

An essay on chronical diseases, the methods of cure: and ... the medicinal waters of Bath and Bristol / [John Wynter].

Contributors

Wynter, John, 1699-

Publication/Creation

London : W. Innys & J. Leake, 1728.

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F. F. M. BROWNE, *M.D.*

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A N
E S S A Y
O N
Chronical DISEASES,
T H E
METHODS *of* CURE;
And herein, more fully, Of the
M E D I C I N A L W A T E R S
O F
B A T H and *B R I S T O L*,
Their Several
V I R T U E S *and* D I F F E R E N C E S.

*Difficile est propriè communia dicere : túque
Rectius Iliacum carmen deducis in Actus,
Quàm si proferres ignota, indictaque primus.*
Horat. de Arte Poeticâ.

By *John Wynter*, M. B. è Coll. Christi Cantab.

The SECOND EDITION.

L O N D O N :

Printed for WILLIAM INNYS at the West-End of
St. Paul's ; and JAMES LEAKE at Bath.

M, DCC. XXVIII.

THE HISTORY OF THE
WELSH CHURCH
FROM THE FIRST
SETTLING OF THE
WELSH IN THE
ISLAND OF GREAT
BRITAIN TO THE
PRESENT TIME
BY
J. H. WELLS
OF
THE
WELSH CHURCH
OF GREAT BRITAIN
AND IRELAND
IN TWO VOLUMES
VOL. I.
LONDON
PRINTED BY
JOHN WELLS
AT THE
WELSH CHURCH
OF GREAT BRITAIN
AND IRELAND
1841





TO THE

Most Noble and Potent PRINCE,

J O H N,

Duke of MONTAGU, &c.

*Doctor of Physick, and Fellow of
the College of Physicians.*

My LORD!



THE signal Honour
Your Grace has done
our Faculty in becom-
ing a Member of it, demands a
more peculiar Regard from its

DEDICATION.

Professors towards You, apart from that, which is due to a Person of Your Grace's Quality, and polite Learning.

It is with Pleasure I have observed the Orators of the College in their anniversary Commemoration-Speeches, seldom forget to testify their Sense of the Honour You have done their Society in particular.

The Intent of this Essay, is to instruct the *Chronical* Patient (in some measure) in the Methods of doing Good to himself, or, at least, to help him to form
a Judg-

DEDICATION.

a Judgment of the Skill and Integrity of his Physician : A Design so ingenuous, is what, from Your innate Love of Candour, cannot but meet Your Grace's Approbation ; and, if the Execution does not keep Pace with the Design, I have done well to court so powerful a Patronage and Protection.

Your Grace's high Birth, and good Qualities (the usual Theme of Dedicators) are sufficiently known to the World already : Your whole Life and Deportment, are the greatest Proofs, and strongest Instances, of Your
Virtue :

DEDICATION.

Virtue : I am too little acquainted with Your Grace, to be able to do You any Sort of Justice in *Panegyric*, and too well, to attempt to *flatter* You. I am, with the most profound Respect,

My LORD!

Your Grace's most Dutiful,

Bath, June
18. 1725.

and most Obedient,

Humble Servant,

John Wynter.



P R E F A C E

T O T H E

Unprejudiced READERS.



Think it necessary for the World to be informed, That, about Seven Years ago, Dr. Friend, from whose Goodness and Humanity alone, I am ready to own, I have received all the Knowledge I have attain'd in Physick, advised me to write a Comparison betwixt the Mineral-Waters of Bath, and those of Bristol, which I only thought of cursorily, whilst I remained in England, and when Abroad, not at all.

The Leisure I had to compile these Papers, was so far like that great Man's, that I had no Recourse to Books; having wrote all (except the 4th and 7th Chapters) on Board a Ship, in my Passage from Jamaica, in about 4 Weeks; for there were many Days, in which I could not write,

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write, by Reason of the bad Weather, and great Seas, and more from my ill State of Health, and dim Sight, which was, at that Time, exceedingly impaired, both by the Heat of the Country, and the severe Treatment I met with in it.

It was, I well remember, the Doctor's Instruction (upon my assuring him, it was much more to my Ease to write in Latin) to deliver my Thoughts in English, and in as plain a Manner, as possible : And that, no doubt, with very good Reason; that it might be of general Use to our Country-men ; for I do not pretend here, I have greatly informed the few able Persons of our Fraternity, who were, probably, apprized of All I have advanced, long before ; And those that are prejudiced to Truth in general, or me in particular, I shall not attempt to instruct, since much greater Men have had the Misfortune to fail in the like Undertaking.

According to the Doctor's Advice, which I always highly esteemed, I have not only avoided all Terms of Art, as much as may be (when the Subject is not entirely Physical, and of little Consequence for any to under-

understand, except the Practitioners) but I also have dropp'd the speculative Part (or Rationale) on the immediate Causes of Distempers, and the exact Changes they produce in the human Body. This I did for Two Reasons, That I might not talk an unintelligible Jargon to my sick Reader; and, Because (to confess my Ignorance) I cannot yet comprehend the Generality of Authors, who have attempted this Subject. The Archæus and Gas of some, the Salino-Sulphureous, the Acid, Bilious Salts of others, convey just the same Ideas to my Apprehension, and prove all of them equally instructive.

Had not I been, by my learned Master, early forbid the Use of Hypothesis, I might have taught the exact Figure of every morbidic Particle in each Chronical Disease; and then, as wisely, have shewn, how adequately the Particles contained in the Bath, or Bristol Waters, were adapted either to the gentle Reduction of them to a proper and salutiferous Form, or to their intire Destruction, and Elimination from the Body.

But the Doctor's timely Precautions, quite banish'd all Thoughts of so agreeable an Enterprize, robb'd the Reader of a

most exquisite Entertainment, and me of an Opportunity of shewing my Invention.

To those Writers then, who have founded their Speculation on mechanical, demonstrable, unaltering Principles, I am proud to have been oblig'd, but to none more than Dr. Pitcairne, upon whose Assertion, quoted p. 30. *Est enim vitæ conservandæ, &c.* I have built my Distinction between Chronical Diseases, between the hot and cool Regimen, betwixt Bitters, Steel, and Bath Waters, and Egg-Shells, Milk, and Bristol Waters: In a Word, what Experience, and Matter of Fact furnished, I have delivered truly, plainly, and in a Language understood by those, whose Health I wish and endeavour.

I have been informed, both by Horace, and other Persons of Judgment, that it is, without Dispute, the most advisable Thing a Person, that designs to write, can do, to search out for some old Plan to be his Pattern: This holds more strongly in Physick, than in any other Science whatever: Were the *Exemplaria Græca nocturna versata manu, &c.* we should not see so many crude Rhapsodies of the
Moderns,

Moderns, formed upon no Model, suited to no Style, stuffed with Receipts, born, dead, and forgot, in the Space of One Year.

Dr. Friend, I observe, has taken the true Method; his Commentaries on the First and Third Books of the Epidemics, are a fine Instance of his Sagacity in these Matters.

In distant, and humble Imitation of whom, I have chosen to revive the Cyclus Metasyn-criticus of the Methodists; which Terms, as far as I can learn, need some Explanation.

This Metasyncritical Circle, 'tis true, none of the Moderns have taken Notice of, except Prosper Alpinus, D. le Clerc, and Dr. Friend, who, in p. 124. History of Physick, has mentioned it with so much Exactness, as makes it evident, he understood the full Force and Extent of the Words; and his Business being there, to prove Alexander not to have been of the Sect of the Methodists, he says, ' Besides, ' Alexander never so much as mentions the ' great Distinction, which the Methodists ' made of Diseases; never once alludes to ' the Resumptive or Metasyncritical Circle, ' the Diatriton, &c. which they are so full ' of; an infallible Proof of his not being
[a 2] *' of*

' of this Sect. ' I find then, this Metasyncritical Circle, was significant of a Practice of the Methodists, who, by the Force of Hellebore, to evacuate, and to fetch off the morbid Flesh, and afterwards, by Alteratives, proper Diet chiefly, Exercise, &c. to bring on sound and new, used to cure Chronical Diseases; which, give me Leave to say, are, at this Day, not so well understood, nor so judiciously treated, as are Acute. C'étoit ce renouvellement de Chair, que les Methodiques se propoisoient, lorsqu'ils employoient la Metasyncrise, & c'est par cette Raison, que Cœlius Aurelianus traduit ce mot de Metasyncrise, par celui de Recorporation, & qu'il appelle les Remedes Metasyncritiques, des Remedes Recorporatiffs c'est à dire, qui sont propres à faire un Corps tout nouveau; says M. le Clerc, p. 487. nouvelle Edition.

I heartily wish Cœlius had not written so barbarous Latin, as to have discouraged most from reading him, and made this Discourse necessary: It was, I own, with some Difficulty, I could bear him at first; the Ionick of Aretæus, the polite Latin of Celsus, and Friend, are, no doubt, more agreeable;

agreeable ; but, as tedious as it was, I do not repent my Labour, nor can I forbear joining with Jo. Conradus Amman, the last Editor of Cœlius, in his * *Wishes*, That the modern Physicians had this *Recorporation*, or thorough Change of a diseased Habit, into a State of Health, more at Heart ; since, without it, *Chronical Diseases* are not to be so cured, but that the Patient is in Danger of a Relapse ; says he.

I proceed to declare myself an Admirer of the Dieteticks and Methodists, though a Slave to no Sect, nullius addictus jurare in Verba Magistri ; and will here farther explain my Sentiments, which are strongly hinted, and easily inferred from what I have delivered in Chap. III. by the Authority of Galen, concerning the different Qualities Milk may acquire from the different Pasture of the Animal.

If Medicines then, separately, have a great Share in the Cure of Chronical Dis-

* Utinam hodiernis Medicis hæc *Recorporatio*, seu Habitûs morbosî in sanum mutatio, magis cordi esset : sine eâ enim morbi *Chronici* vix sunt sine *Recidivæ* metu curabiles, *Præfat. in Cœl. Aurel. Edit. Amstel.*

eases, and, if Diet alone has yet a greater, which the most prejudiced, and self-interested, cannot but allow, what Success might we not expect from Medicine, and Diet, so blended and united, as to become one and the same Thing? This may be procured by regulating the Food of almost any Animal, and drinking its Milk: To confirm this Truth, I need not use Arguments, it carries its own Conviction: I refer my Reader to Galen's Discourse, De Perfectione Lactis quod apud Tabias habetur: And that he may not be at any farther Trouble in turning over more Authors, I will transcribe a Passage to the Purpose, from my Favourite Coelius, 'Quapropter
' magis ex caprâ, quæ Lentisci Pascuâ, vel
' murtæ, aut rubi, aut vitis foliis, vel
' Quercûs, aut salicis, vel Hederæ, aut
' Terebinthi, aut Herbæ calicarîs, vel Poly-
' gonii, aut Plantaginis, & horum simili-
' um fuerit nutrita, erit Lac accipiendum:
' confluit enim constrictiva Qualitas Her-
' barum in Lactis Qualitatem.' He goes on to prove, That the Milk partakes of the Quality of the Herbs, by saying, That it often happens, that the Goats browse on
Scam-

P R E F A C E. xv

Scammony and Hellebore, and then the Milk becomes purgative; and the same Thing, we all know, befalls Children, whose Nurses have taken a Purge.

This Scheme, how beneficial soever it may prove to Mankind, and how invidious to me, I assume not to myself the Glory of inventing: I am no more than the Reviver, and have, therefore (considering how few have tasted the Antients) annexed the Chapter of Galen, which gave Birth to these Thoughts, in its Original Latin.

*Some, perhaps, may imagine, from the seeming Affinity of the Subject contained in these Papers, with a Book Dr. Cheyne has wrote, intituled, Of Health, and Long Life; from our residing in the same Town; and from my disapproving some Doctrines of his, in a former Treatise of the Gout; that I undertook this in Opposition to the Doctor. I solemnly declare, I had never heard of the Doctor's Book, 'till my Landing in England the 11th of March last; and, that I have never read 3 Pages in it to this Hour: But, by what I have heard, we are altogether different in our Subjects; The Doctor's is, if I am
rightly*

rightly informed, what we call, Prophylactic, or Preservative of Health; mine is intirely Therapeutic, or Curative of Diseases: And that, not having the Honour to be in the least known to the Doctor, nor intending, when I wrote, to reside at Bath, but in my former Place, Bristol, I could have no Personal Distate; and farther, Those Notions, wherein we agree, or disagree, must be altogether accidental.

No, on the contrary, I am very desirous to live as well with my Brethren, as they will allow me; I have as great a Regard for the Honour and Dignity of my Profession, as any Man living; as also for its Two present great Ornaments and Supports, Dr. Friend, and Dr. Mead; to whom I acknowledge the highest Obligations; and not a few to Dr. Towne.





A N
E S S A Y
O N
Chronical DISEASES.

CHAP. I.
*Of Chronical Diseases, and the Methods
of CURE.*



CUTE Diseases, says Dr. Sydenham, ' have the Gods for their Authors, *Chronical* ourselves: but, with all due Defe-
rence to that great Man, the latter have too commonly a divine Original; for how often do we see the Small Pox leave internal Ulcers, and some Sort of Fevers, the

' *Dissert. Epistol. p. 334.*

Dropfy, or Jaundice? How frequently do Inflammations of the *Pleura*, or Lungs, occasion ² Abscesses in them, and those end in Consumptions? And Apoplexies seldom fail giving Birth to Palsies.

But farther, it is very usual for *Chronic* Diseases to beget their own Kind; thus we see Jaundice produce Dropfy, *Schirrhus* of the Liver, and *Cachexy*; which *Cachexy*, again brings forth Consumption (Φθίσις) *Colliquation*, (Συντήξις) or Dropfy: The Colic is often fruitful of Ulcers of the Guts, Dropfy, or Consumption. The Gout is frequently succeeded by Dropfy, and sometimes by *Asthma*, of which last *Metastasis* also, Dr. Sydenham takes Notice, p. 442, and says, It must be treated as a true *Peripneumony*; but this Succession is, by the divine ³ *Aretæus*, pronounced fatal.

² Qui à Pleuritide, vel Peripneumoniâ empyici fiunt, si à Ruptione, &c. *Hipp. Aphor. Sect. 5. Aphor. 15.*

³ *Aretæi de curat. diuturnorum affect. c. 10, 11, 17, 19. Edit. Henisch.*

There remains yet another Means of coming by *such* Diseases, which is by Right of Inheritance; They are, indeed, but a bad Legacy, but such a one, as the Heir cannot easily get rid of; none being so difficult of Cure, as these, if not too often incurable: But these Diseases we sometimes bring into the World with us, without any Obligation to our Parents, and then they do not reside in the Fluids, but are the Effect of the præternatural Structure of some Organ, or solid Part, call'd by some, *Morbi Organici*; & *Morbi malæ conformationis*.

Some of these are found peculiar to this, or that Country only, called *Endemic*, as the Platting of the Hair to the *Poles*, nam'd *Plica Polonum*: A Sort of Colic to the Inhabitants of *Poictou*, and the *West-Indies*, by ⁴ *Riverius* stil'd *Colica Pictonum*, and by the *Americans*, *Dry-*

⁴ P. 130. *De Doloris Colici Curatione.*

Belly-Ach: The Scurvy and Consumption, are said to be the Growth of *England*, *Holland*, and the more *Northern* Climates, though I have seen a true and legitimate Consumption, according to *Lommius's* Description of it, p. 117. in the Hospital at *Madera*, which lies in the Latitude of 32. And the ⁵ Inhabitants of *Caria* and *Alexandria*, were much afflicted with the Gout.

The remote Causes of *Chronical* Diseases, are, no doubt, *Inactivity* and *Intemperance*: And ⁶ *Celsus* well remarks, the *Romans* to have been strong and healthy, 'till they learnt from other Nations (*Greece* mostly) *Sloth* and *Luxury*.

⁵ Item per aliquas probatur frequentare Regiones, ut Cariam, & Alexandriam Ægypti vicinam, *Cæli. Aurel. p. 558. de Arthritide.*

⁶ *Præfat. p. 2.* Plerumque tamen eam bonam contigisse ob bonos mores, quos neque Desidia, neque Luxuria vitiaverant. Siquidem hæc duo Corpora, prius in Græciâ, deinde apud Nos affligerunt.

Poverty, or, to speak more politely, Low-Life, has this to recommend it, that, as it is subject to fewer *Chronic* Diseases; the necessary Labour and Exercise of the Poor keeping them healthy; so 'tis an Observation, that a much greater Number, *cæteris paribus*, of *Chronic* Patients recover in the Hospitals, than elsewhere; and that from very deplorable, and almost desperate, Cases: The Reason is, because they are *there* kept close to a certain Regimen, and have not wherewithal to purchase such Things, as would assuredly hurt them. The Privilege only of the Rich.

Ramazini, an *Italian*, has wrote a Book of the Diseases of Tradesmen, and with great Wit and Politeness, shewn the Distemper, to which a Man is more immediately, if not necessarily, exposed by his Employment; and thinks it might become a very proper Question for a Physician to ask his Patient, What Occupation he is of? But be that as it will, I shall
only

only remark here, that that Person is subject to most Diseases, who has least to do, and has not any Calling to employ him : Hence we so seldom see a Man perfectly idle, or very good-natur'd, cur'd of any considerable *Chronical* Disease.

Chronical Diseases may be divided into those that affect the whole Body, and such as are confin'd to some one Part of it ; and again, into those that are internal, external, or both, of which Sort are the King's Evil, Leprosy, Pox, and Scurvy : These, no doubt, first corrupt the Blood and Juices, and, gaining greater Strength, push themselves forward to the Surface of the Body. Young Persons are more liable to Acute Diseases ; *Chronical* seldom seize People 'till after Forty, unless they are hereditary, or the Persons take a great deal of Pains to hasten their Access. Men are more exposed to these Diseases than Women, who are rarely attack'd 'till after the natural Suppression of their *Menses*, about Five-and-forty, unless from a præternatural *Defect*, or *Excess* of them.

The

The Seasons of the Year, in which *Chronical* Diseases flourish most, are *Autumn* and *Winter*.

What Notions the Ancients entertain'd of *Chronical* Diseases, may be gather'd from a very remarkable Passage in ⁷ *Cælius Aurelianus*, an *African*, about the Time of *Galen*, some think. He says,
 ' That no one had treated of the Cure
 ' of *Chronical* Diseases particularly and
 ' methodically, before *Themison*: Some
 ' wholly pass'd them by, as judging them
 ' incurable; some were of Opinion, they
 ' belonged to the Office of the *Aliptæ*,
 ' or *Anointers* (of whom I shall have
 ' Occasion to speak in the Chapter of
 ' *Exercise*) and others, as *Erasistratus*,
 ' and *Asclepiades*, have sometimes men-
 ' tioned them cursorily in their Discourses
 ' on other Diseases. But *Themison* wrote
 ' Three Books of *Chronic* Distempers.'

⁷ *Præfat. ad Morbos Chronicos, p. 268.*

From what has been said, the Reasons of the Difficulty, and Length of Time requisite to *their* Cure, may, in Part, be gathered. We are not to imagine, that Diseases, which we have been a long Time contracting, and have taken such deep Root, will be charm'd away, or cur'd in an Instant: *Longo Tempore sanantur, quæ longo Tempore contracta sunt Vitia*, says *Baccius*⁸: We must allow, at least, as long a Space for the Cure, as was employ'd in the Pursuit. It is much easier to injure and impair a good Constitution, than to mend and repair it, when so hurt; and Persons born of healthful and temperate Parents, often bring into the World such a Stock of Vigor and Strength, as puts them to no small Pains to get the better of.

Another Cause of the Difficulty of curing *Chronic* Cases, arises from this; That

⁸ *Lib. 2. cap. 10.*

there is (for the most Part) but little Assistance to be expected from Nature, which is too often exceedingly debilitated, grown effete, and languid, before we think it Time to apply to the Physician ; and, indeed, most People come to him, as to a Magician, and expect to be cur'd of that in a few Weeks, perhaps Days, which has cost them more Years to procure. Nature, we see, is very often the sole Determiner of *Acute Diseases*, is a *constant* Guide to the judicious Professor, who, by his Skill, assists and directs all her Efforts and Endeavours to a sudden and perfect Cure. This requires great Quickness and Sagacity, and is not attained by many : But, in the Cases before us, we must, as it were, raise the Lifeless, make new Organs, give fresh Elasticity to the containing, or solid Parts, and an intire Change to the Fluids : These, therefore, require sound Judgment, great Vigilance, and Circumspection in the Physician, to observe the slow Advances of Nature, which, not unlike the Growth of Plants, are almost insensible ; that so, from Time to Time, he may by

Art assist her Progress in the properest Manner, and let no Opportunity slip of relieving his Patient.

But the great and chief Reason of the Time generally required to the Removal of such Diseases, is, That as they are seldom put an End to by ⁹ Nature, or Chance, so neither are they to be removed by some *One* Application or Remedy, but by the joint Concurrence, and united Forces of several; each of which must be ranked in proper Order and Time, in such a Manner, as to afford mutual Aid and Assistance to each other, and not occasion Disorder and Confusion: Those, of which I shall more particularly treat, do not merely depend on each other, but, by their Union, become of far greater

⁹ *Cæ. Aurel. Præfat. ad morbos Chronicos, p. 267.* Chronicae autem, vel tardæ Passionis morbi, qui jam Præjudicio quodam Corpora possederint, Solius medici Peritiam poscunt, cum neque Naturâ, neque Fortunâ solvantur.

Force and Efficacy, than when separate, and unasssembled.

The first that appears, is Medicine, in all its various Forms: most of which, I shall pass over in Silence, and speak of it only, as it is either *Evacuant*, or *Alterative*; that is, as it discharges somewhat from, or corrects somewhat in, the human Body.

The usual Evacuations in *Chronic* Diseases, are procur'd by Salivation, Vomits, and Purges; but these Two latter are not so much depended on for a Cure, as design'd to cleanse the Stomach and Guts, for the more speedy and unmix'd Conveyance of the other; these are to make Way for the more successful Introduction of the Alteratives or Correctors, which are, no doubt, of very great Use; but too soon become nauseous to the Sight, and Taste of the Patient; and by their Continuation, not only breed such Satiety and Loathing, as impairs both Appetite and Digestion; but intirely lose their Effects on the Body.

dy. ' We see, *says my Lord Verulam*,
 ' Poisons become innocent to some Sto-
 ' machs from a continued Use of them ;
 ' why, then, should we wonder, if some
 ' salutary Things lose their beneficial and
 ' healing Qualities, by a long Habit of
 ' taking them ?'

These Difficulties put us under the Ne-
 cessity of calling on our Allies, and desiring
 them to furnish their *Quota*, which they
 never fail to do. The chief of these, and
 of which I intend to discourse, are, 1. *Mi-
 neral-Waters*. 2. Proper *Diet*. 3. *Ex-
 ercise*. 4. Wholsome *Air*, and *Change* of
Climate. 5. *Setons* and *Issues*. Of each
 I shall speak in their Order: In which
Mineral-Waters, as the most useful, claim
 the Precedence,

' Sic videmus res noxias *assuetudine* evadere in
 noxias ; ut venenum, cui conficiendo parem non-
 nulli Stomachum habent ex usu continuo. Quarè
 haud mirum, si salutaria quædam consuetudine
 deperdant vim auxiliatricem, *Baconi Opera*.
Pag. 772.

These

These are the Methods, to which Persons afflicted with most *Chronical* Diseases, must conform : These are the positive and practical Prescripts, which the Patient must resolve to observe, if he expects a Cure : None of them grievous, not even on the first Onset ; but daily fitting him for the Use of some other : From these, judiciously varied, can arise no Satiety, and with these, a sick Man must be extremely delighted, who sees himself hereby deliver'd from taking Quantities of Medicine.

But there remains another negative Direction, which he may not so well approve ; and that is, the intire Abstinence from whatsoever gave Birth and Continuance to his Disease, be it never so agreeable ; and it is not easy, we know, for old and intimate Friends to part, without some Reluctance.

This is the great Hardship ; this the mighty Severity ; but it is wonderful, People

ple will take less Pains to recover Health, than they do to destroy it.

From what I have laid down, I hope, no one will be affrighted at the Difficulties mentioned, much less despair; but let it have this Effect on every *Chronic* Patient, to make him apply ² early to a Method of Cure, before, by its Continuance, the Disease has got so strong Hold of him, as to oblige him to the Use of *Mineral-Waters*, and the Observance of the Regimen before mentioned.

² Et acutus quidem, quò vetustior est, longus autem, quò *recentior*, eò faciliùs curatur, *Celsi Lib. 3. c. 1. p. 112.*





CHAP. II.

Of MINERAL-WATERS;

*And herein more fully of BATH and
BRISTOL-WATERS, their several
Virtues and Differences.*

IT is found by daily Experience,
that such Remedies as are prepar'd
from Minerals, and Mineral-like
Substances (*mineralibus finitima*) are the
most prevalent and efficacious in *Chroni-
cal* Diseases; and the Chymists have been
good-natur'd enough, to supply us with
great Variety of Preparations from Iron,
Tin, Antimony, Quick-Silver, Sulphur,
&c. These, say some, have this Advan-
tage above the Animal and Vegetable, as
they are of greater Specific Gravity, by
Means of which, they not only prove *de-
obstruent*,

obstruent, that is, force open all Obstructions in the Glands, but so attenuate the Blood, as to occasion a more free and quick Circulation.

Whatever the Manner of their Operation be, and how much Benefit soever we may promise ourselves from their Use, we find our Patients soon grow tir'd of them, and their Stomach often unable to receive, or, at least, to retain them.

And now we are glad to fly to such Remedies, as have the Force, without the Form, of Medicine. Can any Thing be more agreeable News to a Patient, than to be informed, he may at once both gratify his Palate, and get rid of his Disease, by the Use of such Waters, as will convey the same Mineral into his Blood, as was, perhaps, the Basis, or chief Ingredient of his Electuary? and this in so elegant a Manner, as to offend neither his Sight, Smell, Taste, or Stomach?

So admirably impregnated, so exquisitely mixt, are Medicinal Waters, so vast the Difference betwixt the Productions of God and Man, the Preparations of Nature, and those of Art ! Indeed we may as well imagine Painting, and Statuary, to come up to Nature and Life, as to expect human Compositions of Minerals to equal those of Divine Original.

But here I would not be understood, as if I asserted, the Use of Medicines to be unnecessary either before, or even in the Course of Drinking such Waters : I only design to shew the ³ Preference of
D them

³ Attamen si sanguis usque adeo effectus fuerit, tantaque proinde Spirituum *Ἀταξία*, ut Chalybs præscriptâ Methodo usurpatus Malo evincendo par non sit, adeundæ aquæ minerales aliquæ *Ferri* minerâ saturæ. Harum enim Virtus tum ob insignem Quantitatem qua hauriuntur, tum etiam ob earundem cum Naturâ Convenientiam, *intimius* sanguini permiscetur, & *potentius* morbos expugnat, quàm Ferrum, quocunque demum
‘ artificio

them at all Times, and the absolute ⁴ Necessity of them in many Circumstances.

Mineral Waters then, are such, as, in their Passage through the Earth, have imbib'd the Particles of some one, or more Minerals, (or Mineral-kind) in such a Degree, as to produce some sensible Effect on the Human Body, and contracted some Quality, which they had not before.

Their Composition is of Two Parts, the Mineral Substance, or the Spirituous, and Vital Part; and the Elemental, serving for a Vehicle to such Substance: These Contents are so various, according to the different Veins of Minerals the Element passes through, that, in order to enumerate them, I must give a Catalogue of all the

^c *artificio nobilitatum, ut volunt Cinisflores im-*
^c *prudenteriores. Sydenh. Dissert. epistol. 378.*

⁴ *Et paulò post: ' Si ob contumaciam ejus hic*
^c *affectus ferreis aquis minùs cedat ad eundem sunt*
^c *aquæ calidæ Sulphuræ, quales sunt nostræ Batho-*
^c *nienses.'*

Minerals, and mineral Kinds, the Bowels of the Earth afford : But it being my Intention to treat only of such, as are of an healing and curative Faculty ; I shall name no more than Four ; all of which are plentifully found in our own Country : 1. The *Metalline*, as those that partake of Iron ; such are the Waters at *Tunbridge*. 2. *Saline*, such are the aluminous, and vitriolic, of which kind are the *Holt Wells*. 3. *Sulphur Waters*, as those at *Bath*. 4. Such as receive their Virtues from medicinal Earths, and Stones, as *Chalk*, *Lapis Calcareus*, *Calaminaris*, &c. of which the *Bristol Waters* (probably) consist.

I before hinted to You, that some Waters contained more than one of these Minerals, from which Variety of Mixtures arise their different Qualities and Effects.

Many have attempted to discover the Contents of Waters, by torturing them after various Manners ; but, I own, I am not the least informed, by any Chymical Experiment I could make myself, or find

delivered by all the Writers on this Subject, one only excepted.

Their Virtues cannot arise merely from such small Quantities of the spirituous Substance, as are always found by these Fire-Engineers; were it from thence, we could convey much more of the Mineral, so laboriously discovered, into the Blood, in less Time, and with greater Safety, than can be supposed to be done by so small a Dose, in so large, and disproportionate a Quantity of the Phlegmatick Part, or Vehicle: For the general Proportion betwixt the Contents and the Fluid, according to these Computors, never exceeds that of 1 to 255. (allowing 3ss. of the *Impregnans* to a Gallon of the *Impregnata*) and those Waters, which are over much saturated even with the best Minerals, become unfit for any internal Use whatever, much more for the effecting Cures.

I have said from what the prodigious Virtues of these Waters *cannot* proceed; and wish, I was Philosopher enough to
give

give You a satisfactory Account, from whence they *do* : But after just mentioning *Dilution*, I shall join with Dr. *Schroder*, who, though an excellent Chymist, ingenuously declares, ‘ the *Impossibility* of
 ‘ diving into their accurate Mixtures, and
 ‘ gives the Preference to *Experience*, as the
 ‘ only sure Way of becoming acquainted
 ‘ with their Virtues.’

These Waters again are different, according as the Particles they contain, are more *volatile*, or *fixt*. I own I should be best satisfied with the plain Division of them, into those that have a sensible Degree of Heat, called *Thermæles*, and such as have no Heat at all, called *Acidulæ* ; did not I foresee the Naming the Word *Heat*, would unavoidably involve me in new Difficulties.

‘ In quibus tamen, cum impossibile sit in accuratam earum devenire mixtionem, *Experientiæ* potiores Partes dandæ sunt, *Schrod. Pharmacop. Lib. 3. c. 3. p. 10.*

I am sensible, it will be expected, I should here give my Conjecture, if not demonstrate the Causes not only of the Heat, but of the different Degrees of it, found in different Waters; but I must here again confess my Incapacity, how illiterate soever I may appear. I am indeed the less concerned at my not knowing exactly the Cause of their Heat; because, by the Assistance of my old Intelligencer, Experience, I am convinc'd, their healing Qualities cannot consist in *that* only; for then it would follow, that the hottest would be the best, and most effectual. The Waters of *Bourbon*, *Aix*, and the Sulphur Water of *Jamaica* are sensibly as much hotter than those of *Bath*, as *Bath* Waters are, than those of *Bristol*: But surely no one will pretend, they are so good for *internal* Use, whatever Feats they may do, apply'd *externally*.


One Thing, I am persuaded, every one, who considers the Cause of Heat in general, will readily allow me; that those mineral

neral Waters, which are hot, must be impregnated with very volatile and active Particles; from whence I lay it down as a certain Axiom; That such Waters are always to be drunk *medicinally*; I mean by those, who stand in need of, and expect a *Cure* from them, at the *Fountain*: For they retain not their Spirit, after their Heat is extinguished: They may indeed so far conduce to Health in general, drunk at a Distance, as they prevent the Use of common Waters, and as they are better than they; since, if we believe *Hippocrates*, Waters have a great Share in the Preservation of Health, and the contrary; as may be amply seen in his Book *De Locis Aëre, & Aquis*.

Of the *Thermals*, or Waters having Heat, the Two most famous in our Island, are those of *Bath*, and *Bristol*, and have been for many Years, not without Reason.



SECTION I.

HE Mineral Waters of *BATH* have been in Use above 3000 Years, and are so notorious for the Cure of many *Chronical* Diseases, that they never can be said enough of. Concerning these, many learned Physicians have wrote largely, and shewn their *Contents*, and the efficient Causes of their *Heat*, according to the Philosophy in Fashion in their several Days. Hence it happens, that no Two are of the same Opinion; tho' all, no doubt, approv'd in their respective Times: For Natural Philosophy, 'till fix'd by our Sir *Isaac Newton*, on the sure Basis of Mathematicks, was a variable and modish Science. This also renders their Accounts so unsatisfactory to Us, whose Enquiries into Nature, that Prodigy of a Man has directed by certain and unchangeable Rules, by *Laws* that alter not.

Dr. *Turner*

Dr. *Turner* says, these Waters are impregnated with *Copper*, and *Sulphur*: Dr. *Jones* found not only those, but *Iron*, and some *Marchasite*: Dr. *Jordan* discovers *Bitumen*, *Nitre*, and a little *Sulphur*: Dr. *Venner*, *Sulphur*, *Bitumen*, and some *Nitre*; and no doubt each of these Gentlemen was exceedingly satisfied with his own Experiments. But at length there arose a more fruitful Genius, who, being clearer-sighted than his Predecessors, discovers *Nitre*, *Sulphur*, *Free-stone*, *Blue-Clay*, *Marle*, *Ochra*, *Bitumen*, *Iron*, and many more Principles, which, as I cannot comprehend, so I shall not transcribe, but refer the curious Trifler, to Cap. 3. *Guidott's Therm. Britann.*

This Diversity of Opinions, serves to shew the great Difficulty of gaining any certain Knowledge of the Contents of Mineral-Waters: And the Causes of their Heat, assigned by these Authors, being of the same Stamp, convinces us, that each suited his Principles to the then reigning Hypothesis, or form'd a new one of his

own, if that did not happen to tally with his Conceptions; and that the last Comer, as if mounted on the Shoulders of the rest, always had the Advantage of the Prospect.

But, as Nature is constantly most plain and simple in her Operations, I am much more enlightened by that ⁶ one easy Experiment, so judiciously apply'd to this Subject by Dr. *Cheyne*, who has, in a very few Pages, given us more Insight into the Nature and Quality of *Bath-Waters*, than all the more prolix Writers, that went before him; *Non enim Fumum ex fulgore, sed ex Fumo dedit Lucem.* From this Experiment, so like Truth at least, we learn not only the Cause of their Heat, but are informed, that these Waters are of the Kind, to be called *mixed*, as being impregnated with more than one Mineral, or Mineral-like Substance.

⁶ *Cheyne's* Observations concerning the Nature, and due Method of Treating the Gout, &c. p. 42, 43.

And what might we not expect from two *such*, as Steel and Sulphur, *so* united by the Hand of Nature, if properly applied, did not daily Experience, and our Senses give us the greatest Demonstrations of the Happiness of their Effects, and those so safe, so pleasant, and so quick, as to exceed all Belief, and the most sanguine Expectation?

But I proceed to speak of the Differences betwixt these Waters, and those of *Bristol*: And here I would willingly do strict Justice to both, with the utmost Impartiality: But since they can never prove Rivals, on the contrary, Friends; and, by Reason of their Vicinity, of mutual Good to each other, there can arise no Emulation, no Competition, much less Contention. Some, indeed, have endeavoured to raise the Repute of the one, by lessening and denying the other: But this Practice, so dishonest in itself, must fall to the Ground, after I have made it appear, That they are of Qualities and Effects *altogether*

E 2

different:

different : That where the one *is useful*, the other is *improper*, and therefore to be used in different Cases.

I shall likewise observe one Caution more, That I will not, with almost all the Writers that have gone before, make each Water to cure every Disease, and thereby render either suspected of having none ; when each has manifestly so many good Qualities.

Dr. *Guidot*, indeed, has made these Two Waters of one Kind, and then says, ‘ *Bristol Waters* cannot do the same as the ‘ *Bath*, as being impregnated with a far ‘ less Quantity of Salts, than they ; But ‘ drunk in greater Quantities, and for a

‘ *Thermæ igitur Bristolienſes iisdem cum Bathoniensibus ſalibus, minore tamen Proportionẽ, imbutæ omninò eadem cum Bathon. Thermis perficere non poſſunt, majore tamen Quantitate, & Temporis Spatio potæ effectus edunt à Bathoniensibus haud diſſimiles. Guid. Therm. Brit. p. 376.*

‘ longer

‘ longer Time, their Effects are not un-
 ‘ like those of the *Bath-Waters*.’

Who is there, that sees not, the Doctor has hereby, with great Address, render'd the *Bristol-Waters* of no Use at all ? for, Who would choose to drink more Water, or continue sick longer than need for ? But this Insinuation happens to be as false, as it is artful ; and indeed I cannot forbear applying the Character, a certain great Man gives Dr. *Morton's* Performances on another Subject to our Author. ‘⁸ He
 ‘ often wants Method, Clearness, and
 ‘ Judgment ; is tedious without Instru-
 ‘ cting ; and arguing, like the other,
 ‘ from chimerical Principles, draws not
 ‘ only trifling, but absurd, and wrong
 ‘ Conclusions.’

⁸ Sed ut liberè loquamur, nosti in illo Scriptore, quanquam de Variolis satis multa non sine Labore aliquo corraserit, haud rarò desiderari & Ordinem, & Perspicuitatem, & Judicium, &c. *Freindii Epistol. de purgant. p. 33.*

The learned Professor *Pitcairne* has laid it down as a certain Maxim, ‘⁹ That due ‘ Secretions from the Blood, and their ‘ proper Distributions, are as necessary to ‘ the Preservation of Life, as the Circulation itself; and that the *greatest* Part of ‘ *Diseases* take their Origin from the glandular Secretions being *too* much increas’d ‘ or diminish’d:’ Whether this Doctrine will hold in Acute, or Epidemic Diseases, the Cause of which, the Ancients ascribed to the Anger of the Gods; and the ‘¹ Wisest of the Moderns profess themselves ignorant of, I shall not enquire: But it seems to

‘⁹ Est enim Vitæ conservandæ non necessaria magis Circulatio Sanguinis, quàm plurium fluidorum ex ejus Penu secretio, & in diversas Partes Eliminatio: in cujus Secretionis *auctæ*, vel *imminutæ* vitio morborum maxima Pars quærenda. *Dissertat. de Circulat. Sanguinis per vasa minima.* p. 18.

‘¹ De Morbi causis, quæ fortasse nos latent, latebuntque semper, ne verbum quidem fecerit, *Freindii Epistol. ad Frewin.* p. 14.

be evident, That *Chronical* Diseases are owing to one or other of these Causes :

The Blood is sometimes too thin, and then too great a Quantity of its serous Part is separated either by the Glands of the Skin, Guts, or Kidneys ; as in *Colliquative Sweats*, *Fluxes of the Belly*, and *Diabetes* : The Blood grown too viscous, occasions *Obstructions* not only in its own Canals, but in the Glands, and then the *Secretions* are less than they should be in a State of Health ; and hence various *Maldies*.

Again, there is in some Cases too great *Fulness* (*Repletio*) : In others, *Deficiency of Blood* (*Inanitio*) ; both these interrupt due *Secretions*.

Bath-Waters, then, are beneficial, where the *Secretion* is *diminished* : *Bristol* when too much increased. *Bath* attenuates powerfully ; *Bristol* incrassates : *Bath* is spirituous and helps Defect ; *Bristol* is more cooling, and suppresses Plenitude, with its
Conse-

Consequences, Inflammation and Hæmorrhage : But more of this, when we come to declare the Virtues of the *Bristol-Waters*. The *Bath-Waters*, therefore, claim the right Hand in the Cure of the following Diseases : *Palsy*, *Convulsions* from *Inanition*, Want of *Appetite*, *Indigestion*, *Cholicks*, *Jaundices*, *Hypochondriac* and *Hysteric Affections*, *Arthritis Vaga*, or the flying or wandering *Gout*, Suppression of the *Menses*, and *Hæmorrhoids*, *Epilepsy*, *Cachexy*, *Sterility* in Women, *Leprosy*, and most *cutaneous* Diseases ; in such, as have no *Symptomatic Fever*, no *Inflammation* attending them ; and, in a Word, wherever the Parts are too much contracted, without Rupture ; or, as it is term'd, *Solutio Continui* : For in those Cases, by their great Spirit and Heat, they occasion *Hæmorrhages*, if drunk warm ; and, as I said before, to drink them cold, is not to drink them *Medicinally*.

The Methods of Using these Waters, as to Time and Quantity, are best left to the learned Physicians on the Spot, with
which

which this Place is always abundantly supplied.

These Waters again are so powerfully impregnated, as to do Wonders, *externally* applied, whether by total Immersion, Pumping, Stillicidium, or Fomentation, as in discussing Tumours, Palsy, Leprosy, some Diseases of Women, and others, well known to the judicious Artists residing there, who having considered the Age, the Constitution of the Patient, and all other Circumstances, that may lead him to an accurate Knowledge of the Case, is the only Person that can direct You rightly.

I beg Leave to observe, That *Bath-Waters* require a more exact Preparation of the Body, before we venture on them, and a stricter Regimen, when in the Course, than those of a less Degree of Heat, and Volatility : these will certainly do Harm, where they do not do Good, and are not to be trifled withal ; their Energy is great, and their Operations

incredibly sudden, which should be no small Comfort to the well-advised Sick : For this Reason a Person in perfect Health, coming thither, had much better forbear drinking them hot, except a very small Quantity in the Cool of the Morning, and fasting an Hour after, at least ; by which Means he will avoid some Inconveniences, and, probably, have the better Appetite to his Breakfast.

I can't forbear remarking one general Error ; which is, That all Mineral Waters are too frequently drunk in so large Draughts, and so great Quantities, as to become evacuant, and the Patient is never better pleas'd, than when his Waters pass well ; but I advise the Use of them in *small Portions*, and at *large Intervals*, that so they may not, by their own Weight, be hurried out of the Body through the Pores, or Kidneys ; but remaining first in the Stomach, and then in the Blood, a convenient Space, will much more effectually answer the Intent of an *Alterative* Course. One would imagine this Remark altogether

ther unnecessary : But, alas ! What Caution is sufficient ? Have not I seen even *Diuretics* mix'd with the Mineral Waters ? I scarce expect to be believed, and am at a Loss, where to fix the Ground of such Practice ; whether in their Ignorance, or somewhat worse.



SECTION II.



Come now to speak of the Medicinal Waters of *BRISTOL*, and their Vertues, which are, by no Means, so modern a Discovery ; nor is their Use of so late a Date, as is generally imagined. Dr. *Venner*, near Seventy Years ago, writes professedly of them, and recommends them *internally* in all the Diseases for which they are at this Time so deservedly celebrated, the *Diabetes* excepted, which was not known 'till near Thirty Years after. From the Doctor's so full a Knowledge of their Qualities, we

may infer, That they must have been in Repute and Use, long before ; though, indeed, in his Time, and some Years after, they were not so much frequented ; which might have been owing intirely to their inconvenient Situation, and Want of Accommodation, which have been but of late sufficiently remedied. The incomparable Dr. *Maplet*, the Ornament of his Age, in the Year 1665, confirms their Virtues in the *Stone* and *Gravel*, *Ulcers* of the *Kidneys* and *Bladder*, and adds their *external* Force in curing cancerous *Ulcers*, in a very short Time, which the Doctor thought incurable, by washing and fomenting them therewith : And in a Letter to the Dean of *Wells* 1669, he says, ‘² *Ad rupem Vincentianam tibi confugiendum esse arbitror, è quâ profiliunt aquæ Renibus, & vesicæ, sive calculosis, sive exulceratis succurrere, nec non sanguinis massam contemperare, & ab*

² *Guidot. Therm. Britan. p. 390.*

‘ *illâ segregandam Urinam lenire, &*
‘ *edulcorare aptæ natæ.* ’

Thus, you see, the Virtues of *Bristol-Waters*, and the several Diseases in which useful, were known to the *Learned* long ago ; But that they are at this Time so universally known ; so successfully administer’d ; that they are so much frequented by Persons of all Ranks in our own Kingdom, and in such Esteem Abroad, is owing to Dr. *Mead*, and Dr. *Lane*, who have so established their Reputation, that it seems of an equal Period with their own.

I find myself again obliged to retire to my old Sanctuary, *Experience* ; for it will be demanded, I should give an Account of the Contents, and Cause of Heat in these Waters ; and from thence, by an easy Hypothesis, deduce their Effects as a necessary and natural Consequence. But I had rather give the Assertions of others, than my own Conjectures, in Matters so abstruse and *recherches*.

³ Dr. *Venner* tells us, ‘ This Water
 ‘ receives its medicinal Faculties from *Sul-*
 ‘ *phur* and *Nitre*, and from both, but in
 ‘ a small Degree : He adds also, *Iron* ;
 ‘ from which he is persuaded, it has some
 ‘ Tincture, because a Patient of his, trou-
 ‘ bled with Gravel, and subject to Ob-
 ‘ struction in the Spleen, in the Use of
 ‘ it, voided black feculent Matter, by
 ‘ Stool. ’

⁴ Dr. *Guidot* says, ‘ Their Impregna-
 ‘ tion is from *Iron*, a small Proportion of
 ‘ a *Nitro-Sulphureous Salt*, and *Lime-*
 ‘ *stone* : He informs us, That they can
 ‘ have but very little of *Iron*, because
 ‘ they neither turn Purple with Galls, nor
 ‘ curdle Milk : ’ But what I am surprized
 at, is, how the Doctor came to find out,
 they had any Iron Particles at all, since
 they give not the least Sign of it, torture
 them as you will. ’

³ *Via recta ad Vitam longam*, p. 374.

⁴ *Therm. Britan.* p. 375.

I have taken the Courage now to add my Conjecture; which is, That if we may judge of their Contents from their Effects, which are exceedingly *deterfivè* and *healing*, they partake chiefly of *Chalk*, *Lapis Calcareus*, and *Calaminaris*, the Virtues of which are, we know, to dry, to cleanse, to *Incarn*, or fill Ulcers with *Flesh*, and *Cicatrize* them.

But whatever the Substances are, that impregnate them, it is plain, they are very subtile, and that there is but little *terrestrial* Part in them, from their specifick ^s Lightness above all other Waters, which is of itself so excellent a Quality, as by no Means to be over-looked; and also from Experiment, for after Evaporation, I found only 3iii. gr. ii. of the Mineral-like Substance in Five Gallons: and after

^s Quinetiam aquarum facultates animo reputare oportet: quemadmodum enim *gustū*, & *pondere*, ita & *facultate* singula plurimum differunt; *Hippoc. de locis Aëre & Aquis.*

Distil-

Distillation, no more than 3iss of a white Powder, like levigated Pearl : so that the highest Proportion the vital Part bears to the elemental, is as 7 to 6814 in each Quart.

But when we consider how agreeable to the Sight, Smell, and Taste ; how clear, pure, and soft they are ; their gentle Degree of Heat, so adapted to sundry Diseases ; we cannot but conclude, That these Waters have imbib'd some salutary Particles, in their Passage through the Earth ; and, from the many Cures yearly wrought by them, that they have an undoubted Title to a Place in the first Class of *Medicinal Waters*.

⁶ Nor is it necessary, that Medicinal Waters should contain so large a Quantity of the Particles they have imbib'd, as may be evident to our Senses ; For we know, by

⁶ *Robaulti Physica, Part 3. cap. 10. de Fontibus.*

Experiment, that *Regulus* of *Antimony* frequently macerated in Wine, loses nothing of its Weight, or Substance, though the Wine prove strongly emetick : In vain, therefore, do many Physicians erect Laboratories, and take great Pains to discover what that adventitious Matter is, which these Waters carry with them.

The Diseases in which *Bristol* Waters are more properly prescribed, are in internal *Hæmorrhages* and *Inflammations*, as Blood-spitting, Dysentery, and immoderate Flux of the *Menses*, purulent *Ulcers* of the *Viscera* : Hence in *Consumptions*, &c. *Dropsy*, *Scurvy* with Heat, called by ⁷ Dr. *Willis*, *Scorbutus-sulphureo-salinus*, *Stone*, *Gravel*, *Strangury*, ⁸ the Habitual *Gout*, that kind of *Rheumatism*, which ⁹ Dr. *Sydenham* terms scorbutick, *Diabe-*

⁷ *De Scorbuto, cap. 3. p. 147.*

⁸ *Vide Chap. VII.*

⁹ *P. 242, De Rheumatismo.*

tes, ¹ slow Fevers, Atrophy, Pox, Cancer, Gleet in both Sexes, and King's-Evil. In these Disorders, Bath-Waters are not simply improper, but hurtful; they rouse the too languid, and quicken the too lazy Circulation; These allay the Heat, and restrain the too rapid Motion of the Blood: Those invigorate the Phlegmatick; These attemperate the Cholerick Constitution. Bath-Waters seem to be dedicated to the Maladies of the Stomach, Guts and Nerves: Bristol, to those of the Lungs, Kidneys, and Bladder. Again, Bath-Waters are at Variance with a Milk Course; and Bristol never judiciously directed, but where *that* may be joined with Reason and Success. This is so great a Truth, that it holds even in the Diabetes, in which, Milk is of great Service, and prescribed as early as the Age of ² Aretæus, who, say the Learned, is at least as ancient as Galen: Though that this Disease was little

¹ Ἐν Πυρετοῖσι μακροῖσι, ἢ βληχεῖσι, παρὰ λόγον δὲ ἐκτετικόν. Hipp. Aphor. Sect. 5. 64.

² De Curat. diuturn. affect. cap. 13.

known to Antiquity, is certain, since it is not once mentioned by *Hippocrates*: ³ *Galen* says, He never saw it but twice; and *Rabbi Moses* affirms, The *Diabetes* is very seldom seen in the Western Parts of the World; but oftner in the Hot and Eastern Countries, insomuch, that in *Egypt*, in Ten Years Practice, he saw more than Twenty Patients of this kind; but we see a greater Number, almost every Year, in our Western World.

Perhaps some may be surprized, to find *Bristol* Waters prescribed in *Dropfies*, in which Authors order also those of *Bath*; but which of the Two, with best Judgment, is worth while to enquire. That diuretic and drying Medicines, are of great Service in this Disease, no one can doubt, that *Bristol* Waters have these Two Qualities in a greater Degree than the other, is also as evident: For which Reason, I should prefer the *Bristol* to *Bath*, in this

³ *De locis affectis, l. 6. c. 3.*

Instance, unless where it happens, as it too often does, that a *Jaundice* attends it; and here *Bath* claims the Precedence, from its great Efficacy in opening Obstructions of the *Viscera*, where there is no formidable Inflammation.

But there is another Question of more Importance, (*viz.*) Whether *Bristol Water* be *specific* in the *Diabetes*? A *specific* Remedy for each Disease, would prove in Physick, what finding the Longitude must in Navigation: We should go directly to the Cure, without the Circle of the *alterative* Course: But, at present, there is as little Probability of discovering the one, as the other: We know but one Specific, and but one Disease cur'd by it, unless I can prove *this* to be *such* in the *Diabetes*.

The ⁴ *Diabetes*, then, is defin'd to be the too quick, and large Excretion of
crude,

⁴ Quo morbo affecti inexplabili siti vexantur. Quare & exuberanter bibunt; & reddunt totum id,

crude, unalter'd, and sweet tasting Water, exceeding the Proportion of the Fluids taken into the Body, accompanied with intolerable Thirst : And a Specific Medicine, is that which cures a Disease, without promoting any *sensible* Evacuation.

Suppose, then, a Person labouring under Diabetes, void a given Quantity of *such* Urine (e. g. 4 or 5 Quarts in 24 Hours) let him drink as many of this Water, and he shall excrete less daily : From whence it is manifest, that it proves no *Evacuant* : Another Argument to prove it *Specific* is, That in this Instance, we need not observe the Rule I laid down of drinking *Mineral-Waters* in small Quantities, for 'tis Specific, and may be taken in as large Doses, as the Stomach will bear ; and this is no bad News to a Person dying with Thirst. In all other Disorders, where it acts by its contemperating, alterative,

id, quod biberunt, minimè à suâ Qualitate mutarum. *Galen. ibid.*

and

and healing Qualities, the Rule holds good :
A Third is, That we see, by daily Experiment, its Effect in Diabetes more quick and sudden, than in any other Distemper, the Patient being certain of a Cure in a very short Time.

The proper Seasons of drinking *Bath* and *Bristol-Waters*, are generally known. *Bath-Waters* may be drank, with Benefit, the whole Year ; I think best in the Cold, or at least, the cooler Months of *April*, *May*, *September*, and *October*. The *Bristol* are to be taken *medicinally*, only during the hotter Months, as from *April* to *September*.

I shall end this Chapter, with giving some General Advice in the Use of *Mineral-Waters* ; for no one can possibly judge of Particulars, but the Physician on the Spot.

First, I think it necessary, that a Patient, in a Water-drinking Course, do sometimes intermit, and forbear taking them

them for 4, 5, or 6 Days, lest they become too much of the Nature of Diet to him: This Intermiſſion, ſays my Lord *Verulam*, has the Force of Change. ‘*Edam mihi Intermiſſio cum mutatione eſt,*
‘*cum intermiſſa poſtmodum evadunt nova.*

Secondly, That, having once enter'd on his *Alterative* Regimen, he forbear *Evacuants*, but on urgent Occaſions. Indeed, the general Practice of Phyſicians, is Matter of Aſtoniſhment to me; who ſeem to aim at nothing, ſo much as to defer the Return of perfect Health, by undoing that in one Day, by the Help of an *Evacuant*, which has been the Work of many, through the *Alterative* Circle: And I am ſurprized, that the Learned Dr.⁶ *Cheyne* ſhould, amongſt the reſt, fall into this Error, p. 42. where he ſays,
‘ But beyond all other Things, a well
‘ order'd Courſe of *Bath-Waters*, with

⁵ P. 772.
Nature, &c.

⁶ *Observations concerning the*

Chaly-

‘ *Chalybeats*, and warm Bitters, and a
 ‘ frequent and regular Use of Stomach-
 ‘ Purgers, will be found to succeed best
 ‘ in *Gouty*, as well as other *Chronical*
 ‘ Cases.’ Dr. Sydenham, writing on the
 self-same Subject, has, in the most exten-
 sive and strong Terms, delivered an
Aphorism, directly forbidding not only
 Purgatives, but all Sorts of Evacuations,
 at this Juncture. ‘⁷ *Etenim hoc ut firmi-*
 ‘ *tèr retinendum, quod quoties cujuscun-*
 ‘ *que Morbi Curatio Remediis corrobo-*
 ‘ *rantibus innititur, Evacuationes, qua-*
 ‘ *lescunque eæ fuerint, efficiunt prorsus:*
 And, in ⁸ another Place, speaking of the
 Use of *Mineral-Waters*, he expresses him-
 self thus warmly. ‘ *Quod si ipsæ aquæ*
 ‘ *humores ac spiritus exagitando, turbā-*
 ‘ *dōque aditum sibi met ipsis præcludant,*
 ‘ *quò minùs faciliè transeant, videant illi,*
 ‘ *quàm importune agunt, qui Medicamenta*
 ‘ *purgativa per harum usum imperant,*
 ‘ *&c.*’

⁷ *Traëtat. de Podagrâ, p. 424.*

⁸ *Dissertat. Epistol. p. 379.*

Thirdly, That he drinks a Glass of his Waters every Night at going to Bed, and, if some have found so much Benefit by taking a Draught of common Water at this Time, why may we not expect greater from the like Practice? since, being taken at going to Rest, they are not only better distributed, but remain longer in the Blood, than when the Body is in an upright Posture, and in frequent Motion.





C H A P. III.

*Of proper Diet in Chronical Diseases, and
more particularly of Milk, as such.*



PHYSICK, says the incomparable
⁹ *Celsus*, ever since the Days of
Hippocrates, who, though he did
 not reject Philosophy with the *Empirics*,
 was the first that, disjoining the Study of
 Medicine from Philosophy in general, re-
 duced it to a distinct Science; has been
 divided into Three Parts, *Diet*, *Phar-*
macy, and *Surgery*.

But we seem, at present, to be so taken
 up with the other Two, as almost to

⁹ *Celsi Præfat.*

have forgot *Diet*, though not of the least Consequence; witness the memorable *Cor-naro*, a noble *Venetian*, who, by observing a certain Measure of his Meats and Drinks, lived in Health to above an Hundred.

Whosoever will give himself the Trouble to peruse the Ancients, will find them very copious and exact on this Head. The ¹ *Diatritos* of the *Methodists* (when they made their Patients abstain from all Nourishment the Two first Days, and the Third, gave them suitable Food:) the *Drimyphagia*, the *Mediæ materiæ cibi* (μεσσης βλης) the Two Sorts of Abstinence, of ² *Celsus*, the one, when the

¹ Cependant il consiste, par une infinité des Passages de *Cœlius Aurelianus*, qu'ils ne faisoient jeûner leurs malades que les deux premiers jours, & qu'ils les nourrissoient le troisièmè, *Le Clerc Histoire de la Medicine, Part 2. Lib. 4. Sect. 1. c. 7. Cœl. Aurelian. Passim.*

² *Lib. 2. c. 16. p. 92.* Abstinentiæ verò duo genera sunt; alterum, ubi nihil assumit æger: alterum, ubi non nisi quod oportet.

Sick takes nothing; the other, when he takes nothing but what he ought; are sufficient to give us a Taste of their Accuracy.

I shall not here direct a particular Regimen proper to each Disease; but you will easily believe me, when I tell you in general, it will be of little Service to have drunk a Quart of Medicinal Waters in the Morning, if you will swallow double the Quantity of Wine at Night: That your Wine should be, for the most Part, diluted with your Waters grown cold. That your Meats should be such, as are easy³ of Digestion, the Juices pretty well drained from them, plain, and not adulterated with high Sauces. It is, no doubt, a very good Rule to eat but of one Dish, by which Means only, some have lived to great Ages: But, I think, the less Quantity of Flesh we take, during the

³ Plurima masticatio durioris cibi, aut curiosè conditi, *Cæ. Aurel. p. 274.*

Cure of *Chronical* Diseases, the better :
And I should rather recommend Roots,
Shell-fish, Milk, and such farinaceous
Mixtures where Milk has its Part ; In a
Word, such Things as afford most Nou-
rishment from the smallest Quantities :
For a Debauch, or too gross a Meal, is to
feed the ⁴ Disease, and not the Patient ;
it is laying fresh Weight on Nature alrea-
dy jaded ; and, like him that walks on
Sand, you will lose more Ground, than
you gain.

I would not be understood, as if I
would have the Transition immediate, and
all at once, but by *gentle* ⁵ *Degrees*, let

⁴ Impura Corpora quò magis nutriveris, eò
magis lædes, *Hippoc. Aphor. Sect. 2. 10.*

⁵ Multum, & repentè evacuare, aut replere,
aut calefacere, aut frigefacere, aut omninò quo-
modocunque corpus movere, periculosum est ;
nam omnis multitudo (Καὶ γὰρ πᾶν τὸ πολὺ)
naturiæ contraria est ; quod verò *paulatim* (Κατ'
ὀλίγον) fit, tutum est, tùm aliàs, tùm *si ex altero*
ad alterum transitus fit, *Sect. 2. 51.*

the Diseased leave off his ill Habit of living, and conform to such, as will contribute not a little to the restoring his Health and Vigour; which, once renew'd, will make him ample Amends for his Self-Denial, and give him more Pleasure, than all the Gratifications of his Palate, or other Senses, can do. For Satisfaction, without Health, is a Contradiction in Terms.

But there are some Cases, which require yet a more exact Regimen, and reduce us to our first State of a Milk Diet: I shall mention here *Three* Maladies of the first Magnitude, in which this Course shews its Virtues, always relieves, and sometimes cures: *Cancer, Consumption,* and obstinate *Ulcers*, in a depending Part.

I would, by no means, be thought to set up for the perfect Cure of the first, which ⁶ *Hippocrates* has pronounced, and
our

⁶ Quibus occulti Cancri fiunt, eos non curare melius est, curati enim citò pereunt. Non Curati

our own Experience confirms to us, incurable. My Intent is answered, when I earnestly admonish, and advise all Persons, as soon as they know they have a *Cancer*, to forbear not only all Topical Applications, but Internal Medicines, especially such as are Mercurial ; Let them rather begin, where it is too customary to end, by having immediate Recourse to a Milk Diet, and *Bristol-Waters* ; by which Means alone, they will not only prolong their Lives for Years, but prevent, or, at least, procrastinate, its Ulceration, abate its Pain, and all the Train of melancholy Symptoms.

A true *Consumption*, has Three Periods, or Stages ; the Blood-spitting, when there is as yet only a Rupture of a Blood-Vessel in the Lungs : And now, If People thought it worth while to use the Milk Diet, and the Waters of *Bristol*,

rati verò longius Tempus perdurant, *Hippoc. Sect. 6. Aphor. 38.*

with

with proper Medicines, they might certainly prevent the ensuing Mischief, which is no less, than the Formation of Abscess, or Ulcer, in the Part, and denotes the Second Stage: This we know to be finished by the purulent Matter which the Phthical excrete with laborious Cough: But, if we delay not beyond the Beginning, even of this Period, by the fore-mentioned Method chiefly, we may expect not a Palliation merely, but a perfect Cure.

The Third Stage, made up of *Atrophy*, *Hectic Fever*, *Colliquitive Sweats*, and *Stools*, is stopp'd in its Career, the Symptoms mitigated, and Death arrested by a Milk-Diet, and *Bristol-Waters* constantly drank.

To prove their Efficacy in obstinate *Ulcers* in a depending Part, I shall give you the History of a Patient of mine, who having a sordid Ulcer, with *Sinus* in his Buttock close to the *Anus*, after the unsuccessful Use of purging, Mercurial
 * Vomits,

Vomits, Two or Three Salivations, the Decoction of *Guaiacum*, *Sarsaparilla*, &c. the testaceous and antiscorbutick Course, for near Two Years grew *hectic*, *emaciated* (*μαρασμώδης*) with *Symptomatic Sweats*, and *Diarrhæa*. I advised him instantly to a Milk-Diet, and *Bristol-Waters*: His Complaints abated daily, and, in Four or Five Months, we were obliged to keep open the Ulcer by Pease; the Man grew strong, fat, and of a florid Completion, and ⁶ resolves to continue the Course as long as he lives: Which Resolution, ⁷ Dr. *Sydenham* says, is absolutely necessary to those who once commence a Milk-Diet; but with what Reason, I cannot say. What makes this Instance the more remarkable is, that it happened in the Island of *Jamaica*, *Lat. 17*. which is much more noted for the Deaths, than the Recoveries of sick Persons.

⁶ *Richard Mill*, Esq; Receiver General of *Jamaica*.

⁷ *Tractat. de Podagrâ*, 422.

But what may we not hope for from the constant Use of a Liquor, whose Properties are to deterge, to cleanse, and to heal; yielding such a kind of Nourishment, as gives the Stomach no Trouble to digest, leaves few Recrements, or *Fæces*, to load the Guts; is already a sort of Chyle, and only wants a Change of Colour, to become Blood; such, as by its Accession, will not only rectify the old Mass, but render the Body more strong, and athletic, by far, than a grosser Food?

The Ancients were much more curious about their Milk, than we; and I cannot leave this Subject, without proposing a Method of improving Milk in Use amongst them: ⁸ It is by planting such Herbs and Shrubs,

* *Galen. Method. Med. Lib. 5. cap. 12. de Lactis.* Quod apud Tabias habetur, Perfectione. 'Quarto die post venit ad Tabias, usque est Lactis, quod & mirificam planè vim habet, nec
 ' sine

Shrubs, as are aromatic, vulnerary, and of known Force in the Cure of *Chronical* Diseases, and letting the Animal, the Milk whereof we drink, feed constantly on them: And who sees not, that by this Means, the Milk will not only partake of their sanative Qualities, but become more nutritious, gain a finer Taste and Flavour, and our Patient take Physick in the most agreeable Manner. Yet the *Greeks* were not so fond of Milk, but that the *Arabians*, their Apes, outdid them, insomuch, that *Avenzoar*, *Lib. 1. Tr. 9. De Melancholiâ*, prescribes it *externally*, by Way

‘ sine Causâ prædicatur. Atque hoc quidem
 ‘ alibi quoque arte præparare licebit, siquis in Colle
 ‘ modicè edito Herbas, fruticesque serat, qui *salubre*
 ‘ simul, adstringensque Lac. reddant. *Et l. 7. c. 6.*
 ‘ Quò verò Lac tale fiat, & idoneis nutrimen-
 ‘ tis alendum animal est, & exercitationibus ad-
 ‘ movendum, & pullus, siquem lactat, auferen-
 ‘ dus. Quòd autem ætatis quoque florentis esse
 ‘ debeat, id neminem latet. Curandum item,
 ‘ ut quàm optimè concoquat, contemptis vide-
 ‘ licet iis, qui, si asinis quoque victûs Rationem
 ‘ præscribemus, ridebunt.

of *Stillicidium*. His Words are, ‘*Conve-*
 ‘*niunt Perfusiones factæ ex Lacte, nam*
 ‘*vel animal emulgetur super suturam co-*
 ‘*ronalem, vel statim Lac emulctum super-*
 ‘*funditur Capiti derafo.*

If it be asked, The Milk of what Ani-
 mal is to be preferred? I answer, A Sto-
 mach that cannot bear the thicker, should
 begin either with Asses, or Mares Milk,
 which he can get most conveniently.
 Goats Milk affords more Nourishment in
 a smaller Quantity, is of good Flavour,
 and, diluted with Water, agrees with the
 weakest Stomach. But let me give the
 poor Patient this Comfort, That, if his
 Cow has sweet Herbage, good Water,
 and feeds on hilly Ground, she will give
 as wholsom and efficacious Diet, as any
 Animal whatever.

The learned Philosopher the Lord ²
Verulam, prefers Cows Milk, ‘If impreg-

‘ nated with the Powders of Mint, red
 ‘ Rose Leaves, and a little Sugar, to
 ‘ Asses: He says, Mares Milk is most
 ‘ prevalent against Sharpness of Urine,
 ‘ and Ulceration of the Bladder. Wo-
 ‘ mens Milk, which is sometimes pre-
 ‘ scribed, he does not so well approve of,
 ‘ as being too near akin to the Juices of
 ‘ an adult Person: Though ¹ *Galen* as-
 ‘ serts its greater Efficacy, for the very
 ‘ same Reason, his Lordship rejects it.

One Thing I cannot pass by, That
 the Asses Milk is generally ordered in too
 small a Quantity by far. What can we
 expect from 3 8 only in a Morning?
 especially of such Milk, as the Asses about
² *London* yield, whose Food is unlike that
 of *Tabiæ*, I forbear to mention it, for fear

¹ Ac optimum quidè, utpote cognatum, mu-
 liebre Lac est, *Galen. ibid.*

² Lac sumendum ex *agresti* Pastu perfectum:
 etenim in *civitate* nutritorum animalium repro-
 bamus, *Cæli. Aurelian. p. 513.*

of offending your Stomach. Would it not be better to repeat the Dose in the Afternoon? And, suppose we took 36 more, diluted with an equal Quantity of Water, for our Night-Draught, instead of Water unmixed, as directed in Page 42.





CHAP. IV.

Of EXERCISE.

I Have asserted Intemperance, and Inactivity, to be the remote Causes of *Chronical* Diseases, and in the last Section have given you the proper Remedy for the First; and am now laying before you a Cure for the latter: Those Diseases, says ³ *Hippocrates*, which spring from Repletion, Evacuation cures; those from Evacuation, Repletion: To which we may add, those from Luxury, Temperance; and those from Sloth, Exercise.

³ Quicunque morbi ex repletionem fiunt, evacuatio sanat, & quicunque ex evacuatione, repletio, & aliorum contrarietas (Ὑπεραντιστοις) *Seet. I. 22.*

Exercise,

Exercise, as it is one of the most useful Engines in the Cure of *Chronical Diseases*, so it happens to be the most irksome to the Patients, who are generally weak, sore, and have a constant Lassitude, and Supineness upon them : Again, This is a Remedy that admits of no Preparative, to make its Access the more easy, but works its own Way, and facilitates itself by itself. Nothing is more common, than for People to defer their using *Exercise*, till they have recovered a little more Strength ; but there is nothing will so soon give them that Ability, as *Exercise* itself, after the Difficulty of the first Onset is overcome : What *Virgil* says of Fame, is here most literally true,

Viresque acquirit eundo.

That Saying of *Horace's*, *Dimidium facti, qui bene cepit, habet*, is in no Case more true, than in this ; and he that lies still, expecting Strength to come to him, will

will have the same Fate as the Poet's Bumpkin,

— *Expectat dum defluat amnis, at ille
Labitur, & labetur in omne volubilis
Ævum.*

All Parts of the human Body acquire Strength by Usage, even the most lax, and tender, the Lungs ; hence the *Lectio leni* & *altà voce*, and the Φωνισκοί of the Ancients.

I need not mention the Instances of Tumblers, Rope-Dancers, Vaulters, Running Footmen, and Race-Horses : Now, if Persons in Health can so far outdo themselves, and others unactive, by the Force of strong Exercises, why may not the Diseased expect to obtain, at least, a moderate Degree of Vigor by such, as are suited to his Complaints ?

Indeed, the human Body is, by its All-Wise Maker, fitted to bear Changes, and *Variety* of Life, and is then always most
K firm,

firm, and robust, as we learn by those, whose Calling oblige them to be expos'd to all Weathers: Therefore he that would recover his Health perfectly, must, by regular Advances, and gentle Degrees (*Κατ' ὀλίγον*) accustom himself to live like one in Health: And the Manner of that you can't have better express'd, than in the Language of the most polite Writer, ⁴ *Celsus*. *Hunc oportet varium habere vitæ genus: modò Ruri esse modò in Urbe: sæpiusque in Agro: navigare: venari. Quiescere interdum: sed frequentius se exercere: siquidem Ignavia Corpus hebetet: labor firmat: illa maturam senectutem: hic longam adolescentiam reddit. Prodest etiam interdum balneo, interdum aquis frigidis: modò ungi, modò id ipsum negligere: nullum cibi genus fugere, quo Populus utatur: interdum in Convivio esse, interdum ab eo se retrahere: modò plus justo; modò non amplius assumere: bis die potius, quam semel cibum capere, & semper quamplurimum dummodo hunc*

concoquat. The Methods that preserve Health best, are the most effectual to restore it.

In the Application of other Remedies, the Benefit we receive, is owing to something from without, which we take into the Body; but, in this, the Parts are made to act upon themselves, and become susceptible of more Firmness and Elasticity in Reversion for a small Expence of Spirits at present; provided we do not pursue it ^s immoderately, and to Weariness.

But though this does not come from without, yet it is of great Assistance, and Aid to those, that do: Are not our Medicines, our Mineral-Waters, and our Food, better digested, distributed, and excreted by the Force and Power of Exercise?

^s Exercitatio, per quam Partes ipsæ se confri-
cant, & concutiunt, modò non sit ad Lassitudi-
nem. *Bacon. Oper. p. 548.*

Exercises are of Two Kinds ; Either such as are applied to well Bodies, with Intent to encrease and improve their natural Strength to a greater Degree ; or, Such, as are found useful, in order to restore lost Strength : Of the first Sort, were the military Accomplishments, and the violent Exercises of the *Athletæ*, so famous among the *Grecians* ; and after, more extravagantly so among the *Romans* : Such were the *Cestus*, *Ludus Sphæræ*, *Dischus*, *Trochus*, *Pugil*, *Halteres*, &c. and belong'd to the Office of the *Aliptæ*, or Anointers, as the latter to the *Iatro-Aliptæ* probably ; tho' ⁶ *M. le Clerc* (after shewing, That the *Aliptæ* were neither the *Unguentarii*, the Persons that sold the Oils, nor the Slaves, that carried the Pot, *Olearii*, but those that applied it) makes *Aliptæ*, and *Iatro-Aliptæ* signify the same Person ; because an *African*, a good Physician,

⁶ P. 572. *Nouvelle Edit.*

indeed,

indeed, though an exceeding bad *Gram-
marian*, has confounded them.

The latter Sort only, are properly a Part of Physick, and were added to it by *Herodicus* the Master of *Hippocrates*, in such ⁷ Manner, as to assist and confirm the *Dietetic*.

This Man, it seems, was himself afflicted with a *Chronical* Disease, that put him under the Necessity of applying his Thoughts to his own Relief; which succeeded so well, that he began to imagine, all Distempers, not only *Chronical*, but *Acute* also, were to be cured by Exercise, and that only: He practised accordingly; but with what Success, you will easily conjecture from the Absurdity of the Conceit, as well as from the Words of his Pupil, Who, *Lib. 6. Epidem. Sect. 3.*

⁷ Herodicus Auteur de la Gymnastique, en sorte, que la Gymnastique renfermoit la Dietetique, *Liv. I. P. I. C. 8.*

says, *Herodicus febricitantes interficiebat Circuitibus, Luctis, multis Fomentis.*

Indeed, I never knew a favourite Notion or Practice, either newly broach'd, or reviv'd, in Physick or Surgery, that the Inventors, Revivors (or their Admirers) were content, when they had made it appear, it would answer to what they at first propos'd, but were still pushing it greater Lengths; nor rested, 'till their warm Imagination had work'd it up to be good in all Cases. The many Sects the Professors of Physick have been divided into, sufficiently evince the Truth of this: The *Dietetics* were as fully resolv'd to cure all Diseases by Diet only, as the *Gymnastics* by Exercise, and the *Empirics* by Experience, without any kind of Reasoning and Philosophy. And I don't doubt, living to see the *Cathartists* of this present Age, cure all Distempers by Purges only, because a great Man has demonstrat'd to the World, that they are of admirable Use in some very difficult Cases of the secondary Fever, accompanying the con-
fluent

fluent Small Pox. The imported Practice of Inoculation, is already become suitable to all Ages and Constitutions ; and the revived high Operation in cutting for the⁸ Stone to all Subjects, whether they have one Stone, or many.

I confess, there is strong Temptation, when a Man with one Word (Attraction) and one Remedy, is fitted for Philosopher, and Physician ; Let us, with the Divine *Hippocrates*, unite all the Aids of our Art, and profit by them all, so united.

But, to return to my Subject. *Therapeutic Exercises*, so I shall call them, were chiefly, 1. *Friction* : 2. *Walking*, and sometimes *Running* : 3. *Reading* : 4. *Lutatio* (*adhibito Doctore*) : 5. *Gestation* : 6. *Navigation* : 7. *Lavatio*, or *Bathing* : 8. *Inunction* : 9. *Animi Laxatio* (*inter & post Cibos*) : 10. *Jactation* : Of all these, as well as the *Military* and *Athletic*, Mer-

⁸ Pyc's *Observat. on Lithotomy*.

curialis has given so general and accurate an Account, in his Book *De Arte Gymnasticâ*, that whatsoever polite Scholar has not read it, has a great Pleasure to come.

Exercise is, no doubt, judiciously directed in most *Chronical* Diseases, and in one Sort of them, is the only Thing we are to depend on ; and that is, in those Distempers which owe their Birth to a præternatural Structure of the Parts, the *Morbi organici, sine malæ Conformationis* ; because in these, as I observed before, the Fluids are not in Fault, and, consequently, there can be no Room for internal Alteratives. I remember, about Twelve Years

⁹ *Atque* in his ipsis Differentiis Partium internarum reperiuntur sæpiùs causæ continentes multorum Morborum, quod non attendentes medici, humores interdum minimè delinquentes criminantur, cùm ipsa mechanica partis alicujus Fabrica in Culpasit in quorum Morborum cura opera luditur, si adhibeantur medicinæ alterantes, quia Res alterationem non recipit, sed emendanda res ut, & accommodanda, seu pallienda per victûs regimen, & medicinas familiares, *Bacon. Oper. P. 107.*

ago,

ago, when I had the Honour to be Tutor to a Person of the first Quality, his Lordship was then troubled with frequent *Incubus*, and Difficulty of Breathing, Dr. *Ratcliffe*, and Dr. *Lane*, his Physicians, observed his *Sternum* to be too prominent, and the Ribs to sink in on each Side, so as not to form a sufficient Arch for the Lungs to play in; upon which, they neither sent him to *Bath*, nor *Bristol*, but directed me to oblige his Lordship to swing a Lead in each Hand for an Hour, or more, every Day, by which Means, he entirely mended the ill Formation of his Chest.

Thus we see *Exercise* is applied either to the Relief of one particular Part (as *Reading* to the *Lungs*, *Bowling* for the *Reins*, *Shooting* with a Bow, for the *Breast*, the Use of the ¹ *Ferula* to any Part emaciated or withered, in order to plump it)

¹ Unà cum certâ Percussione, quam Græcè *Epicrusin* vocant, *Galen. Method. Med. l. 14. c. 16.*

or to the whole Body, as *Riding*, *Friction*, *Navigation*, *Bathing* (in hot and cold Water) and *Inunction*.

The Force of *Riding* and *Friction*, are well known to all, that were ever on the Back of an Horse, or saw one curried.

Of the Power of *Exercise*, 'tis true, I need say nothing, nor in which Diseases most useful; no, nor of the Manner of its Operation (as that it promotes sensible, and insensible, Excretions, helps Digestion, attenuates the Fluids, and braces up the Fibres) since Dr. *Fuller*, in his *Medicina Gymnastica*, which almost every Invalid has, or, I hope, will, read, has given so full an Account of it, as leaves no Room for Additions.

I shall choose therefore, to dwell a little on the great Exactness of the Ancients, in the Use of some particular Exercises.

Navigation, so much in Request among the Ancients, is, at present, in this Part
of

of the World at least, quite neglected, though it recommends itself in Two Respects, as it affords Variety of Air, and as it is a most wholsom Exercise. The Patient here cannot so properly be said to exercise himself, as to be exercised; and he that cannot bear the more violent *Gestation*, namely, of a ² Ship in the main Sea, may, with Advantage, however, use the more gentle, that of a Boat in a River. *Cælius Aurelianus*, speaking of the *Cephalæa*, or Chronical Head-Ach, gives the Preference in that Disease, to ³ Sea-Sailing; and having prescribed it, as one of the last Remedies in that Case, concludes with this general Assertion, ‘*Maritimæ verò latenter, atque sensim Corpus aperiunt, & falsæ Proprietatis Causâ Corpus adurunt, atque ejus Habitum*

² Gestationum lenissima est navi vel in portu, vel in flumine, vel lecticâ, aut scamno: acrior Vehiculo: vehementior in alto mari navi, *Celsi* p. 91. de *Gutatione*.

³ Longâ per maria Navigatione, p. 284.

quādam mutatione reficiunt, h. e. renovant.

Aretæus, if my Memory serves me, treating of the *Vertigo*, advises the Patient to avoid the Sight of running Water, the circular Motion of Wheels, and such-like; and ⁴*Cælius*, in the Cure of the *Cephalæa*, says, ‘ *Sed necessario Longitudo Loci curanda, nè frequenti Reversione Vehiculi*
‘ *circulatus Gressus vertiginem ingerat*
‘ *ægotanti.*

These Exactnesses would, perhaps, be stiled trifling and impertinent in these Days; but, what will the Reader say, when he reflects, how great Pains the Ancients took, not only to exercise the Bodies in a suitable Manner, and to a just Degree, but to unbend and divert the Minds of their *Chronic* Patients; and judged it a necessary Ingredient to their Recovery, to have them entertained and

⁴ *Longa per maria Navigatione, p. 284.*

amused agreeably? *Sed eò tempore, quo
‘ cibamus, adhibenda quoque animi Laxa-
‘ tio, quam διαρρηξιν vocant, quæ fiet aut
‘ ludicris rebus, aut joculari facetiâ,
‘ Cœl. Aurel. p. 275.*

Of Bathing in hot and cold Water, a great deal has been delivered to the World already; so that, in this Place, I shall only remark the wrong Practice of dipping in extream cold Water: How unnatural and absurd does it appear, to keep Water stagnating, covered from Sun and Air, in order to step into, and step out of it? How much more safe and beneficial is that noble Exercise of Swimming in a fine running River, sweetned and refreshed by the Wind's Breath, and the Sun's Beams? And yet there is another Prescription equally erroneous, that treads on the Heels of this. It is a constant Direction to use chafing, or the Flesh-Brush, particularly after cold Bathing, which Practice, though good in itself, yet is not so amongst us, for it requires somewhat to succeed it, which we are too delicate to use; namely,
Unction,

Unction, without which, it does more Harm than Good. It was extreamly proper among the *Greeks* and *Romans*, who always anointed themselves immediately after *Friction*. First, they used Bathing to cleanse the Skin, and promote Sweat; after that, *Friction*, to plump and fill the Muscles with Blood and Spirits; and then *Unction*, in order to prevent the Dissipating, or Evaporation of the Spirits, so called out to the Surface of the Body. The same was constantly done after the Use of the *Ferula*: We never meet with *fricatio adhibenda*, but we find, *cum Unctione*, instantly following; and when the *Methodists* made their Patients fast, as in the Two first Days of the *Diatritos*, they used to ^s anoint them, on purpose to keep them from fainting: It seems, indeed, but necessary for those to be at small Expence, who have little or no Income.

^s In ipsâ verò Diatrîto Unctionem adhibemus ex oleo dulci, atque calido, *Cæl. Aurel.* p. 272.



CHAP. V.

Of AIR, and Change of CLIMATE.

THOUGH it be very difficult to come at the exact Knowledge of the Wholsomness of this or that *Air* above others, and we find People enjoy Health, and live to great Ages, in all Situations ; the Cottager, who, like the old Man of *Verona*, goes not beyond the Bounds of his Parish, and always breathes the same Air ; and the Traveller, who is continually changing ; the Islander, and the Man on the Continent ; he that lives on the Hill, and he that inhabits the Valley ; Yet let us choose, for our constant Residence, such as is most dry, that passes not over marshy or overflown Lands, very

very high Mountains, nor vast Woods, both which, are apt to attract the Moisture of the Clouds ; but over-low Hills, gravelly and sandy Soil, or from the main Sea : Secondly, such Air, as is of the most equal Temperament, that is not subject to great and sudden Changes, as from Hot, to Cold ; from Dry, to Moist ; such as is not pent in by Hills, which keep off the Winds, the ⁶ Use of which, is, by Motion, to purify the Air, and thereby prevent its Stagnation.

These Properties of Air, every Man in Health, and that desires to continue it, should consider, in the Situation of the Place, he designs to pass his Life in : How much more exactly then, ought they to be observed by the *Valetudinarian* ? But as our Island, lying so far to the Northward, affords not such a Temperament, above Five or Six Months at most in the Year, I should advise Persons afflicted

⁶ Mead of the Plague, P. 2, 3, 4.

with *Chronical* Diseases, more especially the Consumptive, and Hypochondriac, to flee to a milder, and more certain Climate, towards the latter End of *September*, at farthest. Places situate between the Latitudes of 35 and 40, afford the most equal Temperament; and *Naples* and *Montpellier* are at present chiefly frequented by our Invalids; though there are many Parts, both of *Spain* and *Portugal*, that enjoy as favourable a Climate, and as great Equality of Weather: However, the other two ought to be preferred, as well for the greater Civility of their Inhabitants, their nearer Approach to our *English* Manner of Living and Conversation, as the vastly superior Skill of their Physicians, who are generally Men of Polite Learning, and knowing in their Profession: Whereas the Ignorance of the Practitioners of the other two Nations, is incredible.

Now, though in Travelling we must necessarily meet with Inequality of Air, yet the frequent successive Changing, does

M

more

more than make up for that : ⁷ *Aër enim assuetus minus consumit, at mutatus magis alit & reparat*, says a great Man : Observe the two very Properties of Air we want, *nutritive* and *restorative*. Nay, further, if ⁸ *Celsus's* Opinion has any Weight with us ; ‘ Variety of Air is so necessary, that we should do well to change the Climate, in which we contracted our Disorder, even for a worse.’ But then let the Invalid return with the Spring, or he will lose all the Benefit he

⁷ *Lord Bacon, p. 517.*

⁸ *Pessimum agro est Coelum, quod Aëgrum fecit, adeò ut in id quoque genus, quod naturâ pejus est, in hoc Statu, Salubris mutatio sit. Cels. Lib. 2. Cap. 1.*

Atque hinc etiam ratio deducenda est, quare Peregrinatio in Regiones magis Australes ita efficaciter eos Morbos expugnet, quorum Curatio in frigidioribus incassum tentubatur. *Sydenh. Tract. de Podagrâ. p. 423.*

Affectandus etiam in Aëres tencros, & Aquilonios transitus, vel contrarios iis, qui Passionem asperare valent. *Cæl. Aurel. Tard. Pass. Lib. 1. Cap. 1. Pag. 243.*

may have gain'd by the too great Heat ; than which, nothing more relaxes the Solid Parts, consumes the Juices, and enervates the whole Man : Insomuch, that the Natives themselves are not free from its Mischiefs ; how much less a Person, us'd to a cold Climate, and who has no Spirits to spare ?

Of the great Gravity and Moisture of our Air, during the Winter Months, had we no Weather-Glasses, our weekly Bills might too sadly convince us ; wherein we find more Self-Murders, in Six Months, than are committed in the more Southern Parts, in as many Years perhaps.

But if our Affairs or Circumstances will not allow such Absence, or it shall be thought a kind of Banishment from our Friends, and Acquaintance by others, we should do well to walk an Hour or two every Day, in some large Green House, furnished with the most Aromatic Plants, and such a Degree of Heat, as may, together with the Motion, increase insensible

Perpiration, and that only, without Sweating.

By this Method, as trifling as it may, at first View, appear to the *Valetudinarian*, and ridiculous to the Healthy, we shall, in great Measure, supply the Advantages we might expect from a more favourable and equal Climate. I knew ⁹ a Lady, of great Quality, who constantly practised this, for many Years, both Summer and Winter, and enjoyed her Health and Senses to near an Hundred.

Sir *William Temple* gives Countenance to this Practice, in Part III. p. 284. speaking of the Power of Smells, he says, ‘ I
 ‘ remember, that walking in a long Gal-
 ‘ lery of the *Indian House* at *Amsterdam*,
 ‘ where vast Quantities of Mace, Cloves,
 ‘ and Nutmegs were kept in great open
 ‘ Chests, rang’d all along one Side of the

⁹ The Old Dowager Dutchess of *Beaufort*, who died at *Chelsea*.

‘ Room, I found something so reviving,
 ‘ by the perfum’d Air, that I took Notice
 ‘ of it to the Company with me (which
 ‘ was a great deal) and they all were sen-
 ‘ sible of the same Effect. ’

As to the Action of Air, of which it will be required, perhaps, I should say somewhat ; It exerts itself, either on the whole Surface of the Body, or the Lungs : The Action of Air upon the whole Body, either promotes, or lessens Perspiration, according as it is more dry, or moist, more hot or cold, more specifically light or heavy. The Action of Air on the Lungs, is so tender, the Blood so fine, and thin, as to fit it for passing their Vessels, which being unassisted by the Pressure of any incumbent Muscles, require some Impulse from without, to help them in propelling it towards the Heart ; in the same Manner, as that of the Stomach is, so to comminute the Aliment, as to render it fit to pass the small Mouths of the *Lacteals*, and so to be carried on to the Receptacle of the *Chyle*.

Of Air loaded with noxious Particles; such as *Il Grotto del Cane*, mentioned by Dr. Mead, P. 154. that too much rarified, or too much condens'd, and so unfit for Respiration; it is not to my Purpose to speak: For I am not writing a Lecture of Philosophy, but laying down such plain Rules, as will conduce to the Recovery of my *Chronic Patient*; and in such a Manner, as may be most easy for him to apprehend and pursue.

I crave Leave to add only two or three Words to the learned Part of my Brothers, and desire them to observe, how firmly these Four last treated of, are link'd together; what Harmony arises from them variously dispos'd; how much more efficacious Medicinal-Waters become by the Observance of Diet; how both are exalted, and spiritualiz'd by Exercise; and how necessary a good Climate is to them all. Of these Four, the *Recorporatio*, the *Resumptive*, and *Metasyncritic* Circles of the *Methodists*, were chiefly made up, as you may see

see at large in *Cælius Aurelianus, Lib. I. Morb. Chronic.* Unless you had rather exchange his barbarous *Latin*, for the polite *French* of Monsieur le Clerc's *Histoire de la Médecine, Part II. Liv. 4. Sect. I. Chap. xi. Et aquarum naturalium usum adhibere, ut quæ sunt in Italiâ Cotiliæ appellatæ, & Nepefinæ, quarum lavacro, atque potu aptissimo utendum, Cæl. Aurel. p. 446.* You see, in this Passage, Mineral-Waters directed both *Externally* and *Internally*; and, if I do not mistake, it is the first Time we read of their Internal Use. Monsieur le Clerc is not aware of this; for in a Remark on the Words, ¹ *Aquis Naturalibus utendum*, in *Cap. I. Lib. I. Morb. Chronic.* he says, *C'est à dire exterieurement, car on ne voit pas, què Cælius s'en servît autrement. Tum cibum sumere succi facilioris debet; id est, mediæ materiæ, quam μέσην ὕλην vocant Græci: p. 275. Ac si purius occurrerit lenimentum, & neque æger fuerit*

¹ P. 487. Nouvelle Edit.

*viribus prævexatus, tum hominum mani-
bus, aut animalium actu vehiculum adhi-
bemus, æquali, videlicet motu, sed perfectò,
atque æquabili, lucido & mediocriter calido
Loco : ac si temperata, & sine flatu aëris
fuerit Qualitas, tunc etiam sub Cælo erit ad-
hibenda Gestatio, p. 274.* You see, in this
last Sentence, not only the Manner of the
Exercise, but the Temperature of the Air,
is exactly directed, *Loco mediocriter calido.*
I conclude with this Aphorism : Those
Chronical Diseases, which Medicines do
not cure, Mineral-Waters cure ; those,
which Mineral-Waters do not cure, Diet
cures, which, (if assisted by Exercise, and
a good Air) cures all that are curable.





CHAP. VI.

Of ISSUES, and SETONS.



Come now to my last named Co-assistant in the Cure of *Chronical* Diseases, after having gone through the *Pharmaceutic*, *Dietetic*, and *Gymnastic* Courses.

I have, in the Beginning of this Essay, mentioned some Evacuants, which I told you, were only Preparatives of the Body, for the more successful Reception of Alterants, and to precede their Use. But these are such, as will go Hand in Hand with us, through the whole Regimen : These are the proper *curative Evacuations* in *Chronical* Diseases ; the Operations of the others, are soon over, and not so
N much

much under our Guidance: but these, like the Distemper, are *Chronical*, and to be continued, or clos'd, at Pleasure, in case we find them drain the Patient too much: But who can apprehend any Danger of that, when young Children bear them, not only without the least Harm, but, on the contrary, always with the utmost Advantage, especially if made in the Neck, and not in the Arm, as is the general Practice? though * *Fabricius Hildanus*, who pretends to be the Inventor of the Method of making Setons without the Use of the Cautery, has taken the Pains to give us a whole Chapter, with Three Reasons in it, in behalf of them, and shewing the Mischiefs of *Fontanells* in the Neck of Children.

In a Word, this Sort of Evacuators recommend themselves, not only as they free the internal Parts from a great Share of the Load, that must otherwise fall on them, and thereby leave the less Quantity

* P. 39. Cent. 1. Observ. 42.

to be *corrected* by the foregoing Alterant, (in the same Manner as Purging, in some Periods of acute Diseases, is said to lessen the Quantity of morbid Matter, which Nature is to concoct) [*πεπτεῖν*] but in this, that they may be safely made on the weakest Persons, and caused to discharge more or less, just as we see proper.

As in acute Cases, the principal, and most effectual Emptier, is Bleeding, the *Blood* being generally the Seat of those Diseases, and that either for Revulsion, or Derivation; so Issues are very deservedly esteem'd in *chronic* Maladies, as they powerfully discharge the redundant, and noxious *Humours* of the Body, and are useful either for Revulsion, or Interception. For Revulsion, they are opened below the Part affected, v. g. in Falling Sickness, Lethargy, Dropsy of the Head, Inflammations of the Eyes, and Fluxions of Humours from the Head on all Parts of the Face, either in the Nape of the Neck, or somewhat lower, between the Shoulder-Blades.

Of the Interception of Humours, I need say no more, than that, in such Case, they are to be made above the Part aggrieved, in any Place, where Tendons, or Blood Vessels forbid it not.

In sinuous Ulcers in a depending Part, you will find a frequent Necessity of this Practice, and, by Means of it, prevent your reducing the Ulcer itself to an Issue, whenever it shall happen in an inconvenient Part, either by Reason of Neighbouring Tendons, the too near *Periostium*, and such as may incommode the Patient in his Motion, or otherwise.

² *Fabricius Hildanus* insists much on the Usefulness of the Seton, produces Four Instances, (all Diseases of the Head) to prove it, and concludes in '*Catarrhis & Distillationibus ad pectus, nihil præstantius esse, setaceo, quam plurimis exemplis probare possem, quæ tamen brevi-*

‘ *tatis gratiâ, omitto. Hoc tamen Coro-*
 ‘ *nidis vice addo, me nonnullos semi-pthi-*
 ‘ *sicos, qui & Sanguinem, & Pus expue-*
 ‘ *runt, hoc remedio præcipuè curasse.*’

But the Use of the Seton, is, at present much out of Fashion, insomuch, that the *Italians* and *French*, (says ³ *Monfieur Dionis*) ‘ Who have been great Lovers
 ‘ of this Operation, seem to be much
 ‘ come off from that Opinion, and have
 ‘ not, without Reason, substituted the
 ‘ Issue in its Place : The Seton being
 ‘ not only cruel in its Application, but
 ‘ very troublesome in its Consequences :
 ‘ the Caustic does not require so many
 ‘ Preparatives, it gives less Pain in laying
 ‘ on, we dress it more commodiously,
 ‘ and receive the *same Advantages* from
 ‘ it.’

³ *Course of Chirurg. Oper. p. 452.*



C H A P. VII.

*Of the Gout ; The Hæmorrhoids in Men,
and Menses in Women, as critical, in
long Diseases.*



Have gone through the chief Operations of Art, in Regard to the Cure of *Chronical Diseases*. I shall now point out to You the usual critical Evacuations, by which Nature sometimes throws off these Distempers, and which are also to be promoted, and regulated by Art.

To make a right Judgment, and true Distinction between critical Evacuations, and symptomatical, is one of the greatest Mysteries of Physick, and what few are sufficiently apprised of ; though there is an Aphorism, which might conduct them
safely

safely through this Difficulty, *Si qualia oportet purgari, purgentur, confert, & facile ferunt* (Ξύμμελει τὴ, καὶ εὐρόεως φέρουσι) *contraria verò difficulter* (δυσχερῶς) Sect. 1. Aphor. 25. When the Excretion is critical, the Patient is relieved immediately; if Symptomatical, he grows worse. We may also judge, that it is critical in Acute Cases by the Number of Days; and the more violent the Disease is, the sooner we may expect a Crisis. I have seen very acute Fevers, in the *West-Indies*, judg'd by Urine the Third Day; and more than once in the Person of the Hon. *John Fielding*, Esq; and even the Plague itself is very rarely determined sooner.

The ordinary *Crises* of acute Diseases, are, 1. by Hæmorrhage, as ¹ *Meton*; 2. by Sweat, as ² *Herophon*; 3. by Vomit, as the Woman by the Sea-Side (the 13th Patient of the First Book of the *Epidemics*) 4. by Abscess, as *Pythio*; 5. by Spitting, as *Anaxion*; 6. by Urine, as

¹ Lib. 1. *Epidem.*

² *Ibid.*

Cleonactides; and, 7. by Stool, as *Claromenius*: By some one, or more, of these Discharges, all acute Diseases are ended, (if Nature be not interrupted by too much Art): As are *Chronical* also by one or other of the Three above mentioned.

Again, *Crisis* is either *perfect*, or *imperfect*; The *Perfect* needs no Assistance; The *Imperfect* is what requires our Skill: Of this Kind, is the *Gout*. To prove the *Gout* critical of many, and divers Diseases, I need only appeal to the universal Voice of Mankind, who wish their Friends Joy of it, as of a Blessing: But that which renders it, in some Sort, a Disease, is, That it is no more than an imperfect *Crisis*. To constitute a perfect *Crisis*, it is requisite, that the morbid Matter be not only thoroughly digested, but wholly excreted from the Body: Now the *Gout* in the *extream* Parts, 'tis true, frees the vital, and principal Organs from more dangerous Disorders and Attacks; but the Matter being not totally eliminated, is liable to be licked up again into the Circulation,
and

and so in due Season (as Spring and Autumn) to be precipitated again, and fix in those Places, where there is the greatest Resistance, namely, the Joints : So that it is not an utter Solution of other Diseases, but a fixing of many Complaints in different Parts, to one Point.

To what I have said, *Chap. I. Page 2.* concerning *Chronical* Diseases producing their own Kind, which ought to be most duly weighed by every Physician, let me now add another Thing, that demands no less Attention, (*viz.*) that the same Disease frequently puts on the Resemblance, and ³ Appearance of many ; but none has so much of the *Proteus* in it, as the Gout : It appears often in the Shape of the Cholic, Diarrhæa, Dysentery, Asthma, Consumption, Apoplexy, Palsy, &c. and yet it is still but the Gout.

³ Καὶ τὸτο εὖ εἶδέναι χρὴ, εἴτε λύεται ἢ νῆσοι, εἴτε μεταπίπτει εἰς ἑτέραν νῆσον. *Hippoc.*

So that it happens, that the usual Methods of curing the Gout in the *extream* Parts, either by internal Medicines, for Revulsion, or external repelling Applications, always produce a most dangerous, and acute Disease.

Alex. Trallian says, ⁴ He has seen many die Apoplectic, when the Humour has once forbore falling into the Feet; and a little before, ‘ That we ought, by no Means, to apply Astringents or Repellents; for ’tis greatly to be apprehended, lest the Matter lodg’d in the Joints, returning to the principal Parts, occasion Suffocation and Death. ’

But what shall we say? Can I, by any Rhetorick, persuade the Gouty Man, That he has no Disease? That he has only a Crisis of many Disorders upon him, tho’

⁴ Multos attonitos fieri conspiciamus, ubi Pedes Fluxionibus tentari desierint, *Lib. 2. cap. I.*

an imperfect one ? Must he be thankful for the most acute Pain ? Is there no Remedy for this Calamity ? To which I answer, Yes ; a Milk-Diet, very gentle, and moderate Gestation, (more especially Navigation) with Change of Climate from that, in which we have been used to reside. Exercise, we have seen, recommends itself in most *Chronical* Diseases ; but, in this Case, it requires the most exact Caution : Persons may very easily over-do it, which will prove equally prejudicial to them, as an entire Inactivity. Labour is as fruitful of the Gout, as Wine, and Women ; and that may become hard Labour to one, which is no more than proper Exercise for another : The Measure of it, is the Habit, and Strength of the Patient.

⁊ Sunt enim harum Passionum antecedentes causæ variæ, ut Vinolentia, frigus profundum, Cruditatio, Libido venerea, *Labor immodicus*. *Cæl. Aurel. p. 558. de Arthritide.*

Farther, many *Chronical* Diseases have their Exacerbations, attended mostly with *Feverish* Heat, and Flushings: In some these are periodical, and return at certain stated Times; in others, variable and irregular: The Gout, particularly, has these Paroxysms, and after them the Patient voids a thick, turbid Urine, with a farinaceous Sediment; and this is the Crisis of the present Exacerbation; by divers of which repeated, Nature at length throws off the whole for a Space of Time, till the arthritic Habit, still floating in the Blood, return in its wonted Period, or some external Accident give Cause to its more speedy Access.

It were to be wish'd, that these Exacerbations in *Chronical* Maladies were better understood, and more nicely attended to, than they are; for, they are no less than so many Efforts and Struggles of Nature, endeavouring to free herself from a Load that oppresses her. May we not from these learn the particular Emunctories,

ries, by which she might be most easily relieved ? Does she not point out to us the Way ? And then how proper, and pat is the Advice of our great Master, in his 21st Aphorism, *Quæ ducere oportet, quò maximè repunt, eò ducere oportet, per convenientes locos !*

⁶ *Cælius*, with his usual Sagacity, animadverts on them, and wisely remarks, ‘ That those Things, which mitigate and allay acute, are very proper in the *Superposition* (this is his Term) of long Diseases. ’

To encrease the Excretions begun by these Exacerbations, to help Nature in her good Work, so powerfully to invigorate the Blood, as to enable it, to throw off any Foreign Corpuscles, either by perfect, or, at least, imperfect Crisis ; there is no

⁶ Etenim quæ mitigant celeres, vel acutas Passiones, ea tardarum *Superpositione* conveniunt, p. 274.

Medicine under the Sun, so effectual, as the Mineral-Waters of *Bath*; nothing so efficacious to give the critical, or to fix the wandering Gout; but to rivet, and establish the confirm'd Habit; 'tis true, they serve to keep the Enemy in the Out-works; but, at the same Time, they supply him with Provisions and Ammunition, which each Winter (for that is his chief Season of Campaigning) he employs against you; and every Constitution is not able to sustain a *Ceuta* Siege. Hence the warm Bitters, Chalibeats, and the *Bath* Waters, are not, as has been asserted, the proper Curatives (no, nor Palliatives) of the fix'd and habitual Gout; but the cooling alterative Course of a Milk-Diet, and *Bristol* Waters only: The *Bath* Waters are the best to give the critical Gout, *Bristol* to cure the habitual; what will cause the First, must encrease, and confirm the latter; unless you will make the *Bath* Waters, like *Achilles's* Spear, first give the Wound, and then heal it again: But, though I live on the Spot, I will not deliver a Position so absurd.

The

The *Hæmorrhoids* in Men, and *Menses* in Women (if not to Excess) are so far, from being a Disease, that they are a perfect Crisis to all Chronical Diseases, nay, even to the Gout itself. *Mulier non laborat Podagrâ, nisi ipsi Menses defecerint*, says Hippocrates, Section 6. Aphor. 29.

The Thousand Mischiefs, that attend the Stopping the *Hæmorrhoids*, or *Menses*, sufficiently apprise us, of the great Value, and high Esteem, we ought to set on any particular Remedy, which is powerful to cause them; and nothing is more so, than the Bath Waters: They are, doubtless, as great a *Deobstruent*, as the Bowels of the Earth afford; and yet I have known a Person of Note sent hither to be cur'd of the Piles; that is, to improve the greatest Blessing, that could befall him, into a Misfortune; for when they discharge too great a Quantity of Blood, *then*, and not till then, they become a Disease, which must be the Consequence of Drinking so
spirituous

spirituous and active a Water : No, if they prove exorbitant, they are to be bridled by *Bristol* Water, and incrassating Diet ; but *Bath* is a Spur.

I have known many, to whose Blood the *Bath* Waters have given such fresh Elater and Force, as that it has burst open the hæmorrhoidal Veins, and thereby delivered them from all Complaints whatsoever.

The Author of the Sixth Book of the Epidemics, says, ‘ *Qui Hæmorrhoidas*
 ‘ *habent, neque Pleuritide, neque Perip-*
 ‘ *neumoniâ, neque Phagedænâ, neque Fu-*
 ‘ *runculis, neque Tuberculis, (Terebinthi*
 ‘ *figuram habentibus) corripuntur, for-*
 ‘ *tassis autem neque Lepris, fortassis*
 ‘ *neque Vitiliginibus. Multi tamen in-*
 ‘ *tempestivè curati, talibus non tardè cor-*
 ‘ *repti sunt, & sic perniciosæ fuerunt :*
 ‘ *& quicunque alii Abscessus (Ἀποστήσεις)*
 ‘ *velut Fistulæ aliorum medela sunt,*
 ‘ P. 806. Ed. Vander-Linden. ’

And now, can it be conceived, there ever was a Creature so ignorant, as wholly to suppress the Hæmorrhoids, under the Notion of their being a Disease ! Once it so happened ; nay, twice.

⁹ *Alcippus* was forbid to stop his Piles ; being cured, he first ran mad, and then was so fortunate, as to be put to Death by a most acute Fever, that succeeded it. Captain *Elford*, of His Majesty's Ship the *Lynn*, had the Gout very violently, which, to his great good Luck, was succeeded by the Piles, had they been rightly managed. He was concern'd at the Bleeding, and sent to his Surgeon, who told him, he would cure him presently ; and was as good as his Word : For by the Help of an astringent Stuphe, he stopp'd them : The next Day, he was seized with an ædematous Swelling from his right Toe,

5 *Alcippus* cum haberet Hæmorrhoidas, à Curatione prohibebatur, curatus insaniit, Febre acutâ succedente, cessavit, *Epid. Lib. IV. p. 766.*

to his Hip, the Skin full and shining. He sent for me, and told me his Case; I immediately ordered him warm, relaxing Fomentations to the *Anus*, Steel, and Emmenagogues internally; and, if the *Fetus* did not succeed, to apply Leeches to the hæmorrhoidal Vessels: I did all I could, to renew the Piles upon him, but in vain, for about 5 Months after, he died, *drop-sical*, at *Barbadoes*.

So dangerous it is to put Nature out of her Course, to disturb her critical Discharges, especially in the Instances before us! You will please to observe, the Hæmorrhoids encouraged, according to the above Account, keep us free, not only from *Chronical*, but Acute Diseases; and, untimely suppress'd, give Birth either to the latter, as *Alcippus*, or the former, as *Elford*: who exactly verified the Aphorism of *Hippocrates*: ‘ *Hæmorrhoidas*

Ἀντισπᾶν, ἢν μὴ ἦ δέῃ, ῥέπει· ἢν δὲ ἔκῃ δέῃ, τρεῖς οἱ δέῃ σμῆν, ὥς ἕκαστα ῥέπει. *Hipp. de Morb. popul. Lib. 6. Sect. 2. p. 801.*

‘ *diuturnas*

‘ *diuturnas sananti, nisi una servata fuerit Periculum est Hydropem, aut Tabem accedere, Sect. 6. Aphor. 12.* ’


I conceive, I need not be at the Pains of proving so self-evident a Truth, as that all the *Chronical* Diseases of Women, arise from the too large Excretion, or too great Suppression of their monthly Purgations. ’Tis a Subject well understood, and the Power of Mineral Waters (especially the *Bath*) in promoting them, is sufficiently known.

I put an End to this Discourse, with that admirable Rule, from whence a Thousand good practical Inferences may be drawn, and as many Errors avoided :

‘ *Revellenda ea, quæ, quo non oportet, repunt ; sin autem quo convenit, iis viam sternere oportet, ut singula eo vergant.* ’



A P P E N D I X.

 Have said, Page 19, of this Essay, that I could, by no Means, arrive at any Knowledge of the Contents of Mineral Waters, by any chymical Experiments either of my own Making, or those delivered by others, one only excepted : In looking over some loose Papers I found the following Letter to Dr. *Friend*, dated *January*, 1718. which I subjoin, for the Entertainment of the Curious, as well as to keep to the Fashion of all Writers on that Subject.

Amicissimo

Amicissimo Viro *Johanni Friend*, M. D.
Johannes Wynter, S. P. D.

EX quo Literas novissimas Tibi, Vir doctissime, dederim, Horas quasdam succisivas in aquâ divi Vincentii chymicè tractandâ ejûsque exinde contenti, & viribus indagandis, haud inutiliter, Te duce, collocavi. Experimenta, quotquot mihi adhuc fecisse contigit, quoniam sit tibi ex animo, ut possit forsan aliis esse Utilitati, lubet, quâ queam Brevitate, oculis tuis, verè Lynceis, subjicere, neque ullus dubito, quin Annotationes Physiologicas elegantes admodùm, & pro eo, propter quod meritò celebraris, Ingenii Acumine, accuratissimas olim communicabis.

Die vicesimo *Novembris*, 1718.

Aquæ Divi Vincentii Congii 5 Spatio sex horarum ad ficcitatem evaporati præbebant Contentorum 3iii. gr. ii. (*h. e.* ex singulis congiis gr. 36. licet ex calculo Doctoris Guidott congium unicum contineat gr. 40.)

Velim

Velim animadverti, Contenta quæ salis Aquæ D. V. Titulo insignita sint, squamularum ferrearum cùm colorem, tùm figuram simulâsse, at saporis parùm salini, & pungentis extitisse.

Salis Aquæ D. V. æs Oleum Vitrioli affusum est. Phænomenon. Ebullitio fortissima, sed lenta, per horæ quadrantem manens : color post horas 14 subfuscus.

—— æs cum oleo Sulphuris mixtum : Phænomenon. effervescencia non adeò vehemens, sed Bullis multò latioribus, & magis distinctis. Color post horas 14 subflavus.

—— æs cum oleo Tartari, mutatio nulla, neque post tres dies.

—— æs cum solutione sublimati, mutationis nulla vestigia, neque post totidem dies.

Haftenas de sale actum est, jam nonnulla de ipsâ Aqua subjungere liceat.

Aqua

Aqua D. V. cui Pulv. Gallarum 3fs inditu est, nihil passa est mutationis post horas 14, neque elapsis tribus diebus : licet accuratior Dr. *Stuart* mihi aquam ostenderit, quæ post biduum Colore viridi inficiebatur, quem nostra non induebat.

—— Cum cort. Granat. 3fs. nihil mutata est post 3 dies.

—— Cum oleo Vitrioli mixta post horas 14 parùm lactescens.

—— Cum oleo Sulphuris, frequentes infundo vasis bullæ, elapsâ horâ unâ, vel alterâ.

—— Cum oleo Tartari serum Lactis Colore statim mentita est, sedimento albo post horæ Quadrantem (sc. ex Præcipitatione Tartari) imum vasis occupante.

—— Cum Solutione sublimati post tres dies nihil mutata est ; quamvis ex hac
cum

cum alkalicis mixtâ Colorem oriri subflavum tute memineris.

Aqua D. V. cum Syrupo Violarum difficulter commixta, Syrupo illicò subsidente, verùm post validam Conquassationem, colore viridi elapsis horis 5 vel 6 tingeatur.

Novembris 29, 1718.

Contentorum aquæ D. V. 3ii. in aquæ ejusdem ℥ij solutæ, dein filtratæ, & ad Pelliculam evaporatæ sunt, his Loco maximè idoneo per dies 7 collocatis, Spem CrySTALLORUM concepimus inanem, ergo ad siccitatem usque evaporare visum est, quo peracto in fundo vasis inveni salis fixi lixivialis, sive alkalici gr. xixss, adeò ut sal sextam Partem contentorum numeret, minimè quintam, quod asserit D. Guidott.

Jamquè ad Umbilicum perduxi omnia, quæ per Evaporationem instituenda erant, ex tuis Præceptis, Experimenta.

Distillationem aggressus Phænomena observavi proximè dicenda. Aquæ Divi V. Congii quinque in Retortâ distillati ad 3xij Pulveris albißimi, & subtilissimi (adinstar margaritarum lævigatarum) 3iss exhibebant. Die vicesimo Decembris 1718. Aquæ residuum filtratum, & ad ficcitatem evaporatum dabat salis alkalici, & priori simillimi gr. 12.

Eodem die dicto sali affusum est oleum Vitrioli. Phænom. Effervescentia illico vehemens, colore in rubedinem vergente.

—Cum oleo Sulphuris, Ebullitio etiam, sed multò lenior neque ulla Coloris mutatio insignis.

Hujusmodi sunt observationes nostræ, jejunæ quidem, & prout Res postulat, inornatæ, verùm fide dignissimæ, neque ad Commentum quoddam fictitium detorquentes. Pergo ad alia Tentamina, de quibus etiam Te, Vir Amicissime, faciam certiore. Vale.

Dabam Bristolia 1 Jan. 1718.



*De Ulceribus, quæ in Aspera Arteria sunt,
& in summâ ejus parte: ac de Lactis,
quod apud Tabias habetur, perfectione.
Galen. Method. Medend. Lib. v. cap.
xii. p. 34. Septim: Classis novæ Edi-
tionis apud Juntæ. 1625.*

CÆterum ulcera, quæ in Asperæ Arte-
riæ interiore sunt tunicâ, & potissi-
mum, quæ summæ ejus parti (quam
Larynga vocant) sunt Vicina, aut etiam
in ipsa, hæc & curationem recipiunt, &
nos non paucos eorum, qui ita sunt af-
flicti, sanavimus. Sanè curationem eorum
hinc maximè invenimus. In gravis hujus
pestilentia initio (quæ utinam aliquum
cesset) juveni cuidam, cum novem jam
dies ægrotasset, totum corpus ulceribus
Scatebat, veluti omnibus ferè, qui evase-
rant. Eo die etiam tussiebat paululum.
Postridie

Postridie verò, ubi se laverat, illico at vehementius tussivit, & tussi crustulam expulit, quam Græcè Epheleida vocant. Eratque homini sensus manifestus ulceris in asperâ, quæ in collo est, arteriâ prope jugulum nati. Quin aperto quoque hominis ore fauces ejus inspeximus, nunquid in iis alicubi ulcus esset : Sed nec sic inspectantibus apparuit vitium : & planè laboranti sensus ejus aliquis manifestus ex comestorum bibitorumque transitu fuisset, si illic ulcus fuisset. Quin etiam ex aceto & sinapi, certioris notitiæ causâ, quædam ei devoranda dedimus. Sed nec horum quicquam eum momordit : & Sensus doloris manifestè in collo erat : quo loco etiam adeò irritabatur ut tussire impelleretur. Suasimus itaque reniti quantum posset, nec tussire. Quod & fecit, eo certè facilius, quod exiguum erat, quod proritabat ; & nos omnibus modis operam dedimus, ut ulcus ad cicatricem perveniret, foris medicamentum aliquod, quod Siccaret, imponentes : tum cubanti supino humidum aliquod ex iis medicamentis, quæ ad ejusmodi ulcus facerent, exhiben-

tes : ac jubentes id in ore continere, paulatimque permittere in asperam arteriam defluere. Sic igitur faciens sentire se manifestè aiebat adstringentis medicamento circa ulcus vim, sive ea vis huc transmissa est, sive medicamen ipsum roris Specie in arteriam ad ulcus defluxit, & tanquam percolatum est. Erat autem nec æger ipse medicinæ imperitus, sed ex iis quidam, qui ex usu & exercitatione empiricè medicabantur. Ergo sentire se aiebat tum medicamentum in arteriam defluere, tum tussim quoque aliquando movere : obluetabatur tamen plurimum, ac tussim cohibuit. Igitur ipse quoque sua spontè Romæ quidem, ubi correptus fuerat, triduum etiamnum post nonum diem est moratus : post hoc consenso navigio, primum per flumen ad mare navigavit : quarto die post, navi pervenit ad Tabias : ususque est lacte, quod & mirificam planè vim habet, nec sine causa prædicatur. De cujus usu aliquid dicere oblatum nunc tempus videtur, nec de eo tantum, quod apud Tabias habetur, verum etiam de alio omni. Neque enim iis modò, qui

Italiam

Italiam incolunt, est succurendum, sed quoad fieri potest, qui ubivis habitant gentium. Igitur ad lac, quod in Tabiis habitur, commendandum multa concurrunt, & locus ipse satis editus, & aer illi circumdatus siccus, & pascuum pecoribus salubre. Atque hoc quidem alibi quoque arte præparare licebit, siquis in colle modicè edito herbas fruticesque serat, qui salubre simul, adstringensque lac reddant: quorum exempla paulo post dicentur. Cæterum ut ambientem aera similem reddas, fieri omninò nequit: eligere tamen simillimum ex eâ, quæ datur, aerum copiâ licet. Simillimus autem iis fuerit, cui eadem adsunt, quæ illi; altitudo collis mediocris: via à mari ad ipsum triginta stadia, ampliùsque aliquid, sed non multo: locus autem ipse versus mare; nempe Tabiæ in imo maximè Sinu est, qui inter Surrentum & Neapolin conspicitur, magis tamen in latere, quod ad Surrentum pertinet. Porro totum id latus collis est satis magnus, longitudine ad Tyrrenum mare porrectus. Inflectitur autem levitur collis hic ad occasum; nec in meri-

meridiem in totum planè procurrit. Ergo hic collis à ventis iis, qui ab ortu flant, Euro, Subsolano & Boreâ, tutum defendit Sinum. Conjungitur illi in imo sinu alter collis non parvus, quem & veteres Romani in historiis, & qui nunc diligentiores sunt, Vesuvium nominant. Celebre nunc notumque nomen Vesuvius est; omnibus hominibus notum, propter ignem, qui in eo ex terrâ submittitur. Quæ res non parum mihi ad ambientis aeris *Siccitatem* conducere videtur: & alioqui præter ipsum ignem, nec Stagnum propinquum, nec palus, nec fluvius alicujus momenti usquam in Sinu habetur. Omnibus verò ventis, qui ab Arcto ad æstivum occasum perflant, Vesuvius collis objicitur; multusque cinis ab eo ad mare usque pervenit, reliquiæ videlicet materiæ, tum quæ in eo combusta est, tum quæ nunc etiam uritur. Omnia hæc aerem efficiunt *Siccum*. Licet porrò & alibi terrarum eligere collem simili modo *Siccum*, Scilicet nec longè à mari, nec adeò magnum, ut ventorum impetui sit expositus: nec adeò humilem, ut sub-
jectorum

jectorum camporum halitum promptè recipiet. Caveatur autem, ne ad Septentrionem sit versus : ita enim esset aversus à sole. Quod si etiam in temperato orbis loco collis sit, veluti is, qui ad Tabias conspicitur, longè magis ad rem pertineat. Hoc in colle sunt herbæ quidem, Agrostis, & Lotus, & Polygonon, & Mellissophyllon : Frutices verò Lentiscus, & Arbutus, & Rubus, & Hedera, & Cytisus, aliique his Similes. Atque ita tibi collis præparetur. Pecora verò, quæ in colle ad Tabias Pascuntur, boves sunt. Estque ejus animalis lac spissum ita, ut asinorum tenue. Ego verò ne quod lactis genus usui desit, ex vacuis crassum, ex asinis tenue, ex capris medium, & boves, asinos, & capras in pascua depulerim. Veteres verò etiam mulierem lactantem iis, qui *Phthoe* consumerentur, adstare voluerunt ; quorum sententiæ ipse quoque accedo, & quod familiare adsit, & quod prius, quam ab ambiente refrigeretur, id sumi voluerint. Porro hoc tibi de lactis usu pro maximo præcepto sit, ut ii quibus eo est opus, om-

omninò id *adstante animali statim* multum bibant, etiam melle injecto, si cui cogi in ventriculo solet; quòd si ipsum descendere ad alvum citiùs cupis, etiam sale. Atque ille quidem adolescens, cum ulcus in Arteriâ ex pestilenti morbo haberet, sanatus est: ac post eum similiter alii. Alter verò adolescens annos natus circiter decem, & octo, cum multis diebus ex *distillatione* laborasset, primum quidem *sanguinem floridum cum tussi* expuit, non sanè multum: postea verò etiam tunicæ ipsius partem, quæ tegens intrinsecus totam arteriam, in fauces, & Os per ipsum arteriæ caput, (Larynga vocant) ascendit. Videbatur autem mihi, tum ex crassitudine ejus conjectanti, tum ægri sensu, ipsius Laryngis esse interna tunica. Quin etiam læsa illi ex eo vox est. Atque hic quoque *longiore* quidem tempore, sed tamen sanatus est. Cæterum, qui ex pestilentia hoc vitio laborarunt, propterea mihi facilè sanati videntur, quod persiccatum iis, præpurgatumq; totum corpus fuerit: quippe cum & vomuerint, ex iis nonnulli, & omnibus venter profluxerit.

fluxerit. Atque, cum ità jam vacuati essent, qui evasuri erant, iis pustulæ, quas exanthemata vocant, nigræ toto corpore confertim multæ apparuerunt, ulcerosæ quidem plurimis, omnibus certè Siccæ. Eratque intuenti perspicuum *reliquias* eas esse *Sanguinis*, quem in febris pectuerant : quas, *veluti cinerem quempiam*, *Natura* ad cutim trussisset, sicuti alia ex *Supervacuis* nonnulla trudit. Verum medicamentis ad ejusmodi exanthemata opus non fuit, cum fiderent Suâ Sponte, ad hunc modum ; aliis quidem, quibus videlicet exulcerata Summa Pars fuit, decidit ipsa ulceris crustula, quam Epheleida nominant : deincepsque, quod reliquum fuit, propinquum Sanitati erat, ac post unum duosvè dies ad Cicatricem pervenit ; aliis, quibus scilicet ulcerata Summitas non est, exanthema quidem ipsum, & asperum, & scabiosum erat, decidit vero veluti Squammia quædam : ac dehinc omnes fuere Sani. Nihil itaque miri si etiam ii, quibus ejusmodi exanthemata in pulmone sunt orta, propter ulcerum Siccitatem sunt Sanati. Quod

R

nam

namque in cæteris ulceribus universis suprà monstravimus curationis esse propositum, hoc jam iis, quæ ex pestilentia sunt orta, præsto fuit ; Omnia namque sicca, & aspera fuere, plurima quidem Scabiei, quædam verò etiam lepræ similia. Ergo, cum experientia rationi attestetur, ulcerum curationem hunc unum habere finem, ut *Siccentur*, poterit quispiam ex iis, qui sanguinem ex pulmone rejiciunt, servare permultos, ità, ut nos fecimus.





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