

The ladies' physical directory. : Or, a treatise of all the weaknesses, indispositions, and diseases peculiar to the female sex, from eleven years of age to fifty or upwards. By which women and maids of the meanest capacity may perfectly understand the symptoms, nature, and true cause of their own illnesses, and readily know how to manage themselves under all infirmities.

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THE
LADIES Physical Directory.
OR,
A TREATISE

Of all the
Weaknesses, Indispositions and Diseases peculiar to the *Female Sex*, from Eleven Years of Age, to Fifty or upwards.

BY WHICH
WOMEN and MAIDS of the meanest Capacity may perfectly understand the *Symptoms, Nature, and true Cause* of their own ILLNESSES, and readily know how to manage themselves under all their INFIRMITIES.

WITH
Proper REMEDIES in *English* prescribed for the *Green-sickness, Obstructions, Immoderate Fluxes, Hysterick Affections, the Piles,* and every other *Disorder or Distemper* the FAIR SEX are particularly liable to, whereby they may certainly and quickly Cure themselves, without Trouble, the Advice, or Knowledge of any other Person.

To which is Annex'd,
A Practical Discourse on BARRENNESS,
DIRECTING

How it may be certainly Cured, and those WOMEN be rendered FRUITFUL, who have been deem'd incurably BARRÉN for many Years; with a clear and very particular Account of *Generation and Conception*.

ALSO
Of IMPOTENCY and INFERTILITY in MEN;
With Directions for their perfect Cure; and a *Digression* concerning the Method of Begetting SONS rather than DAUGHTERS, or of DAUGHTERS rather than SONS.

LIKEWISE
Of MISCARRIAGE in WOMEN, and how it may be assuredly prevented, even in those who have *miscarried* Nine or Ten Times before, with Directions to Ladies how to conduct themselves during their PREGNANCY and in CHILD-BED, how to cause a SAFE and EASY DELIVERY, and also for the better Management of New-born INFANTS, so as more certainly to preserve their Lives.

The whole Illustrated
With various Cases of Persons cured, proper Hints, useful Cautions, Observations and Instructions, the like for General Benefit to the FEMALE SEX never before Published.

By a PHYSICIAN

The Sixth Edition, with many material Alterations and Additions.

Printed and Sold by the Author's Appointment, at the Gentle-

ALL the Medicines prescribed and recommended in this Book, are to be had faithfully prepared, by the Author's Appointment, at the Gentlewoman's at the Two Blue Posts in Haydon-Yard in the Minories, London, at the moderate Rate set down in the Catalogue of them, printed at the End of the Book.

NOTE, Those who think fit to send Letters for the Author at the Place abovementioned, are desired not to expect Answers, unless they send Fees with them; for he has not Leisure to read Letters, consider particular Cases, and return Answers, without suitable Gratifications for his Time and Trouble. They are desired also to mention in their Letters what Fees they send.

NOTE WELL, Those Persons who send Letters from the Country, directed for the Gentlewoman at the Two Blue Posts in Haydon-Yard in the Minories London, are desired to send them Post paid.

T H E
P R E F A C E,

Necessary to be first Read.

THE Usefulness of a Treatise of this kind is so evident, that it requires little or no Apology in its Behalf: The slender Knowledge the Fair Sex have of their own Infirmities and Disorders, is the Reason they seldom call for Assistance, till their Illnesses are arrived at too great a Height, for the Management of those they commonly apply to for help; and by that Means many of them are ruined in their Constitution, become incurably Barren, and oftentimes lose their Lives, almost before they apprehend they are in Danger.

AND what is much to be Lamented, those who chiefly undertake the Cure of the Secret Indispositions of the Female Sex, and who are generally, or for the most Part only, advis'd with on those Occasions, are notoriously Ignorant of them: I mean Midwives, Nurses, and other good Women, who, however well they may mean, are so little acquainted with the Nature and various Causes of the Weaknesses and Diseases I have treated of, or of any rational Method of Curing them, that what they commonly advise to, are mere insignificant Trifles, and those frequently wrong-timed.

ISINGLASS boil'd in Milk, Turpentine Pills, Clary fry'd with Eggs, Archangel Flowers, Armenian Bole, vulgarly call'd Bole Armonick, Sperma Ceti, Confection of Alkermes, Penny-Royal Water, Dr. Stephens's Water, and compound Bryony Water, commonly call'd Hysterick Water, are in a manner their whole Magazine of Remedies, and while the Patients are amus'd and drill'd on by such kind of Practice, their Distempers gain Ground, and too often become deplorable.

THES E Considerations loudly call for such a Treatise as this, by the careful Perusal of which, Women and Maids themselves, of any tolerable Copacity, may perfectly understand

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their own Disorders, and remedy them if they please, almost as soon as they happen.

MIDWIVES, Nurses, and other well-meaning good Women also, may by reading it often, really know the Nature of those Illnesses they often undertake to Cure, and by directing to the Medicines prescribed in it, may accomplish that, which they would never otherwise be able to perform.

APOTHECARIES, Surgeons, and young Physicians likewise, may herein find the Symptoms, Causes, and proper Indications of Cure of every Secret Malady, Women and Maids are liable to, in such a distinct and concise Manner, as is not elsewhere to be met with.

AND should any of these think fit openly to declaim against, or publickly seem to contemn this Work, at the same Time that they give it Place in their Closets, and have recourse to it privately for Instruction, whenever they have Female Patients under their Care, I understand this good-natur'd World so well, as to be very far from being uneasy at it.

AS to the Medicines directed to, they are such as all the really Ingenious, Candid, and well Experienced Gentlemen of the Profession, will easily see are, without any pompous Apparatus, properly suited to the several Indications, and are truly replete with Power and Energy, to accomplish the Cure of the respective Weaknesses and Diseases they are appropriated to, which very long Experience, and a Series of Success in private Practice, fully demonstrate.

AND that the Remedies are absolutely Effectual for the several Illnesses they are mentioned to cure, farther appears, by the great Service they have done to vast Numbers of the Fair Sex, since they were made Publick by means of the five former Editions of this Treatise, which were soon sold off: Insomuch that abundance of the Female Sex, who for some Years had suffer'd under deplorable Sicknes, and were just on the Brink of the Grave, have been retrieved from it, and perfectly cured by them; and many Ladies of the best Note, who through Illness afflicting them were reduced to meer Skeletons, and so weak as scarcely able to stand, have been restored by them to perfect Health and Strength, so as to become more brisk and well than ever, and to Conceive and bear Children to the Admiration of all who knew them.

I have indeed conceal'd One of the most material Ingredients in each Prescription, and on which the Success of the Medicine chiefly depends; had I communicated that also, the Female Sex could not have prepared the Medicines themselves, but must
have

The PREFACE.

have apply'd to their Apothecaries for them, and how often their Servants make Mistakes in the Proportions of Compositions, and sometimes put in one Thing instead of another, to the utter spoiling of many Remedies, is but too well known.

I have therefore appointed all the Medicines faithfully prepared and carefully made up, to be sold by the Gentlewoman at the Two Blue Posts in Haydon-Yard in the Minories, London, at as moderate Prices as any Apothecary would make them up for, with the best Ingredients, in small Quantities, were the concealed Part of each Composition discovered.

AND by this means, I have an Opportunity of doing some small Service to the Person who sells them, at the same time that all who think fit to send for the Remedies there, may be sure of having what is right and well prepared, and on which they may absolutely depend for the Cure of the Illnesses they are severally recommended for.

At the End of the Book, the Reader will find a Catalogue of all the Medicines prescribed in it, with the Price of each Remedy affixed to it; so that all Ladies and others by only sending a Servant, or other Person to the Place aforesaid, to ask for such or such a Medicine by its Name, and paying so much for it as in the Catalogue is set down to be the Price, may be always sure of having the true Preparation they have occasion for, which will ever prove Effectual, and that at an easy Rate, without further Trouble.

THOSE who live in the Country, may also order any Friend in London, or Carrier who comes to Town, to buy at the same Place any of the Remedies they think proper to have, and so be supply'd with them with ease.

IT is necessary here to Advertise the Reader, that should the Medicines be made up without the conceal'd Ingredient in each Prescription (which has a most extraordinary Influence upon all the other Ingredients) they must not be expected to prove effectual for the Illnesses they are design'd to Cure. I mention this to prevent Patients from being impos'd upon, I having been inform'd by some Persons who sent Letters from the Country, directed to the Gentlewoman at the Two Blue Posts in Haydon-Yard, in the Minories, for the true Preparations, that they having been persuaded by their Apothecaries that they could make up the Medicines for them without the conceal'd Ingredient in each, and put in something of their own instead of it, which would Answer the End as well, had after taking such Medicines, without being duly prepar'd with the said conceal'd Ingredient, for some time, found themselves fatigued to no purpose,

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pose, and disappointed of Cure; and therefore sent to her for those Medicines that were right and truly prepared. And which having been sent down to them accordingly, always accomplish'd the Cure; and perfectly restor'd them to Health, to their intire Satisfaction.

To make this Treatise as truly useful to the Fair Sex as I thought was absolutely necessary, I have been forced, tho' with some Reluctance, to write in a very plain Manner of all their Secret Illnesses, and yet I hope with so much Caution, as not to give Offence to the chastest Female Reader, or sully the Mind of any one.

THERE are no ludicrous Expressions in it, or double Entenders, to excite Levity, or occasion indecent Ideas, to be met with; but the whole will I hope be found to be wrote with that Seriousness and inartful Truth, that above all is proper for a Work of this Kind, and suitable to the innate **MODESTY** so eminently conspicuous in the Fair Sex of this Island, who in that Respect, as well as in **BEAUTY**, and every other Grace and Perfection, are indeed the Glory of the whole Female World.

AND yet could I have made the Book intelligible to them, by writing more obscurely, I should have been much better pleas'd; but that being impossible, I hope no one will make an ill Use of it, or in the least blame me on that Account.

As in the former Fifth Edition I added many useful Notes and Instructions, so in this Sixth Edition I have still added many more material Ones, which will be found interspers'd throughout the whole, and have also made such Alterations and Amendments in the Prescriptions and other Parts of the Work, as longer Experience caus'd me to judge necessary for the greater Benefit of Ladies and Others.

In this sixth Edition also, I have been a little more particular than I was in the former Editions, in my Advice and Directions for the Cure of the Hysterick Disease, commonly call'd Vapours, with which such vast Numbers of the Fair Sex are cruelly barras'd and most miserably tortured; which Advice and Directions the Reader will meet with in the first Chapter, Page 8. And which, tho' short, as is there mentioned, if punctually followed, will not fail of being attended with all the desired Success imaginable; for I have known the very Method and Medicines there directed to, and them only, accomplish a perfect Cure of that Distemper in it's highest Degree, in many Persons in a Month's Time, who for Years before had spent Hundreds of Pounds in Vain: Nor did I ever know them fail of compleating a Cure of the Hysterick Disease in any Person whatever,
if

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if the Directions were duely observed, and the Medicines regularly taken as advised.

Not doubting therefore but that this Sixth Edition, with the Additions, Alterations and Amendments I have made, will meet with as kind a Reception as the former Editions, suitable to my good Intention in Writing this Treatise, and leaving the Fair Sex to judge of it themselves, I shall conclude with subscribing myself, what I really am,

Their Faithful F R I E N D,

August 11th. 1736.

And humble S E R V A N T.

E R R A T A.

Page 48. line 32. instead of 73. read 74. p. 50. l. 2. instead of *secret Formations of the Parts*, read *Formation of the secret Parts*. p. 89. l. 16 instead of *charmging*, read *charming*. p. 90. l. 3. instead of *dies* read *die*. p. 94. l. the last, after *both*, add, *of them*.

What other small Errors may have escap'd the Correction of the Press, the Reader is desired to Excuse.

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T H E

L A D I E S P h y s i c a l D i r e c t o r y .

T h e I N T R O D U C T I O N .

IN treating of the Natural Weaknesses and Distempers peculiarly incident to the Female Sex, I shall begin with those occasioned by the Irregularity of the *Menstrual Flux* or *Monthly Courses*; in order to which I think it first necessary to give some Account of them in their natural State, and from their first Appearance in young Women.

THEY commonly begin to flow in Maids when they are about fifteen or sixteen Years of Age; in some sooner, in others later; there having been Examples of some, who have had them before Fourteen; and of others who have not had the least Appearance of them till after One or Two and twenty: And it is observable, that when Women grow in Years, they leave those soonest in whom they soonest appeared.

BUT generally about the Age of Fifteen or Sixteen Virgins begin to grow ripe, and if in Health to think of Love; the Blood also increases in Quantity, and at certain Periods is so rarefied for some Days, as not to be contained within its usual Bounds, whence distending every where its Vessels, it at length opens itself a Passage through those which by their natural Structure and Position give it the least Resistance, which are the Blood Vessels that terminate in the Womb, and from thence issues out; and so continues to flow for some Days, till the Quantity of Blood being sufficiently diminished, and its Rarefaction ceasing, the Mouths of the Blood-Vessels are suffer'd to close again, and the Flux ceases, till the next stated Period, that the Blood is again increased in such a Quantity, and its Rarefaction so renewed, as to occasion it to flow again in the Manner I have described: And this natural Purgation, or Flux of Blood, is called the *Monthly Terms* or *Courses*.

THE Increase and Rarefaction of the Blood, and Distension of its Vessels I have taken Notice of, occasion that universal Heaviness or Uneasiness of the Body, Pain in the Head, Back, and Loins, Heat about the Womb and adjoining Parts, Faintness and Sickness at Stomach, which all Women more or less feel, at the Time their *Courses* are about to flow; which Indispositions, when extraordinary and very severe, ought to be remedied in the Manner I shall hereafter shew in the third Chapter.

WHEN the *Courses* first come down in Maids, they commonly do not flow above once in two Months or ten Weeks; or but very little in Quantity; but as the Fair Sex grow more ripe, and the Blood and its natural Vigour encreases, they come down oftner, or in a larger Quantity, till the settled Term of once a Month is fixed, and then they continue constantly to flow Monthly till Forty, Forty five, and sometimes till Fifty Years of Age, or longer, except when Illness, being with Child, or Suckling Children hinders.

THEY flow generally, from first to last, three, four, or five Days, and sometimes, tho' very rarely, six or seven; and the Quantity of Blood that comes away during that Time, (if the Flux is regular, and the Person in perfect Health,) is commonly as much as may be contained in the Shell of a Goose Egg, but not twenty Ounces, as the learned Dr. *Friend* in his *Emmenologia* erroneously asserts, nor half that Quantity; yet in some Women, especially those of a strong Body and sanguine Complexion, they flow in a larger Quantity than in others.

If the *Terms* flow constantly once a Month, and in a due Quantity, they generally preserve the fair Sex in perfect Health; but if they do not, or if there is any Disorder in this Flux, Women cannot be well, because the natural Texture of the Fluids is then changed, and the admirable Order of the human Machine broke.

THE Disorders this Monthly Purgation is liable to, being several, and very different, I intend to treat of them, and of the other Indispositions Women are particularly subject to, in their Order, and under their respective Heads or Chapters.

C H A P. I.

Of the Deficiency and Suppression of the Terms in married Women and Widows, and of the Green-Sickness in Virgins, with Directions for their Cure; as also for Hysterick Affections in Women, and for the Greenfickness-like Indisposition that many Girls about Eleven or Twelve Years of Age are subject to.

THE *Deficiency* of the *Courses*, is when they flow too seldom, or but little in Quantity, that is, too sparingly, or by Drops: The *Suppression*, is when they do not flow at all.

IN some Women, as well those who are married as in Widows or Maids, tho' the *Courses* come down at their usual Periods, or once a Month, yet they flow not for above one Day or two to any Significancy, instead of three, four, or five Days together, as they ought to do. In others they do not come down above once in five or six Weeks, or two Months; either of which Cases is rightly deemed a *Deficiency* of the *Courses*, as is also their flowing but very little in Quantity, or by Drops only: And when they do not flow at all for two or three Months together, it is justly called a *total Suppression* of the *Terms*.

THE real Cause of this *Deficiency*, or *total Suppression* of the *Courses*, is most commonly in the *Blood*, which is then too poor, foul, or viscous, (occasioned by a bad Stomach, ill Digestion of Food, Colds, Grief or Trouble of Mind,) and sometimes in the *Vessels* of the *Womb* through which the *Terms* flow, which then are obstructed by a viscous or tough Humour.

IF the Badness of the Blood is the Cause of the *Deficiency*, or *Suppression* of the *Courses*, the Person becomes pale, dull, and heavy, and is unwilling to stir about; the Face and Eyelids are sometimes swell'd, the Skin of the Face and of the whole Body is of a very ill Colour, and she is afflicted with Weariness of the Limbs, Loss of Appetite, loathing of Food, Desire after Things not fit to be eaten, (which last Symptom is more commonly found in young Virgins than in Persons who have been married and of riper Years,) bad Digestion, Pain in the Stomach, which in some Patients is so violent by Fits as hardly to be borne, Shortness of Breath, oftentimes Swelling about the Ankles, sometimes Vomiting and universal Disorder; also if any Blood does flow, it generally appears of a pale and wan Colour.

IF the Fault be in the *Vessels* of the *Womb*, the Person then retains her usual Colour ; but at the Time the *Courses* ought to flow, feels racking Pains in the Small of her Back and about her Loins and Hips, Weariness of her Limbs, and moving Pains accompanied with a violent Motion of the Blood, Flushing in the Face, Vapours, Head-ach, and general Uneasiness over the whole Body ; and sometimes the Blood issues out at the Nose, Hemorrhoid Veins, &c.

WHEN the *Courses* do not flow at all in Maids, and the Obstruction is of long standing, it is then called the *Green-sickness* ; but Widows, and sometimes married Women, are afflicted with this Distemper as aforesaid : The latter ought to take great Care they do not mistake the Stoppage of their monthly *Courses*, occasioned by their Conceiving, for this Disease, lest by taking Medicines to cure their fancied Illness, they should cause a *Miscarriage* ; but if they have not their Courses for three or four Months together, and become pale and wan, with Difficulty of Breathing, without growing bigger, or having other Signs of being with Child, they may then be assured that the *Suppression* of the *Terms* is a Distemper, and not caused by Impregnation or Conception.

IF either the *Deficiency*, or the *total Suppression* of the *Courses* is not speedily remedied, Barrenness and very dangerous Illnesses of one kind or other will be produced, such as Asthma, Consumption, Inflammation and Ulceration of the Lungs, Pleurisy, the Jaundice, Dropsy, &c.

I have said, that both married Women and Widows are sometimes troubled with a *total Suppression* of the *Courses*, as well as Maids ; but it must be noted, that this much seldomer happens to them than to Maids ; married Women and Widows being for the most Part afflicted with a *Deficiency* only, as above described, which is nevertheless often accompanied with very grievous Illnesses, squallid Countenance, Hysterick Fits, sometimes racking Pains and universal Uneasiness ; which are only to be cured by bringing the Courses to their natural and regular Order of flowing once a Month, and in a due Quantity each Time.

Now to take off all or any of the above enumerated Symptoms, to prevent the dismal Effects of this Indisposition, and to cure either the *Deficiency* or *Suppression* of the *Courses*, whether in Maids, married Women, or Widows, such Remedies must be given as will cleanse the Stomach and first Passages, dissolve all viscous Humours, rectify the Blood and Juices, free them from all Impurities, and effectually open all Man-

ner of Obstructions in any Part of the Body : And this is to be brought about, first by gentle evacuating Medicines, and then by such corroborating deobstructive Remedies as will confirm the Texture of the Fluids, strengthen the Stomach and Bowels, create an Appetite, cause a good Digestion, and finally establish the Blood in its natural florid State, and thereby assuredly restore a good Colour to the Face, and perfect Health to the Body.

To obtain these good Ends, a great Number of Medicines of various Kinds have been prescribed by Authors, some of which may doubtless be very good, as many others are wholly insignificant ; but the following Remedies are what I entirely rely on, having long experienc'd them never to fail, when duly taken, of certainly accomplishing the Cure in a very short Time, and in an agreeable Manner.

I advise therefore the Patient to begin the Cure with gentle Purging ; and for that Purpose nothing can exceed my following *Purging Pills*, of which let her take four betimes in the Morning fasting, drinking Water-gruel, Posset-drink, Barley-water, warm Ale or Tea, in the Working, and they will give four, five, or six easy Stools, handsomely cleanse the Stomach and Bowels, and do infinite good ; sometimes a Dose alone will bring down the *Courses*, especially if the Illness be but of short standing, and occasioned only by a slight Obstruction of the Womb-Vessels. *They are thus made :*

No. 1. The Purging Pills.

Take of the best Russia Castor, four Grains ; Opening Saffron of Steel, two Scruples ; Pil. Cochiae the greater, two Drams ; Chymical Oil of Savin, three Drops ; of my Select Mineral, half a Dram ; Balsom of Peru, nine Drops ; Syrup of Mugwort, a sufficient Quantity ; mix and make fifteen Pills.

THE very next Day after Purging, I would advise the Patient to begin the following pleasant *Opening Powder*, taking full as much of it as will lie heap'd upon a Shilling betimes every Morning, and at five or six o' Clock every Afternoon, for a compleat Month together, either licking it up from a Spoon by itself, or mixing it with near half a Spoonful of White Wine, or with a little of any pleasant Syrup, as she likes best, and drinking a Glafs of White Wine, or a Draught of strong Mace Ale, or which is better than either, a Glafs of bitter Wine, after each Dose, and walking about at least half an Hour or more after it, without any further Observation than

only not to eat any Thing for near an Hour before or after taking it ; and it will open all Manner of Obstructions, strengthen the Stomach, purify the Blood, rectify the Juices, take away all Paleness, Dullness, Weakness, Difficulty of Breathing, and Pain in the Stomach, create an Appetite, cause a good Digestion, bring a good Colour into the Face, and make the Patient brisk, lively, active, and healthy to Admiration. *It is made thus.*

No. 2. The Opening Powder.

Take Winter's Cinnamon, Cloves, Nutmegs, of each one Scruple ; Compound Powder of Arum Root, one Dram ; Prepar'd Steel, half an Ounce ; double Refin'd Loaf-Sugar, one Ounce ; of my Aperitive Magistery, an Ounce and half ; mix and make a subtile Powder according to Art, which keep in a warm dry Place for Use.

BUT if either the *Deficiency*, or the total *Suppression* of the *Courses* is of long standing, or should prove stubborn, and not be removed after taking this *Powder* for a whole Month or thirty Days together, which will very seldom, if ever happen, then it will be necessary to take another Dose of the *Purging Pills*, and the Day after that, the *Powder* again in like Order as before, and so to continue it till the Illness is effectually cured, which will soon be, observing all the while she is under this Course, to eat fresh Meat, rather roasted than boil'd, and other Food that is good and easy of Digestion, and to abstain from Fruit, Greens, and Herbs, and also not to drink too freely of small Liquors, such as Tea, small Beer, &c. but only what is sufficient to quench Drought ; for small Liquors being drank quickly after taking the *Powder*, or in too large a Quantity, will not only prevent its having so good Effect as otherwise it would, but also cause a little Sickishness at the Stomach.

But if at any time the *Powder* should happen to lie heavy at the Stomach, or make the Patient a little sickish, she may presently be reliev'd from that, or any other Inconvenience, by drinking a Glass of good White-Wine.

Note, If it is apprehended that the Patient wants *Purging* pretty much, and her Strength will admit of it, she may then take two or three Doses of the *Purging Pills* before she begins the *Opening Powder*, always interposing one Day at least between each Dose.

AND if she finds four of the *Purging Pills* work a little too much the first Time she takes them, then the next time she may take but three of them for a Dose; but if she finds four of them not purge enough, then she may take five *Pills* for the next Dose.

BUT if the Patient by being long afflicted with this Illness, or by taking other Medicines, is brought into a very weak Condition, so as to be unfit to bear Purging, then she should not take the *Purging Pills* at all, but begin with the *Opening Powder*, and continue to take it constantly as before directed, without taking any of the *Purging Pills*; and during the time she is taking the *Powder* to provoke the *Terms*, she should use moderate Exercise, almost continually, such as walking abroad, or riding on Horse-back, stirring about House, up and down Stairs, &c.

AND after the Patient, by taking the *Purging Pills*, or *Opening Powder*, or both, has had her *Courses* in regular Order and in a due Quantity, then to strengthen the Womb and its Vessels, to establish the good Texture of the Blood and Juices, and to confirm her Health effectually, so that she may not relapse into the former Disorder, it may be necessary for her to take the Quantity of a Nutmeg of the following *Corroborating Electuary*, from off the Point of a Knife, or any other way more agreeable, every Morning, and at about five o' Clock every Afternoon, for a Fortnight, three Weeks, or a Month together, as she finds proper, drinking a Glass of Wine Wine, or rather bitter Wine, after each Dose. *It is thus made.*

No. 3. The Corroborating Electuary.

Take of Compound Powder of Arum Root fresh made, half a Dram; candy'd Nutmegs, candy'd Ginger, of each two Scruples; candy'd Orange-Peel, candy'd Angelica, of each a Dram; prepar'd Steel, three Drams; Conserve of Garden Scurvy-Grass, Conserve of Roman Wormwood, of each three Drams; of my Aperitive Species, half an Ounce; Syrup of candy'd Ginger, a sufficient Quantity to make an Electuary according to Art.

THIS *Electuary* visibly revives and strengthens the whole Body, increases the Blood and Spirits, comforts, drives away Melancholy, and makes those robust and strong who before were weak and pining, so altering the whole Frame of Nature for the better, that one would stand amaz'd at it.

AND thus the Cure will be pleasantly accomplished, without Confinement, Trouble or Difficulty, and the Patient be restored to perfect Health, Strength, and Briskness, without being any more fatigued all the while she is regaining such a happy State, than if she took no Remedy at all, the Medicines being neither disagreeable to the Palate, or Stomach, nor occasioning any Disorder whatsoever, if the Directions I have given be but duly observed.

ALL *Hysterick Affections* also, and those numerous Disorders that come under the Name of *Vapours* and afflict the fair Sex so terribly, may be effectually cured by them, if taken for four, five or six Weeks together, exactly as I have directed for the *Deficiency* of the *Terms*; observing only, that for the most Part it is proper for *Hysterical Women*, to lose about eight Ounces of Blood from the Arm, the Day before this Course of Medicines is enter'd upon, if Strength and other Circumstances will by any Means admit of it.

AND tho' I have but touched thus slightly on the *Hysterick Disease*, or as it were by the bye only. Yet the *Fair Sex* afflicted with it, or with any of the great Number of Disorders that are included in that Name, may be assured that by following the Method and taking the Medicines I have here recommended, they will be effectually and perfectly cured without any further Trouble, to their own as well as their Friends Admiration: Let them not esteem my Advice the less therefore, because I have not treated of the *Hysterick Disease* in a distinct Chapter by itself, (which to say the Truth nothing but want of Leisure hindred me from) since by pursuing the Directions I have here given, tho' but short, they may be as speedily and compleatly cured, as if I had written a Treatise on it at large.

THE same good Effect will these Remedies likewise have in the *Green-Sickness-like Indisposition* that many Girls are subject to, before they come to Maturity, namely, about eleven, twelve, or thirteen Years of Age, who often look Pale, Wan, and of a *Green-Sickness-like Complexion*, and are sometimes weak, dull, short-breath'd, and unactive; observing only that Persons about that Age must take all the Medicines I have advised to, in smaller Doses than I have directed for Women and such as are arrived to Years of Maturity; as for Example, instead of taking four of the *Purging Pills* for a Dose, two or three of them may be sufficient at one time to purge a Girl of about Eleven or Twelve; and after she has been purged once, twice, or three times, as her Strength will allow, or as it may be thought convenient, and is about to begin the *Opening Powder*,

Powder, then instead of taking as much of it as will lie heap'd upon a Shilling twice a Day, let her take only as much of it as will lie upon a Six-pence: And so also of the *Corroborating Electuary*, instead of taking the Quantity of a large Nutmeg, let her take only the Quantity of a small hazel Nut for a Dose twice every Day. But in all other respects let the Directions I have before given be punctually followed, and she will soon be restored to a good ruddy Complexion, a chearful and active Disposition, and healthy State of Body; and if she should happen to be troubled with Worms, as several of that Age are, these Remedies will intirely destroy them also, and establish her in Strength and Vigour to Admiration.

But this *Green-Sickness-like Indisposition* in Girls, will often submit to a less troublesome Course of Medicine, and I have of late Years restored a great many Girls from Eleven Years of Age to Fifteen and upwards, labouring under this *Green-Sickness-like Disorder*, to perfect Health, by the Assistance only of the *Uterine Drops* prescribed in the Third Chapter of this Book, Page 21 following, directing them to be taken only Twenty, Twenty-five, or Thirty Drops in a Glass of White Wine betimes every Morning, and at five or six o' Clock every Evening for a Fortnight, three Weeks, or a Month together, using good Exercise every Day, and observing not to eat any thing for about an Hour before or after each Dose. And thus the *Uterine Drops*, without any further Trouble, will for the most Part accomplish a perfect Cure without Purging or the taking any other Remedy whatever; for they immediately create a good Appetite to Food, cause a regular and speedy Digestion, and restore a ruddy Countenance, lively Disposition, and settled Health.

But if it should happen, as it scarcely will to one in an hundred, that this *Green-Sickness-like Indisposition* should not submit, or be compleatly cured by taking Thirty of the *Uterine Drops* drop'd into a Glass of White-Wine twice every Day for a Month or thirty Days together, as above directed, then Recourse ought to be had to the *Purging Pills*, *Opening Powder*, and *Corroborating Electuary* in the Manner I have before advised.

Note well, That it is highly necessary for Women and Maids who are in perfect Health, and have their *Courses* regularly, to keep themselves warm for two or three Days whilst they flow, and drink hot Suppings to promote them, such as White-Wine Caudle, or for those in meaner Circumstances Ale Caudle, which being drank upon going to Bed, and also
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an hour or two before rising in the Morning, will cause them to come down freely and in good Order, and so preserve them in Health and Strength. A little mull'd White-Wine, or even hot Ale, with a little Spice and Sugar in it, now and then on these Occasions, are also of good Service.

AND now having briefly made known all that is necessary for the Cure of either the *Deficiency*, or the total *Stoppage* of the *Terms*, whether in Maids, Married Women or Widows, as also for *Hysterick Affections* in Women, as well as for the *Greensickness-like Disorder* that Girls are subject to; I shall conclude this Chapter with a Letter I received whilst I was writing it, from a Gentleman in *Hertford*, whose Daughter, a young Gentlewoman, about seventeen Years of Age, had never had the Benefit of Nature, but was almost ruined by the *Green-Sickness*, being exceeding pale, short-breath'd, and hardly able to move about, without any Appetite to Food, but desirous of eating Chalk, Cinders, Wall, &c. which she could scarcely be kept from. Her affectionate Parents had taken the Advice of several Physicians, and the young Lady took a great many Medicines to no Purpose, till she took my *Purging Pills* and *Opening Powder* before mentioned, which happily cured her: She chanced accidentally to take my Medicines thus:

HER Father being in *London* about six Weeks ago, was with three or four others, Men and their Wives, invited by a worthy Gentleman his Friend, to dine with him; I being also desired, made one of the Company, and after Dinner, among other Discourse, the Ladies happening to talk of the respective Illnesses they had suffered, and of the Indispositions several of their Friends laboured under, the *Hertfordshire* Gentleman took that Opportunity, understanding I was a Physician, to acquaint me with his Daughter's Illness: As soon as he had done, I was sent for away, but heard afterwards, that the Company proceeding on that Topic, the Gentleman of the House, and his Spouse, were pleased to speak much to my Advantage, in respect to the Success that attended my Practice. The *Hertfordshire* Gentleman went into the Country the next Morning, and coming to his House, found his Wife, who is about Thirty six Years of Age, exceeding ill, with tormenting Pains in her Back, and sometimes in her Head, attended with Flushings in her Face, feverish Heat, and universal Uneasiness, which were all occasioned by a *Suppression* of the *Courses*, through a violent Cold she got, when they were just ready to flow: It being the first time she had been afflicted in that manner, she was the more surprized at it, and as her Husband came in,

was going to send for a Physician near them, under whose Care her Daughter had for some time been; but her Husband mentioning what he had heard of my Practice, and both of them considering what little Help their Daughter had received from the Prescriptions of the Physicians they had consulted hitherto, resolved to send to me; accordingly the Gentleman wrote his Wife's Case in a Letter, and sent his Servant on Horseback with it immediately, desiring me to direct what I thought proper, as soon as possible. I consider'd the Lady's Case, and being sensible that her Indisposition, and all the Symptoms, would be removed by provoking her *Courses*, which were only hindred from coming down by an Obstruction the violent Cold had caused, in the Vessels of the Womb, through which the Blood flows; I therefore order'd her a Box of my *Purging Pills*, one Dose of which I expected would remedy the whole matter. But lest the *Stoppage* of the *Terms* should prove stubborn, as sometimes it will, I directed for her a pretty large Quantity of my *Opening Powder* also, with Orders for her to take four of my *Purging Pills* betimes the next Morning, and if they did not accomplish the Business, to begin the *Opening Powder* the Day following, just as I have directed before in this Chapter, till her *Courses* came down, after which I wrote that it would be necessary for her to take the *Corroborating Electuary*, to confirm her Health, and prevent a Relapse for the future. I informed the Gentleman also, that if one Dose of the *Purging Pills* removed her Illness, then if he pleased, to let his Daughter take the *Pills* and *Powder* in the same Manner as I directed his Wife to take them, I was satisfied they would cure her also: They followed my Advice, and the Medicines had the desired Effect, not only upon the Gentleman's Wife, whom one Dose of the *Pills* set to rights, but also upon his Daughter, and another young Woman at *Hertford*, who were both cured, as by the Letter which the Gentleman sent me, with a very handsome Gratification, appears more particularly.

Worthy Sir,

I Send this to return you my hearty Thanks for the great Service you have done my Family: One Dose of the Purging Pills brought my Wife into good Order, without taking the Opening Powder at all. I should have wrote to you before now, but my Wife receiving so much Benefit, was resolved my Daughter, who had been ill with the Green Sickness a great while, and had taken Abundance of Physick in vain, as I told you, when I was in

London, *should take both the Pills and Opening Powder as you advised in your Letter; and therefore I delayed Writing till I could give you an Account of the Effect they had upon her: She being tired with taking Medicines, was with Difficulty persuaded to take one Dose of the Purging Pills, which worked very well, and being a little weak the next Day, she did not begin the Opening Powder till the Day following; but then continued it constantly for about three Weeks, after which she took another Dose of the Purging Pills, and the next Day the Opening Powder again, which she took for about four Days more, and it brought the Benefit of Nature upon her, since which she eats, drinks, and digests her Victuals well, looks something fresh and ruddy, and is recovered to Admiration. My Wife gave the Remainder of the Powder to a Neighbour's Daughter, who was in the same Condition, but so weak as not fit to take the Purging Pills, and that alone has cured her, in about a Fortnight, all but want of Strength, which she now daily recovers, and begins to look brisk, and have a good Stomach. Now, Sir, my Wife and Daughter, and the young Woman, desire you to order the Corroborating Electuary, that in your Letter you informed me would be necessary my Wife should take after the other Medicines, to confirm Health and prevent Relapse, and they believe, by the good Effects they have already found by the Pills and Powder, That will be all the Physick they shall have occasion for.*

THE rest of the Letter containing only an Encomium on my Skill, &c. I purposely omit it.

C H A P. II.

Of the immoderate Flux, or Over-flowing of the Terms.

THE *Courses* are properly deem'd immoderate, when the Blood flows from the Womb-Vessels is too large a Quantity, or too long together, or oftner than once a Month. In some Women they continue many Days together, in others not longer than usual, but then return often, as once a Fortnight, or sooner; and in Some the *Flux* is more, in Others less violent; many Women also, soon after their *Courses* stop, are afflicted with the *Whites*, or *Piles*, and sometimes with both.

AN *immoderate Flux* of the *Courses* may happen indifferently to Women of any Age between sixteen and fifty, as we very often find it does; but it is observed more especially to afflict the fair Sex when they are between forty and fifty Years

of Age, or at the Time their *Terms* are about to leave them ; then it frequently happens that they do not flow above once in three or four Months, but when they do, it is commonly in an excessive Manner, and they have been sometimes known to continue Flowing more or less for a Fortnight, or near three Weeks together.

THIS Illness, or *excessive Flowing* of the *Terms*, is generally caused by a Redundancy of Blood, or its too great Rarefaction, usually said to be occasioned by inflammatory Particles, or sharp scorbutick Salts in the Juices, and sometimes by Disorder of the Womb-Vessels.

THE *Overflowing* of the *Courses* is most commonly accompanied with a burning feverish Heat, tearing Pains in the Small of the Back, Pain and Heat about the Neck of the Womb, Head-ack, Loss of Appetite, and languishing Weakness of the whole Body ; and if not speedily cured, reduces the Person exceedingly, causing total Barrenness, lasting Weakness, a ghastly Countenance, sometimes Swelling of the Feet, and pining Consumption, which terminate in Death, if not timely remedied.

IF the Blood that comes away is of a bright red Colour, and when taken upon Linnen and dry, discovers a pale Circle, it shews that the Blood is thin and waterish, the Vessels of the Womb too lax or loose, the Patient also is weak, and low-spirited, but not very feverish ; but if it be of a deep red, and easily clots, it is a Sign of a Redundancy of Blood, and the Person is then very hot, feverish and uneasy ; and if the Blood in coming away causes great Itching and Uneasiness of the Parts, it shews that the Juices of the Body are very acrid, or sharp.

Now, to cure this Indisposition, (Revulsion by Bleeding, &c. being first made) such Medicines must be prescribed, as by their cooling, absorbent, and sub-astringent Qualities, will retard the violent Motion, and lessen the great Rarefaction of the Fluids, allay Thirst, abate Heat, take off the Fever, subdue all Sharpness in the Juices, rectify the Blood, and strengthen the Womb-Vessels ; by which Means the *Courses* will be quickly stopp'd, and the Patient soon restored to perfect Health and Strength.

FOR which End, and effectually to prevent the aforementioned ill Consequences, the Patient should first be let Blood in the Arm, to the Quantity of about eight, nine, or ten Ounces, in Proportion to her Strength and present Condition ; and the very next Morning, about six o' Clock, she ought to take the Quantity of a very large Walnut, or more, of the following

Laxative

Laxative Electuary; either by itself, or dissolved in a little thick Water-Gruel, which she likes best, and sleeping about an Hour after it; and if in about two Hours after it is taken, it should not move her to Stool, then it will be proper for her to take as much more of it, so as to give her five or six Stools: Water-Gruel, Barley-water, or Tea, are Liquors proper to be drank after it begins to operate. *It is thus made:*

No. 4. The Laxative Electuary.

Take Extract of Cassia new drawn, Lenitive Electuary, and Cream of Tartar, of each six Drams; of my loosening Confect, six Drams; mix and make an Electuary according to Art.

AND the Day after she has been purged with the *Laxative Electuary*, let her begin the following *Cooling Anodyne Powder*, taking as much of it as will lie heap'd upon a Shilling, in a little warm Water-Gruel, Barley-water, or other agreeable Liquor, betimes every Morning, and at four o' Clock every Afternoon, 'till all feverish Heat and other Symptoms are entirely taken off. *It is made thus.*

No. 5. The Cooling Anodyne Powder.

Take of Prunel Stone, one Dram; White Amber prepared, a Dram and an half; cooling Species of Gum Tragacanth, two Drams; of my Anodyne Salt, three Drams and an half; mix and make a fine Powder, which keep for Use.

AND besides this *Powder*, the Patient should take the Quantity of a large Nutmeg of the following pleasant *Restraining Electuary*, from the Point of a Knife, or any other way more agreeable, at Eleven o' Clock every Forenoon, and at eight o' Clock every Night, till the *Flux* is quite stopped, the Cure perfectly compleated, and the Strength wholly restored; minding not to eat any Thing for an Hour before or after each Dose, but drinking a little of any agreeable Liquor to wash it down. *It is thus made.*

No. 6. The Restraining Electuary.

Take Balaustines, Troches of Lemnian Earth, of each one Scruple; red Coral prepared, Pomegranate Peel, of each half a Dram; Earth of Japan, Aromatick Powder with Roses, of each two Scruples; Confect of Jacinth, a Dram; Juice of Kermes Berries, Marmalade of Quinces, of each two Drams;

Drams ; Conserve of Red Roses, three Drams ; Chymical Oil of Nutmegs, three Drops ; of my Metalline Absorbent Powder, two Drams and two Scruples ; Syrup of Quinces, a sufficient Quantity to make an Electuary.

THESE two Medicines being taken according to Directions, will immediately strike at the very Cause of the Illness, abate the violent Heat, and allay Thirst ; take off the Fever, rectify the Blood and Juices, stop the *immoderate Flux*, strengthen the Back and weaken'd Vessels of the Womb, prevent the *Piles*, (which are often occasioned by the common Medicines given to abate the *Courses*) and will bring the Patient into good Order in a short Time ; and by continuing them for about a Fortnight, will perfectly restore her to Health and Strength, and effectually prevent a Relapse for the future.

WHEN the Fever and all preternatural Heat is perfectly extinguished, the Patient may leave off taking the *Cooling Anodyne Powder*, and take only the pleasant *Restraining Electuary*, as before directed ; so also if the Patient should happen to be troubled with the Cholick or Gripes, she must omit the *Powder*, but constantly take the *Electuary* till she is perfectly cured, because it admirably strengthens the Stomach, Back, and weaken'd Vessels, brings the Blood and Juices into excellent Order, fortifies the Spirits, and firmly establishes Health and Vigour.

IF the Patient, whilst she is taking the pleasant *Restraining Electuary*, finds herself costive, or hard bound, then once in three or four Days she may take a Dose of the *Laxative Electuary* in the Morning fasting, as before directed, (omitting to take the other Medicine that Day,) and it will give three or four gentle Stools, and make the Body pleasant and easy, without griping, making sick, weakening, causing the least Trouble, or requiring Confinement.

NOTE, Whilst the Patient is in this Course, it will be convenient for her to drink freely of Tea, Barley-Water, or Water-Gruel, which will cool and dilute the Blood, quench Thirst, and do much good. She must also mind to abstain from all strong and inflaming Liquors, and from hot-spiced Food, or salted Meats ; but if she is very faint and weak, she may now and then drink a Draught of the following Liquor ; namely, *An equal Quantity of strong Claret and Spring Water, well boil'd together till one third Part of the Whole be wasted, and then pour'd boiling hot upon a Sprig of dried Baum,*

Baum, Mint, or a little Bit of Cinnamon, and when cold, strain'd off, and sweeten'd with the very finest Loaf-Sugar; which Liquor will prove Cordial, and gently Astringent, and is very proper to be taken, a little at a Time, with each Dose of the Restraining Electuary, to wash it down, as well as at other Times, when very faint and weak.

NOTE also, That if the Patient is reduced very low, and is so exceedingly weak and faint as not to be able to bear Bleeding and gentle Purgings, tho' that very rarely happens, then she must have immediate Recourse to the *Cooling Anodyne Powder*, and pleasant *Restraining Electuary*, taking them as before directed, omitting either first Bleeding, or Purgings, or both, as she finds most proper.

NOTE likewise, That when the *Flux* of the *Courses* is very excessive, or continues very long, the Patient is sometimes seized with a most cruel and extreme inward Pain, either towards the Loins, or on one Side of the Belly, or near the Head of one of the Thigh-Bones, and sometimes a little higher, between its Articulation or Joining, and the Hip, equally severe with the strongest Pains in Childbirth, and sometimes even to exceed them for Sharpness, and is occasion'd by the convulsive Throws of the Womb, violently pulling and stretching its Ligaments from the Parts wherein they are inserted; in which Case, besides what has been before advised, it will be proper for the Patient at Night going to Bed, to take *one Ounce* of Syrup of white Poppies, mixed with *two Ounces* of Alexiterial Milk-Water for a Draught, which any Apothecary will make up for a trifling Expence, and it will soon take off such excruciating Pain, give perfect Ease, Rest, and sweet Sleep, and may be repeated every other Night, or even every Night, if such violent and inexpressible sharp Pain requires it, but not otherwise.

THUS these Directions being followed, and the Medicines regularly taken, the *Overflowing of the Courses*, be it ever so bad, will most certainly be cured; an eminent Instance or two of which occurring to my Memory, I judge the Relation will be acceptable as well as serviceable to the Reader, and therefore will insert the Particulars, and so End this Chapter.

THE first Case I design to mention, is of a Gentlewoman about Thirty, who for six or eight Months before had been afflicted with the Flowing of the *Courses* constantly once a

Fortnight, in the same Quantity that used to flow, when she was in good Order, once a Month, and as soon as they went off, she was exceedingly troubled with the *Piles* for three or four Days, and afterwards with the *Whites* to an excessive Degree, which always held her till her *Terms* came down again. This Indisposition had reduced her to exceeding Weakness; her Stomach was much out of Order, she was continually feverish, had great Pain in her Head, but a more violent one in her Back, insomuch that she was hardly able to walk about the House. As soon as I was acquainted with her Illness, I found that her Blood, by the pale Circle it discovered upon her Linen, was poor, waterish, and very acrid, whence proceeded the feverish Heat, and all the other Symptoms,

AND considering that her Stomach and Bowels were very foul, I ordered her to take a very large Dose of my *Laxative Electuary* the next Morning, to cleanse them, which had very good Effect; and the Day following I caused her to begin my *Cooling Anodyne Powder* and pleasant *Restraining Electuary*, and to take them as before directed for two Days, which took off all immoderate Heat, and stopp'd her *Courses*; after that, I directed her to continue the pleasant *Restraining Electuary* alone, for a Fortnight, in order to absorb all sharp Humours, rectify her Blood, and strengthen her Back and Womb Vessels; but in three Days Time she sent me Word, that she believed she should be troubled with the *Piles*, being somewhat costive, and a little pained when she went to Stool; I therefore directed her to take a large Dose of the *Laxative Electuary* again, betimes the next Morning, and to omit the pleasant *Restraining Electuary* that Day, and so to take the *Laxative one* once every three or four Days, if she found herself Costive, and the pleasant *Restraining Electuary* constantly the other Days, for the Remainder of the Fortnight, or 'till she was quite well, and had perfectly recovered her Strength.

ACCORDINGLY she took the Quantity of a large Walnut of the *Laxative Electuary* the next Morning, which gave her two or three loose Stools, and wholly freed her from all Apprehensions of the *Piles*, and the next Day she began the pleasant *Restraining Electuary* again; and thus by following the Directions as above, she was soon perfectly cured, has had her *Courses* in regular Order, and continued in good Health ever since.

THE other Case that occurs to my Mind, is of a young Gentlewoman of about Eighteen Years of Age, jolly and of a sanguine Complexion, to whom being sent for, I was informed that till a little before that time she had always enjoyed perfect Health, but then was taken on a sudden with a feverish Heat, and an *excessive Flux of the Courses*; when I came to her, she had had them ten or twelve Days upon her, and they still continued to flow in a very large Quantity.

HER Fever, notwithstanding the great Loss of Blood she had suffered, being pretty high, I directed her to bleed immediately from the Arm, to the Quantity of eight Ounces, which in some Measure diverted the Course of the Blood: I did not order her my *Laxative Electuary*, she being very weak, and her Stomach and Bowels not foul; but presently prescribed my *Cooling Anodyne Powder* and pleasant *Restraining Electuary*, directing her to take both in the Manner above ordered, for about four Days; she had not taken above six Doses of each, but her feverish Heat was overcome, and her *Courses* stopp'd; on the fourth Day she happened to be a little griped, therefore I ordered her to leave off the *Cooling Anodyne Powder*, and take only the pleasant *Restraining Electuary*, which she did for two or three Days longer, and it perfectly cured her, she only remaining a little weak, occasioned by the excessive Flux she had laboured under; but she soon recovered her Strength without any more Medicines, and has remained well ever since.

THERE was no absolute Necessity for her to continue the pleasant *Restraining Electuary* any longer, because the Redundancy and too great Rarefaction of her Blood, which was the Cause of her Illness, being remedied by Bleeding and the cooling restraining Remedies, the Effect of course ceased without danger of returning. But in the Gentlewoman's Case first mentioned, it was quite different; for her Illness being caus'd by acrid, or sharp Humours, and having continued a long Time, had much injured the Womb Vessels, which could not be strengthened sufficiently, nor her Blood have been rectified as it ought, without taking the pleasant *Restraining Electuary* for a Fortnight or more; and indeed, could the young Lady have been persuaded to have taken it for nine or ten Days longer, which she refused to do, it would have been the better for her, for she would have thereby recovered more Strength in one Day, than without it she did

did in three, it being so excellently powerful in restoring Persons weakened by that Illness.

C H A P III.

Of the great Pain and severe Illness some Women endure, just upon the coming down of their Courses every Time they flow; and of the bad Colour, and ill Smell of the Blood, that flows from some Persons; as also of the Disorders Women in Years are subject to, when their Courses, begin to leave them.

AMONG the Disorders of the *Courses*, the Misery that some Women undergo, just upon their coming down, every Time they flow, is none of the least; it being very grievous and dangerous.

THEY are commonly afflicted with violent shooting Pains in the Head, Pain in the Hips, Loins, Stomach and Bowels, the latter not much unlike the Cholick; Weariness of the Limbs, with most racking Misery about the Region of the Womb, and great Heat in the neighbouring Parts; Loss of Appetite, Faintness and Sickness at Stomach, and sometimes with Vapours, Palpitation of the Heart, and Convulsions; all which proceed from the Smallness of the Vessels of the Womb at their Terminations, or their convulsive Contraction, or from their being full of Blood, and their Openings obstructed with a viscid Matter, so as not freely to afford it Passage suitable to its increased Quantity and extraordinary Rarefaction, which plainly appears by this, that when the *Courses* come down freely, the Symptoms presently abate and go off.

If this Indisposition is not speedily remedied, there will in Time follow a total *Suppression* or Stoppage of the *Terms*, from whence may proceed continual Fevers, or other fatal acute Diseases: To prevent which, and cure this Disorder, *Carminative*, *Anodyne*, *Hysterick*, and *Deobstructive* Medicines must be prescrib'd; such as will effectually expel Wind, allay Pain, correct the Viscosity of the Juices, and open all Obstructions, so as to give immediate Ease to the Patient in the present Disorder, and entirely prevent the Return of that Indisposition for the Future.

THEREFORE assuredly to prevent what may ensue, and entirely to be freed from this *Difficulty of the Courses*, or un-

easy Indisposition, I would advise the Patient as soon as she perceives the approaching *Flux* of the *Terms*, and is in violent Pain, to take two or three Spoonfuls of the following *Hysterick Cordial*, and continue to take the like Quantity of it, every two or three Hours, for twice more, or till she has taken the whole prescribed Quantity if there should be Occasion, that is, till the *Courses* flow freely, or without much Pain, but be sure no longer; minding to go to Bed, or at least to lie down upon it, and be covered very warm, when she takes it. The drinking White Wine Caudle also, and such like hot Suppings, is very proper on these Occasions. *The Hysterick Cordial is thus made:*

No. 7. The Hysterick Cordial.

Take Rue-Water, and Penny-Royal Water, of each one Ounce; Bryony Water compound, Dr. Stephens's Water, of each half an Ounce; Syrup of Mugwort, half an Ounce; Spirit of Salt Ammoniack, half a Dram; liquid Laudanum, prepared with Tincture of Salt of Tartar, thirty Drops; of my Hysterick Tincture, a Dram; mix for an Hysterick Cordial.

THIS *Hysterick Cordial* will absolutely take off all Manner of Pain and Uneasiness, cause pleasant Rest and Sleep, support the Patient's Spirits, strengthen her Stomach, expel Wind, open all Obstructions, and (by taking off the Spasmodick Contraction of their Fibres) cause the Orifices of the Vessels through which the Blood flows, to dilate or widen, banish all the Symptoms, and finally cure the Disorder for the Time present.

BUT effectually to cure this Indisposition, so as not to be liable to it for the Future, the Patient, when the present Fit of Pain is overcome, and as soon as her *Courses* have done flowing for that Time, ought to begin my pleasant *Opening Powder* prescribed in the first Chapter of this Book, Page 6, and take it constantly and exactly as is there directed for a whole Month or six Weeks, or longer, which will assuredly free her from any Return of such severe Pain and Uneasiness, when the *Monthly Terms* begin to flow for the Future, entirely prevent all ill Consequences of that Indisposition, and absolutely establish Health and Strength.

IN some Women the *Courses* are of various and ugly Colours, the Blood that flows being yellowish, livid, or black, and sometimes has a very nauseous Smell; which Disorders are
caused

caused by the Badness of the whole Mass of Blood, or its particular Corruption in the Vessels of the Womb: The Blood and Juices therefore must be purified, and the whole Body cleansed, by proper *Cathartick* and *Alterative* Medicines, as the Case requires.

BUT these Indispositions may be safely and speedily remedied by the following *Uterine Drops*, together with my *Purging Pills* prescribed in the first Chapter, Page 5, aforegoing; the Patient taking a Dose of the *Pills* betimes in a Morning fasting, as in the said first Chapter is directed, and repeating them once every four or five Days, as Strength will permit, and the *Uterine Drops* on the intervening Days, taking twenty or thirty *Drops* (first shaking the Bottle) for a Dose, betimes in a Morning fasting, in five or six Spoonfuls of lukewarm thin Water-gruel, and the like Number of them in a Glass of White-wine about five or six o' Clock every Evening, minding not to eat any Thing for near an Hour before or after each Dose, but to walk about pretty much after taking them. *They are made thus.*

No. 8. The Uterine Drops.

Take of fine, bright, and newly filed Filings of Iron, four Ounces; of the Juice expressed from Artichoke Bottoms, eight Ounces; mix them in a Glass Vessel, which place in an hot Bed of Horse-Dung, where let it continue for a Month, or till the Filings are almost totally dissolved; then put the Mixture into a Retort, to which fix a Receiver, and with a gentle Fire distil to Driness. To the distilled Liquor add two Ounces of Spirit of Salt, and set it by for further Use. Then take the Residium out of the Retort, and add to it of the best Russia Castor, in fine Powder, one Ounce; of Salt of Tartar, an Ounce and half; the choicest Myrrh, in fine Powder, the best English Saffron well pick'd, the finest Succotrine Aloes in Powder, of each three Ounces; rub or grind them all very well together in a large Glass Mortar for three or four Hours, or till the whole becomes moist like Paste, and then, by Degrees, pour upon it the Liquor that was drawn off from the Mixture of the Artichoke Juice, and Filings of Iron, and afterwards accuated with Spirit of Salt, rubbing or grinding the Mass as it is pouring on it, till the whole is well mix'd, which will then ferment pretty much; then pour upon this fermenting Mass, three Pints of Tincture of Salt of Tartar, and let it digest in a Sand Heat for nine Days or a Fortnight,

Shaking the Vessel every Day; then let it settle, and decant off the clear Tincture. Take of this fine martiated Tincture three Parts, and of my Carminative, Uterine Essence, one Part; mix them and digest again in a Sand Heat for a Week longer, or till they are perfectly united; then pour off the clear Uterine Drops, and reserve them close stop'd for Use.

THESE admirable *Uterine Drops* will rectify the Stomach and Blood, purify all the Juices, and powerfully cleanse the Womb; they resist all Manner of Corruption and Putrefaction in a wonderful Degree, keep the Body in good Condition, and so particularly correct the ill State of the Fluids, without any the least Disorder, while the *Purging Pills* carry off all foul Humours, that they effectually cause the *Terms* to be of a good Colour, and free from any ill Scent whatever.

AND thus let this Course be continued for three Weeks or a Month together, or longer, namely, a Dose of the *Purging-Pills* once every four or five Days, or at least once a Week, and the *Uterine Drops* constantly twice a Day, on the other Days, as before directed, and they will assuredly purify the whole Mass of Blood, cleanse the Womb-Vessels, strike at the Root of all Corruption and Putrefaction, bring the *Courses* to their natural Colour, and perfectly take away all offensive Smell, restoring the Patient to pristine Health and good Order.

AND here it will not be amiss to touch upon the Disorders that most Women labour under, when being between forty and fifty Years of Age, their *Courses* begin first to dodge, and at last to leave them; for then they are frequently troubled with a severe Pain in the Head and Back, and about the Loins; sometimes also with Cholick Pains, Gripes, and Looseness; at other Times with Vapours to a violent Degree; likewise feverish Heats, wandering Rheumatick Pains, and general Uneasiness.

To prevent and cure all which, Bleeding to the Quantity of eight Ounces, if Strength will by any means admit, will be very necessary; after which, no Method, or Medicines are more proper or beneficial than my *Purging Pills*, to be taken a Dose every four or five Days, or at least once a Week, (beginning the very next Day after Bleeding) and my *Uterine Drops* the other Days, in the same Dose and Manner as above directed, and so continued for about a Month,

Month, which then will assuredly have the desired Effect: And this Method of Bleeding, gentle Purging, and taking the *Uterine Drops*, should be repeated about three Times every Year, but before Spring and Fall, Bleeding especially, till the *Courses* have intirely ceas'd flowing at all, and the Patient is well settled in Health without them.

BUT if the *Courses* not only dodge, but when they do flow, are but very sparing in Quantity, and the Patient is likewise subject to the *Hysterick Disease*; then it will be best for her, after Bleeding as above directed, and once Purging with my *Purging Pills*, to begin my *Opening Powder* prescrib'd in the first Chapter, Page 6. aforegoing, and take it constantly for about a Month, as is there directed, as also the *Corroborating Electuary* prescribed in Page 7. afterwards for about three Weeks or a Month also, as I have in that Chapter advised; and she will certainly find the excellent Effects of them, by enjoying an happy and settled State of Health.

ON the contrary, if instead of the *Terms* being sparing in Quantity when they begin to dodge, they should be immoderate and flow excessively, then recourse must be had to the Method and Medicines advised in the second Chapter for that particular Disorder, and they will soon have the wished-for Effect; after which, Bleeding two or three Times a Year, and Purging with the *Purging Pills* once a Week, and taking the *Uterine Drops* on the intervening Days for about a Month, as before advised, will procure settled and perfect Health.

NOTE, That the *Uterine Drops* being taken by Girls from eleven or twelve Years of Age, to Fifteen or upwards, in the Dose and Manner I have advised, will often alone, or without Purging, or any other Medicine whatever, not only prevent, but intirely free them from the *Green-sickness-like Indisposition*, and pale or wan Countenance, &c. that I have taken notice of in the first Chapter, and there more at large mentioned.

NOTE also, That the *Uterine Drops* I have in this Chapter recommended, are exceedingly good for Children troubled with *Worms*, whether Boys or Girls, and generally cure them effectually, when taken as I have above directed, for about a Fortnight or three Weeks together.

NOTE well, That in all Disorders of the Stomach, in either Men or Women, whether Loss of Appetite, bad Digestion, Sickishness, Reachings, windy Belchings, or Cholic Pains, there is not a more sure and speedy Remedy with-

in the whole Compass of Physick than these most excellent *Uterine Drops*: I have known them effectually cure the *Hypochondriack Distemper* in Men, after they had taken vast Quantities of most other Medicines to no Purpose; they will also oftentimes cure the *Hysterick Disease* or *Vapours* in Women alone, or without any other Remedy; and being taken exactly as I have directed, by either Men or Women, they come the nearest of any Medicine yet known, to an Universal Remedy, for restoring and preserving Health and Strength; for they rectify all Disorders whatever of the Stomach and first Passages, cause Persons, who have almost intirely lost their Appetite, to eat heartily and with Pleasure, and to digest their Food speedily and regularly; they likewise cleanse and purify the Blood and Juices, promote insensible Perspiration, strengthen the Texture of all the Fluids, and corroborate and confirm the Tone of the Solids; by all which they restore a good Constitution, induce a pleasant and chearful Disposition of Mind, and establish a robust and healthful State of Body, and therefore are good for almost all Sorts of Persons, Men, Women, and Children, to restore them to a sound Constitution, and preserve them in settled Health and Strength. For which reason I do earnestly recommend them to Gentlemen as well as Ladies, in the Cases just now mentioned, and also in all insensible Decays of Constitution, Lowness of Spirit, melancholy Disposition, Weakness of the whole Habit, Want of Appetite, and in all nervous Complaints, which they never fail of absolutely curing in a short Time and in a pleasant Manner, without the least Trouble or Disorder whatsoever.

AND thus I have gone through the Weaknesses and Indispositions that often attend the Female Sex, occasioned by the Irregularity of the *Menstrual Flux* or *Courses*, and have set down in a plain and intelligible Manner, the best Method of Cure, so as every one suffering under those afflicting Illnesses, may, without Trouble, or revealing their Case to any One, certainly cure themselves with the greatest Safety, Ease, and Expedition imaginable.

C H A P. IV.

Of the P I L E S.

THIS Distemper being common to Men, as well as to Women, it may be thought strange that I treat of it here; but considering that many of the fair Sex do not care to acquaint Physicians that they are afflicted with the *Piles*, it made me conclude this Chapter would prove as serviceable, and be as acceptable to them as the others.

THE Indisposition called the *Hæmorrhoids* or *Piles*, is miserably painful, making the Patient very restless, fretful, and faint; it is a Swelling, Heat, and Soreness of the *Hæmorrhoid Veins*, just within, and sometimes just without the Fundament: When they do not bleed, they are called the *Blind Piles*, and then they swell much, and cause violent Pain and inexpressible Torture at going to Stool, and the Stools even in the *Blind Piles*, are often streak'd with Blood.

THE *Bleeding-Piles*, though very fore, are not so bad or dangerous as the other, except the Flux is very violent and continues long; for then it induces Fainting, Swooning, Loss of Strength, Citron-like Colour of the Skin, resembling the Jaundice, Evil Habit of the Body, Consumption, Dropsy, &c.

SOME few Men are accustomed to the *Bleeding-Piles* constantly once a Month, by which they periodically lose as considerable a Quantity of Blood, as Women do by their *Courses*, and oftentimes to Advantage in Point of Health, except the Flux proves very excessive; but this by the way only.

SEVERAL Persons, at their being first troubled with the *Bleeding-Piles*, have been much frighten'd, imagining that Indisposition to be the *Bloody Flux*.

To distinguish therefore the *Bleeding Piles* from the *Bloody Flux*, it will be proper to observe, That in the *Bleeding Piles* the Blood comes away before the Stool, and the Pains are felt only just about or a little within the Fundament; whereas in the *Bloody Flux*, the Blood commonly follows the Stool, or at least is mix'd with the slimy and mucous Excrements, and is attended with violent Gripes, and wandering excruciating Pains, in all Parts of the Bowels by turns.

TH E

THE Cause of the *Piles*, is most commonly a too great Rarefaction and Heat of the Blood and Humours, as the feverish Disposition of the Patient at that Time plainly shews; so that a Redundancy of Blood, *Stoppage* of the *Terms*, (either accidentally, or by irregular Methods) and great Colds, often occasion the *Piles*, the last by hindering the usual Secretions, which being retain'd, there ensues a Redundance and Rarefaction of the Blood, and oftentimes an increased Celerity of it, when filling the *Hemorrhoid Veins*, if they easily open, it issues out, and if they do not, it there stagnates and swells them, causing great Pain and Heat as before mentioned. Sometimes the *Piles* are caused by hard Riding or other violent Exercise, also severe Purg-ing, and drinking spiritous Liquors; but in those Cases, the Illness commonly goes off, by Ease, Rest, and Temperate Living.

IF the *Piles* continue long, and the Patient has an ill Habit of Body, a cancerous Ulcer may succeed, or the Swelling may apostemate, and a Fistula of most difficult Cure may happen.

To prevent which, and cure the *Piles*, proper *Alterative* and *Cooling Medicines* must be given inwardly, to allay the too great Heat, and abate the Velocity of the Blood, reduce its Discrasy, and thereby destroy the real Cause of the Distemper, whilst suitable intrinsick Remedies are outwardly applied, to discuss the Tumour, ease Pain, and perfectly heal and cure the affected Part.

IF the Patient is feverish, or the Pain and Inflammation great, bleeding in the Arm to the Quantity of eight or nine Ounces, will be absolutely necessary to divert the Humours, and abate the Celerity and Rarefaction of the Blood; after which, let as much of the following *Alterative Powder*, as will lie heap'd upon a Shilling, be taken three Times every Day, *viz.* betimes in the Morning fasting, at four o' Clock in the Afternoon, and at Night going to Bed: The Patient may take it mix'd in a Spoon with a little thin Water-Gruel, Green Tea, or any other small Liquor she likes better, drinking a Draught of the same, made luke-warm, after each Dose. *It is thus made.*

No. 9. The Alterative Powder.

Take Cream of Tartar, three Drams; Liquorice Powder, a Dram and half; white Amber prepared, a Dram; Prunel Stone, a Dram; sweet Salt of Steel, half a Dram;
of

of my Mineral Magistery, three Drams and half; mix and make a fine Powder, according to Art.

This *Alterative Powder* will allay the Heat, and take off the Rarefaction of the Blood, restrain its Impetuosity, cool and rectify the whole Mass, and obtund and correct all acrid or sharp Humours to Admiration.

AND at the same Time the Patient is taking this *Alterative Powder*, let the following *Intrinsick Liniment* be used three or four Times in a Day, or oftner, applying it with a fine warm Linnen Rag, or with your warm Fingers, very gently, to the affected Part, endeavouring, when the *Piles* are inward, to get as much of the *Liniment* up as conveniently can be, applying afterwards some of the same spread upon Lint, or a Bit of fine Linnen, plaister-wise, and a Bolster of soft Linnen, two or three doubles over it, which may be kept close to the Part by a String-Cloth, Truss, or other convenient Linnen Bands. *The Liniment is thus made.*

No. 10. The Intrinsick Liniment.

Take Sugar of Lead, a Dram; Ointment of Poplar Buds, an Ounce; of my Anodyne Powder, and Chymical Oil for the Piles, of each half an Ounce; mix and make a Liniment according to Art.

THIS *Intrinsick Liniment* will quickly give Ease, and mightily contribute to the Cure of both *blind* and *bleeding Piles*.

SOMETIMES also, White Bread and Milk being boil'd up to a Poulrice, and apply'd warm to the Part affected, and renewed every Night and Morning, especially when the *Piles* are much swell'd, will prove very serviceable, and soon give Ease: As likewise bathing the Part twice a Day, for near half an Hour each Time, with warm Milk alone, oftentimes will.

BUT effectually to cure the *Piles*, the *Alterative Powder* should be constantly taken, and the *Intrinsick Liniment* be carefully used, according to the Directions before given, till the Cure either of the *blind* or *bleeding Piles* is perfectly accomplished. They will quickly give Ease, and assuredly compleat the Cure of the *Piles* in a short Time; for the *Alterative Powder* effectually strikes at the true Cause of that Illness, and prevents the Parts being supply'd with sharp Humours, whilst the *Intrinsick Liniment*, after an admirable Manner,

Manner, eases all Pain, discusses the Tumour or Swelling of the *blind Piles*, and heals and perfectly cures the *bleeding Piles*.

THE *Alterative Powder* will agree with the Stomach, and take off all feverish Heat, without disordering the Body in the least: It sometimes may make the Belly a little loose, and thereby contribute very much to the Cure; for nothing is more tormenting to those troubled with the *Piles*, than to be costive or hard bound, it putting them to intolerable Pain and Misery upon going to Stool.

THEREFORE if the *Alterative Powder* should not loosen the Belly, it will be necessary for the Patient, once every three or four Days, to take a Dose of my *Laxative Electuary*, prescrib'd in the second Chapter of this Book, Page 14. aforegoing, taking it exactly as is there directed, minding only to omit taking the *Alterative Powder* that Day the *Laxative Electuary* is taken.

THE Patient, during the Time she is afflicted with the *Piles*, must carefully abstain from all strong Liquors, Spices, and Salt Meats, which tend to inflame the Blood, and increase the Malady, and eat but very sparingly, if at all, of any Flesh Meat whatever, but should drink freely of luke-warm thin Water-Gruel, or Barley-water, with Currants boil'd in either of them; as also of Green-Tea; or, for ordinary Drink, Milk and Water boil'd together, that is, *a Quart of Spring Water and a Pint of new Milk mix'd together, just boil'd up, and strain'd*; of which large Draughts being frequently drank luke-warm, as well at Meals as at other Times, will prove of very great Service.

THUS these Directions being duly observed, this grievous Indisposition, which some labour under many Months, will be perfectly cured in a little Time, so as not to return again.

ABOUT three Months ago I was sent for to a Gentlewoman who had been afflicted with the *Piles*, almost continually, for some Years. She having taken very many Medicines to little or no Purpose, told me she fear'd she should never be cured; yet least she should be wanting to herself, hearing of my Success, was the Reason she had sent for me, and desired I would use my utmost Endeavour to free her, if possible, from her Illness: She acquainted me also that sometimes they bled pretty much, and then she was much easier than when they only swell'd and did not; she was at that Time in great Torture with them,
and

and being of a hot Constitution, and somewhat feverish, I ordered her immediately to be bled, and prescribed my *Alterative Powder* and *Intrinsic Liniment*, the first to be taken, and the latter to be used exactly as I have directed in this Chapter, for a Week or nine Days; at the End of which she was very well, and better, as she affirmed, than she had been for any Time in Nine Months before: Nevertheless, I ordered her by all Means to continue the *Alterative Powder* for a Fortnight or three Weeks longer, without using the *Intrinsic Liniment* any more.

My ordering her to take the *Alterative Powder* so long, was with Design to correct her Blood, and wholly subdue the acrid Principle or Cause of that severe Malady which had so long afflicted her, as it effectually did, she having been very well ever since, and likely so to continue.

MUCH about the same Time I had another Lady under my Care, who was also sorely troubled with the *Piles*; her Blood was very acrid, but she was not exceeding feverish, yet was then in very great Pain, and a little before she sent for me, the *Piles* had bled very much; I therefore did not order her to be bled, (altho' in most Persons that is highly necessary,) but directed her to take my *Alterative Powder*, and use my *Intrinsic Liniment* presently, and continue them till she was cured: In four Days Time she was tolerably well; but happening to be costive, I directed her to take a Dose of my *Laxative Electuary* once every three or four Days, and to take the *Alterative Powder* as directed, on the other Days, which she did, and was perfectly cured in a Fortnight's Time.

I could give many more Instances of Persons cured of the *Piles* by these Remedies, who by reason of their being exceedingly bad, and having been long afflicted with them, imagined they could never be cured; but designing Brevity, I shall wave that Trouble.

WHAT I have here wrote concerning the Cure of the *Piles*, may prove as beneficial to Men troubled with them as to Women; for the Method and Medicines I have prescribed, will certainly cure that Illness in both Sexes, if the Directions I have given be but punctually observed.

CHAP. V.

Of the WHITES.

THIS Disease is the flowing of a white Humour from the Cervical Glandules, or Vessels about the Neck of the Womb, according to some Authors: But according to the learned and ingenious Dr. *Cheney*, and much more consonant to Reason, from the very same Vessels through which the *Courses* flow; which not strictly closing after the *Terms* are gone off, as they ought, and always do in a perfect State of Health, suffer a viscous or slimy Humour to be separated from the Blood through them, which coming away is called the *Whites*.

THE *Whites* sometimes come away in a large, and sometimes in a small Quantity; and it is observable that at the Middle of the Time, between the Monthly Periods, or about ten Days after the going off of the *Courses*, the *Whites* commonly flow more excessively for two or three Days than at any Time before or after, and are attended with Heaviness about the Loins, Pain in the Small of the Back, Want of Appetite, bad Digestion, Weariness, and universal Lassitude; sometimes swelling of the Legs, pale Countenance, and hollow Eyes: Maids of a weakly Constitution are often afflicted with this Malady, as well as married Women and Widows.

IF this Distemper is not timely remedied, it certainly causes incurable Barrenness, and the Blood and Juices become more and more depauperated, till a deplorable Consumption or Dropsy ushers in Death to end the fatal Tragedy.

THERE are few Women, especially the weaker Sort, but are more or less afflicted with this Illness, it being a Distemper often attendant upon, and caused by other Diseases; and whatever Disease occasions the Blood to become poor, foul, or viscous, and reduces a Woman to a languid weakly Frame, is commonly succeeded by this Indisposition. Thus Women that are naturally of a more weak Habit or Constitution than ordinary, are more subject to the *Whites* than others: And as this Illness is mostly occasioned by foregoing Distempers, (tho' sometimes by violent Exercise, or immoderate Venery) so it weakens the Body also more and more, till the suffering Patient being brought into a hopeless Consumption

or Dropfy, as aforefaid, becomes a miserable Victim to Death, unless timely cured by proper Remedies adminiftered by a ſkilful Hand.

BUT the immediate Cauſe of the *Whites* is a Weakneſs, Laxity, or Loofeneſs of the Veſſels of the Womb, the Tone of which is either ſpoiled by the ill State of the Stomach and Blood, probably deprav'd by other Diſtempers, or by ſome of the Accidents, immoderate Exerciſe, &c. before mentioned; by which Means thoſe Veſſels cannot ſufficiently cloſe, after the Courſes have done flowing, but continuing open in ſome ſmall Degree, let a viſcous Humour conſtantly gleet or ſlide through them, amounting in the whole to a large Quantity as aforefaid, thereby impoveriſhing the Juices of the Body, inevitably cauſing Barrenneſs, if not quickly cured, and bringing the whole human Frame into a pining deſperate State.

SOME Women indeed have this white Flux much more moderate than others, and not continually, but at Times only, without cauſing any great or remarkable Proſtration of Strength, till a Year, two, or more after its firſt beginning to appear; but then it becomes more violent and dangerous, weakening the Body exceſſively, and as it were at once, and is then much more hard to cure; this being a known and undoubted Truth, that the longer this Flux of white Matter has afflicted the Patient, and the larger in Quantity it is, the longer Time will be required, and the more difficult will it be, to accompliſh the Cure, the Humours being the more habituated to flow that Way, and the Tone of the Veſſels, thro' which they flow, being the more injured.

MANY Authors write, that if the *Whites* continue long, they degenerate, and become variously colour'd, as yellow, green, &c. and ſometimes ſmell intolerably ill: Now altho' this may ſometimes happen, yet when it is met with, the Patient ought to be ſure that it does not proceed from ſome other Diſeaſe, that may require different Management from the Illneſs I here treat of, there being other Diſtempers attended with a Flux of Matter, that have often been miſtaken for the *Whites*, altho' proceeding from a very different Cauſe.

'TIS of great Moment therefore carefully to diſtinguiſh the *Whites* from other Diſtempers that reſemble that Malady; for Numbers of Women who have met with ill Huſbands, have laboured under a venereal Running, or a Running cauſed by the foul Diſeaſe, for ſome Years together, ſtill imagining it to be only the *Whites*: Others have miſtaken a Running occaſioned

occasioned by an Ulcer in the Womb, for that Flux. Thus it being very difficult for Women to distinguish these Distempers, and yet absolutely necessary that they should, I think it here very proper to give some Rules, by which they may assuredly know one from the other.

THE *Whites* may be certainly distinguished from a Venereal Running by this: That whenever the *Courses* come down, the *Whites* always cease, and do not trouble the Patient again till after the *Courses* have done flowing; whereas a Venereal Running remains constantly upon the Patient, and does not cease during the *Flux* of the *Terms*, but continues all the Time they flow, as well as immediately before and after, and is also much less in Quantity than the *Whites* are.

AND the *Whites* may be distinguished from an Ulcer in the Womb by this: That an Ulcer in the Womb is always attended with very sharp and gnawing Pains in the Womb and its Neck, from the very Beginning of the Disease; whereas in the *Whites*, tho' sometimes the Humour may be so sharp as to cause smarting outwardly, yet there is no such sharp Pain felt in the inner Parts: The Matter also flowing from an Ulcer is often sanious or bloody, which the *Whites* never are.

The Cure of the *Whites* ought first to be endeavoured, if Strength will admit, by cleansing the Stomach and Bowels with Catharticks, and afterwards by rectifying the Blood and Juices, strengthening the Vessels of the Womb, and restoring the weaken'd Body to its pristine Vigour, with Alterative, Balsamick, and Sub-astringent Medicaments.

The Patient therefore, to prevent the dismal Effects that may ensue, and entirely to cure the *Whites*, if she is not exceedingly weak indeed, should take a Dose, two, or three, as she thinks most proper, or finds herself able to bear, of the *Purging Pills* prescribed in the first Chapter of this Book, Page 5. aforegoing, taking them exactly as is there directed, excepting only, that instead of four *Pills* she may take but three of them for a Dose the first Time, because Persons afflicted with the *Whites* are commonly much easier to be purg'd than those troubled with an Obstruction of the *Terms*.

THREE or Four of those *Purging Pills* will give four, five, or six Stools, without the least Trouble or Disorder, neither griping the Bowels, or making the Patient sick, but being taken every other, or every third Morning, for two or three Times, as Strength will bear, will admirably cleanse the Body

dy of foul Humours, and prepare it for other Remedies to finish the Cure.

THEREFORE, as soon as the Patient has purged once, twice, or three Times, according to her own Discretion, and as her Constitution will allow, she should the next Day begin the following *Balsamick Electuary*, taking the Quantity of a Nutmeg of it from the Point of a Knife (or else that Quantity may be first wrapped up in Sugar Wafer, which may be had at any Confectioner's, and so be taken without being so much as tasted) betimes every Morning, and at five or six o' Clock in the Afternoon also, not eating any thing for an Hour before or after each Dose, but drinking a Glass of Sherry, white Lisbon, or rather bitter Wine, after it, to wash it down. *The Balsamick Electuary is thus made:*

No. II. The Balsamick Electuary.

Take Earth of Japan, and binding Saffron of Steel, of each a Dram; of the finest Dragon's Blood, two Drams; the choicest Cortex of Peru, in fine Powder, three Drams; true Armenian Bole, three Drams and a half; right Balm of Gilead, and Balsam Capivi, of each two Drams; of my Chymical Balm, an Ounce, or a sufficient Quantity of it to make an Electuary according to Art.

THIS *Balsamick Electuary* ought to be constantly taken till the Patient is perfectly cured, which will soon be, provided it be taken punctually as directed. In some the Cure will be accomplished in a Fortnight or three Weeks; but in others, whose Illness is very great, it may perhaps be a Month or six Weeks before it is quite finished; but its sovereign Efficacy may be depended upon, for it will most certainly cure; and all Persons will from the first two or three Days apparently find themselves mend exceedingly all the while they are taking it, which may serve as a Demonstration to them, that by continuing it for a reasonable Time, the Cure will be assuredly completed.

THEREFORE, effectually to prevent a Relapse, I advise every one who begins this *Balsamick Electuary*, not to leave it off, altho' they should find themselves in nine Days or a Fortnight pretty well cured of the *Whites*, but to continue taking it constantly as directed, for a Week or two more, which will then certainly prevent a Return of that Distemper.

It never disorders the Body, but commonly keeps it rather loose than bound, and displays its Virtue after an admirable

Manner, effectually answering (after Purging) all the Intentions of Cure; for it strengthens the Stomach and Bowels, rectifies the Blood and Juices, restores the Womb Vessels to their pristine Order, by gently straitening and reducing them to their natural Tone: It also wonderfully corroborates the whole Body, taking away all manner of Weakness in the Back and other Parts, rendering the Patient lively, brisk, healthy, and strong, and perfectly putting an End to that troublesome Distemper the *Whites*.

WHILE the Patient is under this Course, her Food ought to be of very easy Digestion, and if she drinks a Glass of Wine at her Meals, it may not be amiss: She should observe also to avoid eating Sallets, Greens, and all Sorts of Fruit.

IF the Patient is troubled with the Head-ach, or is Feverish, then the Day before she takes any Medicines, it will be highly proper for her to be let Blood in the Arm, to the Quantity of about eight Ounces.

IF she is exceeding weak and ill before she begins these Medicines, then she must not take the *Purging Pills* before recommended, more than once or twice, or not at all, if she thinks she cannot bear Purging, but may begin to take the *Balsamick Electuary* immediately, and continue it constantly till she is perfectly well, and indeed for a Week or Fortnight afterwards; for it will thereby strengthen the Body to such a Degree, and confirm the Cure of the *Whites* in such a Manner, as to prevent a Relapse into the same for the future.

As soon as the *Courses*, or any Sign of them, approach, and indeed for two or three Days before they are expected, the *Balsamick Electuary* must be left off, and not be taken again till the *Terms* have done flowing.

SOME Women, who are very subject to be costive, may happen to be bonnd in their Bodies while they are taking the *Balsamick Electuary*, (tho' it most commonly proves otherwise) in which Case the Patient may take a Dose of the *Laxative Electuary*, recommended in the second Chapter of this Book, Page 14 aforegoing, as is there directed, observing only to omit taking the *Balsamick Electuary* that Day the *Laxative One* is taken.

IF the Patient troubled with the *Whites* labours at the same Time under any Disorder of the *Courses*, it will be proper for her to get cured of that Disorder, as directed in the foregoing Chapters, before she attempts the Cure of the *Whites*. As for Example; suppose a Woman should be afflicted with a *Deficiency* of the *Terms*, or their flowing but sparingly, &c. and with

with the *Whites* also, which frequently happens, she must then first cure herself of the *Deficiency* of the *Courses*, by taking the *Opening Powder*, &c. prescribed in the first Chapter of this Book, Page 6. exactly as there directed; and when by that Means her *Terms* flow regularly and well, and are of a good Colour, she may possibly find herself entirely freed from the *Whites* also, the Medicines taken to regulate the *Courses*, often curing that Disease at the same Time; but if she finds herself still troubled with the *Whites*, then she ought to begin the Remedies prescribed in this Chapter, for the Cure of them, but not before.

I could give a great many Instances of Persons cured of the *Whites* by the Method and Medicines above prescribed, but shall only relate one or two Cases, the Particulars of which I believe will prove acceptable to my Readers.

I was sent for about seven Months since, to a young Gentlewoman of about Nineteen Years of Age, who for three Years before, as I was informed, had at Times been troubled with this *White Flux*; but it not continuing constantly upon her, nor flowing violently, neither herself or Mother much minded it, till at last growing very bad, the *Whites* increasing in Quantity, her Legs swelling, and her whole Body becoming more and more disorder'd, they thought proper to seek for Help.

I found her in great Distress, her Back much pained, her Appetite almost lost, her Legs a little swell'd, and the Flux (by her Mother's Relation) very severe, yet she was not very feverish; therefore I did not think fit to have her bled, but order'd her to take two Doses of my *Purging Pills* before mentioned, at two Days Distance from each other. They operated very well, took down the Swelling of her Legs, and made her somewhat better: However, being a little weaken'd, I did not order her to purge again, but directed her to take my *Balsamick Electuary* the next Day, as above, and continue it constantly till she was cured.

IN a very few Days the Flux was so much abated, as hardly to be perceived, the Pain in her Back was nearly gone, and she began to look brisk, and recover Strength; but being always much subject to Costiveness, she was a little bound in her Body: I therefore order'd her to take a Dose of my *Laxative Electuary* the Day following, just to loosen her Bowels, and if she found any further Occasion, to take a Dose of it every five Days, and the *Balsamick Electuary* the other Days, which she did for a Fortnight longer, in which Time

she was perfectly cured, and has remained in compleat Health ever since.

NEAR six Months ago, a Gentlewoman of about thirty Years of Age sent for me and desired my Assistance, she being exceedingly afflicted with the *Whites*, which she had been troubled with upwards of four Years: That Illness begun quickly after a *Miscarriage*, which had like to have proved her Death, and which was occasioned by a great Fright.

SHE told me she had taken abundance of Medicines, first by the Advice of her Midwife and an eminent Apothecary, and afterwards by the Direction of a Physician of good Note, without receiving any Benefit; and added, that she feared there was no Cure for her, but that she must die, yet desired I would do all in my Power, and save her Life if possible, for her Children's Sake, she having three alive.

THE Case was exceeding bad indeed; she was very ill and weak, scarcely able to stir, had a violent Pain in her Head and Back, no Appetite to Food, was frequently very feverish, and almost worn to a Skeleton by the great *Flux of white Matter* that she had so long labour'd under; nevertheless I let her know, that with the Blessing of the Almighty, I did not doubt but to restore her to Health, provided she would follow my Directions, and take the Medicines punctually, which she readily promised to do.

THIS Gentlewoman was too weak to bear Purging, therefore I forbore ordering her my *Purging Pills*; but considering the great Pain in her Head, and that she was inclined to be feverish, I directed her first to have about eight Ounces of Blood taken from her Arm, which without weakening her, diverted the Humours, and prevented a Fever, which might otherwise have happen'd, and the next Day I order'd her to begin my *Balsamick Electuary*, and to continue it constantly, as directed in this Chapter.

AT the End of five Days, I found her mightily recovered, the *Whites* being nearly stopp'd, her Spirits revived, her Strength much increased, the Pain in her Head and Back almost intirely gone, and her Appetite in some measure come to her: However, she being somewhat hot and uneasy by Turns, and not having been purged at first, because of her great Weakness, I advised her, tho' she was not in the least costive, to take a Dose of my *Laxative Electuary*, once every five or six Days, and the *Balsamick Electuary* the other Days, as before, and to continue that Course till she was perfectly well, and for nine or ten Days after.

ACCORDINGLY she took my Advice, and in a Month from the Time she first began the Medicines, she left off taking them, having been well for about a Week before, and was then, and still remains in perfect Health and Strength, to the Admiration of all who knew her.

NOTE well, I must here acquaint my Readers, that altho' the *Balsamick Electuary* does in general so exceedingly agree with the Patient as not to occasion the least Uneasiness or Disorder whatever, yet in some very few Persons, perhaps not one in an Hundred, thro' a certain *Idiosyncrasy*, or Peculiarity of Constitution, it may not fit altogether so well on the Stomach as could be wished: If therefore, upon a Patient's taking a few Doses of the *Balsamick Electuary*, she should find it heat her too much, or any ways prove less comforting and agreeable than to the Generality of the Fair Sex it does, I would then advise her to leave off taking it, and have recourse to the *Restraining Electuary* (prescribed in the second Chapter, Page 14 aforegoing) in its Stead, taking the said *Restraining Electuary* exactly in the same Dose and Manner, and with the same Restrictions and Precautions as I have advised with respect to the *Balsamick Electuary*, which *Restraining Electuary* being exceeding pleasant and delightful, both to the Palate and Stomach, cannot any ways fail of perfectly well agreeing with the Patient, tho' her Disposition be ever so peculiar or different from the Generality of the Fair Sex.

And I have of late amply experienced the *Restraining Electuary* to be fully as efficacious in curing the *Whites* as the *Balsamick Electuary* is, provided it be taken in the very same Dose and Manner, that is, the Quantity of a Nutmeg betimes every Morning, and also at five or six o' Clock every Afternoon; and as it is very pleasant to take, it may for that Reason be said to be even preferable to the *Balsamick Electuary*.

AND as the *Restraining Electuary* is effectual in curing the *Whites* in Women, so also it is fully as efficacious as the *Balsamick Electuary*, in curing a *simple Gleet*, or any *seminal Weakness* in Men; and for that Purpose is to be taken in the very same Dose and Manner as the *Balsamick Electuary* is directed to be taken.

C H A P. VI.

Of the Down-falling of the Womb and Fundament.

WHAT is vulgarly called the *Down-falling* of the *Womb*, is in reality no such Thing; for there can be no Inversion or Out-hanging of the Fund or Bottom of the Womb without present Death.

SOMETIMES indeed, tho' very rarely it happens, that the broad Ligaments of the Womb, which are designed to suspend or keep it fix'd in its proper Station, are so very much relaxed in weakly Women, through hard Labour in Childbirth, the rude Hand of an unskilful Midwife, or violent Exercise, as to suffer the Womb to hang down so low, as that its inner Orifice or Mouth appears just within the Privity; and some few Instances there have been of its appearing a little without it.

BUT the Disorder commonly called the *Down-falling* of the *Womb*, is only an *Out-hanging* of the *Vagina* or outer Neck of the Womb, and is truly the Wrinkles of the Sheath or Passage to the Womb, relaxed and swoln so as to fall out and appear somewhat like a Ball with a Hole in the Middle: It is generally very painful and troublesome, and sometimes so much inflamed as to threaten a Gangreen.

THIS Indisposition is caused by straining or irritating the Secret Parts, by hard Labour in Child-bearing, by the Hand of an unskilful Midwife, by excessive Venery, or immoderate Exercise, as hard Riding, Dancing, Leaping, carrying heavy Burthens, lifting great Weights, or by a violent Flux, either of the *Whites* or *Courses*, which Flux not only often relaxes or loosens the *Vagina*, but also frets or irritates it so, as to cause it to become sore, swell, and hang down.

THE *Falling-down* of the *Fundament*, is an *Out-hanging* of the lower Part of the *Intestinum Rectum*, or Great Gut, and proceeds from great Weakness or Relaxation of its Fibres, or a Paralytick Affect or Resolution of them, and of those of its Muscles called *Levatores* and *Sphincter Ani*, occasioned either by severe Costiveness, violent straining in hard Labour, a *Diarrhæa* or sharp Looseness, a *Dysentery* or Bloody Flux, &c. It is not only troublesome, but dangerous, if not quickly remedied, and oftentimes becomes the Seat of a foul Ulcer or Fistula.

IN the Cure of these Illnesses, after proper Evacuations, the Medicines that we order inwardly must be Vulnerary, Corroborating, and such as will imbue the Blood and Juices
with

with a Balsamick Property, in order to strengthen and create an Aptness in the relaxed Fibres and swoln Parts, to recover their Tone, and retain their natural Station, when reduced or gently put up, after peculiar emollient, discussing, and moderately astringent Fomentations have been externally applied: Rest, Ease, and lying much in Bed, are also very necessary in these Cases.

IF the Patient is costive, particular Care must be had to remove that Disorder; for straining at going to Stool is not only painful, but increases the Malady, as well that of *Falling-down* of the *Womb*, as the *Falling-down* of the *Fundament*.

AND as Costiveness in these Cases is detrimental on the one hand, so a Looseness is as bad on the other; for which Reason the Body should be kept in due Order, neither too loose nor hard bound.

IF the Part hanging down is inflamed or angry, Bleeding in the Arm will be absolutely necessary, after which, in order certainly to cure these Indispositions, the following *Sanative Fomentation*, which is of wonderful Efficacy, should be used. *It is thus made:*

No. 12. The Sanative Fomentation.

Take of Pomegranate Peel, two Drams; dried red Roses, Pomegranate Flowers, of each half an Handful; Oak Bark, half an Ounce; boil them in a Quart of Spring Water till it comes to a Pint, which then strain off, and while it is very hot, add of my healing Salt, one Dram; stir it about till the Salt is dissolved, and then add of good French Claret, four Ounces; which mix well, and reserve the Whole for Use.

To cure the Indisposition called the *Down-falling* of the *Womb*, the *Sanative Fomentation* should be used thus: Pour a little of it into a well-glaz'd Pipkin, or other Earthen Vessel, and make it very hot over the Fire; then with a fine Flannel Cloth dipp'd in it, the Patient lying down, bathe and foment therewith the swoln *Vagina*, or outer Neck of the *Womb* that is fallen down, or hanging out, as warm as can be well endured, and then immediately let the Part be gently put up by a tender Hand, and be kept in its Place by applying close to it a Bolster of fine Flannel two or three double, first dipp'd in the hot Fomentation and wrung out, and then a Truss, or a String-Cloth, or convenient Bands of Linnen; minding to foment and bathe the outer Privy two or three Times every Day, for several Days together, and to apply the like Bandage in the same Manner, altho' the Part does not fall out again.

By the Use of this *Fomentation* alone, without taking Medicines inwardly, the *Falling-down of the Womb*, as it is vulgarly called, will most commonly be cured; but when it has continued a considerable Time, and after putting up, is apt to fall down again upon every little Occasion, as in some Women it will, even upon walking cross a Room only, and the Patient is of a weakly cachectick Habit; it will then be proper for her to take the *Corroborating Electuary* prescribed in the first Chapter of this Book, Page 7, aforegoing, as is there directed; first Purging gently, and for once only, with three or four of the *Purging Pills* in that Chapter also prescribed, if Strength and other Circumstances will admit of it, but not otherwise.

AND so let her continue the *Corroborating Electuary*, for three Weeks or a Month together; or else after taking it for about a Week or nine Days, she may omit that, and take the *Balsamick Electuary* prescribed for the *Whites* in the foregoing Chapter, Page 33. exactly as is there directed, for about another Week; and then omitting that, take the *Corroborating Electuary* again; and so continue the *Balsamick Electuary* one Week, and the *Corroborating Electuary* another, for a Month or six Weeks together; omitting both of them only at the Approach of her *Terms*, and whilst they flow; by which Means her Strength will be regained, her Blood and Juices rectified, and her *Courses*, which in these Cases are commonly deficient, be promoted and brought into regular Order; and at the same Time let her besure continue the Use of the *Sanative Fomentation*, as above directed.

AND if she finds it very difficult to keep the *Vagina* from falling down again, after it has been reduced or gently put up in its proper Place, or if the *Womb* itself, through Relaxation of its Ligaments, as before mentioned, hangs down too low, in either of these Cases it will be necessary for her to roll up a Piece of fine Flannel, very hard, in the Form of what is called a *Pessary*, or of the Shape, and about the Length and Thickness of one's Fore-finger, making it bigger or lesser in every Respect, as may be found most needful and convenient, which being first dipp'd in the warm *Sanative Fomentation*, and then gently put up the Privy, and kept in with the Flannel Bolster and String-Cloth before directed, and taken out, and renewed in like manner, every time the *Sanative Fomentation* is used, or whenever Need requires, will, together with Rest, Ease, and taking the *Corroborating Electuary*, and *Balsamick Electuary* inwardly, as above directed, soon accomplish the Cure, either of the Down-falling of the

the *Vagina* or outer Neck of the Womb, or the too low hanging of the Womb it self.

BUT if the Obstinacy of this Indisposition should require the *Pessary* to be worn for some Time, it may then be proper to face it, or put it in a fit Case of red Sattin, and also affix a String to one End of it, for the more convenient drawing it out every Time the *Fomentation* is used, or upon any other necessary Occasion; observing always to cleanse it and dip it in the warm'd *Fomentation* before putting it up again.

IN the *Down-falling of the Fundament*, the Part hanging out must by gentle Endeavours, with a very tender Hand, arm'd with a warm Flannel Cloth, wrung out of the hot *Fomentation*, be got up again as soon as possible, by gently pressing it from one Side to the other with your Fingers upon the warm Flannel; and after it is thus reduced, or got up to its proper Place within the Body, then the outer Part of the Verge or Fundament must be well bathed and fomented with the *Sanative Fomentation*, as warm as can be conveniently endured for a Quarter of an Hour or longer; immediately after which, a Flannel Cloth once or twice double, first dipp'd in the hot *Sanative Fomentation*, and wrung out, must be applied close up to the Fundament, and another dry one upon that, and both be kept tight to it, either by a String-Cloth or other Linnen Bandage, as before mentioned for the *Down-falling of the Womb*. And this Bathing and Fomenting ought to be repeated twice or thrice a Day for five or six Days at least, altho' the Part does not fall out again, especially every Time the Patient goes to Stool; at which Time also Care must be taken not to strain much, nor to sit upon the Stool too long, least the Gut should be again forced down.

BUT if the Fundament is apt to fall out again upon every flight Occasion, and proceeds merely from Weakness, and without any Pain, then besides Bathing and Fomenting the Verge of it, after it is reduced or got up into its proper Place, as directed, it may be proper also to throw up the Fundament once or twice a Day, near a Quarter of a Pint of the *Sanative Fomentation*, made just Blood-warm, but before not hotter, in the usual Manner of a Clyster, by the Help of a Bladder and Clyster-Pipe, which will contribute exceedingly to the Cure. So small a Quantity as but near a Quarter of a Pint of the *Sanative Fomentation* is advised to be thrown up, in order to its being retained the better in the Body; for if a larger Quantity is used for a Clyster, its own Bulk and Weight will help to force it out again, and prevent its being kept in the Body as it should be, for some Hours. IF

IF in the *Falling-down* either of the *Womb* or *Fundament* the Part hanging out should happen to be so much swell'd, as that it cannot with the utmost Endeavours be quickly got up again, then besides immediately Bleeding, *Emollient* and *Discussing Fomentations* and *Poultices* are to be directly used, in order to abate the Swelling, as a prudent Surgeon, who in that Case should be instantly sent for, may judge proper.

AND as the *Falling-down of the Fundament* is most commonly occasioned by great Weakness, it will be likewise very necessary for the Patient, besides bathing and fomenting the Part affected, after it is reduced or got up again, with the *Sanative Fomentation*, to take at the same Time the *Balsamick Electuary*, exactly as directed in the foregoing Chapter of the *Whites*; which *Balsamick Electuary* will wonderfully strengthen the whole Body, as well as the weaken'd Parts, whilst the *Sanative Fomentation* used outwardly, will cause the relaxed Fibres to regain their Tone, and enable the *Intestinum Rectum* or Great Gut, to keep in its natural Situation.

AND if the Patient should be costive, and the *Balsamick Electuary* should not cause moderately loose Stools, as it sometimes will, then the *Laxative Electuury*, prescribed in the second Chapter, Page 14, aforegoing, should be taken as is there directed, in a Morning fasting, every fourth or fifth Day, as the Patient finds needful; taking such a Dose of it as will just occasion a Stool or two somewhat loose, but before not more, minding only to omit the *Balsamick Electuary* that Day the *Laxative one* is taken.

IT will be convenient also for those troubled with the *Down-falling of the Womb*, if they are costive, to take the *Laxative Electuary* in like manner.

THUS these Directions being punctually followed, the *Falling-down of the Womb*, (as it is vulgarly called) and also of the *Fundament*, will be certainly and effectually cured, if they proceed from Weakness only, as most commonly they do, occasioned by former Illness; but if they should be accompanied with an immoderate Flux of the *Courses*, or of the *Whites*, then Regard must be had also to those Indispositions, and their Cure must be endeavoured, as I have already directed under their proper Heads or Chapters.

AND if the *Falling-down* either of the *Womb* or *Fundament* should be attended with a *Dysentery* or Bloody Flux, or a *Diarrhæa* or sharp Looseness, then great Care must be taken to cure those Distempers by Bleeding, gentle Purgings with Lenients; taking Absorbents, Anodynes, and other proper Remedies, as the Case may particularly require, according to the Judgment of a skilful Physician.

A
Practical Discourse
ON
BARRENNESS:

DIRECTING
How it may be certainly cured, and those Women
be render'd Fruitful, who have been deem'd in-
curably *Barren* for many Years; with a clear and
very particular Account of *Generation* and *Conception*.

ALSO
Of Impotency and Infertility in MEN:

WITH
Directions for their perfect CURE: And a
DIGRESSION concerning the Begetting of SONS
rather than DAUGHTERS, or of DAUGHTERS
rather than SONS.

LIKEWISE OF
MISCARRIAGE in WOMEN;

AND
How it may be assuredly prevented, even in those
who have Miscarried nine or ten Times before;
With Directions to Ladies how to conduct them-
selves during their PREGNANCY and in CHILD-
BED, how to cause a SAFE and EASY DELIVERY,
and also for the better Management of their New-
born INFANTS, so as more certainly to preserve
their Lives.

By a PHYSICIAN.

The Sixth Edition, with Additions.

LONDON Printed: And Sold by the Author's Appoint-
ment, at the Gentlewoman's at the *Two Blue Posts* in
Haydon-Yard, in the *Minories*. 1736.

Practical Discourse
ON
BARRENNESS

NOTE, All the Medicines prescribed and recommended in the foregoing Ladies Physical Directory, and in this Practical Discourse on Barrenness, are to be had faithfully prepared, by the Author's Appointment, at the Gentlewoman's at the Two Blue Posts in Haydon-Yard in the Minories, London, at the moderate Rates set down in the Catalogue of them, printed at the End of this Book.

Note also, Having been inform'd that some of the Female Sex, in less affluent Circumstances than others, have complain'd that a sufficient Quantity of the Powerful Confect is out of their Reach, by Reason of the Price being 7s. 6d. a Pot, I have therefore for their Sakes lowered it, and order'd it for the future to be sold but for 5s. each Pot, that so those who are but in a middling Condition, may be enabled to accommodate themselves with it, as well as those in an higher Station of Life.

By a Physician

The Sixth Edition, with Additions

LONDON: Printed and Sold by the Author's Appointment, at the Gentlewoman's at the Two Blue Posts in Haydon-Yard, in the Minories, 1736.

The P R E F A C E.

AS being the Mother of Children is the highest Honour, and most exalted State of Satisfaction that the Fair Sex can attain to, in a married Life; so on the contrary Barrenness, of all other Misfortunes, is by much the greatest, producing the most severe Affliction that can attend a Family, and causing the deepest secret Grief in a Woman that is possible to be imagined: What Discord! What Differences! are bred in many Families for want of Children to crown the earnest Desire of married Persons? And what Reproaches and melancholy Reflections that Want often occasions, with the dismal Disorders that from thence frequently arise, may be easily conceived by judicious Persons, who will give themselves Liberty to consider how great the Sorrow of that Woman must be, who knows, that could she have Children, she should be absolutely happy in a married State, when for want of them, she is perhaps treated with Ignominy and Contempt, and made the most unfortunate of her Sex.

THIS being true, it naturally follows, that nothing is more necessary than to treat of, and faithfully discover the Causes and Cure of Barrenness in Women, when it is done with a real Intent of being serviceable to the World, in rendering such a considerable Number of the Fair Sex fruitful and happy, who with the last Degree of Sorrow now labour under the ingrateful Imputation of being Barren.

AND the more useful will it still appear, when we consider that the Natural Excellent Modesty of our Women, restrains them from openly seeking a Cure of that unfortunate Circumstance, which by Means of the plain modest Account given in the first Chapter of this Practical Discourse, may be secretly remedied by themselves without the Knowledge of others.

IN respect to what regards the Male Sex, or their Impotency and Infertility, or in general their Incapacity of Propagating their Species, it is most certain, that during the Heat and first Sallies of Youth, Men are so intent on their Passions, and their Thoughts so much employed on the gratifying them, that many of them think or care little of the End of Marriage, or of having Issue; but when Reason gets the better of their Passions, and a few Years have ripen'd their Judgment, they then consider that there is no way of becoming immortal in this World, or at least of perpetuating themselves to the End of Time, but by being renewed in their Children, to whom only they can leave their Possessions with real Satisfaction.

AND this is the Reason that almost all Men, howsoever regardless they may be of having Children in their Spring of Life, yet about the Meridian of their Days, are very desirous of transmitting themselves as well as their Acquirements to Posterity, and wish for nothing so much as lawful Issue.

SOME few indeed there are, who considering the many grievous Fatigues, even the happiest of Mankind must of Necessity undergo in this World, think the Pleasures of Life at best, come very short of a Balance for the innumerable Toils, Dangers, and Sorrows, which every one is doom'd more or less to meet with, on this Side the Grave; and therefore are rather content their Families should be extinet, than desirous of having Children, who must necessarily know so much Misery as is naturally interwoven with the Thread of Life.

HOW far those who give in to such a Way of Thinking, are right or wrong, I shall leave others to determine, but presume every One will allow there are but few who entertain such Notions, in respect to the Generality of Mankind, who for the most Part are one time or other, very desirous and fond of seeing themselves revive in their Offspring; and certain it is, that by much the greatest Part of those who have no Children, are very anxious for want of them.

THIS sufficiently shews the Usefulness of the second Chapter of this Practical Discourse, wherein those who lie under any manifest Imbecility, so as to be incapable of propagating their Species, will find full Directions for their Cure; as such also may, who happen to be Infertile by means of some unapparent Cause, as abundance are, through fast Living and other Accidents, tho' not apprised of it themselves, but think their not having Children proceeds from some Fault on the Female Side, when at the same Time it is on their own, as in that Chapter is fully set forth.

IN the second Chapter also, I have occasionally touch'd on the Nature and Cause of a simple seminal Gleet in Men, which is acknowledged by the Learned to be so difficult and hard to cure, as that it seldom gives Way to Medicine, or scarcely ever is intirely remedied; which yet may be assuredly cured, and the Patient be perfectly freed from it, by strictly following the Directions I have there given; in this second Chapter likewise, the Reader will find the Digression concerning the Method of begetting Males rather than Females, or of Females rather than Males.

AND as a Woman's Conceiving, without being able to retain the Fruit of her Womb, for the whole Nine Months the
Great

Great Author of our Being has appointed for a regular Birth, is attended with abundance of Sorrow and a great deal of Danger, the third Chapter treating of Miscarriage, and how to prevent it, will I doubt not prove as acceptable, as it is really necessary.

AND to make this Chapter the more serviceable, I have by the Way given some useful Directions to the Ladies how to conduct themselves during their Pregnancy, how to prevent a difficult or hard Labour in Child-birth, and cause a safe and easy Delivery; I have directed also how to remedy or effectually take off the severe After-pains that many Child-bed Women are most miserably afflicted with, and which often prove exceeding dangerous to them: And concerning the Lochia or Child-bed Purgations, I have shewn how they may be regulated; that is, promoted if they are too sparing or deficient, and restrained if they are excessive or flow too much.

IN this Sixth Edition there are many necessary Instructions, which will be found in the first and second Chapter of this Practical Discourse: And in the fourth Chapter, to which I have made some material Additions, the Reader will meet with the very best Method of managing young Infants in order to preserve their Lives, which if duly observed, and the Advice therein given, punctually followed, however trifling the first Part of it especially may seem to some thoughtless or self-conceited People, will save hundreds of Children from the Grave, who would otherwise be lost.

WHATEVER therefore a few Obstinate, Weak, Careless, or Cruel Women may think or say, who have not either Goodness or Sense sufficient to know how much Influence the least Error, or Neglect in Management, has upon the Life of a tender Infant in the Month, all the judicious thinking Part of the Fair Sex, who have the real Welfare of their Children at Heart, and who are sensible how much their tender Lives depend upon small Incidents, and more especially that Part of Mankind, Gentlemen as well as Ladies, who have had the Misfortune to lose several Infants before, and are anxious for the Preservation of those they now have, or are likely to have, to inherit their Estates and Virtues, will think themselves much oblig'd to me for the useful Cautions, good Advice, and Instructions I have given in that last Chapter, since they are the Result of sound Reason, confirm'd by a very large and undeniable Experience.

SO that in this Practical Discourse on BARRENNESS, &c. and the foregoing Treatise intitled the Ladies Physical Directory, are comprised all the necessary Instructions, for the Cure of every
secret

secret Weakness and Indisposition the Fair Sex are peculiarly subject to, from their Youth upwards throughout the whole Course of their Lives, and for their regular Conduct whilst with Child and in Child-Bed, as also for the Preservation of their Infants; by the due Observance of which, and punctually following the Directions given, they may be soon freed from Illness, and may preserve themselves in Health and Strength, the greatest Blessings of this Life, and the married Part of them become the happy Mothers of a numerous and healthful Offspring.

I cannot conclude this Preface without taking Notice, as I have already done in that to the former Treatise, of the Uneasiness I have been frequently under, at the being obliged to write so plainly of Women's private Indispositions, as was truly requisite in order to make them be perfectly understood; the Necessity of treating of Impotency and Infertility in the Male Sex, in so plain a Manner also, gave me no less Concern; but as it was impossible to do otherwise, without making the Book unintelligible and useless, to those who stand in most need of Assistance from it, I hope I shall be very far from being thought blameable in that Respect.

C O N T E N T S.

- CHAP. I. *O*F Barrenness in Women. Pag. 49
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A

Practical Discourse

ON

BARRENNESS, &c.

C H A P. I.

Of Barrenness in WOMEN.

IN Discourſing of *Barrenneſs*, it will be readily underſtood that I mean to treat only of the *Cauſe* and *Cure* of it in *Women* of ſuitable *Years*, and not in thoſe who are either too old or too young; in the former when their *Terms* have left them, *Conception* is impoſſible, and the latter muſt contentedly wait till *Age* has ripen'd and made them capable of *Child-bearing*; for many *Examples* of the *Fair Sex* there are, who having been *Married* very young, *Conceived* not till they were *Nineteen*, *Twenty*, or *Twenty-two* or three *Years* of *Age*, or more, and then became very *Fruitful*; and of ſome few others, who *Marrying* betimes, have had *Children* at *Fourteen* or *Fifteen*: Such a remarkable and manifeſt *Difference* there is in the *Nature* and *Ripeneſs* of the *Female Sex*. This being premiſed,

I ſhall firſt ſhew the ſeveral *Cauſes* of *Barrenneſs*; and here, by the way, I cannot paſs by what with *Concern* I have often obſerved, namely, That many likely *Women* have been deemed incurably *Barren*, lived uncomfortably many *Years*, and at laſt gone out of the *World* without bearing *Children*, for want only of thoſe to whom they apply'd having a true *Knowledge* of the ſeemingly unaccountable *Cauſe*, which in all *Probability* might have been eaſily removed by a proper *Method* and fit *Medicines*, and the *Women* have been rendered as capable of having *Children* as any whatever. But to proceed:

THE Causes of *Barrenness* are many; as the visible ill Structure or secret Formation of the Parts, exceeding Fatness, schirrous Tumours or Swellings in the Neck of the Womb, Ulcers, &c. in all which Cases there cannot be a regular Admission of the Male *Semen*; so that it is impossible a Conception should happen: But as these Cases are seldom seen, and as rarely cured, I shall not enlarge upon them. Other Causes of *Barrenness* are,

I. THE *Deficiency* of the *Monthly Terms*, and then the natural sparkling Briskness of the Blood and Juices is wanting, the lively desirous Faculty is spoiled, neither is the Womb fit to receive the spirituous *Effluvia* of the Masculine *Semen*, that Conception might follow.

II. THE *immoderate Flux* of the *Courses*, which impoverishes the Fluids, weakens the whole Body, and thereby incapacitates a Woman to conceive.

III. THE *Whites*, Slipperiness, or Over-moistness of the Womb, which weaken it and its Vessels, plainly prevent Conception, by condensing or drowning, as it were, the vital Spirits of the Male *Semen*, and by that Means cause *Sterility*.

IV. THE Swelling of the *Vagina* or outer Neck of the Womb so, as to hang out of the Body, vulgarly called the *Down-falling of the Womb*, which then hinders Coition.

BUT there are yet other Causes of *Barrenness* that are not visible, the Women being in perfect Health, young, brisk, jolly, and as likely to have Children to all Appearance, and as they themselves believe, as any in the World, and by reason the Causes of *Sterility* in such Women do not immediately appear, they are by many called occult or unknown; but an ingenious Physician, who makes the Animal OEconomy his Study, is expert in Anatomy, and who carefully searches into the abstruse Principles and Causes of Things, may easily investigate these Causes, and readily conceive the best Method of removing them, and which I shall endeavour to unfold.

BUT first it will be necessary, in order to explain and fully lay open what may otherwise appear intricate to Women and others, in treating of these Causes, to shew the Nature of Generation, and how a *Fætus* is produced.

WITHIN the Body of a Woman, on each Side the outer Part of the Bottom of the Womb, at about two Fingers Breadth Distance from it, are situate the *Ovaria*, so named from their Likeness to the Collection of little Eggs found in the Bodies of Fowls: These *Ovaria* are of an oval Figure, a
little

little flat on their upper Part, and about half as big as a Man's Testicles, and are vulgarly but erroneously called Testicles or Stones.

IN the *Ovaria* there are several little *Ova* or Eggs, almost like Bladders, contain'd in proper separate Cells, one of which Eggs in the Time of Coition is fœcundated, or impregnated by the spirituous Part or *Effluvium* of the Male *Semen* cast to the Womb, which Spirit or *Effluvium*, according to the most generally received modern Opinion, ascends from thence to the *Ovaria* through the Vessels called Womb Trumpets, which are about four or five Fingers Breadth long, and arise on each Side from the Bottom of the Womb; the upper Parts of these Womb Trumpets, being wide and open, embrace the *Ovaria* in the Time of Enjoyment, and their whole Tubes dilate or open so as to give free Passage to the *Effluvium* or Spirit of the Masculine *Semen* cast to the Womb, that it may instantly arrive at the *Ovaria*, where it stimulates, acts upon, and impregnates one of the little *Ova* or Eggs therein contained, as before mention'd; which then falls from its Cell, through one of the Womb Trumpets, into the Womb, as the proper Place assigned by Nature for its Reception, to which it soon after adheres, and is there nourished, grows bigger, and contains the *Fœtus*.

IF two or more of these little Eggs happen to be fœcundated or impregnated at the same Time, the Woman then has Twins, or several Children at a Birth, as is often seen.

THE falling of one of the little Eggs from its Cell in the *Ovaria*, through one of the Womb Trumpets into the Womb, often occasions an uncommon Sensation, and gentle shivering of the Body after the Conjugal Act, which is therefore a Sign of Conception; it also causes a Contraction of the inner Neck or Mouth of the Womb, so as perfectly to close it, in order to retain the Egg in the Womb, and prevent its slipping away, till at the End of nine Months, the Time allotted for the Perfection and Birth of the *Fœtus*, it is become ripe for Expulsion, and fit to live in the open Air, when breaking through its Integuments, or the Membranes of the *Ovum* or Egg (now grown to an immense Bigness, in comparison to what it was at the Time of Conception) and assisted by the Mother's Throws, it launches into the World, and is presently followed, in a kindly Labour, by its former Coverings, Membranes, or outer Parts of the Egg, together with the *Placenta* or Cake, by which it adhered to the Womb.

AND thus Conception is caused, and not by the fancied

true and equal Mixture of Male and Female *Semen*, as was the Notion of the Antients; for Women have no such thing as *Semen* other than the *Ovaria*, erroneously called Testicles, before described.

INDEED in the Time of Coition some Women void a white limpid Humour, which having some Resemblance to *Semen*, might help to occasion the Mistake of the Ancients; but modern Discoveries demonstrate, that this white Liquor comes from the small Glandules of the *Vagina* called *Lacunæ*, and not from the Womb; neither in the Time of Coition does it go into the Womb, which is a plain Proof that it is not *Semen*, but that it is only designed by Nature to create Desire, lubricate the Passage to the Womb, and heighten Pleasure.

ANOTHER vulgar Error is, that in order to Conception, the Male *Semen* should be retained in the Womb after Coition; whence many of the Fair Sex finding it quickly slide away, have been very uneasy in their Minds, thinking it impossible they should conceive when that happens, and do suppose their not being with Child is for want of retaining it.

WHEREAS it is certain the Masculine *Semen*, altho' cast to the Womb, is never long retained there, but always quickly glides away, whether a Conception happens or not.

FOR it is only the vital Spirit, living *Effluvium*, or Vapour arising from the *Semen*, when it is cast to the Womb, which ascending to the *Ovaria*, impregnates one or more of the little *Ova* or Eggs therein contained, or occasions Conception, as before taught, whilst the remaining gross Quantity, or by much the greatest Part of it, always comes away, as above said.

IT is now almost universally allow'd, that the Male *Semen*, when in good Order, is replete with innumerable *Animacula*, or rather *Homunculi*, that is, an inconceivable Number of the human Species, both Male and Female, almost infinitely minute; one of which insinuating or obtaining Entrance into a Female *Ovum* or Egg, as a proper *Nidus*, or fit Habitation for it, is there nourished, grows bigger, or unfolds its Parts, and becomes a *Fœtus*.

So that at this Day the most-generally-received Opinion, confirm'd by many Experiments seemingly undeniable, is, that the actual living Particle, or vital Being, whether Male or Female, proceeds entirely from the Male in all living Creatures whatever, and that the Female affords nothing more than a proper Receptacle or Habitation for it, due Warmth, and fit Nourishment.

BUT altho' this is so well established by microscopical Observations,

servations, manifold Experiments, and Philosophical Reasoning, yet there is one very weighty Objection to it, which I think sufficiently demonstrates, that in this Case, as well as in every other, *Divine Providence* has set Bounds to human Knowledge, which the most penetrating Mortal cannot pass, and has render'd the first Essence of Things absolutely inscrutable by the acutest Wisdom of Mankind.

FOR if the Female only furnished a fit *Nidus* or Nest, due Warmth, proper Nourishment, and other outward Conveniences, without contributing any thing more, then it would follow, that in all Cases the Male would beget its own proper Species, without the least Deviation or Difference of Parts, altho' coupled with a Female of a different Kind; but this is found otherwise by Experience and well-known Fact.

FOR a Male of one Species coupling with a Female of another, produces a Creature very different in its Structure and Parts from either, and apparently partaking of both Kinds, as is evidently seen in a Mule, produced by the Horse and Ass Species generating together.

NOW tho' a different Nest, Receptacle, or Habitation, and different Nourishment, may occasion an Alteration as to Stature or Growth, and Vigour (as is seen in Plants when their Seed is sown in an improper Soil) yet these only, if nothing else contributed, could never alter the very Nature and Structure of the Animal (any more than bad Ground does the essential Nature of a Plant) or produce different Joints, or different Articulations of them, or cause it to partake so much of the Nature of both Kinds, as a Mule apparently does of the Ass and Horse Species.

FROM the Consideration of this, which is so well known and familiar to us, we must be enforced to conclude, that in the Affair of Generation the Female does contribute much more essentially to the Production and Formation of a living Being, than barely a proper *Nidus* or Nest, fit Nourishment, and due Warmth, can amount to, altho' how, or in what peculiar Manner, is hid from us.

AND thus having discover'd, as far as human Wisdom has hitherto been able to penetrate, how Generation or Conception happens, I shall proceed to treat of the Causes of *Barrenness*, which do not plainly appear, and are not known to the Fair Sex themselves, which now from what follows may be easily conceived by Persons accomplished with good Sense and Understanding.

THE Causes then that hinder Conception in Women of suitable Years, brisk, and not labouring under any apparent

Weakness or Indisposition, must be either an Obstruction of the Womb Trumpets, which then hinders the spirituous Part of the Masculine *Semen* from passing through them to the *Ovaria*, without which Impregnation or Conception cannot happen; or from the Faultiness of the *Ova* or Eggs contain'd in the *Ovaria*, so as to be incapabable of being impregnated by the vital *Effluvia* of the Male *Semen*, that Conception might follow; or else from an Inappitency to Matrimonial Pleasure in general, which last is common to Women of a cold Constitution, in whom the Spirits flow not to the lower Parts, they find no Pleasure in Coition, the Womb contracts, its inner Neck closes, and for want of warm Desires in the Mind, gives not, but as it were, refuses, a suitable *Reception* to the *Effluvia* of the Male *Semen*, and so absolutely prevents Conception.

MANY Women there are also, who having had a Miscarriage, or one Child, or perhaps two Children, conceive not again for several Years after, altho' in perfect Health, youthful enough, and as likely to bear Children yearly, to all appearance, as any Women whatever; now this also must be attributed either to an Obstruction of the Womb Trumpets, or to some Imperfection of the *Ova* or Eggs in the *Ovaria*, as before taught; so that whenever these Indispositions are remedied, either by Medicines, or through Length of Time, or some accidental Change in their Way of Living, such as residing in a better, or even a different, Air, or after a different Manner than they did before, they presently conceive again: And thus it happens that some of the Fair Sex are five, six, seven, or more Years between each Child.

THUS having shewn the Cause of *Barrenness*, or Want of Conception, as well those that are deem'd occult or unknown, as those that are obvious to Midwives and Women themselves, I shall in the next Place point out the true and direct Method of Cure.

FIRST then, if Conception is hinder'd by Diseases, as the Deficiency or Want of the Courses, immoderate flowing of the Terms, the Whites, Slipperiness of the Womb, or the Out-hanging, or Bearing-down of the swell'd *Vagina*, then Recourse must be immediately had to the Method and Medicines appointed for their Cure, under their proper Heads or Chapters in the foregoing Treatise, intitled, *The Ladies Physical Directory*; and when the Patient is thereby brought into good Order, has her Courses regularly, and her Body is in an apparent healthy State, then, if she does not quickly conceive, must be

be administer'd proper Uterine Medicines, Cordial and Strengthening, and which have a peculiar Faculty to prepare, fortify, and invigorate the Parts appropriated to Generation, and cause the Fair Sex to become prolifick, of which Nature are the Medicaments I shall by and by prescribe.

Now when *Barrenness* proceeds from Obstruction or Stoppage of the Womb Trumpets, or from the Faultiness of the *Ova* or Eggs in the *Ovaria*, which Causes do not appear otherwise than in their Effect, or from Deficiency or Want of necessary amorous Desire; then, and in all these Cases, Endeavours must be used to attenuate the Blood and Juices, rouse and encrease the Animal Spirits, cause them to act with Ardour, to enliven the whole Human Frame, and create Mirth, and particularly to rectify all Disorders of the Genital Parts, by such salubrious Medicines as are specified to open Obstructions of the Womb Trumpets, and at the same Time adapted to comfort and strengthen the whole Body, nourish, increase, and fill the *Ova* or Eggs in the *Ovaria*, make them apt and ready to be foecundated or impregnated, and also to correct and drive away the Saturnine Habit, and all superfluous, cold, moist Humours, that deaden Desire to Matrimonial Rites, and thereby destroy even the very Intent of that divine Institution: Such Medicines, I say, must be prescribed, as will replenish the Blood and Juices, and revive an Inclination to *Coition*, that it may not be burdensome, as it is to some Women, but suitably agreeable, that thereby happy Issue may be the Consequence.

AND for this Purpose, Authors have prescribed as great a Variety of Remedies as for any other Indisposition, or in any other Case, for which Medicine is used; some mightily extolling one Prescription, and others giving large Encomiums on others; but of all the Prescriptions and Medicines that I have ever seen, or myself directed, there are none that can compare with the following, which I have largely experienced to be truly effectual for the Cure of *Barrenness*, and in promoting Conception, and which will do more in that Respect in a few Days, than most other Remedies can perform in as many Weeks, if they are but taken punctually according to the Directions: And those Medicines are my *Prolifick Elixir*, and *Powerful Confect*, which are both of them endued with such extraordinary Properties, that in most Persons either of them being taken alone, will have the desired Effect; but being taken together, as presently to be directed, will never fail, humanly speaking, of being attended with all the wish'd-for Success imaginable. *The Prolifick Elixir is thus made:*

No. 13. The Prolifick Elixir.

Take the very best *Succotrina Aloes* and fine *Myrrh* in Powder, of each six Drams; best *Russia Castor* in Powder, and choice *English Saffron* well pick'd, of each three Drams; *Chymical Powers* of *Sage*, *Baum*, *Clary*, *Comfry*, *Eringo*, and *Amber*, of each two Drams; of tartariz'd *Spirit of Wine*, half a Pint; mix the *Chymical Powers* and *Spirit of Wine* first, which then pour upon the other *Ingredients*, and digest them in a *Sand Heat* for ten Days, or till a very deep strong *Elixir* is obtained; which, after it is well settled, decant from the *Fæces*, and add to it my *Essence of Mars*, and *Chymical Prolifick Oil*, of each two Ounces; mix them very well by shaking, and keep the *Whole* close stopp'd for Use.

OF this *Prolifick Elixir*, the Patient should take twenty, or twenty-five Drops, first shaking the *Vial*, every Morning fasting, and at five o' Clock every Afternoon also, in a small *Glass* of *White-wine*, not eating any thing for about an Hour before or after each Dose.

AND whilst she is taking the *Prolifick Elixir*, let her also take the Quantity of a *Walnut* of the following *Powerful Confect* an Hour before Dinner every Day, and likewise every Night going to Bed, drinking with each Dose of it a *Glass* of true *Canary*, good *Sherry*, right *Frontiniac*, *Muscadine*, or other choice generous *Wine*, observing only not to eat any thing for an Hour or more before or after taking it.

AND thus let the *Prolifick Elixir* and *Powerful Confect* be taken constantly, for three Weeks, a Month, or longer, according to the Patient's own Discretion; and they will assuredly open any *Obstruction* or *Stoppage* of the *Womb Trumpets*, fit and prepare the *Ova* or *Eggs* for *Impregnation*, rectify the *Blood* and *Juices*, correct all vicious Properties of them, and certainly incline and dispose the Patient to conceive and become fruitful; for they encrease the *Spirits*, revive, exhilarate, and strengthen the whole human *Frame* to *Admiration*, make the *Ova* or *Eggs* in the *Ovaria* full, ripe, and apt to be *fœcundated*, dilate or widen the *Womb Trumpets*, warm, comfort, and stir up the *Generative Powers* to *Admiration*, and thereby absolutely remove all natural Causes of *Barrenness*, and exceedingly promote *Conception*. The *Powerful Confect* is thus made:

No. 14. The Powerful Confect.

Take of the best *treble-resin'd Loaf Sugar*, six Ounces; the best *Damask Rose Water*, four Ounces; *Juice of Kermes Berries*, twelve

twelve Ounces; boil them to the Consistence of a thick Syrup, and then add of the choicest Malaga Wine, three Ounces and half; Syrup of candied Ginger, fifteen Ounces; mix them well together, and then stir in the following Ingredients, first reduc'd into fine Powders and Pulps, as they severally require, viz. Mace, Nutmegs, Cardamoms, Seeds of Nettles, Grains of Paradise, of each a Dram; Benjamin, long and black Pepper, Galangals, Cloves, Seeds of Ash, of each a Dram and half; fine English Saffron, two Drams; Xyloaloes, two Drams and an half; Cinnamon, three Drams and an half; candy'd Ginger, Eringo candied, Pulp of Dates, Pine and Pistach Nuts, sweet Almonds, of each half an Ounce; Sattyrian Root fresh gathered, two Ounces; Musk, a Scruple; Ambergrease (dissolv'd in some Drops of Oil of Cinnamon) two Scruples. Incorporate all very well together according to Art, and then add, of Powers of Vipers, an Ounce; of my Stimulating Essence, half an Ounce; and make a Confect according to Art, which may be kept in Pots of about three Ounces each.

THIS Powerful Confect and also the Prolifick Elixir, are both of 'em very pleasant to the Palate, and are certainly the most effectual Medicines for *Barrenness* that ever were made in the World, and may be taken for two Months together, or longer if need be. Or the Patient after taking them both together for a few Weeks, may if she pleases then begin to take them alternately, or only one at a Time, that is, the *Prolifick Elixir* in the manner directed one Week, and the *Powerful Confect* in the Dose and at the Time already advised another Week, and so continue them for a Month, six Weeks or longer, as she judges proper, or till the End is answered.

BUT if the Patient should happen to be of such an exceeding cold Constitution, that notwithstanding her taking these choice Medicaments for some Time, she should still find an Inappitency, or want of Inclination to Conjugal Enjoyment, which will not happen to one in an hundred, then it may be convenient for her, besides continuing the Medicines as above advised, just to anoint now and then the Secret Parts, with a very little of the following *Stimulating Balm*, (first shaking the Bottle) either by means of a Feather dipt into it, or otherwise as she pleases; which *Stimulating Balm*, being discretionally used now and then outwardly, will attract the Blood and Spirits to the genital Parts, and inspire the Mind with chearful and warm Inclinations, and together with the other Remedies constantly taken inwardly, will in all human Probability assuredly

assuredly have the desired Effect, and promote Conception in an extraordinary Manner. *The Stimulating Balm is made thus.*

No. 15. The Stimulating Balm.

Take Adeps Rosarum, and Essence of Lemon-Time, of each half a Dram; Essence of Orange-Flowers, two Drams; Essence of Cloves, three Drams; Essence of Lemons, six Drams and an half; Oil of Jessamine, five Ounces; and of my Provocative Chymical Powers, one Ounce: First mix the Adeps Rosarum, the Essences, and my Chymical Powers, and then add the Oil of Jessamine and make a Stimulating Balm; which if done according to Art, will be very odoriferous, and finely Transparent.

THIS *Stimulating Balm* is not nauseous to use, but has a pleasant fragrant Scent, and proves excellently serviceable.

IF by using it much, the Parts should at any Time be over heated, so as to cause any Uneasiness, then presently wash and bathe them for a Quarter of an Hour together, with warm Milk and Water, and the Heat or Uneasiness will be immediately taken off.

IN respect to Diet, the Patient should take Care in general, that her Food is very nourishing and strengthening, and such only as is of very easy Digestion, avoiding always such as is hard and apt to lie heavy on the Stomach: Of Flesh Meat; Mutton, Lamb, Veal, Kid, and Venison, are to be preferr'd: Of Fowl; large Cock Chickens, Ducklings, Turkey Polts, Pheasants, Partridge, Woodcocks, Quails, and Orterlands are best esteem'd: And of Fish; fresh Cod, Cod's-Head with Oyster Sauce, Turbut, Carp, Trout, Soals, fresh Salmon, Sturgeon, &c. but above all Shell-Fish, such as Lobsters, and Crayfish in the Summer, and choice fresh Oysters full of Liquor, in the Winter, are of extraordinary Efficacy in an Evening: Of other Eatables, new-laid Eggs, Cavear, Gravy-Soop, &c. may be of Service, provided they agree with the Stomach and digest well; for this ought ever to be observed, that the Food which is found by Experience to agree with the Stomach and digest quickly, without occasioning Heaviness, Drowfiness, or any Trouble or Uneasiness afterwards, is always the best, affords the most Nourishment, and generates the greatest Quantity of Animal Spirits.

AND this leads me to advise every One to eat their Meals regularly, and be sure neither to fast too long between them, nor eat too much at them, or of many Dishes at a Time; a moderate Meal, more especially for Supper, (which ought al-

ways to be very light) soon digests, replenishes the Blood and Juices with nutritive Parts, increases the Spirits, and apparently invigorates the whole human System; whereas a large Meal over-powers the digestive Faculty, lays a Clog upon all the Wheels and Springs of the Animal Machine, and in a little more than half an Hour, induces Heaviness, Sleepiness, and Inactivity, the certain Signs of having eaten too much; whence often proceeds Indigestion, Wind, Cholick, Gripes, and such like Disorders, and instead of enriching the Fluids, invigorating the Solids, and increasing the Spirits, becomes rather a Load upon them, retarding their Operations, and preventing the due Exertion of the Animal Faculties.

LET your Food therefore be nourishing and easy of Digestion, your Meals regular as to Time, and before not too large; your Suppers particularly be small, and eaten an Hour or two at least before going to Bed: As to Wine, a Glass or two to promote Mirth and raise the Spirits may be very proper, but too much, instead of raising, will dissipate, and in some degree extinguish the Spirits, and enervate the Animal Powers; and thus much may suffice concerning Diet.

IN regard to the Manner of Living in other Respects, I would advise every one to go to Bed tolerably early, at least an Hour or two before Midnight; nothing is found more to destroy the Spirits, and weaken the whole Habit, than sitting up late at Night, unless it is lying in Bed unreasonably long in a Morning, or rather Forenoon, which is equally detrimental; for other Things, chearful Company, so as almost always to keep up good Humour and Pleasantry, is of Advantage, and from thence arises the common Saying, that *Love and Laughter beget Children*: The Country Air, and travelling in it also, in the Summer-time especially, and constant moderate Exercise, as well in Town as in the Country, is very necessary; little Absences of Women now and then from their Husbands likewise, may not be amiss, since they are found to heighten and increase Endearments on both Sides.

AND therefore the Air and Waters of *Tunbridge*, and those of the *Bath* also, at their proper Seasons, together with the Mirth and good Humour that reigns at those celebrated Places, have proved very efficacious in the Cure of *Barrenness*, and in promoting Conception: and if besides drinking those Mineral Waters, and Bathing also in the latter, the *Prolifick Elixir* and *Powerful Confect* are likewise taken twice every Day, as I have directed, for the whole Time they are drinking them, more may be expected than can well be express'd.

AND indeed the *Powerful Confect*, together with the *Prolifick Elixir*, are so replete with Energy and Power for the Purposes to which they are adapted, that being only taken as I have already advised, without any of the Assistances I have mentioned, of the Country Air, *Tunbridge*, or the *Bath Waters*, the End will not fail, humanly speaking, of being answered, or of happy Conception being occasioned.

BUT such as are troubled with gross Humours, or those who believe they have occasion for Purgings, may before they begin the *Prolifick Elixir* and *Powerful Confect*, take a Dose or two of my *Purgings Pills*, as directed in the first Chapter of the *Ladies Physical Directory*, Page 5. aforegoing, which will prove of excellent Service, and prepare them the better for the two great Remedies above advised.

BEFORE I quit this Subject, it perhaps may not be amiss to mention, that as there are full three Weeks Interval between the monthly Visits, when the Fair Sex are in Health and good Order, so it is certain they may happen to conceive in any Part of that Space of Time; yet it is found by Experience, that Women are much more apt to conceive upon Coition immediately after their *Courses* are gone off, than they are at any other Time during the said three Weeks Space or Interval.

THERE is a small Alteration in their usual Custom also, that I would advise Ladies to, before I end this Chapter, and which I have often known to be attended with Success in those who had not conceived for several Years before, and were therefore accounted barren; and that is, that on which Side of their Bodies soever they have been accustomed to lie and sleep in Bed, they should change it, and constantly lie and sleep on their other or contrary Side. This may seem to be of but little Moment, but I do assure them there is a great deal more in it than they are aware of: For by constantly lying and sleeping on one Side only, for several Years together, either on their Right Side or Left, which ever it may be, it often happens that the Bottom of the Womb and the Body of it, inclines to, and often remains too much on, that Side, by which Means the inner Neck and Mouth of the Womb is turn'd side-ways, and does not point directly or strait down towards the larger Passage leading to it; but being so turn'd on one Side, the *Effluvium* of the Male *Semen* in the Time of Coition is absolutely prevented from entering through it into the Womb, and so through the Womb Trumpets to the *O-*
varia,

varia, to impregnate one of the little Eggs therein contained, that a Conception might happen.

WHEREAS by changing their wonted Custom of lying and sleeping on the Side they always had used themselves to, and constantly lying and sleeping on the other or contrary Side, for several Months together, the Body of the Womb, by its own Weight, will by degrees change its Situation, and incline so much to the other Side, as that its inner Neck and Mouth will present directly forwards to the larger Passage leading to it, that so in the Time of Coition the *Effluvium* of the Male *Semen* may enter into it, and occasion Conception, which otherwise cannot happen.

By this Alteration only in their Manner of constantly lying and sleeping, I have known several Ladies, to whom I advised it, Conceive in a few Months after, tho' they had not conceived for many Years, and some of them never before.

BUT when to these Rules of Diet and Manner of Living, lying and managing, the taking of the Medicines I have directed is added, not one Woman in five hundred, who is now deem'd incurably Barren, but may conceive and have Children to her Heart's Content.

AND now having directed to the most proper Method, and effectual Medicines for the Cure of *Barrenness* in the Female Sex, I shall conclude with advising all Women, who desire to be the honourable Mothers of Children, not to incline to the Use of Venery too often; for that not only prevents a future Conception, and occasions *Sterility* or *Barrenness*, but oftentimes undoes what has been before done, and destroys a former Conception quickly after it has taken Place, by causing it to slip away insensibly, which otherwise might have proceeded, or gone on with happy Success.

By the due Observation of this last Particular, and punctually taking the Medicines advised, and following the Rules directed, none of the Fair Sex whatever, altho' they never had a Child, any more than those who having had a Miscarriage, or perhaps one Child, have yet been without any for many Years together, need despair of Conceiving, and having hopeful Issue, let their Age be what it will, provided they are in perfect Health and have their Courses regularly; for a Woman can never be deemed too old to bear Children, so long as the Terms continue to flow Monthly, and in good Order, altho' she is fifty Years of Age, or more; but upon having Recourse to the Medicines recommended, and strictly regarding the Advice given, may with all the Reason

Reason in the World, expect a Child to crown her ardent Wishes.

WHILE I was writing this Chapter, a Gentleman came to return me Thanks, and gratify me for the Service I had done his Lady. The Case was this: About six Months ago he acquainted me, that he had been married to a brisk, handsome, young Woman for above five Years, without having any Children, or her being once with Child, which occasion'd great Sorrow to them both, and sometimes Contention between them, the Gentleman alledging that it was not his Fault, and the Lady being as confident, which from all outward Appearance she might, that it was not her's: After he had inform'd me of the whole Matter, I concluded that her not Conceiving, was occasion'd by Obstruction or Narrowness of the Womb Trumpets, and therefore directed my *Prolifick Elixir* and *Powerful Confect*, to be taken for a Fortnight or three Weeks constantly, as I have ordered in this Chapter, which he perswaded her to, and she conceived quickly after, being now to her great Joy, as well as her Husband's, above four Months gone with Child.

ANOTHER Gentleman (near three Quarters of a Year since) let me know, that he had been married near seven Years without having Children, and that his Wife being of a cold Constitution, he believed that was the Cause of her not Conceiving, which being my Opinion also, I order'd her my *Prolifick Elixir* and *Powerful Confect*, to be taken for a Fortnight together or more, as I have directed in this Chapter, which she readily comply'd with, and with using my *Stimulating Balm* also, they had such Effect, that she quickly Conceived, and is now near the Time of her Delivery.

I could here insert Cases of abundance of Women that I have had under my Care for the Cure of Barrenness, and who by the very Method and Medicines above prescribed, have quickly conceived and become fruitful; but as this Chapter has swell'd beyond my first Intention, I shall save my Readers the Trouble of Reading, and my self that of Writing any farther on this Head.

C H A P. II.

Of *Impotency* and *Infertility* in Men: With a Digression concerning the Begetting of *Males* rather than *Females*, or of *Females* rather than *Males*.

I AM now to Discourse of *Impotency* and *Infertility* in the Male Sex; but that I may not give Offence to the modest Reader, I shall forbear entering into too long a Detail of their many Causes, particular Effects, &c. but contenting myself with touching lightly, in as modest a Manner as possible, on the most material, shall proceed to direct to the best Method and most effectual Medicines requisite for their Cure.

AND here I do not mean to treat of the Cure of *Imbecility* or Weakness, occasion'd by any manifest Disease, such as a Consumption of the whole Body, or other Illness, Tumours or other Diseases of the Testicles, under which a Patient may labour; but in Persons only, who from some Defect of the *Semen*, *Imbecility* of the Genital Parts, or Weakness and Disorder of the Spermatick Vessels, find themselves incapable of propagating their Species, altho' in other Respects in a reasonable State of Health.

ABSOLUTE *Impotency*, or a total Incapacity of Fruition, is manifest of itself, and needs no Description; but this much seldomer happens than a languid or faint Capacity or Endeavour to propagate their Species, which may be justly called *Insufficiency*, and proves equally as ineffectual as the foregoing.

AND this, as well as the former, is occasioned either by a Defect of the *Semen*, in Respect to its Quantity or Quality, or Weakness of the Seminal Vessels, or else through Deficiency of the Animal Spirits, or their ceasing to flow in such abundance to the particular Muscles, and other Parts administering to Generation, as is necessary.

WHEN the *Semen* is separated from the Blood by the *Vasa Præparantia* to be farther elaborated in the *Testes*, and is from thence brought by the *Vasa Deferentia* to the *Vesiculæ Seminales* in due Quantity, by its volatile Pungency it agreeably stimulates and titillates all the Parts appropriated to the Continuation of Mankind, makes them turgid, and occasions amorous Thoughts and Desires in the Mind; but when through Badness of the Blood, its sluggish Circulation, or almost

almost Spiritless Condition, there is but little *Semen* separated by these Vessels, the contrary happens; and is sometimes the Occasion of *Impotency*, and often of *Insufficiency*.

AUTHORS say the *Semen* is defective in Quality, either when it is of too thick a Consistence, or too thin; but in my Opinion the latter is much more likely to be faulty than the former, and often proceeds from a Laxity of the Seminal Vessels, occasioned by Strains, inordinate Coition, severe Purgings for Venereal Injuries, or other Accident, whence frequently ensues a *Gleet* or constant Ouzing of immature *Semen*. This constant Ouzing of a perfectly clear and seminal Liquor, is call'd a *simple Gleet*, to distinguish it from the Ouzing or Running of an impure Matter, of a yellow or greenish Colour, that is the Effect of foul Embraces, or Consequence of the Venereal Infection.

A *simple Gleet* enervates the whole Man exceedingly, and is especially attended with great Weakness and oftentimes excessive Pain in the Back, a Sense of Heaviness and Pain in the Testicles, and besides wholly incapacitating him for Procreation, commonly terminates in that kind of Consumption which by Physical Writers is called a *Tabes Dorsalis*, or Consumption of the Back.

WHOEVER therefore is troubled with a *simple Gleet*, must not expect to be able to propagate his Species, nor should he attempt it, or take any Medicines that are deemed Seed-breeders, or any Provocatives, whatever, till such Time as he is perfectly freed from that Indisposition, which all Authors allow is very difficult to cure.

BUT the only effectual Method and Medicines for that Purpose, are those which are prescribed and directed for the Cure of the Whites in Women, under its proper Head or Chapter, in the foregoing Treatise, or *Ladies Physical Directory*, Page 33 and 37. and which being constantly taken and duly follow'd in every Respect, for a reasonable Time, as is there advised, will not fail of curing a *simple Gleet* in Men, as surely and as perfectly as they will the Whites in Women.

BUT the *Semen*, may be render'd too thin or watery, and thereby be wholly incapable of producing a Conception in Women, without such Disorder or Laxity of the Seminal Vessels, or a *simple Gleet* happening, and that by excessive Venery only; and in this Case, the Excess mentioned should by all means be avoided, and Coition be but moderately or much seldomer used for the future, by such as desire Issue; by which Forbearance the *Semen* will soon become of a good and proper
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Texture again, even with but little, and sometimes without any Help from Medicine.

SOME Men also, through a relax'd State and Weakness of the Seminal Vessels, are incapacitated for Procreation, by shedding their *Semen* almost as soon as they entertain any amorous Thoughts, or have any Inclination to Coition; and by that means only, are absolutely hinder'd from Fruition, and of Course from propagating their Species, which they can never be able to do, till the springy Tone of the Seminal Vessels is regained, and their Strength and retentive Faculty in a proper Degree restored; but this Weakness, as well as an over-hasty Ejaculation of the *Semen*, that some Persons are troubled with, so as to prevent their having Issue, may be certainly and speedily cured by the same Method and Medicines I have just now advised for the Cure of a *simple Gleet*, namely those that are directed for the Cure of the Whites in Women in the *Ladies Physical Directory*, Page 33. and 37. aforegoing.

THE next Cause of *Insufficiency* I am to mention, is the Defect of the Animal Spirits, or their not flowing in such an Abundance to the virile Parts, and their proper Muscles, as is requisite; and this sometimes happens altho' there is no Defect in the *Semen* it self, either as to Quantity or Quality.

THE Nerves supplying those Parts, particularly the Muscles called *Erectores Penis*, also the *Acceleratores, Transversales*, and those named *Cremaster*, with Animal Spirits, may also chance to be obstructed, either wholly or in part, so as sometimes to effect those Muscles, some or all of them, with a *Paralysis*, and either totally or partially disable them from acting or contracting as is requisite for Coition; whence absolute *Impotency* in the first Case, or its next Degree *Insufficiency* in the last, may ensue.

UNDER this Head of Deficiency of the Animal Spirits, it may be proper to mention that there are some Men, who are every way qualified to propagate their Species, excepting only that through some peculiar Coldness in their Constitution, they want that Inclination to Venery, which others for the most Part are too much prone to: for tho' generally speaking, Men rather want a Bridle to restrain, than a Spur to quicken them in their Addresses that Way, yet sometimes, tho' rarely it happens, that such as are naturally of a Cold Flegmatick Habit, to speak after the Manner of the Ancients, want only a *Stimulus* to increase their Amorous Inclinations, rouse their Spirits, and direct or attract them to the proper Parts, so as to enable them to Propagate their Species.

BUT besides these manifest Causes of *Impotency* and *Infer-tility*, there is another; I do not mean of *Insufficiency* in respect to Fruition, but of Incapacity of a Man's impregnating the Female *Ova* so as to cause Conception, that remains still to be taken Notice of: and this by reason of its not being apparent otherwise than in its Effect, may in the common Phrase be called occult or unknown, for it sometimes happens that Men who to all appearance, and in their own Judgment also, are as capable of Begetting Children as any Person whatever, are yet in reality not so; and their having no Issue has been often deemed the Women's Fault, when in truth it has lain wholly on the Men's side: And in this Case many times there is neither wanting Health, Vigour, or Inclination to Coition, neither is the *Semen* apparently defective either in Quantity or Quality; yet by reason of a certain Effete Condition it is in, it proves Infertile, and is not capable to fecundate or impregnate any of the *Ova* or Eggs in the Female *Ovaria*, that a Conception might happen.

Now whether this Effeteness or Infertile Quality of the *Semen*, proceeds from the want of *Animalcula*, with which, according to the most generally received Opinion, the *Semen* ought to be well stock'd, or from their Languidness; or according to some others, for want of the *Semen* being sufficiently Spirituous, so as that by its *Effluvi-um* it might stimulate and impregnate the *Ova* in the Female *Ovaria*, is not easily to be determin'd; but that there is such an Effete or Infertile Quality in the *Semen* of some Men, is certain, by what we now and then find in some Families, who having had no Children for some Years, and the Fault having been deem'd on the Women's side, and they having taken Medicines of every kind proper to remedy such a suppos'd Defect, drank Mineral Waters at the Spring-head, been at the *Bath*, and tried all proper Methods for a long Time without Success, we at length imagining the Defect, though not apparent, might possibly lie on the other side, and for that Reason shifting the Scene, and prescribing proper Remedies for the Men, to strengthen their Blood and Juices, invigorate their Nervous System, revive their Spirits, increase the *Semen*, and rectify any ill, Effete or Infertile Quality of it, the End has been soon answer'd, and those Families been quickly after blest with Children.

AND I have observed that this Effete or Infertile Quality of the *Semen*, happens chiefly to such as have been remarkable for their fast Living of any Kind, and particularly to those
who

who have much harrass'd their Constitution with Women in the Prime of their Years, and such also who daily and constantly are too free with that slow but sure Poison the Bottle; for Wine or any other strong Liquor constantly or immoderately drank, not only impairs all the vital Faculties, and gradually kills the Individual, but destroys his Species also, which otherwise he might and would have propagated: And the more certain and quick is it, in its deleterious and baneful Consequence, when good Exercise in an open Country Air, proportionable to the Quantity daily Drank, is not as constantly used, to carry it off in some Degree: Let it be noted also, that as Wine, Punch, and other Strong Liquors, constantly and immoderately drank, has been justly said to be a slow Poison, so a Cordial Dram of any kind too closely follow'd, may as truly be called a quick one.

THOSE who devote themselves too much to *Venus* also, lie under the same Predicament; such likewise who are afflicted with Hypochondriack Melancholy, and those who constantly study and think too intensely, or any way injure their Nervous System, or impair their Spirits, may reasonably suspect their not having Children, to happen through this Effete or infertile Quality of their *Semen*; which a melancholy Disposition, and sedentary manner of Living, next to hard Drinking and immoderate Venery, is most likely to induce.

HAVING thus treated of the several and most material Causes of *Impotency* and *Infertility* in the Male Sex, I shall in the next Place direct to the most effectual Methods for their Cure, and so end this Chapter.

IF *Impotency*, or *Infertility*, proceeds from any manifest Illness or Disease, that Illness must be first cured, before any Method is taken to remedy the other Defect; so also if a *simple Gleet* is the Occasion of *Insufficiency*, or any Weakness of the seminal Vessels, attended with either shedding, or a too hasty Ejaculation of the *Semen*, such Weakness as before mentioned must be Cured by the Means already advised, before any thing else is attempted.

BUT in all Cases of *Impotency* or *Infertility*, occasioned either for the Want of a due Quantity of *Semen* being separated from the Blood, or by means of its being too Thin or Watery, or any other ill or Effete Quality of it, or through a Deficiency of the animal Spirits flowing to the proper Parts, or natural Coldness of the Constitution; in all or any of these Cases, there can be nothing better advised, or more effectual Remedies prescribed, than the *Prolifick Elixir*, *Powerful Con-*

fect, and *Stimulating Balm*, which I have recommended for the Fair Sex in the former Chapter, Page 56, 57, and 58. together with Temperance in respect both to the Bottle and *Venus*, Purg- ing once or twice with my *Purging Pills*, if gross Humours offend, Observance of a good nourishing Diet, good Exercise of Riding in the Country Air, short Absences, the Diversions of *Tunbridge* and the *Bath*, and other Particulars as for that Sex directed.

FOR the *Prolifick Elixir* and *Powerful Confect* being taken by Men, exactly as I have directed for Women, will admirably correct any ill Quality of the *Semen*, exceedingly increase its Quantity, and wonderfully strengthen the Nerves, revive and increase the Spirits, and invigorate the whole Man, as well as all the Parts appropriated to Generation: And the *Stimulating Balm* being used to the virile Parts, in the same manner as directed for Women, by those who happen to be of a saturnine or cold Habit, or labour under any Paralytick Effect of the Muscles of those Parts, or Deficiency of the Animal Spirits, will afford almost instant Relief; for it immediately rouses and attracts the Animal Spirits to perform their proper Functions, induces a kindly Warmth, potently strengthens all the Parts it is apply'd to, and invigorates them to Admiration.

But it should be well noted, that applying a *Stimulus* alone, ought not to be solely rely'd on; and therefore whoever judges it necessary to use the *Stimulating Balm*, should by all means at the same time take the *Prolifick Elixir* and *Powerful Confect* also, as before advised, by which they may be almost assured of Success. And this ought to be well observed by the Female Sex likewise.

FOR these excellent Remedies exceedingly promote the chearful Curricle of the Blood and Juices, raise all the Fluids from their lauguid depressed State, to one more florid and sparkling, open all Obstructions, fortify the Nerves, increase the Animal Spirits, restore a juvenile Bloom, and evidently replenish the crispy Fibres of the whole Habit, with a generous Warmth and balmy Moisture, and thereby invigorate to such a Degree, as not to be imagined, but by those who have experienced how exceedingly and suddenly they renovate, recruit, and powerfully strengthen all the Animal Faculties and generative Powers in both Sexes.

THEY inforce a bright lively Disposition, banish Melancholy, and inspire Mirth and Gladness of Heart beyond Expression. And true it is, that abundance of Ladies, who for several Years were deem'd incurably Barren, have quickly
after

after taking the *Prolifick Elixir* and *Powerful Confect*, conceived and become fruitful; and great Numbers of Gentlemen also, who by fast Living or otherwise had rendred themselves incapable of Procreation, have soon been enabled to Propagate their Species, insomuch that many illustrious Families, who for want of Children were almost inconsolable, are now blest with happy Issue, and are, under Providence, indebted to these great Medicines for their Heirs. They rectify all Disorders of the Stomach, create an Appetite, procure a good Digestion, have a very fine Flavour, cordial and pleasant to the Palate, and in all Weakness of Body, or Decay of Constitution are most admirable Remedies, and even seem to keep back the Effects of Old Age it self.

AND this may be said of each of these Remedies apart, or when singly taken; but when both of them are taken together, or in the manner advised to Women, their Force and Virtue being then united, all that can be wished for or desired from Medicine, may be reasonably expected from them.

BUT that they may still prove the more certainly effectual, in procuring Issue to those who are desirous of Children, I would earnestly recommend the Abstaining from too frequent Coition; because by its being too often repeated, a sufficient time is not allowed for the *Semen* to become duly elaborated in the Vessels, or of Ripeness, Strength and Vigour enough to impregnate the Female; nor is it Ejected with sufficient Power or Force, but in a languid or faint manner, whilst the *Semen* it self being at the same Time immature or unripe, as aforesaid, the wish'd for Impregnation must of Course be frustrated: Acting in this manner, is like cutting down green Corn, and painfully Threshing out the unripe Grain, which tho' sown in the very best Ground, would in vain be expected to vegetate or come to good.

LET such therefore who are desirous of vigorous and healthful Issue, or indeed of any Issue at all, avoid Coition till by repeated Promptitude and strong Desire, either thro' natural Vigour or by the help of Medicine, or both, they are so much inclined to it as not easily to forbear, which then may be reasonably expected to succeed to their Wish, especially if the Women are agreeably disposed also, and it happens at the most likely time for their Conceiving, namely, immediately after the *Menses* cease or are gone off, every time they Flow, as is mentioned in the former Chapter, Page 60. aforesgoing.

A DIGRESSION:

*Concerning the Method of begetting Sons rather than Daughters,
Or. Daughters rather than Sons.*

BEFORE I put an End to this Chapter it may be proper to take Notice, that many Gentlemen and Ladies are much more desirous of Sons than Daughters, more especially where Estates depend upon Male Heirs; and that as this has ever been so, it has in former Times, as well as in the present Age, occasioned the recommending of some very ridiculous Methods, in Order to procure a Male rather than a Female Child.

BUT as nothing hitherto advised by Authors for that Purpose, can be reduced to any manner of sound Reason, all such Methods, by judicious Persons, are very justly deem'd to merit nothing more than being contemn'd and laugh'd at, as founded upon false Philosophy and Idle Fictions, to which no Credit can be given.

NEVERTHELESS, there is one little Piece of Management, which is averr'd will occasion the Conception of a Male Child, that I will venture to mention, as it may be practis'd without the least Trouble or Inconvenience, and cannot possibly be attended with any manner of Injury or Disadvantage whatever; and yet it is so very trifling in it self, and there is so very little if any shew of Reason for it, that I should not have troubled my Readers with it, had it not been attested by a very grave, sober, sensible Man, whose Veracity I can depend upon, to have been experienced with the utmost Success by himself, after having had several Daughters, but no Sons, and under some Uneasiness on that Account, as also by very many others to whom he communicated it, who every one of them, as well as himself, quickly begat a Son upon following it.

THE Method is this only, that on which side of the Bed soever the Man has been accusom'd to lie by his Wife, he should alter that Custom, change sides with her, or lie on the other or contrary side, both of her and of the Bed, to that he had before used himself to; and also both Man and Woman to dispose themselves to Rest on different Sides of their Bodies, than they were accusom'd to sleep on before, and instead of using Coition at Night, or upon first going to Bed, to omit it till Morning two or three Hours before the Woman's rising. And to continue this Method of lying on different Sides of the Bed, and sleeping on different Sides of their Bodies to what they had before used themselves to, constantly

stantly for several Months, or till the Woman has conceived ; remembring always that whenever they use Coition, it be in a Morning about an Hour or two before the Woman's rising, and not at first going to Bed at Night.

THIS only is the Method so strongly averred as abovesaid to be successful ; but whether so small an Alteration in usual Custom and Management, can possibly cause a Woman, who ever before conceived Females, to have a Male Child, as is so positively affirmed to have been so often undeniably experienced, without its ever once failing, I shall leave others to Judge, whilst I freely confess it to be too abstruse for my Understanding.

INDEED if we were to suppose either that the *Ova* or little Eggs in the *Ovarium* of a Woman on one Side, when impregnated by the *Effluviium* of the Male *Semen*, always produced Males, and those in the *Ovarium* of the other Side, always Females ; or that the *Semen* elaborated in one of the Man's Testicles was appointed for the Generation of Sons only, and that in the other Testicle only for Daughters ; then from both or either of these Suppositions, (which seem not altogether impossible) very strong Reasons might be assigned, why changing of Sides in Bed, and both Man and Woman lying and sleeping on different Sides of their Bodies than they were before used to do, and using Coition in a Morning before rising instead of Night, or at their first going to Bed, should occasion the Generation of Males, when by the contrary Manner of lying and managing they always, or for several Years before, had propagated Females.

HOWEVER, whether both or either of these Suppositions may be allowed or disallowed, those Persons who have had several Daughters and never a Son, may try this Method, be there any thing in it, or not, since it can be attended with no possible Harm, and should it prove Successful, they will have Reason to thank me for giving it Place, trifling as it may seem, in this Work : so also such as have always propagated Males, and never had a Female Child, may likewise try this Alteration in their Manner of Lying, if they are desirous of having a Girl, since if it will answer in the former Case, I cannot see why it should not in this latter. But to end this Digression and proceed :

IN the former Chapter I have advised the Ladies, who either for several Years, or perhaps never, had conceived, to alter their wonted Custom of lying and sleeping in Bed ; that is, that on which Side of their Bodies soever they had used

themselves to lie and sleep, they should change that Custom, and for several Months at least lie and dispose themselves to rest or sleep in Bed on the other or contrary Side of their Bodies: and the very same Alteration would I advise such Gentlemen to make in their usual Manner of lying and sleeping in Bed, who without any manifest Cause, have for some Years fail'd of propagating their Species.

AND my Reason for it is this: The *Semen* is separated from the Blood by distinct and different spermatick Vessels on each Side, the right and the left, which lead down to each distinct Testicle, and from each Testicle it is as distinctly carried, without being mixed together, by proper separate Vessels into the *Vesiculæ Seminalis* or Seed-Bladders, on each Side one, and is there deposited and kept, still separate, till Coition, and is never mix'd together, unless when Ejaculated through the *Prostatæ* it may unite in the *Urethra* or Urinary Passage of the *Penis* in the Time of Coition and very instant of Emission: This being so, we cannot be sure but that the *Semen* separated from the Blood by the spermatick Artery, elaborated in the Testicle, and then lodged in the Seed-Bladder of one Side, may be better, more in Quality, and much more Prolifick than what is so distinctly separated, elaborated and lodged by and in the spermatick Artery, Testicle and Seed-Bladder on the other Side: Nor can we be sure that the constantly lying and sleeping in Bed on one Side, may not occasion less, or less Prolifick *Semen*, or *Semen* of an Effete Quality to be separated on one Side than on the other, and more in Proportion of such less Prolifick or effete *Semen* to be emitted in Coition, than of the other or more Prolifick *Semen*. And therefore the changing of such an habitual Custom of lying and sleeping in Bed, and constantly lying and sleeping on the other or contrary Side of the Body to that a Person had been before used to, for some Months together, may possibly occasion a very great Alteration, and successful Propagation of his Species.

WHAT Man, unacquainted with Mathematick or Mechanick Powers, would believe, that the Strength of a single Hair could be made to lift up a Thousand Weight, unless shew'd the Variety of Wheels and direct Method of its effecting such a seeming Impossibility? So in the Mechanism of our Bodies, the first Springs and Powers being imperceptible, it is impossible for us to know with certainty, of how great Consequence the most minute and seemingly trifling Alteration in our usual Habit or Manner of living and lying in

in Bed may be, especially in respect to the Business of Generating our Species, (which, notwithstanding all our Philosophick Enquiries, must be owned to be still very Mysterious,) provided such minute Alterations from our former Manner and Custom be steadily persisted in, and constantly adher'd to, for some Months together.

I would advise Gentlemen therefore who are under such Circumstances as I have described, strictly to observe the Rules I have given, and the Alteration I have mentioned, all which, together with taking and using the Medicines, as I have directed, which are replete with efficacious Energy, cannot fail, humanly speaking, of being attended with happy Consequence, and the utmost of their Wishes.

I could give various Examples of Gentlemen of Consideration, who have been cured by the very Remedies I have advised, and that both of manifest *Imbecility*, and of *Infertility* or Incapacity of propagating their Species, through the unapparent Cause or Effete Quality of the *Semen*, that I have treated of; but after giving one Instance only, shall spare my Readers as well as my self any further Trouble on this Subject.

A Gentleman of about Thirty two Years of Age, in very good Health and Vigour, who had been married near six Years to a fine brisk Lady, about seven Years younger than himself, without having any Children, or so much as her once Conceiving, apply'd to me for Advice; and supposing the Fault lay on his Spouse's Side, altho' as likely to have Children as any Lady whatever, desired I would prescribe proper Remedies for her, acquainting me at the same time that she had been at the *Bath* and *Tunbridge* two or three Times, without finding any good Effect from the Waters of those celebrated Places.

SHE was then in perfect Health, and I directed the Medicines I thought proper for her, which she willingly took for a considerable while, being as desirous of a Child as her Husband was; at length the Gentleman complaining over a Glass of Wine, that the Remedies his Spouse had taken, prov'd ineffectual, I ask'd him if he was sure the Fault was not on his own side; upon which he told me, he was fully satisfied that no Man in *England* was capable of Propagating his Species if he was not; I only answer'd that it was not impossible his *Semen* might be Infertile, since Experience had demonstrated it reasonable to believe it had been so, in many Men full as likely to beget Children as himself; and that if he would be advised by me, he should go through a short Course of proper Medicaments, that possibly might prove serviceable.

serviceable, at least would be very far from being any way injurious, since they would be cordial and strengthening, and at the same time very agreeable to take; after considering of it for a few Minutes, he desired I would prescribe what Medicines I thought might be serviceable, and he would try them altho' he thought 'em needless.

AND accordingly, I order'd him my *Prolifick Elixir* and *Powerful Confect*, both of 'em to be taken exactly as I have directed in the former Chapter, and advised him to follow the Rules in respect to his manner of Living and managing, as set down in this Chapter: In about three Weeks time he sent for me again, and said, he was weary of taking Remedies; for tho' they were pleasant enough, and were very good and cordial, yet it seemed ridiculous to him for a Man in full Health, Strength and Vigour as he was, to continue Medicines, that he also doubted would prove as unsuccessful as those his Spouse had taken; nevertheless I advised him, since he had taken them so long, to continue them at least for a Week longer, which he might the easier comply with, since they neither hinder'd Time, or were unpleasant to take, or occasioned the least Disorder; but on the contrary were cordial to his Stomach, and tended to strengthen his Nerves and revive his Spirits. He followed my Advice, and took them for some Time longer, and in about six or seven Weeks after, came with Pleasure in his Countenance, and informed me he believed his Spouse had conceived and was with Child, as indeed it proved, and they have now a fine Boy about Three Years Old, and a Girl of about Sixteen Months, to the great Joy and Satisfaction of both himself and his Lady.

THIS Instance alone is sufficient to illustrate what I have advanced, and therefore with it shall conclude this Chapter.

C H A P. III.

Of Miscarriage in Women, and how certainly to prevent it; with Directions to the Fair Sex how to conduct themselves during their Pregnancy, how to cause Easy Delivery in Child-Birth, and effectually take off After-Pains; also how to rectify the Disorders of the Lochia or Child-Bed Purgations.

AS there is nothing more unpleasing than to be disappointed of expected and wish'd-for Issue through *Miscarriage*, so nothing proves more dangerous to the Female Sex, than that great Misfortune; for it being unnatural, is always attended

tended with ill Symptoms, and proves much worse than a regular Child-birth: And tho' a Woman recovers the immediate Danger of losing her Life by a *Miscarriage*, yet if she is frequently afflicted in the same manner, it certainly ruins her Constitution, weakens the whole Body, brings on incurable Illnesses, and necessarily shortens Life.

AND it is a Grievance that often becomes habitual to the Fair Sex, many Women miscarrying five or six, and some ten or twelve times following one another, exactly at a certain Length of Time after Conception: Thus *Miscariage* happens to some always in the third Month of their going with Child, to others in the fourth, fifth, sixth, seventh or eighth, and then it is much more dangerous than in the first two or three Months.

THE oftner a Woman has miscarried, the more difficult will it be to cause her to retain the Fruit of her Womb the whole nine Months that Divine Providence has appointed for ripening a natural Birth; for when a Woman is accustomed to miscary, the Womb at the usual Time endeavours with its utmost Efforts to Eject its Burden.

MISCARRIAGE is commonly caused the first time by a sudden Fright, violent Blow, or Fall, or Longing for Things seen without having them, either of which causes a Contraction of the Womb, and a kind of Convulsive Motion, so as to expel the *Fætus*. In a Word, whatever irritates the Womb, and excites the Expulsive, and weakens the Retentive Faculty, procures *Miscarriage*; so that a great Cold, immoderate Exercise, intemperate Eating, Drinking too much Wine in the first Months, excessive Passion, either of Anger, Joy, Fear, Grief, &c. or Disorder of the Kidneys, or of the Bowels, the Redundancy and Rarefaction of the Blood, Flagginess of the Womb, Loss of Spirits through prodigious Bleedings, also vehement Coughing, Sneezing, or Vomiting, may occasion this great Unhappiness.

THE imminent Symptoms that threaten immediate *Miscarriage*, are an Heaviness and Weight about the Loins, a bearing down of the Womb, Pain of the Back, and Pains from the Navel downwards, also trembling, Palpitation of the Heart, shivering, flagginess of the Breasts, a Flux of Blood or Matter from the Womb, &c. all or any of which portend *Miscarriage*.

IF there is Reason to believe, that the *Fætus* is already separated from the Womb, the Expulsion of it must not be hindered, but on the contrary be promoted as much as may be, by the Assistance of a skilful Midwife, or Physician practicing

tising Midwifery ; and such Remedies must be given as will hasten its Expulsion, and by their forcing Quality speedily ease the Womb of its then dangerous Burden ; for which End I recommend the following *Expulsive Mixture*, a Spoonful or two of which, the Patient may take every now and then, first shaking the Bottle, and it will cause the Womb to expel the *Fœtus* or Child, tho' Dead, with admirable and unexpected Ease.

FOR which reason it is also wonderfully serviceable to those in Labour who have gone out their whole Time : for being taken as just now directed, when the Pains relent, or are weak, it brings them on kindly, and causes a speedy and easy Delivery. *The Expulsive Mixture is thus made :*

No. 16. The Expulsive Mixture.

Take Bryony Water compound, and Dr. Stephens's Water, of each half an Ounce ; Penny-royal Water, an Ounce ; Rue Water, an Ounce ; Troches of Myrrh, a Scruple ; Tincture of Russia Castor, and Tincture of Saffron, of each half a Dram ; Spirit of Salt Ammoniack, a Scruple ; Salt of Amber, ten Grains ; Chymical Oil of Anniseeds, and of Chamomile, (first mixt with a little fine Powder-Sugar) of each two Drops ; of my forcing Salt, a Scruple ; Syrup of Mugwort, half an Ounce ; make a Mixture according to Art.

THIS *Expulsive Mixture* has excellent Effects in the aforementioned Cases, and is truly the most proper Medicine in the World to remedy a hard and slow Labour ; for it is not only powerfully forcing, but also refreshes and comforts the Woman, strengthens the Child, and disposes the Womb to expel its Burden, both Birth and After-Birth, with Ease and Safety, provided the Child is in a right Posture, and fit to be expelled, which an ingenious Midwife may easily know by the Touch, for if it be not, that and all other forcing Medicines will do more hurt than good, and prove dangerous, and therefore must be avoided, till by the Hand of a skilful Midwife the Birth is made to present right, and every Thing is ready, and then the *Expulsive Mixture* being given as before directed, will soon display its Efficacy, and speedily cause a happy Delivery.

BUT the better to prevent a slow or hard Labour, it will be proper for all Women with Child, who are not threatned with a Miscarriage, for about a Month before their Reckoning is up, to take every Night going to Bed, and first every Morning, three or four Spoonfuls, or a small Tea Cup-ful of the

the following Cordial Oily Liquor, shaking the Bottle very well just before pouring it out, and minding not to Drink any thing else for an Hour at least, before or after taking it.

THE Oily Liquor may be easily made by Women themselves, or their Servants, thus: *Take Syrup of Marsh Mallows, the finest Florence eating Oil, and the best White Wine, of each half a Pint: mix them in a Bottle, shaking them very well together, and keep it close stopp'd for Use.*

THIS Cordial Oily Liquor, about Twenty Years ago, I communicated to some few Midwives, and find it of late Years come very much in use, it being now frequently advised by skilful Persons of that Profession to their Women, and is really very beneficial in preventing a hard Labour, if taken Night and Morning for a Month together before the Time of Delivery, as above directed; provided always that it agrees with the Stomach and Bowels, as in most Persons it will, and occasions no manner of Disorder.

FOR by its being constantly taken by big-belly'd Women, for about thirty Days before their Reckoning is out, it renders the Fibres, constituting the Vessels of the whole Body, less tense, rigid or stiff, and replenishes them with oleaginous and slippery Particles, by which the Vessels are capable of greater Relaxation, and all the Parts do, with less Pain, more easily extend or give way upon the great Occasion of Child-Birth.

BLEEDING also in the Arm to the Quantity of eight Ounces, about four or five Weeks before the Labour is expected, more especially if the Woman finds herself hot, uneasy and full of Blood, or is troubled, as many are, with great Itching in the Arms or other Parts, may prove of very great Service, contribute to procure her an easy and quick future Labour, and make her less liable to Flooding afterwards.

BUT when an hard Labour does happen, recourse should presently be had to my *Expulsive Mixture*, a Spoonful or two of which, being taken now and then as before directed, will effectually cause an easy and speedy Delivery as aforesaid.

AND if after Delivery, the *Lochia* or Child-Bed Purgations, do not flow sufficiently, then a Spoonful or two of the *Expulsive Mixture*, being now and then given to the Patient, according to the Discretion of her Midwife, will prove very serviceable, and bring down the Flux freely.

WHEN the *Lochia* or Child-Bed Purgations are regular, pure Blood flows copiously for the first three Days after Child-Birth; then a kind of watery thin Blood almost like Water wherein Flesh has been washed for the four next following
Days;

Days; and afterwards a viscous or thick and clammy Matter, with very little if any Blood intermix'd, for about six Days more; and so on, but without any streaks of Blood in it, till towards the End of the Month.

BUT if the Child-bed Woman should be exceedingly afflicted with *After-Pains* also, which are occasioned by Convulsive Throws of the *Uterus* or *Womb*, and do often give a Check to the flowing of the *Lochia*, then it will be proper for her to take the *Hysterick Cordial*, prescribed for the great Pain and Uneasiness many Women endure, just upon the coming down of their Courses every time they flow, in the 3d Chapter of the *Ladies Physical Directory*, Page 20. aforesaid, taking it exactly, or in the very same manner, as is there directed, till Ease and Rest is obtain'd, but no longer; and repeating it in Case of urgent Necessity every other Day, as the skilful Midwife may judge needful, or rather every Day for two or three Days, if the *Pains* are excessive, and the Patient very restless; by which Means those grievous *After-Pains* will be effectually taken off, and the Patient be brought into good Order: For the *Hysterick Cordial*, not only gives present Ease, and occasions pleasant Rest and sweet Sleep, but also promotes the *Lochia* or Child-bed Purgations at the same Time, and causes them to flow regularly and freely.

AND to promote this Flux, the kindly Warmth of the Bed, and lying quiet and still in it, is of great Service; therefore I would earnestly advise all Child-bed Women, not to rise from Bed or sit up too soon after Delivery.

Too many imprudent Midwives, either to shew how well they have performed their Office, or through some other false Notion, often advise their Women to rise in a very few Days after they have been delivered, and to sit up for some Time; by which it frequently happens, to weakly Women especially, that they are immediately seized with some Hysterick Disorder, the very Motion of getting out of Bed and into it again, greatly contributing, and the *Lochia* or Child-bed Purgations are presently lessened, and soon after totally stopt, so as scarcely to be brought to flow again by any Art or Means, whence Fevers, Frenzies and Convulsions are occasioned, Life imminently endangered, and oftentimes suddenly lost.

AND if they do not lose their Lives, by the Illnesses occasioned by this too soon rising from Bed and sitting up, which really occasions the Death of most of the Women who die in Child-bed, yet they are afterwards afflicted with the highest Degree of the Hysterick Disease, from which they are seldom intirely freed, but are tormented with it more or less for their whole

whole Life-time: And it is commonly found, that those Women who happen to have their *Lochia* or Child-bed Pur-gations untimely stopt, either through Rising from Bed and setting up too soon after Delivery, which is the most usual Cause, or by taking Cold, or any other Accident in their Lying-in, are more or less disturb'd in their Heads by Fits for ever after.

LET those therefore who value their Lives, and regard their future Health, more especially if they are of a weakly Constitution, and subject to the Vapours, be sure to lie in Bed, and not rise and sit up, till the tenth Day at least after Delivery; should they be tired of their Bed or seem faintish by lying so long, they may sit up in it a little, to refresh themselves, but that with great Caution also, and taking Care to keep themselves very warm at the same Time, but by no Means to rise wholly from it, or to let their lower Parts suffer any Sense of Cold, or feel the least Breath of cool Air.

THOSE Midwives, Nurses and Child-bed Women who are wise, will Observe this Advice, and take Care that it is followed: Those who are not, will still run the Risque of the Dreadful Consequences I have mentioned.

THERE is another pernicious Practice, advised by some ignorant Midwives, that I must here take Notice of, in order to its being religiously avoided for the future, and that is their Directing their Women when near their Time of Lying-in, to Dance, be jolted in a Coach, or use some boisterous Exercise, in order as they say, to make the Child fall the lower, and hasten Delivery; but following this evil Counsel, has occasioned the Destruction of many Women and their Infants, who have miserably perished by such imprudent Practice.

FOR any considerable Exercise, more than gently walking about House, or in a Garden, in the latter Months of a Woman's Pregnancy, endangers the Child's being wrong turn'd in the Womb; whence a difficult Labour and Loss of both Mother and Child often ensues: Not one in twenty of the Infants that present wrong, but were ill turn'd thro' some violent Exercise or other.

THEREFORE, I would with great Earnestness advise all those who value their Infants Lives and their own, to indulge themselves as much as they conveniently can, the whole Time of their being with Child, in all the Rest, Ease, and Quiet possible, (except walking gently, or being carried in a Chair, which is better than constantly sitting, or too much lying down) but more especially in the latter Months, when they

they ought to use no other Exercise whatever, besides very gently moving about House, or but a very little way, and that very carefully out of it, if out of it they must go.

FOR as to causing the Infant to fall low, as is pretended, by joulting in a Coach, Dancing, Jumping, or any other hard Exercise, there is really nothing in it besides the Mischiefs before mentioned: The well turning of the Child, and its falling lower in the Belly, ought to be left wholly to Nature, it being her own proper Work, and in due Time always best succeeds, when she is undisturbed by violent Exercise, or any Passion of the Mind, and then a kindly Labour and easy Delivery will be most likely to follow.

PREGNANT Women should also be careful during their whole time, not to be strait-laced, but to allow the Fruit of their Womb all the Room upwards that is possible, and if a quilted Waist-coat is worn instead of Stays, it will be the better for themselves and their Infants.

SHOULD it be objected against the Ease and Rest I have advised to Pregnant Ladies, that many poor Women are obliged to use a great deal of Exercise, and walk much about the Streets to get their daily Sustenance, whilst they are with Child, and yet do as well and have as kindly Labours as those who indulge themselves in Rest and Quiet, it may be answer'd, that what through Absolute Necessity cannot be avoided, must be comply'd with, and that Providence is often very kind to such poor Wretches, in preserving them from the many Dangers they are obliged to expose themselves to; but that is no Reason for others to run the same Risque, who are not of necessity obliged to it.

BESIDES, the poorest People during their Pregnancy, in the latter Months especially, do generally spare themselves as much as possibly they can, and are a great deal more careful of what Exercise they then use, than when they are not with Child; and this more than ordinary Care at such Times in them, may probably make as much Difference in regard to their accustomed Exercise at other Times, as the Rest, Ease and Quiet I have advised Persons of good Fortune to indulge themselves in, during their Pregnancy, amounts to, in respect to their usual Way of Living at other Times, when commonly too little Exercise is by them used.

IT must be added also against the Objection above, that we frequently find several of those poor Creatures do meet with very sad Accidents, such as Miscarriages, difficult Labours, wrong-turned and still-born Infants, and sometimes certain Death to themselves, by the laborious Exercise and great Fatigue

tigue they have been forced to undergo, in order to procure themselves Bread.

BUT to return to *Miscarriage*: If the *Fætus* or Child is not separated from the Womb, nor the Blood Vessels broke, nor any Flux of Blood from the Womb appears, then all possible means must be used to confirm the Tone of the Ligaments, strengthen the Womb, and corroborate the *Fætus*; for which purpose such Medicines must be immediately given, as are Comforting, Balsamick, Sub-astringent, Temperate in respect to Heat, and that have a Power to absorb all irritating or sharp Humours, which often cause a Contraction of the Womb, and Expulsion of the *Fætus*.

THEREFORE if a Woman has never Miscarried, but being with Child, is frightened, or receives a Blow, Fall, &c. so as to endanger a *Miscarriage*, I advise her instantly to drink a Glass, or two, of good strong Chest *Florence*, or *French Claret*, there being nothing better on those Occasions; for Strong Red *Florence* or *French Wine*, recovers and raises the Spirits depressed by Frights, &c. and at the same time by its Noble Astringent Quality, strengthens the Womb and its Vessels; Burnt-Claret may also be drank to good Effect: After which, if any Symptom of *Miscarrying* appears, the Patient should take from the Point of a Knife, the Quantity of a large Nutmeg of my *Restraining Electuary*, prescribed for the immoderate Flux of the Courses in the second Chapter of *The Ladies Physical Directory*, Page 14, aforegoing, as soon as can be, and continue to take the same Quantity of it three times every Day, *viz.* every Night and Morning, and at three or four a Clock every Afternoon, till all danger of *Miscarrying* is over, minding to drink a Glass of Red *Florence* or *French Wine*, or other agreeable Liquor after each Dose, such as *Claret and Water, an equal Quantity of each, mix'd together, and boil'd with a little Cinnamon in it, till one third Part of the whole Liquor is wasted, and then sweetened with treble refin'd Loaf Sugar.* A Draught of this pleasant Liquor being drank now and then Cold, together with taking the *Restraining Electuary* as directed, will assuredly prevent *Miscarriage*, especially if she indulges her self in Rest and Ease, and lying pretty much in Bed, which is proper when *Miscarriage* is threatened, observing at the same time not to lie too hot, or with too many Bed-cloaths on.

BUT if the Patient has *Miscarried* once, or several times before, then it will be highly necessary for her to begin to take the *Restraining Electuary*, as before directed, for a Week

or more, before the last or usual time of her *Miscarrying*, and continue it till a Week or Fortnight after the time she most fears, tho' she has no Symptoms of *Miscarrying*, by which means she will certainly prevent that Misfortune, tho' she has miscarried many times before.

FOR it powerfully corroborates the Womb and its Vessels, confirms and establishes the Tone of the Filaments that keep the *Placenta* fixed to the Womb, and strengthens the *Fœtus* more than can be expressed; it also comforts the Stomach and Bowels, absorbs all acrid or sharp Humours, and fortifies the Spirits exceedingly: Therefore the longer it is taken, during a Woman is with Child, the more secure will she be of going out her whole time with Safety, Ease and Health; yet about the last Month of her Time, if no danger of *Miscarrying* appears, it will be proper for her to omit taking it, and instead thereof, in order to prevent a hard Labour, or cause an easy Delivery, to take the Oily Liquor I have directed her how to make in Page 77. every Night and Morning exactly as is there advised.

AND if after a Woman is brought to Bed, the *Lochia* or Child-bed Purgations should flow too much, or in such a large Quantity, as to cause Swooning, intire loss of Strength, Convulsions, and other dangerous Symptoms, so as to make it necessary to restrain the Flux, which when excessive is vulgarly called Flooding, then a few Doses of the *Restraining Electuary* being given to the Patient, by the Advice of her Midwife, together with her drinking now and then a Cup of Claret and Water boil'd together, in the manner just now advised, will prove the best Means to relieve her, and probably do infinite good. Thus much concerning the too violent Flux of the *Lochia*, or Child-bed Purgations.

As to *Miscarriage*, it is further necessary to observe, that if the Patient, during the time of taking the *Restraining Electuary* to prevent her *Miscarrying*, should happen to be Costive, or very hard Bound, then it may be necessary for her to take some very gentle Medicine, just to loosen her Belly now and then, as she finds occasion, for which purpose a small Dose of my *Laxative Electuary* prescrib'd in the second Chapter of the *Ladies Physical Directory*, Page 14. aforegoing, being taken exactly as is there directed, will prove very serviceable.

IF the Symptoms of *Miscarriage* are occasioned by Longing for Things seen, &c. whatever they be, they ought immediately to be procured, if possible.

AND if the Patient is of a Sanguine Complexion, and full of Blood, it will not be amiss for her, when *Miscarriage* is threatened, to be presently blooded, to the Quantity of Eight Ounces.

THUS I have given all the necessary Directions concerning *Miscarriage*, &c. which being duly followed, will certainly have the desired Effect; as the great Number of Women I have cured of the Habit of *Miscarrying*, by the Method herein set down, evinces.

ABOUT two Years ago, a Gentlewoman near thirty Years of Age came to me, much afflicted, having miscarried ten times before, and always about the third Month; she was very desirous to be cured of that Faculty, and was then about nine or ten Weeks gone with Child, and began to have some Symptoms of an approaching *Miscarriage*; I therefore ordered her to take my *Restraining Electuary*, as I have directed in this Chapter, and to continue it constantly for six Weeks at least, which she did, and without taking any other Medicine she was cured, went out her whole Time, and brought into the World a healthy Boy; and so compleat was the Cure, that since that, she has had another Child, without taking any Medicines, or having the least sign or fear of *Miscarriage*.

C H A P. IV.

Of the Management of Infants in the Month, and the best Method of Preserving their Lives; with a Dissertation concerning Suckling of Children, and Bringing them up by Hand.

HAVING in the *Ladies Physical Directory* and in the first and third Chapters of this *Practical Discourse*, instructed the Fair Sex how to Cure their several *Indispositions*, remedy *Barrenness*, promote *Conception*, prevent *Miscarriage*, and how to conduct Themselves during their *Pregnancy*, to the *Birth* of their *Infants*, and whilst in *Child-bed*, I shall in this Fourth or last Chapter, shew the best and most effectual *Method of Preserving an Infant's Life*; and in order to it must take Notice of an Error in managing the New-born Babe, which too much prevails of late Years, and deprived many a Family of an Heir.

AND this Error deserves the more to be taken Notice of, because it Obtains much more among People of Consideration, that it does among the meaner sort.

SOME Ages ago, Women thought they could not keep their New-born Infants too warm, even in the hottest Season of the Year; and so careful were they to guard against the Open Air, that they would scarcely let any Part of their Infants Faces be uncover'd, nor suffer 'em so much as to see the Light for several Days: But this way of managing New-born Babes was undoubtedly Erroneous, and therefore justly left off by Modern Nurses; and it could be wish'd they had not run into an Extreme the other Way, of keeping New-born Children too Cool; but this is certainly the Case at this Day, and what is much to be lamented, is mostly practis'd by the most expert and otherwise skilful Nurses; so much does Fashion get the better of Reason and sound Judgment, to the Destruction of vast Numbers of those tender Infants!

THE Old Method of keeping them too Hot, and excluding them from the Light, was ridiculous enough, and fit only to be laugh'd at, but then it was attended with no essential Injury endangering Life; whereas by the modern way of keeping them too Cool, it often happens, that in a Day or two after they are Born, and when nothing seems to ail them, they are suddenly snatch'd away in an Hour's time, to the irreparable Loss perhaps of the Family.

AND then truly it was taken off by a sudden Convulsion Fit, occasioned by the breaking of some inward Imposthume in the Head or elsewhere (according to the Common-place Cant of Nurses, and possibly their real whimsical Belief also) that could no way be prevented or help'd, and so the disconsolate Parents must rest satisfied: When in reality it was only cramp'd and convuls'd by Cold, which, its tender Nerves being unable to bear, occasioned an universal Contraction of them, and of Course a sudden and irretrievable stop to the Circulation of the Purple Fluid, and to all vital Motion.

BUT to be more particular, what I principally mean by keeping a New-born Infant too Cool, is chiefly during the time it Sleeps or should Sleep; for modern Nurses who attend Persons of Fortune and Distinction, giving in to New Modes, and being conceited in their own Way, under pretence of taking great Care of the Child-bed Woman, will not suffer the Infant to lie in the Bed with its Mother, lest she should be disturbed by it, but make it a little Bed by it self, on Chairs or some such-like Contrivance, with a slight Covering

ing; whence the Child sleeping and being depriv'd of the kindly Heat it would have received by its Mother's side, and having only its own slender Warmth to support it, is suddenly Numb'd, Cramp'd, Convuls'd, and depriv'd of Life as aforesaid, unless it happens to be of a Nature stronger than Ordinary.

FOR this must be allow'd, that as some few Infants are so very Weak, that the best Management cannot preserve their Lives, so some few also are so strong, that bad usage can scarcely Destroy them; yet as this strength of Nature cannot be absolutely known, but by its Consequence, many Children seemingly strong, proving otherwise, every one must allow, it is very dangerous to trust even the strongest Infant to any ill Management at all.

LIFE is but very slightly fix'd in an Infant in the Month; and Warmth, the additional Warmth of the Mother's Bed, whilst it sleeps, is as essentially necessary to its Preservation as its Food and its Cloathing; its own Warmth being very seldom sufficient.

NATURE throughout most Part of the Animal Creation is Uniform in her Ways, and by Instinct directs all Creatures to the best Methods of preserving their Young: We see the hardiest Animals, and such as can endure the severest Cold without shelter, as Birds and Beasts, always keep their Young exceedingly Warm till they are able to make use of their Wings or their Legs, and that much Warmer, in Proportion to their Nature, than we do our Infants; from them therefore, the Lesson I have inculcated of keeping the Infant Warm by its Mother's side, may be strengthen'd and confirm'd.

THE Pretence of its disturbing the Mother, except in some extraordinary Case, or grievous Illness, that does not happen to one Child-bed Woman in an Hundred, is very ridiculous, since every affectionate Mother is desirous of having her Infant lie by her, is better pleas'd, easier in her Mind, and consequently less disturb'd when it does so, than when it lies from her; which last occasions her to be Anxious or Uneasy in her Mind, as well she may, concerning its Health and Welfare.

NURSES often say, the keeping an Infant too warm in the Month, may endanger its getting Cold afterwards, when it is carried about House; but is it not more reasonable to believe, that there is more Danger of its being hurt by the Cold soon after it comes hot out of its Mother's Womb into the cool Air, when it is also in its weakest Condition, than

it is after it has gain'd some strength by a Month's good and careful Management of it?"

Is it not certain, that the Difference between the Warmth of the Mother's Chamber and other Parts of the House, cannot be so great as the Difference between the Heat of the Mother's Belly and the Air of any Chamber, how warm soever it is, must necessarily be?

THIS pretended Danger therefore, of its getting Cold after the Month, is but trifling, and may very easily be guarded against, by being careful to keep it covered with a Mantle when it is first carried to other Parts of the House, after the Month, and so accustom it to the open Air by Degrees; whereas keeping it too cool in the Month, manifestly endangers its sudden Death as before set forth.

LET all Affectionate Child-bed Women therefore, as they tender and would preserve their Infants Lives, over-rule their too Officious and Opinionative Nurses in this Particular, if such they happen to meet with, how good and skilful soever they may be in other respects; and if possible let their dear tender Infants in the Month, sleep by them in the same Bed, and when taken from it be carefully wrapped up, Head and all, in a Mantle over their other Coverings, and so be carried to the Fire side, and that in the warmest Weather; for this Warmth in the Month as aforesaid, is as absolutely necessary for them, nourishes, strengthens them, and tends to preserve their Lives full as much as the Food they Eat, if not more, and this unerring Experience demonstrates: The cool Way above censur'd, and that only, I have seen and known to be the Death of many Infants, which is the true and only Reason of my advising thus against it.

AND if keeping them too cool, should not happen to cause instant Death, as it frequently does, yet it often throws them into violent Gripes and Loosenesses, which quickly carry them off, and which indeed Infants are exceedingly liable to, even when managed the best Way, and the most Carefully imaginable.

THESE little Creatures are so very tender, in the Month especially, that there is but little room for Medicines, except such as are very gentle, safe and harmless in their Nature, to remedy the Disorders they are liable to; but as most of their Illnesses, such as Gripes, Loosenesses, Fits, and almost all their other Disorders, are generally attended with, and most commonly occasioned by, sharp, sower Humours in their first Passages, the Stomach and Bowels; so nothing proves a
more

more certain Remedy for almost all their Illnesses, than a proper Composition of what is called the Testaceous Powders, such as *Pearl, Coral, Crab's Eyes, Crab's Claws, &c.* and the best Composition of these, for those Infants, and what is always kept ready prepared in every *Apothecary's Shop*, is what is call'd the *compound Powder of Crab's Claws*, or vulgarly *Gascoign's Powder*.

THIS Medicine is as innocent as Bread, and may be given with the utmost safety to the youngest Infants, since it cannot possibly do them any harm, and in all their Illnesses, Gripes, Loosenesses and green Purgings, effectually Cures them like a Charm; five Grains of it is a fit Dose for a Child in the Month, and may be given to it every four or six Hours till the Illness is Cured, mix'd in a Spoon with a little of any agreeable Liquor, giving it a small Spoonful or two of the same after each Dose; but the best Liquor to give the *Gascoign Powder* in, if the Child has a Looseness, is thin *Harts-horn Drink*, which is call'd the *White-Drink*, and is made by *Boiling half an Ounce of Powder of Burnt Harts-horn, with a bit of White Bread, and a very little Cinnamon, in a Quart of Spring Water, till it comes to a little above a Pint, which then is strained through a Cloth by gentle squeezing, and sweeten'd with the very finest loaf Sugar for use.*

A little of this *Harts-horn Drink*, may be given to Children troubled with a Looseness at other times, besides when the *Gascoign Powder* is given, and will prove very serviceable: As five Grains of *Gascoign's Powder* is a fit Dose for an Infant in the Month, so seven Grains is a proper Dose for a Child when it is five, six or seven Months old, and may be repeated every four or every six Hours as before directed.

BUT to carry off the sharp griping Humours and green Purgings effectually, *Five Grains* of choice *Rheubarb* in fine Powder, mix'd with *Five Grains* of *Gascoign's Powder*, may be given to a Child in the Month, to purge it, which it will very gently and safely do, and may be repeated once or twice a Week, if there should be occasion; and with *Gascoign's Powder* given alone on the intermediate Days as above directed, will assuredly cure the Gripes, Loosenesses and green Purgings those little Infants are so much subject to.

As my Design here is only to advise to the best Method of managing Infants, so as to preserve their Health and prevent Illness, and not to treat professedly of Children's Diseases, I shall mention no more Medicines, nor indeed is there

much occasion, the *Gascoign Powder* I have directed to (after Purging them with five or six Grains of *Rheubarb* as I have advised) being almost an universal Remedy, for almost all Infants Illnesses, in the first Months especially.

BUT to prevent their having the *Thrush* or sore Mouth, with which many Infants are severely tortured, I would advise that they should be religiously kept from all strong Liquors whatever, since they are found to enflame their Blood and occasion that Disease, which on the contrary may be prevented by keeping them to Cooling and small Liquors, letting them drink a little Tea now and then, or Spring Water turn'd brown and the Cold a little taken off, by putting a bit of hot, well toasted Bread in it, or even a little Draught or about a Spoonful of Spring Water alone, after the first two Months, if they are found to be drouthy; which will keep their little Stomachs clean, dilute their Juices, and carry off those Salts by Urine, which would otherwise inflame their Blood and Ulcerate their little Mouths.

I shall now proceed further concerning the Management of Infants, and here I wish I had the Eloquence of *Cicero*, to persuade the Ladies to one thing more, in regard to the tender helpless Fruit of their Wombs; and yet were I inspired with all the Eloquence of the most excellent Old *Roman*, and more ancient celebrated *Grecian*, Orators, or were I dictated even by an Angel, I should almost Despair of succeeding, since prevailing Fashion, false Notion, Pride, Ease, Dress, Visiting-Days, Plays, Opera's, Assemblies, Masquerades, the Drawing-Room, the Diversions of *Quadrille*, *Tunbridge*, the *Bath*, and all the luxuriant Elegance to which the *Beau Monde* are now accustomed, strenuously oppose it: Yet as Nature loudly calls, Reason strongly presses, and all the tender Passions of Love, Affectionate Fear, benevolent Commiseration, and all the social Virtues, moral Duties, and even the Health of the Fair Sex, ardently plead for it, I will just dare to hint, at what in this polite refined Age is become almost too coarse to mention, *Suckling their own Children*.

WHY does Nature send Milk into the Mother's Breasts directly upon Child-Birth, but because it is much more proper to cleanse, nourish, strengthen, and preserve the Infant, than any thing else Art can contrive, or human Wisdom invent? Nor is the Milk of another Woman, altho' she is newly delivered of a Child also, by any means so fit for it as that which may be justly call'd it's own, which is truly homogeneous

mogeneous to it, and tends to preserve its Life infinitely more certainly than any other can.

By the Child's drawing the Mother's Breasts, not only its own Life, but her Health will be most likely to be preserved: Repelling and drying away the Milk presently after Women are brought to Bed, is many times attended with ill Consequences, such as Tumours and Inflammations, ill-conditioned Ulcers, and sometimes Cancers in the Breasts; and if through good Management these Accidents are prevented, yet they are seldom so perfectly well and healthful, and so free from the Hysterick Disease or Vapours afterwards, as those are who Suckle their own Children; not to mention the real Pleasure Suckling occasions to the Fair Sex, nor the exquisite Delight it must give to an Affectionate Mother, to see the dear pretty Smiles and engaging little Actions of her charming Baby, whilst it lies revelling at her Breast, and with an inexpressible winning kind of Gratitude in its lovely Countenance, joyfully and pleasantly drawing the Milk for its own and her advantage, and apparently thriving, and its soft-dimpled Cheeks becoming fresh, ruddy and plump, by what is so natural and kindly to it.

It appears by the yearly Bills of Mortality, that in the last seven Years, ending the 9th of *December* 1735. there have died seventy-two thousand six hundred and seventy-four Children under two Years of Age in and near *London*, which taking one Year with another, is ten thousand, three hundred and eighty-two Infants a Year: Of which Number we may modestly suppose that at least one half, or more than five thousand have died through Carelessness, and probably the greatest Part of those by being kept too Cool in the Month, and by being denied the most natural Nourishment from their Mothers Breast.

THAT upwards of five thousand Infants therefore, die Anually, or about one hundred each Week, in and near *London*, and fall a Sacrifice to Error and Fashion, or in plainer Words, for want of being kept very warm in the Month, and for want of the Milk of their own Mothers Breasts, is a most melancholy and shocking Consideration, and well worth every tender Female's Concern!

OF ten discreet and affectionate Women who Suckle their own Infants, and by that means have them always under their own Eye and immediate Care, scarcely one of them shall lose her Child; whereas of the like Number of Infants Suckled by hired Nurses, scarcely one third of them shall
live

live; and if they are endeavoured to be brought up by Hand, by the justest and most moderate Computation, for one that lives, five at least dies.

AND if those who are Suckled by Nurfes do survive, they often Suck in Distempers of the Body, and bad Passions of the Mind with their Milk; hence they become irremediably Diseas'd as they grow up; hence their Affections are alienated from their Mothers who bore them, and their Minds are ill turned; hence in the Son of a Gentleman is often found the fordid Soul of a Porter or a Clown: How often do Gentlemen and Ladies complain of their Children when grown up, that they take after neither Father or Mother, that their way of thinking and behaving is wholly different from theirs, and then wonder how it happens; But would they recollect from whom they received their wrong Conceptions of Things, and first Impressions, which always stick the closest, they might easily trace their ill-turn'd Thoughts, inordinate Desires, vicious Inclinations, and evil Passions of Mind, to the Nurfes who gave them Suck.

I would not be understood to assert, that barely the Nurfes Milk, simply considered, can alter the Rudiments of a Child's Mind, that being a Philosophical Dispute, to which much may possibly be said on either side of the Question; but this is certain, that either the Milk, or the Ideas the Infant receives from the Nurse, whilst she tends and suckles it, or both together, do make such Impressions on the Mind of the Infant, different from those it would have received from its own Mother (unless we can suppose the Mother and Nurse to be exactly alike in Body, Mind, and all other Circumstances, which cannot reasonably be suppos'd) as are not afterwards to be effaced or blotted out, by the longest time or most polite future Education.

THE Reply of a witty Extravagant, when admonish'd of his Duty to his Parents, 'that his Father begot him for his Pleasure, his Mother was deliver'd of him for her Ease, and they both caused him to be brought up for their Reputation, and therefore he was not so much indebted to them,' may in some sense be too true, where the Mother is so void of Bowels of Compassion for her tender Babe, part of her own Life, as to refuse it the Breast that Nature design'd for it, and by that means perhaps refuse it Preservation, or at least its Health of Body and Mind, and future Welfare in the World.

THE most savage of Brutes, such as Lionesses, She-Bears, Tygers and Wolves, are so very tender of their Young,

as

as on no account to with-hold their Milk from them; but on the contrary will forego their usual Haunts, Rangings and Sports, and even suffer the utmost Rigour or sharpest Hunger for their sakes, and almost starve themselves, rather than leave and deprive their Young of their Milk so long as seeking for their wonted Prey requires.

AND shall Women, the last and best created, and who generally by much excel the Male Part of our Species for real Goodness, Humanity, and tender Sentiments of Mind in almost all Respects — shall Women only, the fairest and most lovely Part of the whole Creation, endued with the softest Passions, finest Spirits, and tenderest Affections — shall the Fair Sex alone, I say, of all other female Creatures, and those of *Great Britain* too, by far the most excellent, and best accomplish'd in the whole World, fall below the most cruel and ravenous Beasts of Prey, in this Particular — in this Point of Tenderneſs and Compassion for their helpless Young — and refuse them the Breast, the greatest Blessing that Merciful Heaven has ordain'd for them! — Good God! that it should be so! — But thus it is, and most amazing that it is thus! and can surely proceed only from their not being duly and sufficiently apprised of the vast Numbers of Infants that are yearly spoil'd and destroy'd, I had almost said murdered, by being denied the Milk of their own Mothers Breasts, the best and trueſt Cordial Preservative for Infants Lives in Nature.

FOR it is not possible, I think, to suppose, that the engagingly Meek and most Angelick Sex, so justly celebrated for compassionate Affection, Softneſs of Spirit, and Tenderneſs of Heart, would knowingly expose their innocent little Lambs to the imminent hazard of their Lives, and become accessary to their Death, if they do Die, by refusing to Suckle them — I say it cannot surely be suppos'd, that when they are sensible they have it in their own Power in all Probability, either to preserve their Infants by the Milk of their Breasts, or destroy them by debarring them from it, they would willingly refuse the first, or with cruel hard Hearts barbarously resolve the last.

It must therefore proceed from their not being apprised of the great Danger they expose their Babes to, by not Suckling them, that makes them omit it; and what prevents their becoming thoroughly sensible of this Danger, is the vile Error constantly infus'd into them, that Children do as well with another's Milk as their own, and by being brought

up by Hand, as with the Breast, both which are absolutely false in Fact, as Experience and due Enquiry does and ever will Demonstrate; for tho' some few do well either way, yet many, very many more are lost, that might certainly have been saved by their Mothers Milk.

THE first thing that many Midwives and Nurfes, who are recommended to Persons of Fashion, endeavour to find out, is how their Woman's Inclinations for managing their Children stand; if they find they are the least inclin'd either to a Wet-Nurse, or to the bringing them up by Hand, they immediately encourage it, and give several Instances of very fine Children who have been brought up that Way, without the least mentioning the many, many more, who were that way lost; so much and so generally does either Error or Wickedness take Place!

IT is very Certain that some few Ladies, through Illness and Weakness, are absolutely unable to Suckle their Infants; such must trust to Divine Providence, after doing all they can for their dear Babes, and will do well to get honest healthy, sober, good-humour'd, sensible, Wet-Nurses in their Houses; but for one Lady who is really too sickly and weakly to undertake this good and pleasant Office for her Infant, there are five who are impos'd upon by those about them in that respect, and are perswaded they are not able to Suckle their own Children, when they are, and when the very Suckling of them would prove the greatest Service to themselves, in restoring them to Health.

WEAKLY and Hysterical Women, or such as are afflicted with the Vapours, are commonly told, and too often believe, they are unable to do it. Now it is very certain, that Hysterical Women, for the most Part, breed too much Blood, and this Repletion, for want of a suitable Diminution of the Juices, that laborious Women in the midst of their Poverty have the Blessing of, causes all the dismal Train of Disorders that come under the Name of Vapours, and are frequently much more surely cured by the natural constant Drain of their Milk, by Suckling their Infants for many Months, than they would be by a whole Magazine of Physick taken for Years together.

A Lady who had been miserably afflicted with the Hysterick Disease for many Years, and tortur'd with the most grievous Pain, and severest Convulsions in her Bowels I ever knew, was at length by my Directions for her, restored to a tolerable state of Health, but not perfectly cured; soon after

after which, proving with Child, all the Symptoms of her former Illness quickly vanished, and I advised her to resolve to Suckle her Infant when it should be born, which she very readily came in to, being too affectionately tender to think of any other Method, if she could possibly go through with it.

HER Midwife and Nurse, when she was brought to Bed, admired that she who was then so Weak and Ill as she was, and had been so very bad for some Years before, would attempt to Suckle her Child, and used all the Arguments they could to dissuade her from it; but she was Mistress of too much good Sense, and Affection for her Infant; to be bi-ass'd by what they said; at last finding her Love to her Child, and Fear of its Welfare were exceeding great, they attack'd her another way; they represented that should she begin and Suckle her Child for some Weeks, and then should find she could not go through with it, (as they said she certainly would not be able to do) then the Weaning the Infant, or putting it to another Breast, would very much endanger its Life.

THIS Artifice somewhat stagger'd her Resolution; but her doubt in this Particular being communicated to me, and my Advice demanded, I soon set her right, and assured her she would not only be able to go through with Suckling her Infant, but would enjoy her Health much better than if she did not Suckle it: And so it has proved, for she is at the Writing of this, perfectly well, and for nineteen Months past, so many being Elapsed since she was brought to Bed, has been more healthy and brisk than she had been at any time for ten Years before, and has now certainly one of the finest and healthiest Children this Day in *England*.

THIS Instance alone, of many of the like kind I could give, is sufficient to shew how frequently the Fair Sex are mistaken, as well as those about them, when they imagine they are too Weak to attempt Suckling their Children, and will I hope encourage them to undertake it for their own Health's sake, and as the best means for their Infants Preservation.

THOSE Ladies therefore, who have any true affectionate Regard for their Children's Lives, or any sense of the Natural Duty incumbent upon them, to preserve their tender Babes by all possible means in their Power, will be glad I have pointed out to them the two chief Rocks, on which such Numbers of Infants yearly Perish; I mean the keeping them too Cool, and the Bringing them up by Hand, or by mercenary or hired Breasts; and will readily and with Pleasure follow my Advice, and strictly pursue the Directions I have given

ven in every particular, for the good of those helpless Babes.

BUT those few Women, and very few such brutal ones I hope there are, who take delight only in the means of having Children, or the Reputation of having had them, without caring whether they Live or Die, or what becomes of them after they are Born, will slight what I have wrote in this Chapter, and intirely disregard it.

So likewise, Midwives and Nurfes of Sense and good Understanding, who meet with this Book, and have any conscientious Regard to the Preservation of the Lives, and the Welfare of Infants, will directly embrace my Sentiments in every respect, and for the future advise their Women to Suckle their own Children, and for the first Months especially carefully to keep them very warm.

BUT such Midwives and Nurfes, who are either weak in Mind, fond of fantastick Fashions, or conceited in the false Notions they may have imbibed, and such who to secure their Interest with their Women, readily fall in with their Inclinations, be they right or wrong, instead of candidly advising them to what they know is best; and such also, Nurfes especially, who have more regard to their own Ease, and the Money they get in the Month, than to the Life, Health, and Welfare of the Infant, will, instead of approving the Advice I have given, oppose its being followed, and will still, either weakly or wickedly, persist in advising and pursuing the ill Methods I have censured, to the Destruction of many helpless innocent Babes, for whose Lives they must expect one Day to Answer.

It may be very necessary here to take Notice, that sometimes Gentlemen will not permit their Ladies to Suckle their Infants, altho' they are willing and desirous of undertaking that good Office, which is an Error that one Instance which happen'd within my own Knowledge, will set in a due Light.

A Gentleman of bright Parts, good Learning and excellent Judgment, at near Thirty Years of Age, married a fine Lady about Twenty-three, of great Sense, and extraordinarily well accomplish'd in every other Respect, of whom he was exceedingly fond: Before a Year was quite expired she was brought to Bed of as fine a Boy as ever was beheld, whom she would fain have Suckled; but the Gentleman, what with thinking it would abridge him of the great Pleasure he took in frequently going into the Country with his Lady, and to bright Assemblies, and the usual Diversions in Town; what with fearing it might impair her Health and Beauty, and what with giving in to the Opinion of the Midwife and Nurse, who both

affur'd him the Child might as safely and as well be brought up by Hand as by the Breast, absolutely refused his Assent; upon which the Lady's Milk was dry'd away, and the Child, as likely to live as any Child in *England*, was endeavour'd to be brought up by Hand; but notwithstanding all the Care that could possibly be taken that way, about the seventh Month, when it was breeding Teeth (during all the Time of which, nothing can enable an Infant to go through that Misery with so much Ease, or so surely preserve its Life, as the Breast) it Died, to the great Grief of both Father and Mother.

THE Loss of this fine Boy touch'd the Gentleman very near, and put him upon enquiring where-ever he had a proper opportunity, concerning the best Method of bringing up Infants, so as to preserve their Lives; and he was soon convinc'd, tho' too late, that the Mother's Breast is the only best Preservative for a Child in the World, and that the Suckling an Infant is so far from impairing a Lady's Health, Strength or Beauty, that with due Care in other Respects, it tends to preserve and increase them all.

THIS Knowledge, which he took some Pains to acquire, from the most judicious Persons he could meet with, serv'd to augment his Affliction, as it caus'd him constantly to accuse himself for the loss of his Child; nor could he forbear at all times, as often as opportunity offer'd, to inveigh bitterly against those Midwives and Nurses, who through Wickedness or Ignorance dissuade Ladies from Suckling their own Children, instead of persuading them to it.

AND what added to both his and his Spouse's Misfortune, seven whole Years past without their having another Child, or his Lady so much as once conceiving, which he frequently said he look'd upon as a Punishment from Heaven, for his not suffering his Spouse (through the vile Counsel of the Women about her) to take the only due and true Care of his dear Boy, as she would fain have done.

AT length advising with me concerning his having no Children, and both himself and Lady, by my Direction, taking the *Prolifick Elixir* and *Powerful Confect* exactly as advis'd in this Book, his Spouse soon conceived again to their great Joy and Satisfaction; and they have now, it being about five Years since their taking those efficacious Medicines, three charming Children, healthy, strong and brisk, all which the Lady Suckled herself, and is nevertheless full as Beautiful and finely shap'd as ever.

A Catalogue of all the Medicines prescribed in this Book, and which are to be had, by the Author's Appointment, of the Gentlewoman at the Two Blue Posts in Haydon-Yard in the Minories, London; where only he has allow'd them to be dispos'd of, at the following Prices, viz.

	s.	d.
No. 1. The Purging Pills prescribed in <i>Page 5.</i> ———	3	6
2. The Opening Powder, <i>p. 6.</i> ———	5	0
3. The Corroborating Electuary, <i>p. 7.</i> ———	5	0
4. The Laxative Electuary, <i>p. 14.</i> ———	3	6
5. The Cooling Anodyne Powder, <i>p. 14.</i> ———	3	6
6. The Restraining Electuary, <i>p. 14.</i> ———	5	0
7. The Hysterick Cordial, <i>p. 20</i> ———	5	0
8. The Uterine Drops, <i>p. 21.</i> ———	3	6
9. The Alterative Powder, <i>p. 26.</i> ———	3	0
10. The Intrinick Liniment, <i>p. 27.</i> ———	2	6
11. The Balsamick Electuary, <i>p. 33.</i> ———	5	0
12. The Sanative Fomentation, <i>p. 39.</i> ———	5	0
13. The Prolifick Elixir, <i>p. 56.</i> ———	5	0
14. The Powerful Confect, <i>p. 56.</i> ———	5	0
15. The Stimulating Balm, <i>p. 58.</i> ———	5	0
16. The Expulfive Mixture, <i>p. 76.</i> ———	5	0