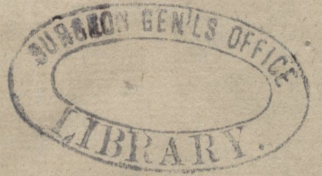


ADDRESS

TO THE
INHABITANTS OF THE CITY AND LIBERTIES
OF
PHILADELPHIA.



BELOVED FELLOW CITIZENS,

AN anxious desire for your preservation, in this time of general alarm, has induced me to present you with the following advice.—When you are assured that it is offered by one who has had a large share of experience in the fever of ninety-three as well as in the present calamity, you will not I hope be unwilling to listen to the truth, because the name of the author is concealed.

In the first place, I wish you to pay attention to the following rules, to avoid taking the fever; they are generally allowed to be safe and effectual.

Be very temperate in your diet; Do not over-heat nor fatigue yourselves by any kind of exercise; Be not exposed to the sun nor to the night air; Be very cleanly in your houses and persons; Keep the body laxative by small doses of cream of tartar, glauber's salts, or castor oil; and by a free use of ripe fruit, with which a kind providence hath, at this time, so plentifully supplied us. But above all things endeavour to keep your spirits calm and even. A due observation of these rules will do much, with the divine blessing, in preserving you from the fever; and if you even should be taken with it, the disease will be lighter. Indeed the remedies now generally used have proved so effectual, that if the sick are placed in airy rooms, are well nursed, and have proper medical assistance, this fever is not more dangerous than many others.

Although it is cruel to desert a sick person yet it will be well not to have any unnecessary intercourse with the sick.

Secondly—I would recommend the following rules to be observed by those who are taken ill with the fever:

If you are seized with a chilliness or shaking, followed by a fever, bad head-ach, pain in the back and loins, sick stomach or vomiting, uneasiness about the breast, foreness of the eyes or pain in them, immediately get bled; and take one of the powders of jalap and calomel, so successfully used in 1793—They may be had at the apothecaries with proper directions for using them.—Drink very freely of molasses and water, or tamarinds and water. If this method does not carry off the disease, which it often does in a short time, send for a physician.

The chamber windows of the sick should be always kept open; the bed clothes and other linen

often changed; the face, hands, and arms of the sick must be frequently washed with water or vinegar. The mixture of oil of vitriol and salt-petre, recommended by the College of Physicians, and prepared, with proper directions, by the apothecaries, should be constantly used.

If you cannot get a physician, the best general rule is.

For the first three or four days, while the fever continues high, be bled once or twice a day, and take one dose of the above mentioned powder of jalap and calomel, every day—when the fever abates a little, take a dose of glauber's salts, castor oil or rhubarb, every day, until the seventh or eighth day.

If the sickness at stomach continues, put blisters to the wrists.

For the first three or four days, drink molasses and water, tamarinds and water, cream of tartar and water, or toast and water. Afterwards use thin sago, tapioca or barley water and eat ripe peaches or grapes. Use no wine till the fever is gone. Then take chocolate, tea, and weak broth for nourishment, and cool chamomile tea to strengthen the stomach. The sick should keep as quiet as possible taking care to make no unnecessary exertions for these have often proved to be extremely dangerous by bringing on faintings, and convulsions—for some time after recovery, the sick must be very cautious in their diet and exercise, to prevent a relapse.

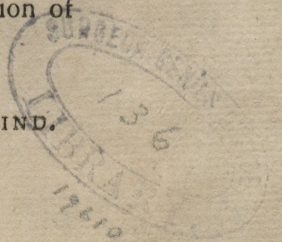
When a sick person gets well, expose their bed to the rain, or let it be well washed by throwing cold water on it—this will not injure the feathers:—But do not put the bed in the sun, nor in such a situation as to injure a neighbour—wash all the cloaths, in cold water—the walls of the sick room should be immediately white washed, the floors and doors well washed—and the windows kept constantly open.

This advice is offered you from an earnest solicitude for your good—it is a plain account of the methods generally allowed, by the physicians, to be most beneficial and if you will but assist them by your endeavours to be calm and tranquil, I have no doubt but they will, with the blessing of God, be found highly salutary and effectual for the preservation of your health.

A FRIEND TO MANKIND.

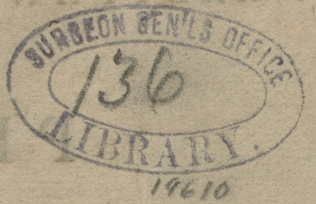
Philadelphia September 6th, 1797.

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ADDRESS

TO THE INHABITANTS OF THE CITY AND LIBERTIES OF PHILADELPHIA.



When changed; the face, hands, and arms of the
fever must be frequently washed with warm water
and vinegar. The mixture of oil of sweet almond
and prepared with proper directions, is the best
and should be constantly used.

If you cannot get a physician, the best general
remedy is

For the first three or four days, when the fever
is high, be kept in bed, and take
of the above mentioned powder of jalap
and rhubarb every day—when the fever abates a
little, take a dose of ginger, and when it
subsides, every day, until the return of health.

The best diet is a simple one, but directed to
the patient's weakness.

For the first three or four days, drink molasses and
water, tamarinds and water, cream of tartar and
water, or cold water.

When the patient is weak and has a fever, or gripes,
I do not wine till the fever is gone. Then take cho-
colate, tea, and weak broth for nourishment, and cool
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should keep as quiet as possible, and care to make
no unnecessary exertions for these have often proved
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and convulsions—for some time after recovery, the
patient must be very cautious in their diet and exercise,
to prevent a relapse.

When a sick person gets well, expose them to the
air, or let it be well washed by throwing cold
water on it—do not expose them to the heat of the sun,
do not get the bed in the sun, nor in such a situation
as to expose a neighbour—wash all the clothes in
cold water—the walls of the sick room should be
washed with water, the floor and doors, and
the windows kept constantly open.

This advice is offered you from an earnest friend
for your good—it is a plain account of the me-
thods generally allowed, by the physicians, as the
best, and I think you will not find them better
anywhere to be obtained. I have no doubt
but they will, with the blessing of God, be found
highly salutary and effectual for the preservation of
your health.

A FRIEND TO MANKIND.
Philadelphia September 6th 1797.

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Below follow Citations
An anxious desire for your preservation
in this time of general alarm, has induced me to
present you with the following advice.—When you
are attacked that is ordered by one who has had a
large part of experience in the fever of any-
town as well as in the best remedies you will
not I hope be unwilling to turn to the author, be-
cause the nature of the disease is concealed.

In the first place, I wish you to pay attention to
the following rules, to avoid taking the fever;
they are generally allowed to be safe and effectual.

Be very temperate in your diet; do not eat heart
for heart; moderate by any kind of exercise; be
not exposed to cold or to the night air; Be very
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or castor oil; and by a free use of ripe fruit, with which
a kind providence has, at this time, so plentifully
supplied us; Be very diligent in your observation of these
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Although it is cruel to debate a sick person, yet it
will be well not to have any unnecessary interruptions
with the sick.

Secondly—I would recommend the following rules
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If you are seized with a chilliness or shivering, fol-
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