

M0010782: Sutton: The inoculator, 1796: first page

Publication/Creation

September 1948

Persistent URL

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INSTRUCTIONS

FOR

The CONDUCT of PATIENTS under INOCULATION.

OF PREPARATION.

THE following PREPARATORY DIET, best suited to the respective age of the Patient, to be entered upon on the day of Inoculation.

For Breakfast.

Tea, with dry Toast; Milk Porridge; Skimmed Milk; Rice Milk; Panada; Water Gruel; Water Pap; Honey and Bread; or Bread made with the addition of Sugar and Currants.

For Dinner.

Bread Pudding; Rice or Millet Pudding; Plum or Plain Pudding; Apple Pudding; Panada; Milk Porridge; Rice Milk; and the production of the Kitchen Garden. Sugar, Salt and Vinegar are allowed with any of the foregoing articles.

For Supper.

A very sparing quantity of any of the above spoon-meats; roasted Apples or Potatoes.

For Children, a little weak Tea, or Milk and Water; with dry Toast, at an early hour (tea-time) is all that is requisite.

As very little alteration can be made in the diet of young children, it is the more necessary, therefore, to render that which they are allowed to eat, as *thin* as can be dispensed with, and that in sparing quantities. Children at the breast may be stinted of that also, should it be required; but *Nurses* themselves need only abstain from high-seasoned inflammatory food and spirituous liquors, and to keep their minds easy as to the event.

Not allowed during Preparation.

Fish, Flesh, Butter, Cheese, Eggs, and Spiced Food, are not allowable at any meal. In short, whatever possesses a manifest heating quality, is improper during preparation; nor must the patient be indulged in eating between meals, unless it be *Fruits*, raw or prepared.

COMMON DRINK.

Toast and Water; thin Milk and Water; Barley Water; Imperial Water, or Lemonade. The patient must abstain from all spirituous, vinous, malt liquors, and cyder: in short, whatever is drank, must be perfectly cooling; and, during the eruptive fever, a liberal use of them is generally necessary. The Small-Pox having made its appearance a few days, the patient may be indulged with a moderate quantity of wine and water, table beer, &c.

ALTERATIVE