

Observations on the climates of Naples, Rome, Nice, etc. In a letter to Sir George Baker ... In which is inserted some advice to those who intend visiting those places in pursuit of health / [Benjamin Pugh].

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OBSERVATIONS

ON THE

CLIMATES

OF

NAPLES, ROME, NICE, &c.

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NAPLES, ROME, NICE, &c.

In a LETTER to

Sir GEORGE BAKER, Bart. M.D.

In which is inserted

Some ADVICE to those who intend visiting those PLACES
in Pursuit of HEALTH.

By BENJAMIN PUGH, M.D.

—————Si quid novisti rectius istis,
Candidus imperti; si non, his utere mecum.

HOR. Epist.

L O N D O N,
Printed for G. ROBINSON, No. 25, Pater-noster-Row.

MDCCLXXXIV.

OBSERVATIONS

ON THE

CLIMATE

OF

NAPLES, ROME, NICE, &c.

IN A LETTER

TO GEORGE BAKER, ESQ. M.D.

to which is related

Some Notices to the same, and several other Observations
in Favour of Health.

By BENJAMIN PUGH, M.D.

Printed by G. Baskin, No. 11, Strand, London.

1784.

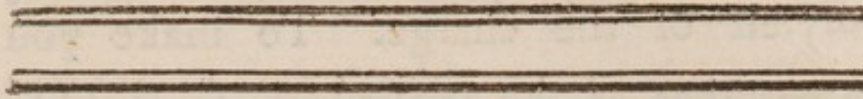
1784.

LONDON

Printed by G. Baskin, No. 11, Strand, London.

1784.

order; I think it my duty to explain to
you in what manner I have applied



a patient of the very worst kind
effects on the system, it might be

enough to communicate to you the
information of the gentleman's recovery;

but I think it better to send you
the enclosed paper, which will give you

T O

Sir GEORGE BAKER, Bart. M. D.

a particular account of the successive
steps which have been employed, & the

success which has attended them, & the
reasons which have induced me to pursue

Montpellier, April 30, 1784.

S I R,

AS three years are nearly elapsed
since you entrusted to my care
your very worthy and respectable patient
Mr. Wollaston, *at that time* labouring
under a very severe and obstinate dis-

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order;

order; I think it my duty to explain to you in what manner I have acquitted myself of the charge. To make you a partaker of the joy which so sensibly affects me on this occasion, it might be enough to communicate to you the *bare* information of this gentleman's recovery; but I think myself called upon to go farther; I feel an obligation to give you a particular account of the successive steps which have been employed to bring about that happy event. I shall take the liberty also occasionally to insert the observations which occurred to me on my travels, relative to those diseases which prevail most in each country, and the influence which each climate might *possibly* have in aggravating, if not in producing them.

It has been the fashion of our countrymen, afflicted with pulmonary disorders, to seek health under the milder sun of Nice or Naples; but far the greater part of such patients have, I believe, either returned disappointed in their pursuits, or fallen victims to this fatal error. In such cases, I give the preference to the air of Provence or Languedoc, in the South of France; and am supported in this idea by reasons which shall be hereafter given. But as I shall only mention *facts and things*, my intention is not to enter into any literary dispute with any one, as I am convinced that the most ingenious man on earth cannot form or devise a sentence, but the wit of another can find something in it whereat to carp and cavil. My view

in this publication is to render service to those of my countrymen, whose infirm state of health may force them to seek relief in foreign climes; and if any one receives the smallest benefit from the following sheets, the happiness of the writer will be perfectly complete.

You may remember we left England in the beginning of July, in the year 1781. We passed by way of Ostend to the German Spa, where Mr. Wollaston, for the space of one month, drank the waters of the Pohun and Geronstere fountains, used the warm baths twice in the week, and continued his medicines; not omitting to take exercise on horseback every morning. These waters, &c. agreed so well with him, that by the end of the
month

month the œdematous swellings in his legs were quite gone; the ulcer, which was in one of them, quite healed; and his spirits so well recovered, that he found himself perfectly able to proceed on his journey for Italy. At Aix-la-Chapelle, where we staid ten days, he made the same use of the waters and baths as at the Spa, and found them of no less benefit. I omit to mention to you the name of each town through which we passed, as it would be but an uninteresting detail. It suffices to say, that by the route of Germany and Switzerland we entered Italy, and made the best of our way to Naples, where we arrived in the month of November. Here we took up our residence until April, 1782. This winter proved the most severe that was
ever

ever remembered by the oldest person living in this city. Three nights sharp frost in the month of January killed all the orange, lemon, pomegranate, and other tender trees in the environs, and caused more damage than can be repaired by a long succession of the mildest winters. Shortly after our arrival I was seized with violent inflammations in my eyes, and an intense head-ach, with rheumatic pains in various parts of my body; complaints to which I had ever before been a perfect stranger. My wife complained of head-aches, but not in so violent a degree; Mrs. Wollaston was affected much in the same manner, and Mr. Wollaston received very little, *if any*, benefit by his stay there. As this climate had been so long celebrated for
its

its mildness, I was surpris'd at the obstinate continuance of the complaints of our own family, and likewise at the numbers of diseas'd and miserable objects I met in every part of the city. I resolv'd to visit the public hospitals, where I beheld misery in the extreme; fevers of every class, but *scarce one* where the lungs had not been primarily concern'd; rheumatisms, dropfies, scrophulas, consumptions, ulcers of every kind, and venereal diseases without number.

To assign a cause for the chief of these effects, I began to reason thus with myself—The sea in the Bay of Naples has no tides, or indeed next to none, as it has never more than six inches; its surface is generally as placid as a
fish-

fish-pond, and the mountains and high lands, which surround the bay, prevent a free circulation of air, so that the atmosphere must be almost always loaded with saline, marine particles—the sudden transitions from the excess of heat to that of cold within the space of the same day—but, above all, the wind called *lo Scirocco*, which so frequently blows in this country, and whose effects are scarcely conceivable by those who have not experienced them.—All these things taken together, cannot but render this climate extremely dangerous to tender and unresisting constitutions; and to some or all of these causes do I attribute that unbalmy quality of the air of Naples, so peculiarly unfavourable to consumptive lungs.

During

During my residence in this town there arrived a most amiable young English nobleman, whose lungs were diseased. He came with a design to spend some of the winter months; but the air had such an effect upon him, that he could scarce breathe: so that in eight or nine days he was obliged to leave it, and precipitately bend his course to the South of France. Examples also are not wanting of others who, discovering their error when it was too late, and attempting to remove when nature was too much exhausted, were arrested by death in their flight.

On the last day of April, the weather beginning to grow too warm, we left Naples, and went to Rome, where we made

some stay, as the air perfectly agreed with Mr. Wollaston. With respect to myself, in eight or nine days time, the head-ach and inflammation in the eyes, which were more or less troublesome to me during my residence at Naples, entirely took their leave. I heard from the best authority, that an English gentleman, who had been troubled for a considerable time with an asthma, which would never permit him to remain during the winter in London, came regularly from thence to spend that part of the year at Rome, where he always found that relief which he had in vain sought for before at Naples, Nice, and other parts of Italy.

On the second of July following, we left this city to go to the hot baths of
Pisa,

Pisa, which are said to be extremely beneficial in gouty cases, and diseases in the liver. I found these waters much of the same heat and quality as the King's bath, at Bath, in Somersetshire. About two miles from the baths there is a spring of water, which exactly resembles the Pyrmont spa, and whose component parts are nearly the same. Mr. Wollaston drank the waters, and used the baths for two months, and left Pisa in much better health and spirits than when he entered it. This city, through the middle of which flows the river Arno, is large and well built, and its inhabitants are polite to strangers. The markets are well supplied with all sorts of provisions and fruits, at the most reasonable rate; and house-rents are extremely cheap.

With regard to air, I should prefer it as a *winter* residence to any part of Italy. But, were I called upon to point out a summer residence, my choice would fall upon Sienna, whose situation is lofty, and whose air has a just reputation for its salubrity.

From Pisa we went, by way of Leghorn and Genoa, to the city of Nice, which we entered on the 27th day of September, 1782.

Permit me, Gentlemen, to take a wider field in describing this place than I have done in speaking of others, between it and Naples, as *those* are visited rather because they either lie in the route, or contain an abundance of curiosities, than
because

because they are breathed upon by an air deemed fit to restore a decaying constitution, I have therefore avoided to enlarge on them, as making no part of my subject: but as *this* place is so much resorted to by English invalids, and as it is my earnest wish to render them all the information and assistance in my power, I feel myself particularly called on to be more minute in my account of it.

The city of Nice is the capital of that county in Piedmont, which belongs to the King of Sardinia. This county is about eighty miles in length, by about thirty in breadth: it contains several towns and a great many villages, all of which, except the capital, are situated amongst the mountains. The city itself is situated in a plain, which is about five
miles

miles in length, by three in breadth, and is bounded on the west by the river Var, which divides it from Provence, in the South of France; on the south, by the Mediterranean sea, which comes up to the walls; and on the north by the maritime Alps, which begin from the back of this plain, with hills of gentle ascent, rising by degrees into lofty mountains, and forming a sweep or amphitheatre ending at Montalbano, which projects into the sea, and overhangs the town to the east. The river Paglion, which descends from the mountains, and is supplied only by the rains or the melting of the snows, washes the walls of the city, and falls into the sea on the west. The channel of this river is very wide, but never full of water, except after heavy rains or the melting of the

flows in the Alpine mountains, when it becomes a formidable torrent.

The country about Nice is most delightful and pleasant, all which, from the Castle Hill, or even from the ramparts, is taken in at one view, and looks like an enchanted spot, or garden of Paradise; the whole plain being highly cultivated with vines, pomegranates, almonds, &c. as also with every species of evergreens, as oranges, lemons, citrons, and bergamots. The hills are shaded to the tops with olive trees, amongst which are interspersed the *caffinas*, or country houses, which add great warmth to the landscape. The gardens belonging to them are full of rose-trees, carnations, ranunculas, violets, and all sorts of flowers,

flowers, which bloom the whole winter. Here indeed vegetation continues the whole year, and the inhabitants may justly be said to enjoy a perpetual spring; for although nature reposes herself during the winter months in most other countries, she is ever active and indefatigable here.

As Mr. Wollaston and myself were taking a ride, on the 22d of December, we saw the peasants, or farmers, gathering their olives on the hills, and in the vallies gathering their oranges and lemons, and mowing and making their hay; which they assured us they did four times in the year. The sun in this climate, during the winter months, produces a heat nearly equal to that in the month of May in England. Such also is the serenity

nity of the air, that one sees, nothing above one's head, for months together, but the most charming blue expanse without clouds.

The walks near this city are very pleasant, and numerous; but the rides, which are very much confined, are stony and disagreeable, except the two where the carriages pass; the one by the sea side, as far as the Var, about five miles; and the other, about two miles from the New Gate, on the Turin road, between two lofty mountains, by the side of the river Paglian.

There is a market tolerably well supplied with provisions, such as beef, pork, mutton, and veal. The lamb is small,

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and

and often poor ; the poultry is very indifferent, and dear ; but game is plentiful, and reasonable, unless there be much company. There is no scarcity of fish ; but the best sorts are dear ; the butter is good, and rather cheap, the bread very indifferent indeed. The greatest part of their provisions come from Piedmont.

I hope I have given a just account of this beautiful little country, with respect to its external and pleasing form : let us now look into its inconveniences, and the more interesting parts with respect to those who come here for the purpose of recovering lost health. That most useful article in life, water, is generally drawn from deep wells, and is so very hard as
to

to be fit for few uses. The only water in the city fit for drinking is that in the well of the convent of the Dominican Friars, in the Great Square, which, being exposed a short time to the air, becomes soft and good. These friars are so kind and civil, that they refuse no inhabitant, who asks their leave, and uses it with moderation.

Amongst the many disagreeable things are to be reckoned the incredible number of flies, fleas, bugs, gnats, &c. These never sink into a torpid state, as in colder climates, but are troublesome all the winter. Gnat-nets are fixed to all the beds, without which there would be no sleeping. The trades-people are extremely imposing in all their dealings;

and the English in general, with every degree of circumspection, cannot guard against their knavery. Servants of every kind are the most abandoned cheats, slovenly and lazy; the lodging-houses excessively dear, both in town and country, which they force you to take for six months, or they will not suffer you to enter. Care must be taken to make the most particular agreements upon every occasion; for if the least tittle be left to their honour or good-nature, you will pay dearly for falsely attributing to them qualities which this class of the inhabitants very rarely possess.

I trust, Gentlemen, that you will not consider the above remarks as *impertinent* to the subject which I promised to handle.

It is important to the cure that the patient should enjoy every comfort, and possess an equal and calm mind; for in as much as his quiet is disturbed, or his temper ruffled, by so much is his cure retarded. It was not therefore improper to state the difficulties which every man must here expect to encounter.

But the climate now demands our attention. Are these inconveniences so overbalanced as to become light, when weighed with the benefits which infirm health may expect to receive from the purity of the air? Let us examine this question. The air, as I before observed, is serene, and perfectly free from moisture: whatever clouds may be formed by evaporation from the surrounding sea seldom
 hover

hover long over this small territory, but are attracted by the mountains, and there fall in rain or snow. As for those which gather from more distant quarters, their progress hitherward is obstructed by these very Alpine mountains, which rise one over another to an extent of many leagues.

The air being thus dry and elastic, it follows that it must be agreeable to the constitutions of those who labour under disorders arising from weak nerves, obstructed perspiration, relaxed fibres, a viscosity of lymph, and a languid circulation. But as the atmosphere is strongly impregnated with marine salt, which is easily discoverable when there are strong breezes from the sea, the surface of the
hands

hands being covered with a salt brine very sensible to the taste, scorbutic disorders are common amongst this people. This quality of the air arises from the high mountains which hem it in, and prevent its free communication with the surrounding atmosphere, in which the saline particles would be diffused and softened, were there a free circulation.

This country hath continually variable winds, as it is surrounded by mountains, capes, and straits. By these sharp and sudden variations the human constitution is no less affected than by the current of air: whilst the sun gives so great heat, that you can scarce take any exercise out of doors, without being thrown into a breathing sweat; the wind is frequently so keen and piercing, that it too often produces the
 mis-

mischievous effects of the pores thus suddenly opened; as colds, pleurifies, peripneumonies, ardent fevers, rheumatisms, &c. The heat rarefies the blood and juices, while the cold wind constricts the fibres, and obstructs perspiration. Hence in the winter months you never meet an inhabitant of Nice without his cloak wrapped about him, and his mouth and nose stopped with his handkerchief or muff, that the air might not enter into his lungs without passing through a medium to soften it. Hence also he wears several flannel waistcoats and the warmest cloathing.

I was resident in this city upwards of eight months, namely, from the 25th of September to the first day of June
fol-

following. I observed that the most cold and dangerous months are those about the time of the vernal equinox. Great care should then be taken to guard against the diseases arising from obstructed perspiration; for, although the sun be intensely hot, the east and north-east winds (which blow almost constantly during the months of March, April, and May) from passing over the Alps and Apennine mountains, whose tops are always covered with snow, become extremely sharp and penetrating. This intemperature sometimes lasts (as was the case that year) to the middle or end of May, when the snow on the nearest mountains begins to melt, and the air becomes more mild and balmy. But in the progress of a few weeks, the heat is

so disagreeable, that a more temperate climate ought to be sought for. An invalid would, in my opinion, act more prudently, if he left the city the first week in March.

To what diseases then are the inhabitants of this country most subject? They are troubled with fevers of various kinds, in most or all of which I found the lungs concerned; scrophulas, rheumatisms, ophthalmias, scorbutic putrid gums, with ulcers and eruptions of various sorts. The most prevailing distemper seemed to be a marasmus. I frequented their hospitals often, and found these to be the chief diseases; all which are similar to those in the hospitals of Naples and other towns near the sea coast in Italy. But if
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the inhabitants themselves, whose very looks betray marks of ill health, afforded not such numerous proofs of the unwholesomeness of this air, I am, alas! furnished with too many by my unhappy countrymen, who wintered there in 1783. There were twenty-four families, besides several single English gentlemen, the whole of which amounted to the number of 136 persons; and I believe very few of those who came there on account of the air, found the expected benefit: I can except only two; one, an elderly gouty gentleman; the other, a tender, weakly, low-spirited gentleman, with a slow fever at times; but *both* had found lungs. The only consumptive cases I saw at Nice, were six young gentlemen, and a lady rather advanced in years, all

of whom died in the course of the winter. Three of these young men were so active and cheerful at times, even to a day before their deaths, that there was reason to hope for their recovery. Had they staid in England, or some parts of the South of France, I firmly believe that four of the six, *if not now alive*, would at least have protracted their days. I attended a great many of the English, who came to Nice in health, in violent inflammatory fevers, in all of which the lungs were concerned. Our own family was not without its share of the bad effects of this climate. Mr. Wollaston, in the course of our stay there, had three very severe attacks of inflammatory fevers, and left that place so very ill, that I had very little hopes of his ever seeing England more.

Mrs.

Mrs. Wollaston had very violent inflammations in her eyes at various times, head-achs, and a fever which confined her for some weeks. My wife, a remarkably healthy woman, was seized with an inflammatory fever, which obliged her to keep the chamber upwards of three months, and at length terminated in a large abscess in one of her arms, which saved her life. With respect to myself, who have as good a constitution as nature ever conferred on man, and have been a stranger in general to all diseases, I had not been there ten days before I was seized with violent head-achs and acute rheumatic pains, which persecuted me, with very little intermission, during the whole time of our stay. My eyes and teeth, although remarkably strong, were
affected

affected in such a manner, that there is reason to apprehend that a residence of a very few years in this place would deprive me of both.

In the course of the account which I have given you of Nice and Naples, you cannot but observe, Gentlemen, that the climate and diseases of *both* are similar; that the effects which *both* produced on our own family were nearly the same, and that the air of *both* is demonstrated by example to be too sharp and penetrating for consumptive patients. Remains there then to be tried any plan which may be preferable? I will suspend my journey for a while, and be hardy enough to suggest one which appears to me to challenge fairer hopes of success.

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The moderate warmth and refreshing verdure of England are surely preferable to the sultry suns and changeable piercing winds of Italy. Let the consumptive patient make choice of Abergavenny, in South Wales, for his summer residence ; use proper exercise, and drink goats whey. If he be of a lax habit, the Tilbury waters will be an excellent common drink. As soon as winter threatens approach, let him remove to the environs of Bristol, take horse exercise on the Downs as often as the weather and his strength will admit, and drink the Hot-well waters, under the direction of an able physician, who will assist him likewise in the application of proper medicine and diet. Should this method prove ineffectual, I should advise
a trial

a trial of the South of France. The parts to which I should give the preference for a *winter* residence, are the environs of the city of Avignon, near the famous fountain of Vaucluse, Nismes, or Pezenas, where the air is as dry, and much more pure than that of Italy. These places are well supplied with provisions, and house-rents and lodgings are not unreasonable; circumstances not altogether undeserving the attention of those who are under the disagreeable necessity of seeking health beyond the limits of their own country. But my chief reason for preferring these places to all others in France, is its more distant situation from the sea, whose influence I conceive to be obnoxious in these warm climates. As the sun, during the months of June, July, and

August,

August, is extremely powerful in Provence and Languedoc, let him remove to Berrage or Banniers, both situated amongst the mountains, where the air in three months is temperate and agreeable, the living cheap, good cow's and goat's milk in plenty, and some of the waters in each place beneficial in diseases of the lungs, as have been experienced by many who have drunk them under those complaints. The Cevennes mountains also, which abound with many medicinal springs, afford several places of an agreeable summer retreat. In November, let him return to his winter's residence. If, after a fair trial for two years, he should find no relief, I should fear that his disorder was beyond the reach of human skill. Let me add another remark,

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before

before I quit this topic. It is commonly thought that the moist and foggy atmosphere of Great Britain, so loaded as it is with humid particles, renders the inhabitants more liable to catarrhs, rheumatisms, fevers, pulmonary complaints, and other diseases arising from obstructed perspiration, than those of milder climates; but let the inhabitants on the sea coasts of Italy, who are so horribly afflicted with these diseases, and than whom there are not more miserable objects in all Europe, testify to the contrary of this received idea.

But, to resume our journey.—Long before our departure from Nice, I was convinced that Mr. Wollaston had concretions in the gall bladder, and biliary ducts.

ducts. His stomach was so weak, that little food and few medicines would stay upon it. He was seldom free from pain, and was attacked every four or five weeks with most excruciating pains in the region of the liver, vomitings, with obstinate costiveness, and white stools. Mr. Birbeck, the English consul, a most worthy and friendly man, advised me by all means to take Mr. Wollaston, as soon as he was able, to the Hot Baths of Balaruc, in Languedoc, where, having been entirely cured himself of a palsy by the use of them, he had frequent opportunities of seeing their salutary effects on jaundices, which had refused to yield to the most powerful remedies.

As other means had failed, I determined to give these waters a trial, and accordingly we quitted Nice on the first of June, 1783, having been there upwards of eight months. Aix, which lies in the route, has warm baths much of the same nature with those of Buxton, in Derbyshire. It is remarkable, that the cough and slow fever, which hung about my wife from the time of the severe attack she sustained at Nice, were quickly removed by drinking these waters and using these baths. They likewise agreed so well with Mr. Wollaston, that in the space of a month he so far recruited his strength as to be able to proceed on his journey. We went by easy stages to Avignon, Nismes, and Montpellier, and reached Balaruc on the twelfth

twelfth of July. This little town is about twenty miles from Montpellier, and two miles out of the great road to the city of Thoulouse. These baths were very famous in the times of the Romans, which not only history, but the many antiquities round them, and some curious medals and statues lately discovered there, clearly demonstrate.

On the second day after our arrival, Mr. Wollaston was taken with one of his fits as violently as usual; but by the assistance of the waters and baths they subdued it in three days; whereas all his former fits, with every assistance which medicine could give him, were of nine or ten days duration. He continued the use of them for a fortnight, accord-

according to the rules and customs of the baths, at the end of which time his countenance, appetite, and strength, proclaimed a perfect cure. Mr. Wollaston, for the space of three months, drank the waters, and used the baths at intervals, although he was not absolutely in want of them. With what pleasure do I inform you, Sir, that, since that happy period, he has experienced no return of his fits, nor the smallest symptom of a diseased liver, notwithstanding the severity of last winter, than which, the inhabitants of Montpellier assured me, they never remembered one more cold or violent. But, however firmly established might be the restoration of Mr. Wollaston's health, I resolved to make another visit to Balaruc this spring: there was no apparent

parent necessity for it: it may be an act of supererogation: but at all events it can do no harm, and may possibly bid defiance to a relapse.

I have the honour, Sir, to address this letter to you from the Baths, where it is our intention to stay a fortnight, and afterwards to set out on our journey for England. So numerous and surprising are the cures effected by these waters, that I think I cannot do my country a greater service than by publishing the ingenious treatise on their medicinal virtues, written by Mons. Pouzaire, the resident physician. I shall order the original French to be printed, and with it a translation into English, which I have made for the benefit of
those

those who are not masters of the French tongue. I shall also subjoin to it some account of the cures which have fallen under the testimony of my own eye.

As I am now resident in the wine countries, excuse me if I here digress, to make one general remark. In every part of Europe through which I have travelled, it has been my observation, that the peasants and common labourers, who have wine for their ordinary drink, are inferior both in size and strength to the English, Welch, Scotch, or Irish husbandmen, who drink nothing but milk, butter-milk, water, or even thin small beer. The longer I live, the more I am convinced that wine, and all other fermented liquors, are most pernicious
to

to the human constitution ; and that for the preservation of health, and exhilaration of spirits, there is no drink equal or comparable to pure, simple, good water. Let me not be deemed arrogant, if I venture to call myself a tolerable judge ; as it has been my common drink between thirty and forty years ; and I believe there are few men living, who, at my age, are blessed with better health and spirits than myself.

Amongst the most pleasing remembrances of my past travels, there are none which give me more real satisfaction than the professional services I had opportunity to render to great numbers of my diseased countrymen, whom chance threw in my way in the various

G parts

parts through which we passed. It surpris'd me not a little to find how few of them were provided with conveniences, to *them* of an indispenfible neceffity. You well know, Sir, that a drug of an inferior or bad quality is alone fufficient to aggravate the fymptoms it was intended to remove, and thus fubvert the well-founded expectations of the ableft phyficians. As, therefore, but few are to be had on the continent of France and Italy, and thofe few of the moft *ordinary* quality; let the invalid be furnifhed with a cheft well filled with the beft Englifh medicines. He will thus alfo guard againft the fhameful charges of foreign apothecaries, whofe extortion is only to be equalled by their ignorance. As I would at all times wifh

to avoid the most distant appearance of personality, I feel myself reluctant to particularise any individual; but one apothecary there is at Nice, whose conduct is so notorious, that those of my countrymen who have already employed him will, I am persuaded, hold me justifiable in requesting that others may be advised to avoid him. His drugs are bad, his advice worse, and his insolence insupportable. His imposing charges far outdo the impositions of his unconscionable brethren. He calls himself the English apothecary, only because he speaks a little broken English, and by various arts procures recommendations to most of the English families who come there.—Behold here the portrait of Monsieur F—!

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cary

* Farouci

cary I there found with tolerable medicines, or in any degree acquainted with his business, is a Mr. Passaro, who lives in the street leading to the Jews quarter.

The patient would do well also (if it be in his power) to take with him an English physician, as the foreign physicians, but particularly those of Italy, are little competent to undertake the cure of those acute diseases, which so often arise in those warm climates. Their manner of treatment is totally different from the methods adopted in England. Bleedings, glysters, and bouillons, are their panaceas; nor does it ever occur to them that nature may receive as it were new life by a timely and well-applied method of practice.

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When the dreadful train of evils which follow the use of unclean and damp sheets be maturely considered, it cannot be thought an improper caution to advise the patient to carry with him his own bed linen.

Thus equipped let him set out on his foreign expedition. But let me be pardoned, if I hazard one prediction. Soon will he regret the temperate climate which he had forsaken for the sultry suns and variable winds of more southern regions—deeply will he lament, in case of an unforeseen and dangerous attack, that, to the advice of his travelling physician, he cannot join the superior skill of Sir GEORGE BAKER

BAKER—and dearly, too dearly, will he learn to set a proper value on the blessings of his native country, which excel all others beyond compare.

I am,

S I R,

With the greatest respect and esteem,

Your obedient, humble Servant,

BENJAMIN PUGH.

