

The sick man's companion; or, useful director for unhealthy persons. Being an account of several innocent and valuable medicines / [John Hill].

Contributors

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THE
SICK MAN'S
COMPANION;

OR
USEFUL DIRECTOR
FOR
UNHEALTHY PERSONS.

Being an ACCOUNT of
SEVERAL INNOCENT AND VALUABLE MEDICINES,

INVENTED BY

Sir JOHN HILL,

And sold, WHOLESALE and RETAIL,

By T. TRUEMAN,

N^o 394, in the *Strand*, the Corner of *Burleigh-Street*, near *Exeter Exchange*;
And at most respectable Booksellers in Town and Country.

THEY ARE SAFE AND EFFECTUAL IN ANY HANDS;

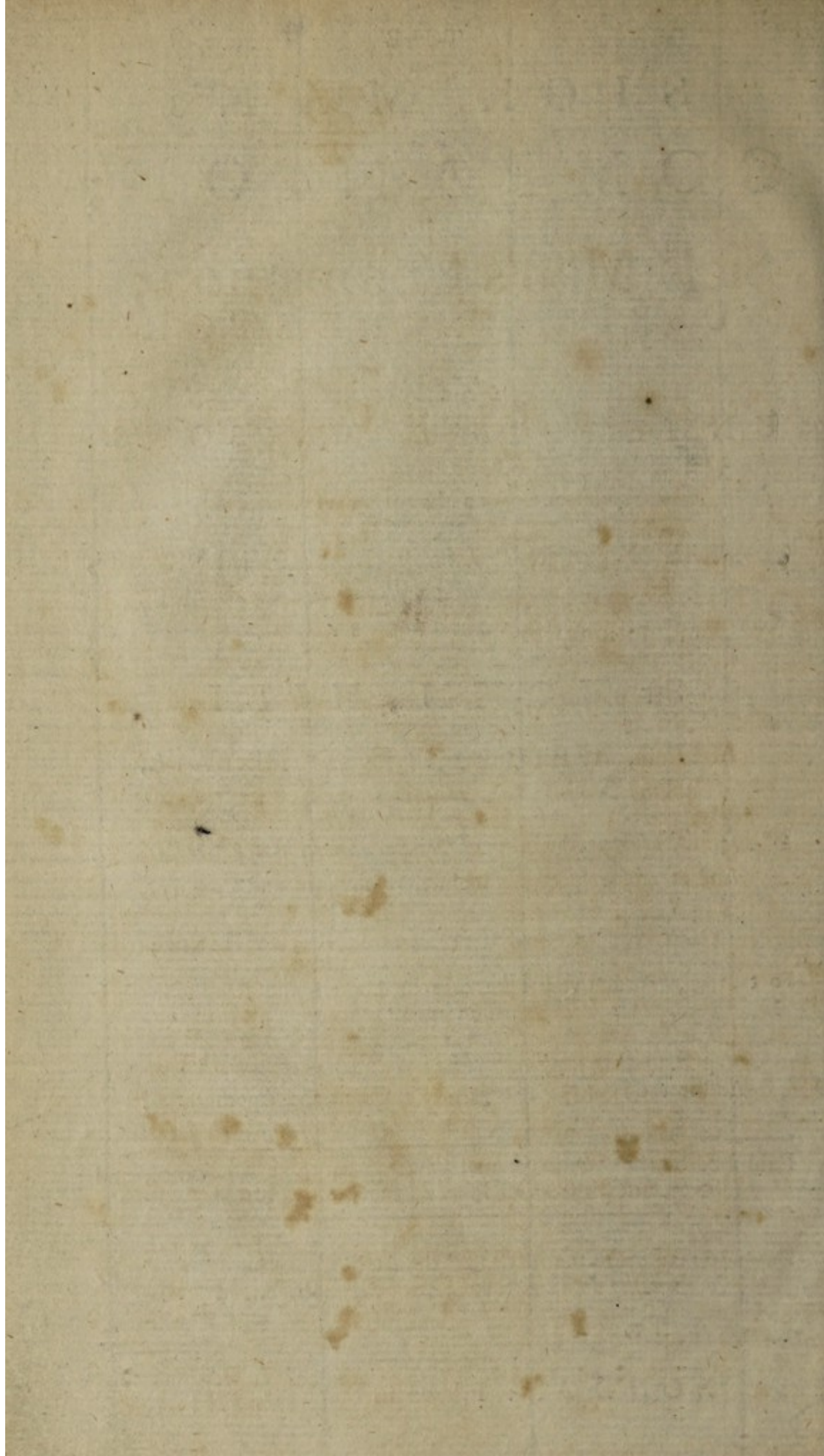
So that any Person may take care of himself and Family in their
Sickness.

Saving to all the Danger of ROUGH MEDICINES,
And to the Poor the Charge of Physicians and Apothecaries.

Published by the AUTHOR, and Inventor of those Medicines, and
given Gratis at all Places where they are sold.

Any who may desire the Advice of the Author, may have it gratis, by
writing to him at No. 5, in *St. James's-Street*.

LONDON: Printed in the Year, 1774.



THE
Sick Man's Companion;

O R,
An Account of Sir JOHN HILL's Medicines.

For COLDS.

PECTORAL BALSAM OF HONEY, for Coughs and Consumptions, Asthmas, Hoarseness, Defluxions, Catarrhs, all Phthifick Complaints, difficulty of Breathing, and a tough Morning Phlegm. It is the greatest of all preservers of the lungs; possessing the virtues of Honey, and the richest balsams; and never disagrees with the stomach.

The fragrant Balsam of Honey may be separated from the grosser parts; and it is a most perfect dissolvent for all balsams. The Greeks knew this; and this medicine has been a lasting proof of its utility.

A tea-spoonful is a dose; to be taken morning and evening, in a wine glass of water. It converts the water into a pleasant balsamic liquor, perfectly like asses milk, in colour, taste, and virtues.

It is as restorative as the asses milk; and has the addition of this healing balsam. It may be taken at all times. It takes off the fever, recruits the strength, raises and refreshes the spirits, clears all obstructions of the breast and lungs; and cures a common cold in a few hours.

If it be in the power of medicine to stop the ravage of that cruel disease the Consumption, which cuts off such numbers of our youth, this Balsam will effect it. The author can recommend it on long experience, and, if it might not appear vain and interested, could add great proofs of its virtue.

No particular rules of life are needed: only, weak persons should take smaller doses; in all colds, warm weak liquors

liquors drank in plenty are useful; suppers are to be avoided; and in full habits there may be added bleeding; in consumptions, air, and exercise on horseback.

For the SCURVY, LEPROSY, and all CUTANEOUS DISORDERS.

ESSENCE OF WATER-DOCK. Authors of the highest credit have affirmed, that the Water-Dock Root is an absolute and certain cure for the Scurvy: and, perhaps, there never was an instance, when it has been fairly tried, in which it failed. The great virtue of the Root lies in its inner rind, of which this Essence is a perfect solution.

A tea-spoonful is a sufficient dose. It should be taken twice a day in a wine glass of water, or, what is still better, in an infusion of the Dock-Root itself, where that can be had, which still increases its virtue.

It must be continued for a considerable time; and the person should all the while avoid high-seasoned foods, and use moderate exercise.

Experience shews, that from this easy method the patient may expect a perfect and lasting cure.

For the GOUT and RHEUMATISM.

ELIXIR OF BARDANA. The numbers who have found relief from this medicine prove that it has answered the expectation with which it was made public; and fresh instances of its good effects daily shew that the author is so happy as to have been of some benefit to mankind.

To prevent the returns of the Gout has been found impossible; but to relieve those who suffer it, is in our power; to reduce the number, and shorten the continuance of the fits, and to alleviate the pains of them: so much will be effected by this medicine; and this is as much as any considerate person would desire. In the Rheumatism it is a safe and absolute cure; and the disease never returns. The dose is a tea-spoonful in a wine-glass of water, night and morning. Its operation is by perspiration, and urine.

For WEAK STOMACHS.

TINCTURE OF CENTAURY; the great Stomachic Bitter, that gives a healthy appetite, and sound digestion.

gestion. It strengthens a weak stomach, prevents wind and swelling, and never fails to cure reachings, loathings, and sickness after meals. It takes off that faintness, weakness, and weariness, which proceed from indigestion; and gives in their place, strength, spirits, and cheerfulness. The heart-burn never troubles those who take this medicine; and such as are accustomed to bad nights, with dryness, and an ill taste in the mouth in a morning, or an offensive breath, will always be relieved by it. Many are subject to a rising in the stomach after meals, amounting almost to suffocation, with heaviness of the head, and flushings in the face; these may be assured of a cure from this easy remedy. It relieves instantly in the most dismal oppressions, prevents all the train of diseases which arise from a bad digestion, and gives to every day of life, that health and ease, without which we can taste no other satisfaction. Whoever would sit down with an appetite, and rise without sickness, let him take Centaury.

The dose is a tea-spoonful, to be taken an hour before dinner, and at night going to bed, in a wine glass of water.

FOR NERVOUS DISORDERS.

GENUINE TINCTURE OF VALERIAN; made from the true Heath Valerian Root. It is a pleasant cordial, and enlivening medicine; good against all nervous disorders; fits, head-achs, weakness, heaviness, and lowness of spirits, dimness of the sight, vapours and melancholy; all kinds of convulsions, and hysteric complaints; epilepsies, and paralytic disorders in all their stages: as also against sickness of stomach, and flatulencies; obstructions, and the convulsive Asthma.

The dose is one table-spoonful in a large glass of water; once, twice, or three times a day. An hour before dinner, at seven in the evening, and at night going to bed, are the best times of taking it; using exercise, and avoiding suppers.

For the Cure of HEAD-ACHS, and Prevention of PALSIES and APOPLEXIES; often following the worst kinds of them.

VOLATILE SPIRIT OF FEVERFEW. The dose is forty, fifty, or sixty drops, in half a gill of water, twice

twice a day. It cures the most settled Head-achs, by a continued use ; and takes off the pain, in those less fixed, in a few hours ; it will also be found highly useful against Epilepsies, and for all who have lax Nerves.

Those who perceive Trembling, Heaviness, and Slowness of Speech, with Coldness of the Limbs at some times, and Tinglings of the Flesh at others, with Defect of Memory, accompanying an habitual Head-ach, with Shiverings, Faintings, and Convulsions, especially if advanced toward the decline of life, should guard against a Palsy.

Such as are subject to Head-achs, accompanied with drowsiness, inactivity, slothfulness, and stupidity of mind, vertigoes, giddiness, and staggering, unquietness and oppressions in sleep, and anxious morning wakings, with watery eyes, and noises in the ears ; have cause to fear Apoplectic symptoms : or, if they have had one fit, it is too likely, in such cases, to return : Blindness or Deafness also sometimes follow those kinds of Head-achs.

In both these situations, the Spirit of Feverfew will be of the greatest service. It is a medicine of power : the dose should not be encreased ; but it may be repeated to three or even four times in the twenty-four hours, if there be urgent occasion.

Bleeding is always needful where there is fulness ; and it will be proper to purge once a week, with any of the purging waters : and the person should use exercise, drink less wine ; and avoid high foods, passions, or great study.

For the WANDERING GOUT.

CARLINE TINCTURE ; excellent for a WANDERING GOUT ; and for Strengthening the STOMACH ; and Opening OBSTRUCTIONS. A tea-spoonful in a wine glass of water is a dose ; it is best taken with the breakfast ; and with the afternoon's tea : 'tis not at all unpleasant ; and it prevents the ill effects of tea ; at the same time that it exerts its own great qualities.

Used thus in the morning, it takes off any offensive scent in the breath for the day ; and by washing the mouth with it, with warm water, fastens the teeth, and cures the Scurvy in the gums : the old Greeks, (fathers, and inventors of all useful knowledge) obtained a gum from it
for

for these purposes, which they called, the *Sweet Tear of the Thistle*; and the Italians, at this time, practise the same method; and call the gum *Cera di Cardo*.

The whole root gives its strength to this tincture; and the effects will shew it. But those are its lesser virtues: it is stomachic and aromatic, good against wind; it destroys worms in children: in the Flying Gout, no medicine equals it in safety, or success; and tho' no astringent, it cures Dysenteries.

Its good effects in this particular instance are so great, that they have been counted on as miracles: and the pious, of a different persuasion from our own, have believed the report, that they were first discovered by an angel.

But howsoever that may have been; and whether it doth, or doth not please the Almighty to inform men of his benefits, otherwise than by the due use of their reason; thus much is certain, that no one will suffer by that sovereign terror, the Unfixed Gout; who will take this remedy.

FOR BROKEN CONSTITUTIONS.

VERONICA, or SPEEDWELL DROPS; for strengthening weakened constitutions: whether impaired by long illnesses, or hurt by too free living; or from ill-cured diseases. It gradually opens obstructions of the Viscera; and restores them, so far as can be done, to their former tone, and strength. To promise a cure, where these are absolutely destroyed, were vain; but in all cases, where they are capable of being restored to their offices, these Drops will accomplish it.

They are cordial, strengthening, and aperient. They have the virtues of Steel, without its danger; are certain to relieve weakness, anxiety, and pain; and raise the spirits, without heating the body.

Those who have a dry skin; with flushings in the cheeks; heat after meals, and sudden sweats; a dry tongue, weak pulse, and high-coloured urine; with weakness and wasting: no relish for food, nor refreshment from sleep; who have weakening discharges, deep coughs, and night sweats: will find every symptom relieved, in the course of a few days; and health and strength increase, as the medicine is continued.

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The dose is fifty drops, in a wine glass of water ; to be taken three times in the twenty-four hours : last at night, with breakfast in the morning, and half an hour before dinner.

In bad cases, the person should begin with a very gentle vomit ; and, if it may be conveniently, he should change the air, and drink cows, or asses, or goats milk.

He should avoid high sauces ; reduce, by degrees, the quantity of strong or fermented liquors he is used to drink ; eat very little supper, go early to bed, rise betimes, and use exercise, but not to fatigue ; and never omit one dose of the medicine during the course of it.

For the Cure of the JAUNDICE, and other disorders of the
LIVER.

BALSAMICK TINCTURE of AGRIMONY, happily recommended by a successful Practice. It cures in a very short time all degrees of the Jaundice ; the pale, the yellow, and the black : and every other disorder of the human body owing to a distempered state of the Liver, to overflowings of the Gall, or to Obstructions, whether arising naturally, or from ill-cured Fevers, or great quantities of Bark, which has destroyed more constitutions than all other drugs.

It equally removes the obstructions in this part, whether they are formed by viscid humours, or by gall-stones : justly answering the character given of the herb by Galen, That it clears all obstructions of the Liver, and afterwards restores it to its former strength ; preventing those fatal Dropsies, which too often follow these disorders

It promotes a regular formation of Gaul in the Liver, and secures a due discharge of it into the Intestines, and never fails to take off that yellowness of the skin, which remains after many distempers.

When the herb can be had in perfection, it will answer the same purpose if made into tea ; or the virtues may be doubled by taking the Tincture in that infusion.

The dose is a tea-spoonful night and morning, in a wine glass of water, using exercise, and keeping the body open.

For the WEAKNESSES of AGE.

TINCTURE of SAGE, for those who begin to feel the effect of years: for the cure of tremblings, difficulty of hearing, dimness of sight, giddiness, numbness, sleepiness, lowness of spirits; and those other complaints which usually attend an advanced life. It is pleasant, innocent, and effectual. It continues health and spirits to the extreme of life; and prevents those ills, which too often would cut it off before its time; preserves the faculties and memory; warms the heart, strengthens the stomach, and restores lost appetite. These are Virtues of Sage, established on the strength of all antiquity, and now on present proof.

It is the first of cordials; perfectly mild, yet certain in the effect; refreshing, cheering, and enlivening. A gentle glow spreads gradually through the body upon taking it; the whole frame becomes alert, and more alive; the breath is easy, and the limbs are free and pliant; the head is clear and undisturbed, and the heart is light and jovial. These are wonderful powers in a simple herb; but, if any doubt their reality, the medicine is before them, and 'tis perfectly innocent.

It is most beneficial in advanced years, but not limited to that time of life. It prevents all the disorders that attend a sedentary habit; and relieves, instantly, in faintness, tremblings, and every kind of discomposure.

It is good also in cachectic habits, and against all obstructions; and is usually a ready cure in that common and terrible complaint, the Head-ach.

Its effects are also great in preventing those disorders which arise from the beginning decays of nature; numbness of the limbs, hardness of hearing, dimness of sight, giddiness of the head, sleepiness, stiffness, and tremblings. Established lethargic habits I have seen cured by it; and, perhaps, nothing would be so certain to prevent the dreaded returns of Apoplectic Fits.

The dose is a tea-spoonful, twice a day, in a wine glass of water, or of wine alone. It may also be taken in tea, whenever that is drank; or occasionally on a lump of sugar.

For the CURE of the HOOPING COUGH.

ESSENCE OF ELECAMPANE; an innocent medicine; a continued course of which has not been found once to fail. It dissolves the tough phlegm, which almost strangles children in the times of their coughing; takes off the irritation and straining; and, rendering the fits less frequent, and gentler, by degrees entirely cures the disease; during the whole time strengthening the stomach, and recruiting the strength. It immediately takes away the terror of suffocation, and the danger of spitting of blood; prevents that dreadful hiccough which brings on the vomitings; and obviates all the other bad consequences that attend this disorder: some of which are very terrible; for Ruptures, and Distortion of the back, have been entailed for life on many persons, by the Hooping Cough in their infancy.

Thus may that disease, which a writer so great as Sydenham has called obstinate, and nearly insuperable, be cured by one of the most innocent of herbs.

The dose is a tea-spoonful in a wine glass of water, or, for very young patients, half that quantity. 'Tis best to give a gentle vomit, of a few grains of Ipecacuanha, first; and to keep the body moderately open, during the course; and a change of air is always useful.

For HEATS in the FACE.

RED SPEEDWELL DROPS, for Heats and Redness in the Face. They are prepared from the herb Red Speedwell, with which Sir Theodore Mayerne cured Lord Maxwell; assisted and improved in virtue by whatever is most to be depended upon for the removing this troublesome complaint.

They are pleasant, stomachic, aromatic, and reviving: they are cordial without heat; and always give relief in those low spirits, which come on if the humour is at any time thrown back.

They give a good appetite, and digestion; preventing sickness after meals.

They open obstructions of the liver; which are often the real cause of heats in the face.

And they carry off the sharp humour gently by urine.

Great

Great numbers have been cured by them; and the disorder never returned.

They are to be taken, fifty drops in a wine glass of water, at night going to bed; and the same an hour before dinner.

Eat no bacon, or salted meat: no mustard, vinegar, or pepper: the less spice, and the less salt, the better: and the less gravy: weak wine and water is the best drink.

For the COLIC.

AMERICAN BALSAM. It is a rich, comforting, nourishing, and healing Medicine. It strengthens the stomach; opens all obstructions whatsoever; and is certain (even beyond a thought) in the cure of the Rheumatism, Gravel, Colic, Jaundice, and all kinds of Weaknesses. It is also an excellent Medicine in the Hypochondriacal Disease; it gives great relief in Head-achs; and in Coughs and Consumptions.

It is also good for Catarrhs, Sore Throats, and Asthmas: it cures Hectics, and Wasting of the Flesh; and is excellent for all persons who have lax Fibres. It strengthens the brain; assists the memory; and is good against Barrenness. It is at all times a sovereign Cure for lowness of spirits. The mind itself is naturally chearful, easy, and happy; free it from bodily disorders, and it will always feel and enjoy itself. This will be done in all cases by this cordial Medicine; as it recruits and restores that mild and friendly balsam to the blood, upon which alone true health depends. The injuries of that most essential part of the vital fluid generally take their first rise from colds; which this Medicine remedies, if taken on the occasion: every one therefore should have it at hand; for 'tis much better to prevent diseases than to cure them.

The dose is forty, fifty, or sixty drops, in a tea-cup of water; at night, going to bed, and at twelve at noon.

To give R E S T.

LETTUCE JUICE; to serve the purposes of Laudanum, without its danger. It possesses the virtues of Opium, but has not its disgustful taste, ill smell, or mischievous effects. Taken at night, it gives rest; in the day-time,

time, ease, and chearfulness: having the effect of cordials, without their heat. At all times it eases pain, almost miraculously: it is good in disorders of the stomach and bowels: and is a very safe and ready cure for common Head-achs, and low spirits.

It is pleasant, and well flavoured; and may be taken by all constitutions.

The dose is forty drops; but it may be encreased to twice that quantity; and may be taken twice a day, in a wine glass of water, or of wine. It may also be taken in tea.

For NERVOUS DISORDERS.

THE CYRENÆAN JUICE; excellent, and incomparable beyond all other Medicines; as is seen by every day's experience.

It is safe, and effectual: so innocent, that a child may take it; and in all disorders of the Nerves, a valuable Medicine: never failing of instant relief, and lasting service.

It composes the spirits when disturbed; and raises them when sunk; gently, but with certainty: being at once a cordial, and a quieter of flutterings.

It cures head-achs, fits, tremblings, spasms, weakness, vapours, and melancholy: it softens phlegm; keeps the bowels properly open; and cures all hysterical complaints.

It is also a certain cure for the convulsive, and common Asthma.

The dose is from twenty to thirty, or thirty-five drops in a glass of water, once or twice a day; or on any pressing occasion. It relieves in a few minutes, in the most afflicting disorders.

A lady, sinking into the earth with weakness and low spirits, and a disturbed mind, after taking one dose, came to the proprietor with these remarkable expressions: "I have been at perfect ease ever since—Is this power in medicine?"

For the H Y P.

TINCTURE of SPLEEN-WORT, for the cure of Hypochondriacal disorders. The dose is a tea-spoonful in a wine glass of water twice a day; two hours before dinner, and at night going to bed.

Rules of Life for the Patient.

1. Use frequent, moderate exercise
2. Seek out innocent amusements
3. Avoid all excesses
4. Indulge more than customary sleep
5. Taste no acids
6. Use wine as a cordial medicine, not in diet
7. Drink small, mild, clear ale
8. Eat milk frequently
9. Eat no ham, bacon, or boiled beef
10. Feed on white meats, broths, and boiled vegetables
11. Drink little tea
12. Use honey for sugar.

For directions more at large, see the pamphlet on the Hypochondriasis, published by the Author.

A P U R G E.

TINCTURE of POLYPODY, the Family Purge. The celebrated Cathartic of the ancient Greeks. It is safe, pleasant, and effectual. A tea-spoonful in a glass of water is a dose : it operates within an hour or two after taking ; and that without the least uneasiness, griping, or sharpness.

When the stomach is over-filled, or any thing disagrees with it ; or when the bowels are swelled with wind, the pain ceases as soon as it is swallowed ; and the cause is presently after removed, without trouble.

In habitual costiveness, it is the best of all medicines ; because it does not bind afterwards.

It may be taken by the tenderest and most delicate constitution ; for it does not irritate or disturb the nerves.

In full habits, purges are often wanted, but the rough ones are always dangerous : this is as mild, as it is effectual.

In feverish dispositions, physicians are very sensible how needful it is to keep the body open ; but that is only to be done by a medicine of this mild kind ; which operates without emotion.

It is the properest of all purges for hot climates where evacuants are often wanted, but strong and irritating purges are most hurtful.

In Cachectic and Hypochondriacal cases, and in obstructions of the Mesentery, it has proved excellent ; and of all purgatives has the greatest power in reducing corpulency.

Its operation may be encreased to any degree at pleasure, by taking a larger dose.

For C A N C E R S.

L IQUID EXTRACT OF HEMLOCK. From the time the first plants of the true Vienna Hemlock were raised at Bayswater, this medicine has been in considerable use: and the benefit received from it, in great part, confirms those accounts of the Empress's physician, which first brought the knowledge of its virtues amongst us. Of the poor who apply to the author, many are cured; and numbers have received great and continual relief: how much farther its power may extend, more time must shew.

Twenty-five or thirty drops are to be taken in a wine glass of water, sweetened with a small lump of sugar, at night going to bed, and at eleven in the morning: and to be encreased to forty, or a few more, after some days continuance. The body is to be kept open by any gentle physic; the mind to be preserved in as much tranquillity as the nature of the case, and hope of cure, may give. Vinegar and pepper are to be avoided. Milk should be made a great part of the diet. And of all things, a determined perseverance in the medicine, is required; which is not difficult; since only good arises from it; since it is perfectly inoffensive and innocent; since it never can disorder any constitution; nor disagree with any other medicine, or any other regimen of life. It always sits well upon the stomach; being corrected and assisted by stomachic, and balsamic ingredients; and renders every moment of the person's life more comfortable.

For C H R O N I C D I S E A S E S.

A LŒDARIAN DROPS, an antient medicine, now restored to use; for Disorders of the Stomach, and Chronic diseases which thence derive their origin: and for strengthening Broken Constitutions; and softening the Decays of Age. To be taken from 20 to 100 drops, twice a day, in a wine glass of water. It is of great excellence as a gentle purgative; and, in smaller doses, it acts as an alterative, with a friendly warmth; and a very peculiar strengthening quality.

As a purge, it exerts the same qualities. All cathartics, except this, lower the spirits, and hurt the stomach. This alone,

alone, on the contrary, acts as a cordial bitter, not only not offending, but comforting, and strengthening digestion. It never acts with violence, never occasions thirst or heat: and whoever takes it, finds that it calmly raises the spirits, in a degree more than equal to that, wherein other purges depress, and sink them: while it effectually cures nausea of the stomach, and sickness; and gradually carries off all crudities.

It has another very peculiar quality, when taken as a purge; that it gives an appetite; and is no objection to the indulging of it: there is no better time of taking it, than an hour before dinner: it operates the easier for the meal; and there never fails to be a pleasant night of undisturbed and easy sleep after its operation.

Taken about ninety drops, more or less, according to the constitution; and repeated three or four times, at the distance of three days; it cleanses the stomach and bowels, beyond all other medicines, and leaves them strengthened, and free from any tendency to grow foul again: and by a continued use in smaller doses, as forty or fifty drops, it removes all habitual tendency to chronic diseases.

Sedentary persons, from the use of this alone, may share the health which is supposed to belong only to those who live an active life.

The Jaundice in its first stages vanishes upon the use of a few doses of it; and in the very worst, great cures have been performed by it. Dropsies have been prevented; that lowness and indolence which naturally attend the disease, has been changed into an easy cheerfulness; and the common actions of life have no more appeared fatiguing.

It is the best of all medicines for those head-achs which arise from disorders in the stomach; as is very frequently the case, tho' not suspected: in these it takes away the cause, and the effect presently ceases.

All who are of pale complexions and cachectic habits; languid, phlegmatic, and liable to swelled legs; will find in this medicine a speedy and lasting relief: they will be enabled to take that exercise which used to be painful and fatiguing; and this will assist the medicine in a perfect cure of the complaint.

The antients judged so highly of its grateful quality to the stomach, that they not only preferred it to all other purges, on the most frequent occasions; but when, from
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the particular nature of the disorder, they judged a different cathartic necessary, they still always mixed this with it, that the stomach might not be hurt.

For the Cure of FEVERS.

PETASITE POWDER. From the experience of more than ten years, in a great variety of cases, this Powder has been found effectual in the cure of Fevers: and incapable of doing any harm; or of producing any violent effect. It is sold at 3s. the six papers. One paper is a dose: it is to be taken at night, in a cup of Baum, or Sage tea; and, if there be occasion, again in the morning, and at the night following.

Commonly, a slight fever, taken in time, is cured by the first dose: but where the case is more obstinate, it must be taken every eight hours.

If the person's stomach be oppressed, or foul, a vomit should be given in the beginning of the illness.

If full of blood, bleeding is proper.

In all cases the person should be put to bed, and kept perfectly quiet.

A basin of Baum tea, or Sage tea, should be taken every hour or two.

No solid food should be eaten; only panada, or the like.

The body should be kept open by a glyster of water-gruel, with a little oyl, and coarse sugar, every morning.

The air of the room should be often refreshed; and the person kept warm; but not covered too hot, or shut up too close in the bed; the purpose being to keep up a gentle perspiration, not a violent sweat.

There are few fevers that will not be cured in a very short time, with perfect safety, by these Powders, and with this management.

*** Any who may desire the advice of the Author, may have it gratis, by writing to him at N^o 5, in St. James's-street.*

F I N I S.