from whence, tho' he may gain an opportunity of acquiring Fame by his great Skill, in preſerving the Ship in ſo great danger, yet certainly he will be reckoned an imprudent Man.

And for theſe Reaſons I can, I truſt, aſſert upon good Grounds, that the above-mentioned method of Cure, by Bleeding and Purging, is more powerful than any other, for the ſubduing Fevers of moſt kinds; for tho' Sweating, to ſpeak properly, is Natures own method, by which ſhe caſts out the Febrile Matter, and is more Genuine and Commodious than the reſt, when Nature is left to it ſelf, firſt digeſts the aforeſaid Matter, and then when it is well Concocted, gently expels it through the habit of the Body; which happy event of Nature, of curing Fevers by Sweating, when practical Phyſicians had often obſerved, the Dogmatical took occaſion from thence of making this Rule, That all Fevers may, and ought to be cured by this method alone, and no other: But if we ſhould grant this, yet Art, how much ſoever it may ſeem to imitate Nature, cannot arrogate to it ſelf this privilege, that it is able to cure Fevers certainly by Sweating. For firſt Art knows not by what means the peccant Matter ſhould be fitly prepared to undergo Expulſion, and if it ſhould know this, yet it has no certain Signs by which it may be admoniſhed of the due Preparation of it; So that alſo it is unavoidably ignorant of the fit time of provoking Sweat. And I ſuppoſe no one if he be not very obſtinate, will deny that it is very dangerous to provoke Sweat raſhly, before a due Concoction, for by forcing the crude Matter upon the Brain, it adds Oyl to the flame, and as I have hinted

in

in another place, the wholsome Advice of *Hippocrates* (*viz.* that things Concocted, not crude, are to be medicated) does not seem to respect so much Purging, as Sweat forced by Art. For no one that is but indifferently acquainted with the Practice of Physick can be ignorant, how many are dangerously hurt by old Women and Quacks, by this Prepostrous use of *Sudorificks*, for its Customary with these, if any one complains of shivering, and a pain of the Head and Bones, which are most commonly the Fore-runners of a Fever; presently to put them to Bed, and do all they can to force them to Sweat. By which unseasonable endeavours, they are so far from preventing the Fever, which perchance would go off of its own accord, or by letting some Blood; that on the contrary it is the more heightened, and becomes a confirmed and radicated Disease. This is moreover to be observed, to say no more of old Women, that as those Sweats that come at the beginning of the Fever are altogether Symptomatical, not critical, so those that are forced at the beginning of the Fever by *Diaphoreticks*, most commonly conduce no more to the cure of it, than the other Symptomatical Sweats that flow so early of their own accord are wont to do, that is, most commonly not at all: and then as Art is ignorant of the due time for promoting Sweat, so likewise knows not how long it should persevere in forcing them: For if Sweats are continued beyond the due time by which, the Matter occasioning the Disease is wholly expelled, a Consumption of these humid Particles, with which the Blood should be diluted and attemperated, will make the Fever continue longer and heighten it. It is evident therefore, how uncertain this method is, whereas on the contrary, it is in the Physicians power to moderate the other as he please, in which the Febrile Matter is Elimated by bleeding and purging. Moreover, this is to be preferred before the other on this account; *viz.* that if the Physician should miss his Aim in curing the Patient, yet he will not hurt him, which is otherwise in the use of *Diaphoreticks*, unless he recover; for the heat of one that is kept continually in Bed, to which he has addicted himself for sometime, contrary to his Custom (to say nothing of Cordials, which are always used in this

way

way of Cure) confounds the Oeconomy of Nature, and cauſes Convulſions of the Members, and other irregular Symptoms, which cannot therefore be deſcribed, becauſe they do not belong to the Hiſtory of this Diſeaſe (which is common in many Symptoms reſpecting all Diſeaſes) but take their riſe from the Confuſion and Tumult that are unneceſſarily occaſioned; by which Nature is often oppreſſed, when we carry on the Cure of this Diſeaſe by this method; all which are wont to be imputed commonly to, I know not what Malignity.

The invention of which Opinion concernicg Malignity, either as to the Name, or Notion of it, has been much more deſtructive to mankind, than even that of Gunpowder; for as much as theſe Fevers are chiefly ſaid to be Malignant, in which the Inflammation is higher than in others; and for that reaſon Phyſicians have betook themſelves to Cordials, and *Alexipharmacks*, to the end they may expel through the Pores of the Skin, the Poyſon they dream of (for ſo it muſt be called, unleſs they had rather trifle about words, than propoſe ſeriouſly, that which may be underſtood) upon which account they have preſcribed the hotteſt Remedies, and method for thoſe Diſeaſes, which required above others the coldeſt Remedies and *Regimen*, is evident enough both in the Small-pox (which is one of the hotteſt Diſeaſes in Nature) and in the cure of other Fevers: Into which Error perchance they were led, by ſeeing the *Petechiæ*, and purple Spots, and other *Phænomena* of the ſame kind, all which owe their riſe in moſt Subjects to an Inflammation ſuper-induced upon the Blood of the Sick, too much fired by the Fever already: for as much as they rarely happen, except at the beginning of the Plague, and of thoſe Flux Small-pox, that participate of the higheſt Inflammation: For in this kind of Diſeaſe, the livid Spots appear in various parts of the Body, together with the Puſtles, when they firſt come out, and the Sick will be troubled with an Excretion of Blood, either by the Urinary-paſſages, or by the Lungs, with a Cough, when the Blood rages with ſuch a violent Motion and Fury, cauſed by the Inflammation, that having broke through all, it ruſhes into the Cavities of the Body. And tho' the purple Spots in this Fever do not take their

riſe

rise from such an intense heat of the Blood, as that which causes such *Hæmorrhages*, yet notwithstanding they are produced by the same Inflammation, tho' in a less degree, and when there is not that Excretion of Blood, they are easily taken off by a cooling *Regimen*. But if they Conjecture there is Malignity in the Case, not only from the purple Spots, but also because they have observed, that the Symptoms of the Fever have been sometimes milder than may seem to agree with the Nature of it, and yet that the Patient was more weakened than could be expected in the time he has been ill: I answer, that all these things proceed only from hence, *viz.* For that Nature being as it were oppressed, and vanquished by the first assault of the Disease; is not able to raise regular Symptoms, and such as are agreeable to the Greatness of the Disease, but all the *Phænomena* are wholly irregular; for the Animal Oeconomy being disturbed, and as it were dejected, the Fever on that account is depressed, which according to the genuine Course of Nature used to be high. Of which, I remember, I saw a notable Experiment many years ago, in a young man to whom I was called; for tho' he seemed almost dying, yet the heat in the external parts of the Body felt so temperate upon touching, that the Standers-by would not believe me, when I affirmed, he had a Fever, which by reason of the Oppression of the Blood (by whose bulk it was kept in, and as it were choaked) could not extricate and shew it self openly: But that if they let him Blood they should presently perceive the Fever high enough; a Vein being opened, and a pretty deal of Blood taken away, the Fever broke out, which was as violent as any I ever saw, and did not go off, till Bleeding had been used three or four times.

But if the Arguments I have produced are not so considerable, as to prove the thing certainly to be, as I say, yet if I find by Experience, that this Fever does not go off easily by Evacuations, made by Sweat, I have what I seek for; for no man can tell by arguing, but by experience, what kind of Fever can, and ought to be cured by Sweats, and what by other Evacuations. And truly no wise man, who has sufficiently considered the Nature of Men and things, can implicitly believe the Opinion of any man; how great soever he be, concerning those things that are meer Speculations, and cannot be determined by any certain

Experi-

Experiment ; for he ought to conſider, that the moments of reaſon are ſo very various and ſubtile, that when any one has propoſed a Speculation, ſo eſtabliſhed by firm Reaſons, that he forces the Aſſent of all that are near him ; preſently another ſucceeds him, endowed perchance with better parts, who confutes that Opinion which was ſo fairly ſetled, and clearly proves by a ſtronger force of Argument, that that was nothing but a Fiction of the Brain, for as much as not the leaſt Footſteps of it are to be found in Nature ; and in the room of it Subſtitutes a certain new *Hypotheſis* more probable than the former, and more neatly contrived, yet this latter Fiction undergoes the ſame fate with the former, when ſome third Perſon oppoſes, who as much exceeds the ſecond in Ingenuity as he did the firſt ; and ſo there will be no end, till at length we come to him, who is arrived at the top of humane Ingenuity ; and how hard it is to find this man, and to know him from others, any one will preſently perceive, who is not ſo very mad as to arrogate this Praiſe to himſelf. For as we may Conjecture, that there are almoſt infinite Natures in the illuſtrious Orbs, here and there ſcattered through the Firmament of the Univerſe, endowed with far more excellent Underſtandings than weak man ; ſo we do not certainly know whether mankinds Brain, the Shop of the thoughts, be not ſo formed by Nature, that they cannot find ſo well what is abſolutely true, as what is moſt convenient and ſuitable to their Natures. And ſo much may be ſufficient to be ſpoken to thoſe, who in Phyſick truſt more to vain Speculations than to Experience, built upon the Teſtimony of the Senſes.

But if any one ſhould here object, and ſay, Do not we ſee *De facto*, that this Fever is very often cured by a method quite contrary to this you deliver ? I anſwer, That the cure of the Diſeaſe, which only the recovery of a Patient now and then Witneſſes for, wholly differs from the cure of the ſame, by that method of Practice, which is confirmed by more Recoveries of the Sick, and all other practical *Phænomena*, that happen in the Cure of it. For inſtance in the Small-pox, many who have been tormented with the cruel uſe of a hot *Regimen*, and Remedies have yet recovered ; and on the contrary, they have done very well, whoſe Cure has been performed

by

by a method quite contrary. Now how ſhall we end this ſtriſe, which method is to be preferred? Why truly, by this means we ſhall certainly judge: Namely, if I have found in the former method, that the more I have heated the Sick, the more I have raiſed and promoted the Fever, Reſtleſsneſs, the *Delirium*, and other Symptoms: And on the contrary, if it appears, that when he has been moderately cooled, his Temperament is ſo much the more Sedate, and he is the leſs vexed with the Fever, and other Symptoms. Moreover, that by keeping the due Temper of the Muſcular parts, which beſt ſuits with the increaſe, and Maturation of the Puſtles, they are bigger and more filled, than if the Patient were ſuffocated with too great heat. The Caſe being thus ſtated, I ſuppoſe it is evident enough, which method of Practice we ought rather to follow. In like manner, if I find in the Fever I now treat of, that the more the Sick is heated, the more he is inclined, not only to a Frenſie, purple Spots, *Petechiæ*, and the like; but that it is moreover on that account, encompaſſed with irregular, and Enormous Symptoms of all ſorts; and on the other hand, if I obſerve another Patient treated by the method we now propoſe, wholly freed from theſe Symptoms, reaſon dictates that the latter method of Practice, is much to be preferred before the other, tho' both Patients recover by ſuch different means: But if more eſcape Death by this way than the other, the Intricacy of the Controverſie is ſo much the eaſier found out: But I muſt not judge of this, leſt I ſhould favour my own Opinion too much.

And ſo much for this kind of Fever; how long it will continue I know not; I am apt to believe, that it is ſome ſpirituous, and ſubtle beginning of that Depuratory Fever, which is now antiquated, and which the dreadful Plague followed. There are indeed ſome *Phænomena*, which ſomewhat induce me to believe this; for not only intermitting Fevers properly ſo called, eſpecially Quartans ſtill remain here and there, but alſo ſome of theſe continual Fevers turned to Agues ſometimes, eſpecially this Autumn, to ſay nothing of the Exacerbations in this Fever mentioned above, that reſemble in ſome manner the Fits of Agues. Moreover, for that thoſe that have this Diſ-

caſe, are very inclinable to Vomiting, yet I do not pretend to any certainty in this matter, becauſe I do not know after what manner the Depuratory Fever began, as I ſaid in my Book of acute Diſeaſes, *Sect. 1ſt. Chap. 3d.* in theſe words. But how long the foreſaid continual Fever has prevailed, I cannot tell; for it has been enough for me hitherto to attend on the general Symptoms of Fevers; becauſe I do not as yet underſtand how to diſtinguiſh them according to the various Diſpoſitions of years, or the various Seaſons of the ſame year.

Of the Putrid Fever coming upon the Flux-Pox.

SEeing my old and declining Age, and the Diſeaſes with which I have ſo long conflicted, may not perchance afford hereafter an opportunity to publiſh ſome late Obſervations, that I have made (tho' too late in my Life) concerning the Secundary Fever, that comes upon the Flux-pox; I ſuppoſe it will not be amiſs to add them here, though they no whit relate to the Diſeaſe I have now been treating of.

I have long ago ſhewn in another place, how great the difference is between the diſtinct and confluent Small-pox; to wit, in this, that he that has the diſtinct kind, ſcarce wants the help of Phyſick, and grows well of his own accord, by the aſſiſtance of Nature, unleſs he chance to indulge Sweat continually in Bed, from the beginning: For as I have noted elſewhere heretofore, he that has the diſtinct Small-pox, promiſes much to himſelf, when he ſweats freely; for he hopes, that by this means the Venom of the Diſeaſe will be expelled thro' the Pores of the Skin, and therefore thinks it highly reaſonable to promote the Sweat, as much as poſſibly he can by Cordials, and a hot *Regimen*: And he is the more encouraged to proceed in this method, becauſe at firſt he Fanſies ſome relief by it, and beſides it is agreeable to the erroneous Opinion of the Standers-by; but at length thoſe Particles being Eliminated by Sweat, which ſhould have ſerved to elevate the Puſtles, and to ſwell the Face; on the Eighth day, the Face which ought

to

to have been ſwelled, and inflamed between the Puſtles, on the contrary appears flaccid, and white: yet the Puſtles continue red and elevated, even when the Patient is dead; and the Sweat which flowed freely to this day, now ceaſes of a ſudden of its own accord, neither can it be raiſed again by the hotteſt Cordials. The Sick is taken Light-headed of a ſudden; with Anxity, violent Sickneſs, and Reſtleſsneſs; he makes water often, but little at a time; and in the ſpace of a very few hours, fruſtrates the Expectation of his Friends, and repairs to his long home. Whereas this very Perſon had recovered without any danger of Life, if he had only committed the Matter to Nature, without putting himſelf under any other *Regimen*.

But in the Flux-pox the Caſe is very different: For tho' theſe (unleſs Eruption of Blood, through the Lungs, or Urinary-paſſages, happen at the beginning) neither terrifie the By-ſtanders, nor bring the Sick into any danger of Life, for the firſt days of the Diſeaſe; yet afterwards, in thoſe days towards the end of the Diſeaſe, in which I have heretofore warned you, that the Patient was in the greateſt danger, he is ſuddenly reduced to ſuch Streights, that it is equally uncertain, whether he will live or die.

In the number of theſe I reckon the Eleventh (if you compute from the firſt approach of the Diſeaſe) to wit, in the leaſt crude, but moſt common ſort of Flux-pox; the Fourteenth in the cruder; but the Seventeenth in the crudeſt ſort, which are every where obvious, tho' ſometimes, but rarely, the Patient does not die before the Twenty firſt day; the Puſtles being ſo dry and cruſted, to that time, and as it were ſo impacted into the fleſh, eſpecially in the Face, that they by no means can be brought to Separation. But on the Eleventh day, the Patient moſt commonly ſeems firſt to be endangered, a violent Fever, Reſtleſsneſs, and other Symptoms invading together; which betoken that Death is near at hand, by which the Patient is moſt commonly conquered, if he be not ſuccoured by Art: But if he be not vanquiſhed by the Diſeaſe on this day, the two latter which we have mentioned, are yet to be feared: For all the time between the Eleventh day, and the Seventeenth, he

is daily vexed with a tireſome Fit of Reſtleſsneſs towards Evening; and Death is egged on, *Vi & Armis*. Moreover I have ſhewn, that this is the cauſe of the greater or leſſer impending danger, in theſe kind of Small-pox; to wit, for that in the diſtinct ſort, the *Phlegmons* or Tumours, with Inflammation (of which ſort are Puſtles, when they are firſt elevated) are all fewer, and by conſequence, but a ſmall quantity of *Pus* is conveyed into the Blood, in its circular Motion, when they begin to ripen; and ſo there is no fear upon this account, that the Fever ſhould riſe too high, for Nature is eaſily able to reſtrain the impreſſions made upon the Blood by ſo ſmall a quantity of Matter: But when in the Flux ſort the whole Body is covered with *Phlegmons*, which afterwards turns into ſo many Abſceſſes, ſo great a quantity of Matter, in the days before mentioned (in which the Puſtles by the guidance of Nature, for the moſt part obtain their height, or juſt Maturity) is brought by the Veins into the Bloud; and alſo ſo great a quantity of putrid Vapours creeps into it, from the whole Superficies of the Body, now, as it were, ſuppurated every where; ſo that the Fever occaſioned by this means, wholly oppreſſes the ſtrength of Nature, and ſo at length the Patient is deſtroyed: Partly by the Fever, and partly by the Venom which infects the Maſs of Blood. Wherefore, ſeeing the ſafety of the Patient depends ſo much on the Paucity of the Small-pox, and danger on the contrary, from the fulneſs of them, Reaſon dictates, and alſo Senſe, which is common to all; that therefore it is the Duty of a skilful Phyſician, not violently to drive out the variolous Matter, at the beginning of the Diſeaſe by hot Cordials, and a hot *Regimen*, by which means there would be too great an Aſſimulation of the *Morbifick* Matter contained in the Blood, and the whole Subſtance of the Body would be turned, as it were, to a Fomes of the Diſeaſe; but he ſhould rather uſe his utmoſt Endeavours in ſuppreſſing ſo enormous and ſubtile an Inflammation: To wit above all, by taking Blood from the Arm, if there be the leſt Suſpicion (either becauſe the Patient is in the flower of his Age, or becauſe the Blood has been inflamed by ſtrong Liquors, or upon account of violent Pains of ſome part of the Body; or

Laſtly,

Laſtly, from vehement Vomiting) that the Small-pox juſt a coming out, will Flux; and afterwards a Vomit is proper for the ſame. And ſeeing nothing heats the Patient ſo much, and for that cauſe ſo much promotes too copious an Aſſimulation of the variolous Matter, as the Patient's lying continually in Bed, I always keep him from it a-days, till the Sixth day from the firſt Invaſion, or the fourth from the Eruption of the Puſtles; at which time the whole Troop of them are come out. Afterwards I commit him to Bed, till the end of the Diſeaſe; but I do not allow he ſhould have more or thicker Cloathes on, or Fire in his Chamber, than he uſed to have when he was well: In the mean while I permit him the free uſe of Small-beer, and other cooling Liquors, which are moſt grateful to the Patient. But for as much as, notwithſtanding, even in the moſt temperate *Regimen*, the Patient will frequently fall into heats, *Deliriums*, and Reſtleſsneſs, I preſcribe an *Anodyne* every Night; but a little earlier than is uſual, becauſe in this Diſeaſe there is, as it were, a certain Paroxiſm, or Exacerbation of heat and Reſtleſsneſs, almoſt daily about Evening. This method now delivered, is moſt commodious, both to prevent a great number of Small-pox, (from whence the Patient is in greateſt danger, as I have mentioned above) and alſo to further their increaſe, now they are all come out, and afterwards their due Maturation.

But (which is truly to be lamented, for as much as they who are in the flower of their Age, chiefly die of this Diſeaſe) the Patient is very often ſeized with a violent Fever, together with Suffocation and great Reſtleſsneſs, on the Eleventh day, as is uſual, or ſome other of thoſe days, which I have reckoned moſt fatal in the various kinds of Flux-pox (tho' till then he may be in no great danger) and contrary to Expectation, dies ſuddenly; both theſe aids which we have mentioned before, and all others; which the medical Art has hitherto found out, ſignifying nothing, his Friends being wonderfully aſtoniſhed, who juſt before had great hopes of his Recovery. The Phyſician will labour earneſtly to vanquiſh this ſudden *impetus* of the Diſeaſe, when before he has done all he could to prevent it; in order to

which it muſt ſeriouſly be conſidered, that the adventitious Fever, which on the Eleventh day ſeizes thoſe that have the Flux-pox, is a Diſeaſe quite different from the Small-pox, and that Fever which either preceded the Eruption of them, or is ſometimes occaſioned by the Inflammation of the *Phlegmons*, on the firſt days: For it is no other than a putrid Fever properly ſo called, taking its riſe from putrefying Particles, and poyſonous Puſtles, now come to Maturity, and as I ſaid, ſucked again into the Blood; by whoſe noxious, and inimical quality to Nature, the Patient is at the ſame time poyſoned, and moleſted with the worſt of Fevers. Wherefore every prudent man will ſuppoſe, that only thoſe things are proper Remedies in this Caſe, which are moſt powerful in ſubduing this Secundary Fever, which I call putrid; but nothing does this buſineſs more effectually than large Bleeding, by which means the vitious Particles that are the Fomes of the Diſeaſe, are baniſhed from the Blood. Neither does the Small-pox, if I am able to judge, conſidering the State they are now in, any whit oppoſe this Practice; for the Puſtles cannot be ſtruck in by any means: For if the Patient ſhould die at this time of the Diſeaſe, and the Body laid in the cold Earth; yet the Puſtles being cruſted ſo hard, could neither retreat within the Skin, nor be leſſened in bulk; and truly, we have not now to do with the Small-pox, but wholly with another Diſeaſe, *viz.* a putrid Fever. And for theſe Reaſons I have uſed ſucceſsfully the following method, which I have found ſince I publiſhed my laſt Obſervations of the Small-pox; and truly except this I know no other, neither can I imagine by what means the Patient can be ſo certainly relieved: Therefore when he is reduced to ſuch Streights, that by reaſon of the unuſual violence of the Symptoms, he ſeems juſt about to expire, unleſs he be preſently relieved, in this Caſe I ſay, whether it be the Eleventh day, or ſome other after it, ten or twelve Ounces of Blood is preſently to be taken away from that Arm, in which the Puſtles being feweſt, the Vein is moſt commodiouſly opened: For tho' *Paregoricks*, and keeping from Bed a-days, may ſuffice without Letting-blood, at the beginning of the Diſeaſe, to quell the Fury and Paroxiſm, which moſt commonly

monly invades in the Evening, yet in these days of the Secundary Fever, we cannot safely trust in any thing else but large Bleeding, by which alone, the Fury, at this time raging, may be safely quieted; at Evening an *Anodyne* is to be taken, as before, in a large Dose (to which we now fly as to a Sanctuary) and so afterwards Morning, and Evening, and sometimes oftner: For we must diligently observe, that in some the Fury is so heightened above-measure, that even a very large Dose of the *Anodyne* cannot tame, nor indeed stop its violence, before the space of twelve hours; in which Case it is absolutely necessary, that the said Dose be repeated every Eighth or Sixth hour.

And whereas it often happens at the latter end of the Disease, partly from the Nature of it, and partly from the great force of the *Anodynes*, whose help the method of Cure plainly required, that the Patients Body is so bound, that then he is almost suffocated, and the Fever so heightened, that he is in a desperate Condition; in this difficulty we must use a suitable Remedy: And the Case standing thus, there is much less danger to the Patient in taking a Lenitive purge, than from the Fever, much heightened by the Retention of the Excrements. I have prescribed very successfully one Ounce and an half of *Lenitive Electuary*, dissolved in four Ounces of some small distilled water; for instance, of *Cichory*, or *Aqua Lactis Alexit*. Which draught, tho' it may not operate so soon as it is wont, by reason the Belly is usually bound in this Disease, as also upon the account of the long use of *Hypnoticks*, yet if it be given in the Morning, it most commonly works before Night; but if it does not, yet the *Paregorick* is to be given in the Evening; and indeed sooner, notwithstanding the Purge, if great Inquietude, or some considerable Sickness threatens danger, lest the Patient, being destitute of this help, dies while we wait for the working of the Medicine. Neither will the Patient receive any damage from so gentle a Purge, if it do not work at all. If therefore it do not answer your Desires the first day, let it be repeated the day following, which assisting the former Dose, seldom fails the Physician. But if he suppose that it has purged away so much of the filth on the first day, as is sufficient for

the preſent, and the Patient begins to be better afterwards, the other Doſe may be deferred to another time. And after this manner, both bleeding and purging may be repeated by Intervals, as the Condition of the Fever, and the Reſtleſsneſs of the Patient ſeem to require them, till at length he is out of danger: But as to purging I deſire it may be ſeriouſly minded (leſt the mentioning of it ſhould do much more hurt than good) that the Patient is not to be purged, till the latter end of the Diſeaſe, *viz.* till the thirteenth day, or after; nor then unleſs the Blood were diminiſhed, at the time when the Secundary Fever invaded.

But that I may uſe my utmoſt endeavour to finiſh Practice in this Diſeaſe; I will propoſe ſome few things concerning ſpitting of Blood, and of bloody Urin coming upon the Small-pox, both theſe *Hæmorrhagies*, as I have noted heretofore come at the beginning of the Diſeaſe, before the Puſtles break out, or if they ſhew themſelves in ſome places; yet in moſt other places they lie thick under the Skin, and are of that kind, which would Flux moſt, unleſs the ſaid Symptom put an end to the Diſeaſe by the Death of the Patient, the purple Spots in the mean while, beſiege the Superficies of the Body, and threaten a dreadful Event. But tho' theſe Spots may be taken away, by attemperating duly the Blood, yet both the bloody Urine, and the violent Eruption of Blood from the Lungs, were certainly wont to forerun Death. But this dreadful difficulty may be alſo overcome, and the Sick may be put out of danger. For this Symptom ariſing from a violent Inflammation of the Blood, and the Tenuity of it, thoſe Remedies which attemperate the Blood, and alſo renders it leſs fluent, by their Aſtringent, and thickening Virtue, ſtop theſe *Hæmorrhagies* excellently well; wherefore after bleeding freely once, let a *Paregorick* be given: As,

Take Erratick Poppy-water two Ounces, of Liquid Laudanum *ſixteen Drops, of diſtilled Vinegar three Drams, of* Diacodium *half an Ounce.* Mingle them and make a draught.

After-

Afterwards the following, or the like must be prescribed.

Take of the Troches of Lemnian *Earth, and of* Bole-armenick, *each one Dram, of sealed Earth, Blood-stone, Dragons-blood, and Red-coral prepared, each half a Dram, of Mastick, and Gum Arabick, each one Scruple. Mingle them, and make a fine Powder; let him take half a Dram every third hour, in one spoonful of Syrup of Comfrey, drinking upon it four or five spoonfuls of the following Julep.*

Take of the Waters of Plantain, and Oak-buds, each three Ounces, of Cinnamon-water hordeated two Ounces, of Syrup of dryed Roses one Ounce, of Spirit of Vitriol a sufficient quantity, to make it a little Acid.

In the mean time, give the *Paregorick* above described every Night.

Emulsions also of the four greater Cold-seeds, with Seeds of white Poppies do a great deal of good.

But when the *Hæmorrhage* ceases, all the rest must be managed through the Course of this Disease, as is proposed in the Chapter of the Small-pox.

Before I conclude, I will add this, *viz.* as often as I prescribe some Drops of *Liquid Laudanum*, I mean that *Laudanum* of my own Description, the Preparation of which is to be had in my Book of acute Diseases, in the Chapter of a *Dysentery*; and I would have that *Diacodium* which is made of fourteen Ounces of the Heads of white Poppies, well dryed, and (after Maceration for twenty four hours, in eight Pints of Fountain-water) sufficiently boyled, then very strongly expressed, and to the strained Liquor, are added twenty four Ounces of Sugar; and afterwards 'its boyled to a Syrup: For I judge these two Preparations to be the best of their kind, especially the *Diacodium*, whereof one Ounce is more Efficacious than two of the other; in which the Poppie Heads are used green; the Liquor is not so strongly pressed out, and instead of the black, Heads of *Erratick* Poppies, which have little Virtue in them, make up so great a part.

There-

Therefore when I am not ſatisfied concerning the ſtrength of either of theſe *Paregoricks*, inſtead of them I am wont to preſcribe a Grain and a half, or two Grains of ſolid *London Laudanum*, diſſolved in ſome proper water, by which means I ſecure my ſelf from any miſtake, and provide for the welfare of the Patient.

Of a Bloody-Urine from a Stone in the Kidneys.

THo' it may ſeem raſh and imprudent to publiſh an Obſervation whereof I have had only Experience in my ſelf, yet I ſuppoſe no juſt Perſon will be angry with me (who have been ſo much, and ſo long troubled with a Bloody-Urin occaſioned by the Stone in the Kidneys) for Commiſerating thoſe that are afflicted with the ſame Diſeaſe, and for diſcovering thoſe Medicines that have eaſed me, tho' they are vulgar and of little eſteem.

In the Year 1660. the Gout ſeiz'd me more violently, and continued longer than ever before, and when upon this account I lay 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 tho' rarely in my right, and when I recovered from the Gout, the Pain in the Kidneys remain'd, which made me fear the Stone, tho' the Pain was not at all acute, but tolerable enough; for I had not yet had a *Nephritick* Fit; which is accompanied with violent Pain, ſtretching it ſelf through the paſſage of the *Ureters*, towards the Bladder, and with violent Vomiting. But tho' theſe Signs of the Stone in the Kidneys did not appear, yet I had good reaſon to believe, that I had a large Stone in the Kidneys, which did not occaſion the foreſaid Symptoms, becauſe it was too large to paſs into the paſſage of the *Ureters*, 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 walked much, and a long time, I immediately made water mixed with Blood, and ſo I did, as often as I walked much, or rode in a Coach in paved Streets, tho' the Horſes went gently: But this did not befall me, how far ſoever I travelled in great Rodes,

that

that are not paved, the Urin that I voided then, tho' it looked terrible, as I rendred it, almoſt like pure Blood, yet ſoon after it was limped, 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 at the Arm, and after general Purges I uſed cooling, and incraſſating Medicines, of various kinds, and a Diet agreeable to theſe things, and carefully avoided Acid, 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 expelled by Steel-waters; at length I left off all hopes of doing any good by them, and eſpecially, becauſe I had found that ſome old men of my Acquaintance had haſtened their end by attempting in vain, to cure this Diſeaſe by ſuch Remedies; wherefore I reſolved to try no farther, only to prevent this Diſeaſe by avoiding as much as I could the Motion of the Body: But conſidering at length, how wonderfully ſome praiſe the *Lithontriptick* Virtue of the Seed of the Aſh-tree, I imagined that if the Seed of it had ſo much Virtue, it was very probable, that the *Manna* of the Aſh ſhould have much more, that as the excellent *Botaniſt*, Mr. *Ray*, and many other Writers ſay, not being Airy Honey, or Heavenly Dew, but rather a Liquor ſweating out of the Leaves, the Trunk, and the Branches of the Aſh-trees in *Calabria*, the Truth whereof was confirmed to Mr. *Ray*, when he travelled in *Italy*, by a Learned Phyſician, who often gathered *Manna* from the Branches and Leaves, when they were exactly covered with Linnen Cloaths. See *Ray*'s Catalogue of Engliſh Plants. Therefore being about to make the Experiment, I drank two Ounces and an half of *Manna* diſſolved in a quart of Whey; ſwallowing now and then a little of the juice of Limons, while I was Purging, to quicken it, which uſually works ſlowly, and to make it more pleaſant to the Stomach, it can ſcarce be imagined how much eaſe I received, about the Region of the Reins, by the uſe of this Remedy; for tho' before they did not always ake, yet they were affected with a heavy and troubleſome Pain, and becauſe the Succeſs was ſo good, I took the ſame Purge on a ſet day once a Week, for ſome Months, and after every

every Purge I plainly found my ſelf better, and could bear the ſhaking of a Coach, when it went faſt, and was indeed quite freed from this Symptom till the laſt Spring, at the approach whereof, having been miſerably afflicted with the Gout, all the foregoing Winter, and having lived without Exerciſe more than I uſed to do, by reaſon of my unfitneſs for Motion, the Bloody-Urine returned again, and now I doubted, whether I ſhould betake my ſelf again to Purging, becauſe of late years, the whole Subſtance of my Body being turned as it were into the Fomes of the Gout, the gentleſt Purge did moſt certainly occaſion a Fit of the Gout. At length I conſidered, that if I gave an *Anodyne* every Night after purging to quell the Tumult, the Purge had raiſed, I might ſafely reſume my old method of taking *Manna* once a Week; therefore in the Morning I took two Ounces, and an half of *Manna* in a quart of Whey, and in the Evening ſixteen Drops of *Liquid Laudanum*, in Small-Beer, repeating the *Manna*, and *Laudanum*, in the ſaid manner, twice a week, for three weeks; afterwards I uſed the *Manna* only once a week, the filth of the Humours, being ſo plentifully diſcharged by the Purge, that the Gout was not much to be feared, and my reaſon telling me, That if the *Manna* was indued with any Faculty, that is diſſolving, or any other way *Lithontriptick*, to be ſure, the Virtue and Efficacy of the Remedy, I truſted in, wou'd be ſomewhat leſſened, by ſuch an Aſtringent Medicine as *Laudanum* is; and therefore I thought it beſt to omit the *Anodyne*, ſeeing I purged only once a week. I continued this method for ſome Months, always Purging of the ſame day of the Week, nor would I break this Cuſtom upon any account whatever, tho' the Pain of the Back abated after the firſt Doſe of this Remedy, as formerly; yet ſoon after repeated Purges made the Gout appear, threatening War ſometimes in the Limbs, and ſometimes, in the Bowels; but *Laudanum* ſtrongly repreſſed 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-Urin, and to leſſen ſomewhat of the Matter that occaſions the Stone, which anſwered according to my Deſire. This bleeding vaniſhing from the time I firſt publiſhed this Treatiſe; and therefore I

quite

quite left off the *Manna*; therefore as to Purging, if there is a Bloody-Urin, and if *Manna* be only used according to the method above delivered, I must retract my Opinion, which I published concerning the Gout, *viz.* that it is no way fit, that People subject to the Gout should be purged, either at the beginning, Declination, or the Intervals of the Fits.

——Nec si Miserum fortuna Sinonem
Finxit, vanum etiam Mendacemque improba finget.

For then it did not come into my mind, that the Fit occasioned by the Purge could be restrained by giving an *Anodyne* at Night; yet with respect only to the Gout, all Evacuations do much hurt, and therefore are not to be admitted, unless the foresaid Symptom requires the use of them.

I will add these things concerning the *Regimen*, and manner of Diet, which seem proper for those that are troubled with either of these Diseases; for I would by no means pass by any thing, that may be of use to such as are afflicted with the same Disease as 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.) I drink somewhat more than a quarter of a Pint of Canary-wine, presently after Dinner every day, 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 business will permit, 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 Julep I may cool and dilute the hot and Acrid juices lodged in the Kidneys, whereby the Stone is occasioned; 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 hopp'd is smoother and softer, and so fitter to carry off the Stone from the Kidneys, yet that which is hopp'd, upon the account

count of the *Stiptick* Quality, which the Hops impart to it, is not ſo apt to occaſion ſandy and ſtony Matter; as that which not hopp'd, the Subſtance whereof is more Viſcous and Slimy, I take care to go to Bed early, eſpecially in the Winter, than which nothing is better to perfect Concoction, and to preſerve the Form and Order, which duly belongs to Nature; whereas on the contrary, Night-works leſſen all the Concoctions of old men, that are afflicted with any Chronical Diſeaſe, and dangerouſly wound their vital Principle, and to prevent a Bloody Urin, 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 my Return, if I have been abroad a pretty while, whereby I ſecure my ſelf very well from the Bloody-Urin. But as to the Gout, I will add this one thing, of late years, by reaſon of ſome Errours about the ſix Non-naturals, the Gouty-matter ſometimes ſtrikes in, the Signs whereof are violent Sickneſs with Vomiting, and ſome Pain of the Belly, but the Limbs are ſuddenly freed from Pain, and more fit for Motion, than is uſual, in this Caſe I drink a Gallon of Poſſet-drink, and as ſoon as it is all caſt up, 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 ſeveral times reſcued my ſelf from imminent Death.

Tho' perchance it may ſeem ridiculous (eſpecially for one, who's being well or dead is ſcarce worth minding,) to make ſuch frequent mention of himſelf, yet theſe things are ſaid, to the intent others may be benefitted thereby, whoſe Lives, or Health are of greater moment, or value.

Laſtly it is to be noted, into what great danger ſome that are afflicted with the Gout, and Stone caſt themſelves, by taking unadviſedly *Manna* diſſolved in purging Mineral-waters; for tho', when it is taken this way, it works quicker, and is not ſo nauſeous; yet the ſmall Conveniencies cannot equal an Injury occaſioned by the waters, on another account; for if the Stone in the Kidneys is ſo large, that it cannot paſs through the paſſage

of

of the *Ureters* into the Bladder, these waters most commonly, occasion a Fit, which to the great hazard of the Patients Life, continues till the Stone returns into the *Pelvis*, nor can the Sick safely venture upon Steel-waters, unless he can first certainly know, that the Stone is not so large, but that it may either find, or make a way thro' the *Ureters*, which so far as I understand, can be known only certainly this way, *viz.* if before he having been seized 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 generally does not go off till the Stone is thrust down into the Bladder. When the Case is so, no Remedy is more effectual, either to prevent the increase of small Stones, or to drive them from the Reins, as drink freely of Steel-waters a long while every Summer.

But because it frequently happens, that one is seized with a *Nephritick* Fit, where these Mineral-waters are not to be procured, or when the Season of the Year is not favourable for drinking of them; in this Case you must proceed in this short method, without any greater *Apparatus* of Medicines: If the Sick is of a Sanguine Constitution, and not ancient, ten Ounces of Blood must be first taken from the Arm of the same side, with the affected Kidney; afterwards, a Gallon of Posset-drink must be presently taken, wherein two Ounces of the Roots of *Marsh-mallows* has been boyled, and the following Glister must be injected.

Take of the Roots of Marsh-mallows, and Lillies, each one Ounce, of the Leaves of Mallows, Pellitory of the Wall, and Bears-breech; and of the Flowers of Camomile, each one handful, of the Seeds of Flax, and Fenugreek, each half an Ounce. Boyl them in a sufficient quantity of water, to a Pint and an half in the strained Liquor, dissolve of brown Sugar, and Syrup of Marsh-mallows, each two Ounces, mingle them, make a Glister.

When

When the Patient has rendred all by Vomit, and when the Gliſter has done working, a large Doſe of *Liquid Laudanum* muſt be given, *viz.* twenty five Drops, or fifteen, or ſixteen Grains of *Matthews*'s Pill.

But old Men worn out by ſome Chronical Diſeaſe, and old Women inclined to Vapours, (eſpecially if at the beginning they void a black and ſandy Urin) muſt not bleed: But as to other things they muſt proceed wholly according to the method now delivered.

But to return to the Stone when it is large, the buſineſs in hand; if the *Nephritick* Perſon was never ſeized with a Fit of the Stone, that being too large to fall out of the *Pelvis*, *Chalybeat* waters cannot be uſed, for Reaſons above-mentioned, without preſent danger, nor is the uſe of Mineral-waters 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 leſſened, that it is much to be feared, that ſuch a quantity of water may quite 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, who's Bodies have been much broken by this Diſeaſe, have been killed by theſe waters.

And this is in a manner the Sum of all, which I have hitherto known concerning the Cure of Diſeaſes, *viz.* to the 29th. of *September*, 1686.

F I N I S.

Advertiſement.

EXcellent purging Pills prepared by John Pechey, *are to be Sold at his Houſe, at the* Angel *and* Crown *in* Baſing-Lane, London. *They cure the Scurvy, the moſt reigning Diſeaſe in this Kingdom; they purge the Head, Breaſt, Stomach, and Reins, and cleanſe the Blood, and are a very proper Purge for thoſe that cannot confine themſelves, when they want Purging, but are forced to go abroad about their buſineſs. The Price of each Box is one Shilling Sixpence, with Directions for uſe.*