

THE

# FAMILY ADVISER;

OR A PLAIN AND

## MODERN PRACTICE OF PHYSIC:

CALCULATED FOR THE USE OF FAMILIES WHO  
HAVE NOT THE ADVANTAGES OF A PHYSICIAN,  
AND ACCOMMODATED TO THE

### DISEASES OF AMERICA.

BY HENRY WILKINS, M. D.

The Sixth Edition.

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TO WHICH IS ANNEXED,

MR. WESLEY'S

### PRIMITIVE PHYSIC.

REVISED.

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## PREFACE.

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THE substance of the following pages is chiefly drawn from those excellent authors, Home, Cullen, and M'Brude ; whose names alone are a sufficient recommendation :— They were compiled at the request of our friend Mr. ASBURY.

The work contains a good description of each disorder, and its remote causes, as far as known. The proximate cause is generally omitted, being unintelligible to those who are not acquainted with medicine, of little use, and much disputed by Physicians. The cure is as simple as possible, so as not to interfere with efficacy : few medicines being recommended, and no compounds where they could be omitted. To this is prefixed the management of the sick, about which the attendants are usually much at a loss.

Such medicines as are frequently used are put at the end, numbered and referred to,

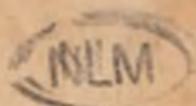
which prevents frequent ; repetition but those that are not so general, are inserted in the reading. Will not this be much more agreeable to the reader, than a general reference or a general insertion ?

A few disorders are omitted, because they are not proper to this country, or because they are unmanageable, even in the hands of Physicians, or for other as good reasons : otherwise it comprehends as many disorders as Dr. Cullen has treated on.

It is recommended to the Methodist Society in particular, by their Friend.

THE AUTHOR.

Philadelphia, 1793.



# THE FAMILY ADVISER.

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## CHAP. I.

### OF FEVERS IN GENERAL.

**F**EVERS admit of a twofold distinction : first, with respect to their duration ; as into Continued, Remittent and Intermittent Fevers.

*Continued fevers* go to their end, without any very obvious change for better or worse, in a period of twenty-four hours.

*Remittent fevers* either obviously abate at some period or periods during twenty-four hours, or are like a number of short continued fevers linked together, abating once in the course of two or three or more days.

*Intermittents* go perfectly off every day, and return the next, which is called a Quotidian ; or every other day, leaving an intermediate well day, called Tertians ; or every fourth day inclusive, leaving two well days, called Quartans. In this manner they go and come till they change, or finish their course.

The second distinction respects the state

of the system; as Inflammatory, Nervous and Putrid Fevers.

*Inflammatory fevers* show more or less the symptoms of general inflammation; strong action and an absence of every symptom of putridity and insensibility; they are most commonly continued.

*Nervous fevers* show a general debility, insensibility, and irregularity, without any symptoms of the fluids tending much to dissolution; though a slight and slow tendency is observable, after they have continued for some time.

*Putrid fevers* sometimes show signs of inflammatory action for a while; but these quickly give way to symptoms of putrefaction, viz. blackness of the gums and tongue; from being lined with foetid secretions: a blackness and foetor of what is discharged by vomiting, which usually attends; and the same appearance of many of the secretions and excretions, particularly the stools; to which may be added a quick succeeding debility.

## CHAP. II.

### INFLAMMATORY FEVER.

THIS fever most frequently attacks the young in the vigour of their life; such as are of a rustic sanguine athletic constitu-

tion, who indulge themselves in living freely : though sufficient causes will bring it on in some degree, in almost any constitution and way of living. It attacks at all seasons, but most frequently in the spring and beginning of summer.

*Causes.* Heat and cold alternately, or variously applied, fatigue, anger, immoderate use of spirituous liquors, watching, &c. &c.

*Symptoms.* It discovers itself by a lassitude, with a dull sensation of the body, debility, alternating chills and heats, tremors, pains throughout the whole body, but more particularly about the shoulders, back, knees and head. These are succeeded by an intense and burning heat, an inextinguishable thirst, inflamed eyes, tumefaction or fulness of the face, sickness and vomiting, inquietude, anxiety, full and strong pulse, dry skin, red (though sometimes watery) urine ; rough, dry, yellow, or dark coloured tongue, covered with a crust ; difficult breathing, costiveness, cough, watching, delirium, stupor ; and if the fever is not checked, a coma, or constant tendency to sleep, tremors, partial convulsions, as of the hands, &c. hiccough, involuntary discharges of the belly and bladder take place, and close the scene in death. This is a description of it in its most violent degree. In the greatest number of cases, we meet with it far more

moderate ; a strong pulse, sick stomach, and thirst being the chief symptoms.

*Management.* The patient should be confined to his bed, in a cool, dark and silent room ; the coolness to be regulated by the season. He should abstain from all kinds of meats and strong drinks. For food ; panada, barley, jellies, light unseasoned puddings and pies, may be given in small quantity. For drink ; lemonade, vinegar and water, barley water, herb teas with lemon juice, apple water, tamarind water, or jelly and water, may be given largely.

*Cure.* If the fever be violent, and the patient as described in the first paragraph of the case, from half to two thirds of a pint of blood should be taken away (according to the age and customs of the patient,) as quick as possible ; which may be repeated the next day in lesser quantity, if the fever has not abated. After the first bleeding let him take one ounce of Glauber's salts, which will frequently exclude the necessity of another bleeding. After this the bowels should be opened daily, if required, by a common clyster. If after one bleeding and a dose of salts, the fever does not go off, which it seldom does, let the patient have one of the powders, No. 1. every two hours, provided they will remain on his stomach : but if they will not, give the saline mixture No. 2. two table-spoonfuls every two hours : and after

this has been given some time, if the patient's skin becomes soft and moist, it should be continued in, otherwise lay it aside and try the powders again. If these, when given for a day or two, do not lessen the fever, or if they will not remain, and the saline mixture is ineffectual, and withal bleeding has been practised as far as prudent; it will then be necessary to put a blister on the back of the neck, and to soak the patient's feet in lukewarm water for an hour, if he can bear it; after this try the powders, or the mixture again, and they will then have their only chance, and in many cases will be effectual.

In the slighter cases of this fever, such as I have said, we most commonly meet with, if the patient will allow of it, one bleeding will be proper, after which, or in such as will not allow bleeding, give a puke; two grains of tartar emetic divided into three doses and taken in half an hour, or fifteen grains of ipecacuana, or half a table spoonful of antimonial wine will answer; after which give the powders or the mixture, and open the bowels with a dose of salts. After the fever has gone off, which usually is attended with a sweat, if the patient is much reduced, let him take a tea-spoonful of bark in port wine, or in water every three hours till he has taken an ounce, after which he may take one or two more at longer intervals.

He should use gentle exercise in a carriage, and return gradually to his business and diet.

There is a fever which has the name of synochus, which in the first stage is of the above type, but after a while quickly changes to the putrid, to be hereafter described. In such a case all the management and cure above should be relinquished as soon as the change is observed, and the management and cure for the putrid immediately adopted.

### CHAP. III.

#### NERVOUS FEVER.

THOSE of relaxed fibres and weak nervous system, are the persons most subject to this fever.

*Causes.* Excessive evacuations, repeated salivations, immoderate venery, depressions of the mind from grief, watching and night study, humid stagnant air of subterraneous apartments, indigestible food, especially such as is unfit for nutrition; as of cold watery fruits and vegetables; thin cloathing, rainy seasons, soft moist winter, &c.

*Symptoms.* This fever approaches with dejection of mind, loss of appetite, oppression, sleeplessness, involuntary groans, repeated sighs, fear, unusual lassitude after

motion, and alternate successions of cold and heat.

After some days, a swimming or pain in the head comes on with sick stomach and vomiting of insipid phlegm, great weakness, moderate heat, insensibility to thirst; frequent, weak, and sometimes intermitting pulse; a moist tongue, sometimes red, and at other times covered with a white or yellowish tough mucus; dry lips, oppression about the breast and difficult breathing, pale watery or whey-like urine: a dull sense of pains about the breast and head, dozing, delirium, redness and warmth of the face, whilst the feet are cold; a tendency and disposition to be easily and frequently disturbed by dreams: after these have taken place and continued some time, they are followed by immoderate sweats, and wasting laxes, great dulness and slothfulness of the external and internal senses, anxiety and fainting. And now nature being exhausted by the disorder, the tongue trembles, the extremities from a coldness become cold, the nails turn livid, sight and hearing perish, the delirium turns to a coma, the belly and bladder are involuntarily evacuated, topical convulsions come on, and death closes the scene, usually before the fourteenth day.—The symptoms increase in the evening.—The delirium is only a muttering continually: quite different from the delirium of the

former fever: though in this there is generally a great insensibility, and towards the end a loss of sight and hearing, yet at times in the beginning there is a great and preternatural sensibility to light and noise; sometimes an eruption like millet seed appears without any alteration for better or worse. A continuance of this fever has brought on temporal idiotism, which vanished with the debility.

*Management.* The patient should be confined to his bed in an airy darkened room, and kept agreeably warm or cool, according to the season. His room, bed and body clothes, face, hands and feet should be kept clean. His diet should be light though nourishing, and given frequently, rather than in large quantities at once: it should be mild: chicken water and broth, or beef tea may be given, if the patient desires it, and the effect proves it to be useful; but the general stock of food should consist of the various preparations of mild, digestible, nourishing vegetables, sufficiently well known to every housekeeper; these should be suited to the patient's appetite; and changed so as not to pall him with any one. Wine and water may be used from the beginning, though then it may only be given to allay the thirst, and should be made weak: five or six times a day a cup full may be given, even though the patient do not ask for it; but as

the strength fails, it should be made stronger and stronger, and given in as large quantity as a person in health could take.—When the wine has not the effect of increasing the symptoms, and rendering the pulse too quick, it may be safely continued in—Claret is supposed to be the best.

*Cure.* A gentle vomit of 12 grains of ipecacuanha in a little water may be given in the beginning, and may be repeated the next day. The bowels should be opened with thirty grains of rhubarb, and costiveness continually prevented by small doses of the same medicine. A blister should be applied to the side early in the disease, and when it has drawn, the water let out, and the part dressed with a colewort leaf, or a little Turner's cerate; after this another may be applied to the other side, or to the back of the neck, provided no bad symptoms follow the first; if they do, blisters should be laid aside till a state of insensibility comes on, when they should be applied successively, as long as they are attended with advantage. If the patient's skin be dry in the beginning, let him take three or four grains of James's powder in thick syrup three or four times a day, washing it down with snake-root tea; yet not so as to sweat the patient. If the James's powder is not to be had, one eighth of a grain of tartar emetic may be used in its stead. When the debility in-

creases, let the patient begin and take two table-spoonfuls of the decoction of bark No. 3. every hour or two, putting a little mint-water with it, and when the patient has taken this some time, let him take the bark in substance with wine : one tea-spoonful of bark in two table-spoonfuls of old claret every two or three hours : this, or No. 4, should be continued in till the patient perfectly recovers.

When the patient has been much harrassed for want of sleep, have his feet bathed at evening in tepid water, and give him ten or fifteen drops of laudanum. This practice may be continued as long as it proves effectual in procuring sleep. In those cases that proceed from excessive evacuations there is little hope, and scarce any thing should be attempted, but the strengthening plan.

The patient should carefully shun all the causes, and use a generous diet with regular varied exercise of body and mind, and be sparing of his strength.

## CHAP. IV.

### PUTRID FEVER.

THOSE who are of a relaxed habit and gloomy disposition ; those who have been debilitated by living upon bad victuals, by venery, famine, labour, or loss of rest, &c.

easily take this fever, (which is caused by putrid contagion or noxious air) and difficultly emerge from it.

*Symptoms.* An intense consuming though remitting heat, particularly inwards; small, frequent, and unequal pulse without strength; throbbing of the arteries that run along the neck and temples; great prostration of strength, heaviness without sleep; and when sleep does takes place, little or no refreshment is gained from it; an anxious, dejected, and desponding mind, nausea, and vomiting of black bile, pain of the head and temples, redness of the eyes, and pain about their sockets; dusky countenance, noise in the ears, interrupted breathing, with sighs and foeted breath; pains about the stomach, joints and back, difficulty of lying in one posture, trembling, delirium. At first the tongue is whitish, but quickly changes blackish, whilst the lips, teeth and gums are beset with a tough disagreeable mucus; an inextinguishable thirst attends with a bitter mawkish taste, which is communicated to the drink. The urine, on the increase of the disorder, becomes blackish or red with a sediment: the sweats become foetid, the stools livid, black or bloody, and very foetid: and if the fever goes on, a thrush and ulcers attack the mouth and throat: blood is discharged from different parts, a hic-

cough and other partial convulsions come on, which death scarce ever fails to follow.

*Management.* The patient should have fresh air admitted by keeping the door of his chamber open, if it is not too cold, and by opening his windows, if it is summer time, and the weather clear. Saltpetre or vinegar should be burned upon the hearth in winter, and boughs of trees and flowers thrown about the room in summer.

His hands, face and feet should be washed daily in vinegar and water, or wine and water ; he should be shaved frequently, and shifted in bed and body clothes as frequently as can be afforded, if it is daily : in fine, the greatest attention should be paid to cleanliness. His food should be mostly of acid vegetables, such as please his appetite and stomach best. His drink should be port wine diluted ; this he should drink more and more of, as he becomes more debilitated, so as to make it his drink and medicine : a quart a day may be used ; this he should continue in for some time after he has recovered, though in smaller doses : a fresh airing every day, after recovery, will be highly useful.

*Cure.* An emetic of eight grains of ipecacuana and one of tartar emetic, or half a table-spoonful of antimonial wine, should be given as quick as possible, besides this, twenty-five or thirty grains of rhubarb, or

two drachms of cream of tartar, should be given in a little jelly, to open the bowels, after which the decoction of bark, No. 3. should be given: two table-spoonfuls with a little mint water, every hour; if the stomach bears this well, and the symptoms of putrefaction and debility increase, the bark in substance should be used: a tea-spoonful in lemon juice and mint water every hour. But if the stomach does not bear the bark, or if the heat and fever be considerable, apply a blister to the breast, and give a dose of the saline mixture, or one of the following pills, between the times of taking the bark, viz. camphor beat to an impalpable powder with common spirits, twenty-four grains, powdered seneca root as much; make them up with syrup.

If the stomach still refuses the bark in the above ways, try it in triple quantities in clysters, or try the vinous tincture, No. 4. The bark is the only chance, we are therefore to persist in its use till a cure is made. Three drops of oil of vitriol in a glass of water every hour, may be tried where the delicacy of the stomach, or fever, will not admit any preparation of bark; but as it is apt to gripe, it should never be used when the bowels are affected.

Clysters of salt, sugar, and decoction of bitter herbs are to be used to keep the bowels regular, or some of the gentle purges

mentioned above ; but it will be often best to use first one and then the other, according to circumstances. In case this fever should be of a remittent form, the remissions should be greatly attended to, and a double quantity of bark given if possible. Sometimes a lax with distension of the belly comes on after a while ; in such a case, the belly should be fomented with bitter herbs, boiled and applied warm, and one grain of ipecacuana, with five drops of laudanum, given every two hours.

Sometimes spots break out in this fever, then it has been termed the Spotted-Fever ; at other times there is a yellowness of the skin, then it is termed the Yellow or West-India Fever. In this last case the symptoms of putridity are in this country more lenient, and a considerable vomiting sometimes hinders the giving of medicine : in this case a blister to the breast and the effervescing saline mixture have been found effectual to stop the vomiting ; but in general the treatment is the same as recommended above.

In the end of these fevers, some physicians recommend blisters to rouse the patient : if they are applied the skin should not be peeled off as is sometimes done, but only opened to discharge the water, and then dressed with Turner's cerate. But the beginning or first stage is the most proper for blisters.

## CHAP. V.

## REMITTENT FEVER.

**CAUSES.** Exposure to the sun for hours together, or the effects of a cool evening, and other similar causes after fatigue or summer heat. Thus there is no difference in the real causes of this fever and intermittents, except in the degree and mode of their application.

*Symptoms.* Alternating cold and heat, followed by a continued heat and a fever: sometimes a delirium comes on at the first attack.

The patient is distressed with thirst and vomiting, usually of bile; pain of the head, back, and joints; the region of the stomach swells, and becomes painful; the tongue is white and moist, and the patient is harassed with sleeplessness; the skin and eyes are of a yellow cast; the pulse is sometimes a little hard, and seldom full; the bowels are sometimes bound, sometimes loose: with these symptoms the fever usually proceeds, for 2, 3, 4, 5, 6, 7, or 8 days, at one of which times, after a little sweat it remits, and the patient becomes evidently better. After a few hours have elapsed, commonly in the evening, the accession comes on, sometimes with, at other times without a chill, and so goes on as before: in this

manner, that is, by accessions and remissions, the fever goes on to its final period.

A copious sweat or discharge of blood from the nose, or an universal yellowness, commonly attend the conclusion of it.

After the fever has gone off, a great lightness of the head attends, so that the patient can scarce walk: rheumatic pains, and drop-sical swellings sometimes follow.

*Management.* The patient should be kept cool and airy; he should have plenty of acid drinks, as lemonade, jelly, tamarind, water, and for food he should have toasted bread moistened with a little tea, baked fruits, rice, sago, barley, &c. but these, though proper, will seldom have a place, as the patient can scarce ever contain on his stomach what his little appetite inclines him to take: but the toast has often been found to stay, when nothing else would.

*Cure.* If the vomiting be considerable, a little comomile tea may be given to promote it a moment or two, that a remission may be procured to give the saline mixture No. 2, one table-spoonful every hour.— When this sits on the stomach pretty well, ten drops of antimonial wine and a little mint water may be added to each dose, and the medicine continued: but if the vomiting be only slight, the best way to procure a remission of the symtoms will be to give an emetic, one tea-spoonful of antimonial wine

may be given every ten minutes until it operates, or 12 grains of ipecacuana may be given at once ; after which the mixture may be given in the manner directed, with antimonial wine.

If the vomiting resists every thing given, or if a remission does not take place in a few days, blisters should be used ; on the breast in the first case, on the back of the neck in the last. Sometimes a bundle of mint stewed in wine, and applied to the breast, has been found useful in checking the vomiting, therefore it may be tried before a blister.

Costiveness should be regularly obviated by taking a tea-spoonful or more of cream of tartar, or by using the common clysters of salts, sugar and milk occasionally.

When the patient has suffered for want of sleep, after giving a clyster, and bathing the feet in lukewarm water for half an hour, ten or fifteen drops of laudanum may be given in a dose of the saline mixture, No. 2, and this should be done after noon before the increase of the fever, for it usually makes some increase towards night.

When the fever remits, the decoction of bark should be given, two table-spoonfuls every hour, and if the accession is postponed by it, the bark in substance should be given, as long as the accession is absent ; in some cases it will put it off altogether ; then, as

well as when the fever ceases, the bark should be given in large quantities, until the patient recovers his strength.

When a lax attends, four grains of rhubarb and one of ipecacuana with two drops of laudanum, may be given every three or four hours instead of the saline mixture.

When great sweats attend in the end, it may be necessary to add five drops of elixir of vitriol to each or every other dose of bark; in case a headache follows, apply a small blister behind the ear, and repeat it if necessary. The patient should be very careful in avoiding the causes of this fever, or he will experience a relapse.

## CHAP. VI.

### INTERMITTENT FEVER, (*commonly*) FEVER AND AGUE.

**CAUSES.** The relaxing heat of summer, especially when accompanied with moisture and bad air of marshy places, will so relax the surface and expose the extreme vessels to the air, that nothing more than the usual effect of common air is necessary to bring on the fever; at other times, when the predisposition is not so great, a cool air will produce it.

**Symptoms.** A languor, with yawning and stretching, coldness, sick stomach, rigors and tremors, usually attend the commence-

ment; the cold with shivering continues in a very considerable degree, for one, two, or three hours, when it begins to give way, first to flushes, and then to a continual burning heat and fever, with a full pulse and thirst. Pain of the head and frequently of the joints, attended sometimes with a delirium. After this has continued for some time, a sweat breaks out, which becomes profuse, and this is succeeded by an intermission of a part, a whole, or two days according to the type. See page 5. In the intermission, the patient is affected with scarce any thing but debility. The fever returns again at the end of the time mentioned, with the same symptoms, and so goes on to its end, unless it changes its form. Quotidians come on in the morning, and usually attack the delicate and irritable. Tertiaries come on about noon, and usually attack the more robust and vigorous. Quartans come on in the afternoon, and most commonly attack the aged and torpid.

*Management.* Sometimes the ague so reduces the patient, that it will be necessary to keep him warm and give a little wine; but this is seldom the case. In common, nothing is necessary but to lie down. In time of the fever, lemonade and other acid drinks, or warm teas may be used; the former will be most grateful.

In the intermissions, port wine and water, and a strengthening easy digested diet will be proper.

*Cure.* In the beginning of the cold stage, if the patient is able to take a puke, he should take one: three grains of tartar emetic in a gill of water, may be taken in the course of forty minutes, if required to take all: or 15 grains of ipecacuana in a spoonful of water, or a teaspoonful of antimonial wine every fifteen minutes; either of these may be used: the tartar is the most active and effectual, but acts too rough with some. When this has been taken, and the fever has come on, a sweating should be encouraged, by taking about three pints of warm drink in the course of two hours, to which one hundred drops of antimonial wine may be added, to make it more effectual. In case the patient cannot take a puke, let him take an Anderson's pill to open his bowels before the time of the ague, and when the fever has come on and continued awhile, let him take fifteen drops of laudanum, and fifteen of antimonial wine, in a cup of warm tea, every half hour, for three times.

But when nothing forbids a puke but the person's inclination, he may take just before the fit or after it is over some time, the following powder; twenty grains of rhubarb, and five of calomel in a little syrup, and when

the fever comes on, take the warm drink as above.

These medicines will prepare for the exhibition of bark, which should be given immediately after the sweat goes off. Any of the preparations may be given, but the powder is the best; it may be given in mint water, milk or wine; one tea-spoonful every hour till the ague comes on again; then it should be laid aside till this is over, when it is to be given again; the patient should not cease under an ounce and a half, or two ounces. If, when this has been taken the ague does not cease, another puke should be used as before. In all cases the bowels should be kept open by Anderson's pills or rhubarb.

Sometimes twenty drops of laudanum given before the ague, will put it off, and sometimes giving it just before the patient is expected to sweat, will prepare for the bark; sometimes a quantity of snake root tea at the same time will prove effectual; and in many cases bitters, of horehound, dogwood, rue, &c. will do as well as bark.

The fever and ague, after it has continued for some time, is apt to associate custom with its causes of recurrence: and thus it will frequently continue through such seasons as it would not have begun in. In such cases as these almost any alteration in the system will lessen or remove it; thus keep-

ing the patient under expectation, fear or joy, have often removed it; and thus the imposition of old women have often been effectual, when the faith of her patient has roused his expectation, and fixed his attention.— Though such things may at times be allowed, yet I would caution every prudent person to keep his skin to himself, and not let ignorant quacks fill up their lack of knowledge upon him, with the virulence of an arsenical plaster, or a more dangerous bolus.

## CHAP. VII.

### HECTIC FEVER.

*CAUSES.* Violent racks of the constitution from any cause, absorption of matter from ulcers, excessive relaxation, and delicacy of any part that is exposed to irritation, as the lungs, stomach, and bowels: all these causes are attended with general debility, and particular relaxation of the parts that defend the tender extreme vessels, from the irritations which act about them.

*Symptoms.* The fever usually comes on in the forenoon, sometimes with considerable chills or coldness, which last some time; this is succeeded by heat, a quick, small, and weak pulse in general, though sometimes there is some hardness in it, especially in those who are not much reduced, and early in the complaint; this sometimes lessens

towards evening, and again increases at night; at other times it continues on without any very obvious change till towards morning, when it intermits or greatly remits with a profuse sweat which lasts a considerable time: the sweats do not appear in the first stage, that is in profusion. A headach usually attends the fever, as also a sick stomach, both of which grow better in the intermission, or remission.

The tongue is usually clean in this fever, the belly at first is often bound, but in the end a lax almost always attends. The patient wastes away gradually, his feet swell, particularly at night, his hair falls off, his nails become crooked and thick, his face sharp, and a general failing takes place in every thing but his expectations of getting better, and his understanding, which usually remain to the last.

This is the most usual form, but there is some variety owing to the variety of the parts affected, and the state of the patient.

*Management.* The patient should have the lightest and most nourishing food given him in small quantities at a time, and at such times chiefly as the fever is absent or slight, thus his breakfast or dinner at ten o'clock, should contain most of what he should eat. Milk is very proper when the stomach will receive it: sometimes it may be most agreeable when diluted with water and sweetened,

at other times it may sit better when boiled. Custards, light puddings, chicken water and broth, beef tea, rye mush, corn mush, with the common vegetables of the grain kind, are mostly proper. Weak wine and water in the absence of fever; barley water and sage tea at other times, will be proper for drink. The patient should be kept clean, and when his strength admits, he should be aired in a chair, and at all times have access to pure air.

**Cure.** In many cases it will be needless to attempt any thing but a removal of the cause, when the fever will quickly cease: but in general both the one and the other are to be combated. For treating the causes I refer to the places where they are treated of (though some of them could not have a place in this book, as they belong to surgery) for the treatment of the fever alone, the debility should be removed and the fever interrupted: for the first, when nothing forbids, bitters and bark are necessary; also elixir of vitriol, which may be given to sixty drops a day. These are to be taken whilst the fever is off, or when it has greatly remitted, just before the time when the return is expected, and again after it has commenced, one of the following powders may be given; ipecacuana two grains, magnesia one tea-spoonful, mix them and give it in a little camomile tea. When a lax comes on, there

is little hope, but the following may be given; columbo root one drachm, pour one gill of boiling water upon it and in a quarter of an hour strain it off; to this 20 drops of laudanum may be added; this may be used in the course of eight hours, and repeated. Rice will now be the best food.

## CHAP. VIII.

### INFLAMMATION OF THE EYE.

*CAUSES.* These act either externally or internally, though frequently both take place in producing the affection.

The externals are violence, dust, cold winds, changes from heat to cold, viewing minute objects or bright bodies; metallic fumes, great heat, especially when accompanied with moisture; night reading, &c. The internal causes are, checked excretions, as the menses, &c. repulsion of some eruptive disorders, long continued ulcers dried up, immoderate use of spirituous liquors and spices, fevers, measles, scrophula, venereal disease, &c. &c.

*Symptoms.* Redness, swelling, stiffness, and pain of the ball of the eye or the lids; both from an inflammation of the vessels that pass over and through them, being filled with too much blood, or with red blood, instead of the fine white parts of it.

When the inflammation is considerable, a fever attends ; and in such cases there is danger of the effects, unless speedily prevented by curing the disease.

*Management.* In no case a cure can be hoped for, unless the causes be removed, which in many cases will be followed with an immediate cure. If any body be lodged in the eye, it is to be extracted, and if another disease be the cause, it must be cured by the means directed for such disease. In every case the patient should avoid exercising his eyes any more than what there is necessity for :—He should confine himself to a dark room, or apply a fold of green silk over his eyes, and use an umbrella in the summer. His food should be light and mostly vegetable, in all cases without pepper or mustard. His drink should be cooling and acid, without any mixture of spirit. His room should be cooled with sprinkling in the summer time.

*Cure.* If there be a fever, or if the inflammation be considerable, and the patient able to bear bleeding, he should loose half a pint of blood, which may be repeated if necessary ; this should be followed by a dose of salts, or if the patient's case does not require bleeding, or other circumstances prevent it, the salts then should be the first thing. All this is to be done after the cause is removed, and thus in many cases where

removing the cause will be the chief means of cure, they will have no place; as where the inflammation proceeds from the venereal disease, scrophula, &c. One of the fever powders, No. 1. when the fever continues, or the inflammation remains obstinate, given every four hours, will be serviceable.—The belly should be kept regular by cream of tartar or small doses of salts, or of jalap and nitre: as jalap fifteen grains, nitre twenty-five, mix them. For external applications, a blister behind the ears is most effectual, and to the eyes the following: sugar of lead twelve grains to half a pint of water, or as much white vitriol to an equal quantity of water: to either of which when the inflammation has continued, and the former remedies have been used, may be added a tablespoonful of brandy.

These external applications (the blister excepted) will be proper in every case and time. The weakness that follows requires that the patient use either a general or topical cold bath, and avoid much application and exposure.

## CHAP. IX.

### INFLAMMATION OF THE BRAIN.

THIS is either a symptomatic disorder as when it follows in the course of a primary affection; or it is original, being prima-

ry itself—of this alone I shall treat, that requiring the treatment of the concomitant disorder.

It usually attacks in the heat of summer those of an irascible disposition, who are in their youth and given to study.

*Causes.* Drunkenness, watching, long exposure to the sun, anger, excessive cogitation, grief, care, vehement desires, external violence, certain poisons, and suppressions of particular discharges; as the piles, the discharge after parturition.

*Symptoms.* It begins with rigors, which are followed by heat, pain, and throbbing of the head, disturbed sleep, noise within the head and ears, inflammation and pain in the eyes, with inability to bear the light and noise, and a bloated countenance—the pulse is low, oppressed and quick, often weak as well as low, though sometimes it is hard: the patient continues without any sleep for a long time, sometimes till the eighth day: the arteries along the neck perceptibly throb, and blood sometimes issues by drops from the nose; great debility, anxiety and sighing attend, yet the patient is subject to anger, fierce delirium, startings and convulsions. When the disorder has ceased, a swimming and heaviness of the head, weak eyes, and a great delicacy of hearing attend for a considerable time.

*Management.* The patient should be confined in an airy, darkened, silent and cool room; his bed should be hard, and his head somewhat raised upon it. He should have plenty of acid, cool drinks, without any mixture of spirit. His food should be of pana-da, barley, jelly, &c. The causes of the disorder must be carefully removed.

*Cure.* The patient should be bled pretty freely, and this may be repeated again and again in less quantities, during the first forty-eight hours: provided the symptoms demand it, and the patient be able to bear it: the pulse will usually be the best guide: for if this does not sink very low, there will be no danger from bleeding. A dose of salts should be given after the first bleeding, and it may be necessary to repeat this the next day. Clysters may be given daily, such as No. 5. one of the fever powders No. 1. may be given every three hours, begining after the operation of the first dose of the salts. The patient's head should be shaved and washed with cold vinegar and water. If the delirium runs on after the above evacuations, a large blister should be applied to the crown of the head, and when this has drawn, others, if necessary, may be applied to the ankles.

When the patient has suffered some time for want of sleep, the feet should be bathed half an hour or twice as long, in water mod-

erately warm, and if this is ineffectual, let him have ten or fifteen drops of laudanum, or a tea-spoonful of paregoric at night, with this care, that if it makes him worse, to discontinue it; but if it has the desired effect, to persist giving it every night, if required.

A nourishing diet and the use of wine should be gradually entered into, after the symptoms of danger are perfectly gone, in order to prevent the succeeding symptoms of debility.

Great care will be necessary to avoid the causes of this disorder, as slighter ones may cause a relapse or repetition.

## CHAP. X.

### QUINSEY.

**CAUSES.** The application of cold to the neck or throat, a stream of cool air applied with force to the very part; as in riding and running: these causes produce their effect more certainly when preceded by heat.

Exercising the parts that suffer, as in singing, and loud speaking: acrids, mechanic bodies, suppressed evacuations, or artificial evacuations, that have been long used, neglected.

**Symptoms.** This complaint usually appears with redness and swelling of the

glands situated on each side of the palate ; one is usually most swelled in the beginning, and as this declines, the other increases : a pain that shoots towards the ear attends, with feverish symptoms, and a strong full, quick pulse : the patient feels a disagreeable clamminess, and the tumour is usually tipped with whitish mucus.

In some cases the external parts are much swelled ; sometimes scarce any tumour is to be perceived by looking into the mouth, and at the same time the difficulty of swallowing and pain may be very considerable ; in the worst cases the breathing becomes very difficult, the tumours closing up the passage almost entirely : then the patient sits with his mouth open, his drink regurgitates through his nostrils, and he is ready to strangle every minute for want of a free respiration, which is totally impeded when the patient dies.

What is usually termed a sore-throat, is a lesser degree of this same affection, therefore the same remedies may be used, omitting the most general and powerful one of bleeding.

*Management.* The patient should be kept neither hot nor cold : he should have a light vegetable diet of a fluid preparation ; his drink should be of the acid kind, and not cold or warm, but just aired. His head should be kept up in bed, or he may sit up

altogether ; speaking, and every exertion of the throat should be avoided, and the causes should be removed.

*Cure.* The patient should be bled pretty freely, and this may be repeated the next day if necessary : he should take a dose of salts as soon as possible, and then a blister should be applied under the throat, of a slim form, so that it may reach from ear to ear : the bowels should be regularly kept open : before the tumour has become very considerable, fifteen grains of ipecacuana will be of great service. In such patients as do not allow of bleeding, this may be the first medicine.

Warm water and vinegar should be inspired from a proper machine for the purpose, or from a funnel put over a wooden bowl of water and vinegar ; the mouth should be frequently gargled with astringent washes, as sage tea and vinegar ; or alum-vinegar and honey, or decoction of oak bark and saltpetre. Scarifications with a lancet are necessary where there is danger of choking ; and likewise to let out the matter when the tumours have suppurated.

If the patient is liable to frequent returns of this affection, I would advise him to use the cold bath daily ; at any rate to wash his neck, and habituate himself to wear nothing but a very thin stock or ribband, instead of a large neckcloth.

## CHAP. XI.

## PUTRID SORE THROAT.

THIS disorder has for its *cause*, specific contagion, and therefore attacks all ages and constitutions.

*Symptoms.* It begins with chills, which are followed by an intense and burning heat, a swimming and pain of the head, a troublesome sensation in the throat, sickness and vomiting, looseness, inflamed and watery eyes, tumid and flushed face, with a stiffness of the neck, a small, frequent, and irregular pulse, fetid breath, and a disagreeable taste. Very soon white spots appear on the glands each side of the palate, and these with the palate appear red, swollen and glossy: these spots spread and unite, covering almost all of the mouth with thick sloughs, which falling off, leave ulcers in their places; the redness and tumour are sometimes extended to the internal parts of the nose.

On the second day, or later, efflorescences appear on the skin, which are sometimes in such small eminences as scarcely to be seen, but more usually spread in red patches, so as to cover the whole skin: beginning first about the face and neck, and so extending to the extremities, which feel stiff and swelled; this usually continues about four days, and then goes off with a peeling of the skin.—

The glands about the neck are sometimes swelled to an alarming degree. As the complaint advances, discharges of blood from different parts are frequent, and sometimes a gangrene takes place at the beginning of the windpipe, or of the oesophagus, the channel which leads to the stomach.

The patient's voice is hoarse and flat, though his swallowing is not usually much impeded; with these symptoms it runs on from two to seven or more days, increasing every evening.

*Management.* For food, drinks, and general management, the same may be used as directed for the putrid fever, only a less degree of cold will be requisite in this.

*Cure.* Ten grains of ipecacuana should be given early in the complaint: three grains of calomel in a little honey, may be given once or twice the evenings after the puke, and if the first dose produces more than two stools, it should be checked by giving ten drops of laudanum. This medicine will often prove very efficacious, without producing any discharge. Some of the preparations of bark, or the powder, which is best, should be given every two hours after the puke, and to the end of the complaint. The throat should be frequently washed with the following: one hundred drops of elixir of vitriol, or twenty drops of oil of vitriol to half a pint of water, and one spoonful of

honey. Spring water coloured with indigo has been found useful as a gargle. Port wine should be given to a pint, or quart a day, with the bark. If the tumour in the inside of the throat be considerable, a blister should be laid on the outside.

For the swelling of the legs, which sometimes follows, the patient may use eight drops of elixir of vitriol with each dose of bark, four times a day.

## CHAP. XII.

### CROUP OR HIVES.

**CAUSES.** Foregoing disorders, as the measles and the whooping cough; cold moist air from the water.

It most frequently happens to such as live in seaport towns; and to children, from the time they are weaned to their twelfth year.

**Symptoms.** It sometimes comes on with the symptoms of a common cold only; but the peculiar symptoms are a hoarseness, and ringing sound of the voice, at the same time there is an uneasiness or pain in the throat, and a whizzing noise in breathing, as if the passage was too much straitened for the air; the patient has a cough that is either dry, or accompanied with the discharge of flakes of phlegm, like a membrane; the pulse is quickened, and an uneasy sense of heat attends. By looking into the throat,

a redness and flakes of phlegm like those discharged, may sometimes be perceived.—It has happened that the patient has been taken off without scarce any complaining, in three, four, or five days.

*Management.* The patient should not be kept cold, nor disagreeably warm, he should have a spare thin vegetable diet, with light acid, or bitter drinks, as teas of various herbs. In time of coughing, he should be raised and assisted, to keep him from strangling.

*Cure.* The patient should take a puke as quick as possible. (If he is twelve years old, ten grains of ipecacuana, and half a grain of tartar emetic, will not be too much, for there is a great degree of insensibility in the stomach in this complaint; if he is only four years old, let him have half as much, or one tea-spoonful of antimonial wine, to be repeated every quarter of an hour, till it operates.) After taking the puke, he should take four grains (if twelve years,) of calomel, and ten of jalap, the evening of the same day; after this, for three or four days, he should take one day the puke, and the next the purge; after the first puke and purge, a blister should be laid on the back of the neck. Throughout the complaint, the steams of warm vinegar, or of water in which there is a large lump of lime slackening,

(which is supposed to be a solvent) may be drawn into the throat ; warm teas, and soaking the feet, may be used to restore the perspiration to the surface.

## CHAP. XIII.

### THE MUMPS.

CONTAGION is the cause of this complaint.

*Symptoms.* It makes its appearance with the usual febrile symptoms, of chills succeeding heat, and quickened pulse ; this is shortly followed by a swelling, at the corner of the lower jaw, of a moveable, glandular nature ; in a little time it diffuses itself over the whole neck ; sometimes both sides are affected. It continues increasing till about the fourth day, and then declines with the fever. As the swelling recedes, some tumour is apt to take place in the testes of males, and in the breasts of women. Sometimes when this has not taken place or when it has been repelled by imprudent applications, the fever has continued or increased with delirium.

*Management.* The patient should be kept upon a low vegetable diet, and not expose himself to cold. The above in general will be sufficient, but when the circumstance mentioned takes place, it will be necessary

to direct something more than the above for a

*Cure.* We should apply warm stewed bitter herbs, or warm bread and milk poultices to the parts ; and if the fever and delirium be considerable, the patient should be bled if he be able to bear bleeding ; otherwise a puke should be the only evacuent, viz. fifteen grains of ipecacuana, more or less, according to the patient's age. Besides this or these, it may be necessary to apply a blister to the back of the neck. In slighter cases, the puke and fomentations will be sufficient. In all cases, costiveness should be prevented by clysters, castor oil, or salts.

## CHAP. XIV.

### PLEURISY, OR INFLAMMATION OF THE INTERNAL PARTS OF THE BREAST.

THE end of winter, spring and beginning of summer are the usual times that this disease is prevalent ; all ages and most constitutions are liable to it, but the plethoric, and those of a rustic constitution, who have seen twenty years, and not exceeded sixty, are most liable.

*Causes.* Cold and heat applied alternately, or unequally, straining or injuring of the parts, &c.

*Symptoms.* It usually begins with chills, which are followed by heat, quick, strong, and full pulse, head-ach, difficult breathing, dry cough at the beginning, though sometimes it begins moist : towards the end, or after it has continued, it is always moist, and sometimes a very considerable quantity of yellow mucus is discharged : this is not unfrequently streaked with blood. Most frequently, a pungent pain attacks the side, about the middle of the sixth or seventh rib, but if the pain should attack any other part of the chest, and should not be so violent, yet accompanied with the other symptoms, particularly the full, strong and quick pulse, we are to consider the complaint as the same.

*Management.* This should be identically the same with what is directed in Chap. II. only with the addition of mucilaginous and syrup drinks to allay the cough : as of flax-seed, and mallow tea with honey : a little lemon juice will make it very agreeable.

*Cure.* From half to two-thirds of a pint, or more of blood, should be taken away on the first appearance, and if the symptoms continue, it may be repeated in eight hours. After the first bleeding a dose of salts should be given, and small doses of the same, or common clysters may be given regularly to prevent costiveness. Immediately after the patient's first bleeding, a blister should

be applied as near as possible to the pained part, and one of the fever powders No. 1, given every hour, beginning after the operation of the salts is over. If after the blister has drawn, the pulse continues up, and the pain has not considerably abated, the second bleeding should be immediately made, and if in half an hour after that, the pain does not give way, a second blister should be applied on a fresh part, or on the opposite side. The powders should be continued every two hours. But in general, one bleeding, a blister, the powders, and keeping an open belly, will be sufficient. Nothing but a relaxation of the pain and fever, should induce the patient to omit any of the above remedies, for life and death are pretty certainly fixed to the narrow compass of a few days. If the pulse is strong, and bleeding has been omitted as long as six or seven days, it would be then better done than let alone; but if the pulse flags, and the patient has had a frequent shivering about the last days, it will then be better, if not the very safety of the patient, to forbear. At such a time a blister might be applied without any injury, but if a suppuration has taken place, it will be of no service; however those who are not proper judges had better make the application, lest there might have been an insufficient inflammation to suppurate in that time; and with this the patient may

use what will be proper in the last case of every pleurisy when the cough is troublesome : a tea-spoonful of paregoric in a little flax-seed, or other tea, once in four or five hours. In the latter stages, it may be necessary to support the patient's strength with decoctions of bark, and a light nourishing diet.

Seneca snake-root tea, the pleurisy root, or common salt-petre taken to one fourth of an ounce a day, in whey or gruel, may sometimes alone, and often after a bleeding, remove a pleurisy ; but they should only be tried, when the person cannot procure the above prescribed remedies.

## CHAP. XV.

### BASTARD OR SPURIOUS PLEURISY.

THIS usually attacks the aged, those of a phlegmatic full habit, who have injured their constitutions by excess of drinking, particularly, and are liable to the vicissitudes of the weather, from being much exposed.

*Cause.* The long application of cold suddenly succeeded by heat, and heating drinks ; this, with the predisposition laid down above, is the chief, if not the only cause.

*Symptoms.* It makes its appearance with chills and flushes, which are followed by a

slight fever, with a soft, not very frequent pulse. The heat of the patient is not usually much increased; a pain affects the side, or breast, which is not very pungent, but rather dull and extending; a violent pain in the head, sick stomach, and sometimes vomiting, are more or less present.—From the beginning it is common for a cough, straightened breathing, and spitting of tough mucus, to attend. An erysipelatous redness often appears on the cheeks, and a looseness attends the advanced stage of the disease. The patient is apt to be heavy and drowsy; thus though there be a pain in the side, and a fever, it is easily distinguished from a true inflammatory affection of the breast.

*Management.* The patient should be kept tolerably warm, his diet should be light and nourishing, and in the beginning, if the feverish symptoms are not considerable, he may have weak wine and water for his drink; in the end it will always be proper, for the patient frequently becomes fainty, and is not able to take any thing besides. Lemonade may be used, when wine and water cannot be given for the fever; and when lemons cannot be got, vinegar and wa-  
ter, or cyder and water.

*Cure.* Bleeding, though it may sometimes be proper, as when the patient is of a more robust habit, and better constitution

than what is described above, and when he has been accustomed to bleeding, and withal the pulse and pain are not low, yet it should be used sparingly and cautiously, otherwise, in ninety cases out of one hundred, it would be injurious. In the beginning it will be proper to give ten or twelve grains of ipecacuana ; or a tea-spoonful of antimonial wine, every fifteen minutes until it operates ; a blister may be put on at the same time, as near as possible to the pain ; the puke may be repeated once or twice if necessary, and sometimes it will be necessary to lay on another blister close by the former ; twenty grains of jalap, or thirty grains of rhubarb, or a table-spoonful of castor oil, or four or five grains of calomel may be used to remove any costiveness that is present : this should be attended to throughout.

For the cough, two drachms of gum ammoniac, dissolved by trituration in a mortar, with half a pint of water, may be given, one table-spoonful every hour ; or an ounce of syrup (commonly called oxyme,) of squills, in as much water, may be given in the same way.

Seneca snake-root or pleurisy root tea may be used, if the above cannot be procured. To either of these medicines at night a dozen drops of laudanum may be added, in order to allay the cough, that the patient may rest ; and if the cough is very frequent in

the day, a few drops may be taken every now and then.

Towards the end when the patient grows weak, he should use about sixty drops of elixir of vitriol a-day, and use a decoction of bark or some good bitters.

Great care will be requisite to prevent the return of this disorder, when the weather is favourable to produce it.

## CHAP. XVI.

### SPASMODIC STITCH, OR INTERCOSTAL RHEUMATISM.

THIS complaint is prevalent when the changes of weather are frequent, as in the spring and fall. It usually attacks the young, those under forty years, those who are of a delicate, effeminate constitution, rather than those of a broken state of health.

Exposure to cold, more particularly after heat and damp cloudy weather are the causes.

*Symptoms.* It begins with a lancinating pain, most frequently about the ribs of one side; this remits awhile, and then returns again, so as almost to make the patient scream out. After awhile it becomes fixed, and does not abate, though it is apt to extend, and even to change its place, so that

the muscles of the breast are frequently attacked, and there are pains in other parts that point out a rheumatic affection ; with the above a fever, sometimes pretty smart, at other times less, attends. In most cases the pulse is not strong, but easily stopped by pressing it, to what it is in true pleurisy. Frequently a cough attends, which is apt to increase towards the end of the other symptoms, at which time it is accompanied with spitting of yellow tough mucus ; some degree of costiveness usually attends, and most of the symptoms are worse at night.

The breathing is not in general affected so much as in pleurisy, little or no cough attends ; the head is usually much affected with pain, and as the pain of the side declines, the knees or back are sometimes attacked, if not before.

*Management.* The patient should be kept on a vegetable moderate diet.

His drink may be warm herb teas.

*Cure.* If the patient be pretty full of blood, and his pulse tolerably strong, it will then be prudent and useful to take away half a pint or more of blood. A blister should be laid over the part, a dose of castor oil, or of fifteen grains of jalap and as much cream of tartar should be given to open his bowels : if the pain continues, some proper sweating medicine should be given, as four grains of camphor beat up with ho-

ney into a bolus, to which two grains of ipecacuana may be added, this much should be taken every three or four hours, washing it down with seneca snake-root tea, or warm balm tea: or in the place of these, a teaspoonful of paregoric and twenty drops of antimonial wine may be taken every three hours; using plenty of warm tea in the intervals. This last mixture will be proper for the cough taken in the same quantity and times.

## CHAP. XVII.

### INFLAMMATION OF THE STOMACH.

**CAUSES.** External violence, high seasoned food, acrid medicine or poisons; hard bodies swallowed, as of glass or stone; cold drink, when the body is heated; distension from an over quantity of food that is of difficult digestion; inflammations of the adjacent parts extending to the stomach; besides these causes, a translation of affection in other disorders are causes; as in the gout, small pox, measles, St. Anthony's fire: but these require a treatment connected with the primary affection, which cannot be treated of here.

**Symptoms.** A violent, pungent, and sometimes throbbing pain at the pit of the stomach, with burning and painful vomiting; a hiccough, anxiety and difficult breathing;

great weakness ; after taking any thing into the stomach the pain increases, and it is discharged by vomiting ; the pulse is commonly small, hard and quick.

*Management.* The patient should be kept from swallowing any thing but mild drinks, as barley water, milk and water, &c. he should keep himself as still as possible in a dark room.

*Cure.* If any thing that is acrid, or that may injure the stomach mechanically, has been taken in, it should be evacuated as quick as possible by taking plenty of warm water, and applying a feather to the throat, to induce immediate vomiting ; but if the vomiting is already considerable, it should not be solicited after vomiting ; if the cause be some acrid, it should be diluted with mucilaginous drinks, as gum arabic dissolved in water ; or oils may be given, as sweet oil or almond oil ; at the same time it should be counteracted by a proper medicine. Thus if it be vitriol, or spirit of salt, or aqua fortis, let the patient take a table-spoonful of salt of tartar, or if he can get none of that let him get a piece of chalk and eat it. If it be arsenic, two tea-spoonfuls of precipitate sulphur may be swallowed. After this, or where these have not been required from the nature of the cause, the patient should loose a pint of blood, and in case the pain continues, and the pulse does not sink and

intermit, half as much more may be taken away in eight hours following; a blister after the first bleeding should be applied to the left side, and clysters of oil, sugar, milk, and a little saltpetre, should be injected every three hours: four grains of sugar of lead in a little water may be given every two hours the first day; nothing but the medicine mentioned, should be applied by the mouth.

## CHAP. XVIII.

### INFLAMMATION OF THE INTESTINES.

*CAUSES.* Besides most of the causes of the preceding disease, may be added, cold applied to the belly: long and violent cholic, and hernia, commonly termed a rupture.

*Symptoms.* A fixed pain, sometimes spreading over the belly, at other times fixed about the naval, fever, costiveness and vomiting.

*Management.* The patient should have light, liquid preparations of vegetables for food, and his drink should be jelly and water, or apple water, or lemonade, or molasses and water with a little vinegar: these, or any of them, may be taken plentifully.

*Cure.* He should be bled as quick as possible: the quantity should be pretty

large, proportioning it to the habit of the patient ; this may be repeated in eight hours, if the symptoms demand it, and the pulse allow it. After the first bleeding, a blister should be applied over the pain, and a clyster of oil, molasses, milk, and glauber salts injected : this may be repeated every three or four hours with small quantities of salts after the first time ; eight grains of nitre, if it does not excite vomiting, may be given in a little drink every hour. If the inflammation should suppurate and discharge matter downwards, nothing should be used but the mildest, nourishing spoon-diet of broths, &c.

## CHAP. XIX.

### ACUTE INFLAMMATION OF THE LIVER.

**CAUSES.** External violence, from bruises and contusions, especially such as have occasioned a fracture of the skull at the same time ; violent passions, excessive summer heats, too much exercise, cold applied externally or internally.

**Symptoms.** A pungent pain of the right side, shooting up to the shoulder, a cough for the most part dry, tension of the right side over the liver, hard dry gums, vomiting, weakness, difficulty of breathing, watching, costiveness, hiccough, and a hard, full, quickened pulse.

Sometimes there is a difficulty of lying on the left side : sometimes the eyes, tongue, and urine are tinged with bile.

*Management.* The causes should be attended to, and removed as far as possible. Light vegetable food, and acid drinks should compose the patient's diet. He should be kept cool and still.

*Cure.* The patient should be bled early in the disorder, and this may be repeated if necessary ; a dose of salts should be given to open his bowels, after which cream of tartar may be used constantly for the same purpose, or clysters may be used of No. 5. A blister should be applied over the pained part, after the first bleeding, and after that, the parts around may be frequently fomented with warm stewed herbs, as mallows, horehound, wormwood, &c. If after the use of these, the fever continues with the pain, the following pills may be used until they affect the patient's mouth : Calomel twenty-four grains, tartar emetic two grains, make them up with syrup into twelve pills : one of which may be taken morning, noon, and night.

From the beginning, if the fever be considerable, one of the fever powders, No. 1. should be given every two hours, except when other medicine is to be given.

## CHAP. XX.

## OBSTRUCTION OF THE LIVER.

**CAUSES.** Intermittent and remitting fevers, exposure to frequent colds, sitting up of nights, obesity, &c.

**Symptoms.** A dull, heavy sensation and tension of the right side, little or no fever, difficulty of lying upon the left side, yellow eyes and costiveness.

**Management.** Avoid or remove the causes, live upon a simple vegetable diet, and watery drinks.

**Cure.** If the patient be pretty full, or if accustomed to bleeding, blood letting may be once performed: ten grains of ipecacuanha may be given at the distance of two or three days, for several times.

The bowels should be kept open by the pills, No. 6. taken regularly so as to answer the purpose: the side should be frequently fomented with a warm decoction of bitter herbs, and one of the calomel pills, in chapter xix. given every second night, till they affect the gums.

## CHAP. XXI.

## INFLAMMATION OF THE KIDNEYS.

**CAUSES.** External contusions, violent, long continued riding, strains of the back. Spanish flies taken inwardly, or applied outwardly on a blister, stones that have formed in the cavities of the kidney, passing out.

**Symptoms.** Fever, pain about the part, which may be distinguished from rheumatism, by the former not being much increased by motion; a retraction of the testicle on the same side, a numbness of the thigh and leg on the same side, vomiting, colic pains, costiveness, redness of the urine and small discharges of it at a time.

**Management.** The patient should have plenty of light, mucilaginous drinks, as flax-seed tea, mallow tea, and gum arabic dissolved in water; these should be drank warm, his food should be broths and vegetables.

**Cure.** The patient should be bled once or twice, proportioning the quantity to the age, habit and custom of the patient. The small of the back should be frequently fomented with warm decoctions of bitter herbs. His bowels should be opened with a dose of castor oil; and emollient clysters of oil, molasses, and milk should be injected every two or three hours; besides

these, sixty grains of Glauber salts in lemon-juice may be given, every two hours, throughout the continuance of the heat and fever.

## CHAP. XXII.

### ACUTE RHEUMATISM.

THIS attacks at all seasons, but rarely at any other time than the spring and fall, when the vicissitudes of weather are great.

*Causes.* Cold applied to the body, when unusually warm, or cold applied partially to the body.

*Symptoms.* A pain affects some of the joints, and sometimes the muscles, so as to extend from one joint to another. Sometimes almost every joint in the body is affected, and then the complaint comes on with chills, and fever, with a strong pulse, for the most part full. In some cases, the fever precedes the pains, at other times, it is the contrary; the joints affected become red and swelled; the fever and pains usually increase at night. If the general affection continues long, the patient's senses become somewhat impaired for a while.

*Management.* The patient should be kept cool, except when under the operation of sweating medicine, then he should lie between blankets; he should be kept from all but light vegetable food, and cool acid, or

warm herb drinks, which may be given plentifully ; and when the complaint has gone off, he should wear flannels till warm weather returns, and then use bathing.

*Cure.* The patient should be instantly bled, as freely as his habit and age will bear, and his complaint demands ; this may be repeated in smaller quantities, for once or twice in the course of four days, if necessary. After the first bleeding, a dose of salts should be given, and when that has done operating, one of the powders, No. 1. should be given every two hours. If this does not answer, let him have twelve grains of Dover's powders (which may be had at the apothecaries' shops) for two or three nights, lying then between blankets. If any pain still continues, it may be looked upon as verging to chronic rheumatism, and the following may be given ; one hundred drops of volatile tincture of guaiacum, in a little water three times a-day.

In general, nothing can be done that will be of service as an outward application ; however, a little Castile soap dissolved in water may be used to satisfy.

In slighter cases, the bleeding may be omitted, and the salts, with a common sweat of seneca tea, used.

## CHAP. XXIII.

## CHRONIC RHEUMATISM.

THE former disease is apt to terminate in this; especially when the patient is advanced in years: cold is the common cause of it.

*Symptoms.* A pain of some of the joints, or about the junction of the bones, with a stiffness of the part. No redness or swelling, like that from inflammation affects the part, though after a long continuance an enlargement of the joints is apt to take place. Little or no fever attends here, heat lessens the pain, and cold increases it; quite contrary to what takes place in the preceding complaint. When the pains fix about the small of the back, the affection is termed a Lumbago; when about the hip, in which case the patient becomes somewhat lame, a Sciatica.

*Management.* The part affected, if possible, should be constantly wrapt in flannel, the patient should use wine with any food he may chuse, which will agree with his stomach.

*Cure.* Ninety drops of volatile tincture of guaiacum, should be taken in a little water, four times a day: if this does not answer, the following pills may be used till

they produce some effect; twelve grains of calomel and twelve grains of opium, to be made into one dozen pills, one to be taken morning and evening, washing it down with a large quantity of Virginia snake-root, lignum vitæ, or sassafras tea. Besides these, there are other common remedies, which are less certain, as a decoction of prickly ash, mustard whey, balsams, &c. In what is called the sciatica, twelve drops of spirit of turpentine, in a little honey, taken night and morning, is particularly effectual.

The external remedies in rheumatism, are spirits of camphor, spirits of hartshorn and oil; oil and spirits of turpentine, electricity applied by insolation, and drawing sparks: the flesh brush, cold water dashed on. However, this last is more effectual in cases that are between the inflammatory and chronic, where one joint is chiefly affected.

## CHAP. XXIV.

### TOOTH ACH.

**CAUSES.** A general cold, cold air applied to the cheeks in an unusual and sudden manner, acrids, sweets, or acids applied to the teeth, the acrid matter of a rotten tooth, extraordinary violence, as in breaking hard substances, blows, &c. Besides these, there are certain disposing causes un-

der which the usual exposure we are constantly liable to, is a sufficient cause; as a nerve being laid bare, by rotting or extraction of a tooth, pregnancy, hysterical dispositions, &c.

*Symptoms.* These are various in different circumstances. In the tooth ach that proceeds from common cold, there are frequently symptoms of a rheumatic affection of the adjacent parts, the pain extending from the tooth to the face, and along up to the temple, with a throbbing of the arteries and redness; sometimes a little swelling of the face, and withal a feverishness. In most other cases a violent pain of the tooth, with a little inflammation of the gum are the only symptoms except that about the termination, the face, (in relaxed habits) is apt to swell.

*Management.* The patient should carefully avoid every cause, and confine himself to his room. In the case of rheumatic symptoms, his food and drink should be of the weakest and lightest kind, and a silk handkerchief should be applied over his face. In the other cases, the face should be wrapped in flannel, and no change made in the food or drink. The tooth should be stopped with lint.

*Cure.* In the first case it will be the best way to aim at the removal of the cold, by giving a dose of salts, and taking a sweat of

weak whey, with a tea-spoonful of salt-petre. After this a small blister applied to the part will be most effectual; or instead of this, sweating the part with hot herbs, or a hot stone, wrapt in moist or dry rags, may be useful. In general, in such a case, it will be of little use to apply any thing to the tooth itself till the above has been first done, then a little laudanum and spirits may be held in the mouth. In all the other cases, topical applications are more effectual.—The chief of these are opium, camphor, oil of cloves, and other warm essential oils; with these, electricity, burning the tooth, applying a hot iron to the ear, and many other means have been at times effectual. But it is often necessary with these to give small doses of laudanum, and apply a blister, and when these fail, extracting the tooth; which may be done at any time, by a careful trusty operator: but if this does not relieve, the pain passing to another tooth, the patient should not insist upon that being drawn, but commit all to patience. The best manner of applying topicals is to insert the medicine into the hollow, and cover it with lint or wax.

## CHAP. XXV.

## THE GOUT.

THE causes of the gout, for better comprehending them, may be placed under four heads.

1. The prime causes ; which are the use of excessive quantities of high seasoned animal food, and the liberal use of wine and other spirituous liquors. These are supposed to produce their effect, by causing an action in the extreme vessels, (which are employed in nutrition) in degree and constancy above what they were constructed to bear, so that as soon as the body ceases to yield, which is at the end of growth, the vessels from being over excited, are overcome, and suffer an indirect debility and relaxation.

2. The predisposing causes ; under which a less degree of the above brings on the complaint, because they aim at the same point : they are, indolence, hereditary delicacy of the parts that suffer in the gout (from a general similarity to the parent) and that tendency in the animal economy which produces a robust and gross habit. These causes would, when they had proceeded to a certain extent, bring on the gout : but it is seldom the case, that it is not helped on by what may be called

3. The exciting causes; as venery, debauchery, cold applied to the feet, indigestion, much application of mind, night-watching, passions excessive evacuations, changing of habits, debilitating diseases, bruises or strains of the parts that suffer in gout; the use of acids and acid fruits, &c. All these act by debilitating generally or topically, and this being always accompanied with a relaxation, exposes the injured parts to the irritation of the air in an uncommon manner. The irritation of the air brings about

4. The proximate or immediate cause; which is a superabundant afflux of the nervous or vital principle, to the parts most debilitated or most exposed (to the common irritations;) usually the extremity of the joints, or ball of the great toe. This afflux of vital principle has two effects, 1st. As there is no sensation without the presence of this principle, so in the abundance of it, the sensation is exquisite. 2dly, As there is no circulation without it, and the circulation is in proportion to it, so, in the abundance of it, the circulation is increased to inflammation, and the tender parts are forced, and filled faster than they can propel the blood; hence congestion, redness, and pain of the joint, and in such parts as are not plentifully furnished with vessels, the muscular fibres are contracted to a spasm.

## THE SYMPTOMS OF THE REGULAR GOUT.

A CEASING of the sweat to which the feet have been accustomed, an unusual coldness of the legs and feet, a frequent numbness, alternating with a prickling sensation all along the course of the extremities, frequent cramps of the legs, and a swelling of the veins. Whilst these symptoms take place in the parts mentioned, the whole body is affected with a degree of torpor and languor: the functions of the stomach in particular are more or less disturbed, the appetite is diminished, and flatulency with other symptoms of indigestion felt. These symptoms take place for some days before the fit of the gout comes on, but often on the day preceding the fit the appetite becomes greater than usual: the fit usually begins about three o'clock in the morning, with pain affecting one foot, most commonly at the ball of the great toe, but sometimes in other parts of the foot; with the coming on of the pain, there is usually more or less of a cold shivering, which as the pain increases gradually gives way to heat and fever, which lasts as long as the pain does. From the first attack the pain becomes more violent till the next midnight, after which it gradually relmits, and after continuing about twenty-four hours, usually ceases, with a sweating and sleep.

The next morning after the remission, a swelling and redness is to be perceived in the part affected, which after continuing some days, gradually abates.

But though the pain ceases at the end of twenty-four hours, it usually returns every evening, with less and less violence and fever, and again abates in the morning: this recurring continues some days, and then goes off very entirely, till the third, second, or next spring, following. This is the case in the first attack of the gout; but the returns become more frequent, till at length after some years the patient is never clear of it, except a month or so in the summer season: after the gout has continued, the pain does not remain in one joint, but shifts about until it has attacked almost every joint in the body.

After a fit is over, the patient feels himself recruited in body and mind.

As the gout proceeds, the pains become less severe and more continued, and the other affections are more considerable, so that the stomach is very much affected with sickness.

After the first fits of the gout, the joints remain supple; but in the advanced state they become stiff and motionless, with earthy concretions.

In those who have suffered much with the

gout, a complaint of the kidneys frequently alternates with the gouty affections.

#### MANAGEMENT BETWEEN THE FITS.

IF it be early in the complaint, or the patient not debilitated, gentle continued bodily exercise and a diet of vegetables and milk should be used ; but if the patient is already much injured by it, neither of the above will be safe. His exercise should then be gestation, for walking would injure the parts too much, and other exercise would be fatiguing : his diet should be of the most nourishing vegetables, milk and light meats, which last may be used more and in proportion to the debility, and if this be considerable, it will be necessary to use good Madeira, diluted, for drink ; otherwise, all spirituous liquors should be abstained from. The causes mentioned should as much as possible be avoided, and the patient should keep his bowels regular with a little sulphur, castor-oil, lenitive electuary, or any mild opening medicine ; which are to be used at all times, to prevent or remove the costiveness.

In general, it will be found useful after a fit not to rise soon, but to keep warm in bed most of the morning, and to go to bed early.

## TREATMENT IN THE FIT.

AT this time very little can be done to advantage. If the patient is vigorous, and the inflammation and pain considerable, blood-letting may be once performed, though sparingly. Scarce any thing solid should be taken for diet, and when the patient has suffered much from want of rest, fifteen drops of laudanum in one tea-spoonful of spirits of nitre dulcified, may be taken at night. Applying poultices of bread and milk to the parts, will sometimes give ease to a small extent, and in a violent case may be tried; carded wool should always be applied.

When the inflammation has gone off, and a stiffness remains, it will be of service to use the flesh-brush to rub the parts with, and after the fit to take regularly some of the preparations of steel, mentioned hereafter.

## OF THE ATONIC GOUT, OR GOUT OF THE STOMACH.

IN such patients as have brought the gout on themselves, this peculiarity seldom happens till late in the disorder, when the system is generally debilitated, and there is little disposition to inflammation. In such a state the stomach is usually much debilita-

ted, and liable to be acted upon by a slighter cause than what would bring on an affection of a joint.

From the above circumstances of debility, general and topical, as well as from the stomach being defended from the application of the common air (which produces the re-action, or inflammation in the regular gout) it happens that the gout of the stomach is a very different affection from the regular gout; being a case of deficient and irregular action of the part, instead of an inflammation and excessive action as in the regular; and hence requiring very different remedies.

*Symptoms.* Loss of appetite, indigestion, flatulency, nausea and vomiting, acid eructations, pains and cramps in different parts, which yield upon the discharge of wind; costiveness, though sometimes looseness, colick pains and hypocondriac symptoms (which consist in a great attention to the slightest symptoms, and an apprehension of danger) an absence of inflammatory affections of the joints, and of fever.

*Management.* The patient's food should be a mixture of animal and vegetable, of the most nutrient and digestible kind, taken rather at many times than in large quantities. Wine and water, or spirit and water should be his drink: it will be of great advantage to keep close to the bed, except

when the patient is able, and the weather good, then he should ride in a carriage daily.

*Treatment.* Fifteen grains of rust of steel, with as much pounded orange-peel, may be taken with mint water, or a little spirit of lavender, four or five times a-day.

A tea-spoonful of saline aromatic spirit will also be of service to take a few times a-day.

If indigestion prevails much, fourteen grains of ipecacuana may be given every five or six days, or large draughts of strong camomile tea, which will frequently have the same effect.

A third variety of the gout is, when the inflammation has appeared first in its usual place (the joints) but from improper treatment, bad management, exposure, and other less observable causes, it leaves the joints, and fixes upon the stomach or some other part.

This is called the *Retrocedent Gout*.—When the stomach receives the affection, a great anxiety, sickness and vomiting attend; if the lungs, an asthmatic affection is the product: if the heart, fainting; if the head, an apoplexy.

When the stomach or bowels are attacked, wine, with spices boiled in it, should be given plentifully, or if this is not sufficient, spirits with spices in large doses. In slighter cases, less doses of spirits, in which gar-

lic has been steeped, may be given : with this the patient's feet may be steeped in a strong hot mixture of spirits and water, and blisters laid on the ankles; volatile aromatic spirits, and assafœtida, are also proper to be given, but they are less powerful than spirits and spices.

When the vomiting is troublesome, it may be encouraged with camomile tea, and afterwards restrained by twenty or thirty drops of laudanum with a drachm of spirits of nitre dulcified: vitriolic aether and musk are sometimes useful.

When any of the other parts are affected, a blister should be immediately applied, and the bath of spirits and water applied to the feet. If the patient is able to bear bleeding, it should be performed when the head or lungs are affected. In all cases, a gentle determination to the surface should be aimed at, by giving one tea-spoonful of saline aromatic spirits every two hours ; or spirits of nitre dulcified and laudanum every two or three hours.

The fourth and last variety of the gout is the *Misplaced*. That is, when the patient, instead of a regular affection, is immediately (without any preceding affection of the joints) affected with an inflammation of the lungs, the bladder, or the lower end of the last gut ; in this last it brings on the piles : when it affects the bladder, it brings on

strangury or a difficult discharge of urine. These affections are to be treated as directed in the chapters for them ; remembering the constitution and situation of the patient.

During every species costiveness should be removed by three or four grains of aloes, or twenty-five of rhubarb. And between every affection, the system may be strengthened by the following medicine ; half a wine-glass full of which may be taken twice a day, at eleven and at four o'clock ; port wine one quart, rusty iron or iron flakes, one handful, cinnamon, one ounce ; let them remain one week, and then use them.

*Observations.* 1st. It appears, that a primary gout is the consequence of a general injury done to the system ; but that the stomach and extremities suffer chiefly, because the stomach is particularly injured by the prime causes, and the extremities are more exposed (from their distance from the heart, and other causes) to the irritation of the air, which far exceeds common notice and opinion.

2dly, It is also plain, that those who are much predisposed to the gout by hereditary constitution of the parts, cannot possibly escape it ; because that quantity of food which is necessary for nutrition, will produce an action, that the vessels usually injured in the gout cannot support through life.

3dly, A fit of the gout is a change in the system, which aims at a removal of the injury; only being unbounded and excessive, not produced by any internal conscientious power, but by physical laws.

## CHAP. XXVI.

### THE SMALL POX.

THE small pox is of two kinds; the distinct and the confluent: as they demand a very different treatment, I shall not confound them, but treat of them separately.

#### THE DISTINCT SMALL POX.

THE cause of this is a specific contagion.

*Symptoms.* About eight days after inoculation, and probably the same time after taking it the natural way, a fever appears of the continued inflammatory kind: after this has continued about three days, a distinct eruption of small pimples, like flea-bites, appear on the face: these increase and extend, so that about the end of the fifth day the eruption is completed and extended to the extremities: from the first eruption the fever usually declines, and at the finishing of the eruption it ceases.—During the fever, children are frequently af-

flicted with starting, and if kept warm, with fits.

About the eighth day after the eruption, these pimples have increased to spheroidal pustules, filled with matter, with a red margin around each.

Before the pustules are quite filled, a swelling of the face takes place, which subsides as soon as the pustules are filled: a swelling of the wrists and feet succeeds the above, just in the progression of the eruption; during this period a sore throat is common.

After the pustules are fully ripe and yellow, they then either pour out the matter, from a small rupture at their top, or the matter is absorbed, leaving an empty flat bag: the former is usually the case with those on the face; the latter with those on the arms and thighs; in this way they decline till they are perfectly dried up, which takes place from eight to sixteen days (from the time they begin to decline) according to the size and number of the pustules; pits are frequently left behind.

*Management.* The patient should be kept cool, both by going into the air, and thinning his cloathing. However, the custom of exposing to bad weather, extreme cold, and pulling off from children the flannels which they have been long used to, has occasioned the worst consequences: a medium there-

fore is to be observed. Those who are in a good state of health should live chiefly on vegetables, what meat they do use should by all means be fresh ; but those who are weakly should not alter their food, so as to weaken themselves, but only choose such as they always should, viz. digestible mild food. This should be the management until the fever commences, when they should use nothing but light spoon aliments, such as barley, gruel, panada, custard, jelly, &c.— Spirituous drinks should be altogether avoided : at the time of the fever such drinks as the following may be taken more or less, in proportion to the height of the fever, viz. lemonade, cream of tartar dissolved in water and sweetened, jelly and water, apple-tea, made by pouring boiling water on undressed red-streaked apples, sliced very thin ; the drink to be sweetened : these drinks, abstinence, and vegetable food, with the directions for keeping the patient cool, may be observed until the number of pocks and favour of the disease be determined, after which they may be gradually relinquished ; the exposure first, and then the others, and the proper habits returned to.

The first week in May is probably the best time for inoculation, in the states of Pennsylvania, Delaware, and Maryland ; farther southward, April ; farther northward, the latter end of May : but avaricious

aims have been the cause of adopting an earlier season. It is upon the whole, in large towns, safest to inoculate before teething, but only because of the danger of taking it the natural way ; where that is not to be feared, then from the fifth to the twelfth year is far preferable ; if any thing be amiss, we can then stand some chance of rectifying it by suitable treatment, but with infants we can only deplore their state, when the complaint takes an unfavourable turn.

*Treatment.* To those who are pretty hearty, or of a full habit, between the time of inoculation and fever, two doses of Glauber salts, or cream of tartar, sufficient to procure four or five stools and not more, may be given : but to those who are lean or weakly, no purgatives should be given, only costiveness should be removed by a little cream of tartar, or the pills No. 6. If they have not a passage every day, this will be necessary ; or if they have a passage every day, and the stools should be hard and difficultly passed, the pills, or a clyster of oil, sugar, milk, and a little scraped Castile soap, which is probably the best, is to be given.

If at the commencement of the fever, the patient feels much oppression at the stomach, uneasiness and giddiness, it will be proper to administer an emetic of two grains of tartar emetic, dissolved in a cup of warm

water, or of ten grains of ipecacuana ; at the same time he should have fresh air : when the fever has commenced, if it runs high, it will be proper to give a dose of salts, which may be taken at two or three portions : if this does not lessen the fever, take four grains of tartar emetic, and put them into a quart of apple or other tea ; three tablespoonfuls of this to be given every hour, till the eruption appears, keeping him cool withal. If the eruption appears numerous, and the pulse be usually strong, a dose of salts will be of use, as it will bring many of the pimples to nothing ; after this nothing more will be necessary, but to keep the bowels regular with small doses of any mild medicine.

When the pocks have dried away, if any sore or undulatory motion of the muscles take place, a few pills of the following form may be given : calomel twelve grains, opium three grains, honey enough to form them into twelve pills, one of which may be taken night and morning.

If the arm inflames much, pour cold water on it daily, for ten minutes together.

N. B. All the above prescriptions of medicine are for grown persons.

## THE CONFLUENT SMALL POX.

**SYMPTOMS.** In this the fever is more violent than in the former, the pulse being quicker and more contracted; a disposition to coma, or a deep drowsiness, is almost always present with the incipient fever, and a delirium is a frequent symptom: infants are frequently attacked with fits in the first days: vomiting is here a common symptom: early in the third day, the pimples break out in clusters, and these are frequently preceded or accompanied with an efflorescence like St. Anthony's fire.

When the eruption is completed, it is found to be much more numerous in the face than on the body; the pocks are less eminent; at the end of the eruption the fever does not go off, but only remits, to increase with more violence, when the pocks have acquired their summit; this is called the secondary fever: the pimples soon turn to vesicles filled with whitish or brown water, instead of yellow matter as in the distinct: the pocks are very irregular, and run into one another in many places, so as to form one large flat pock, covering almost the whole face; wherever there is any space between them, it is not florid, but pale and shrivelled.

The swelling of the face, that sometimes attends the distinct, is here always present at an earlier period, and rises to a greater height; the discharge of saliva is generally great about the same time; both subside about the tenth or eleventh day, counting from the attack of the incipient fever. With infants a lax is common instead of a salivation.

The pocks over the body, though distinct, are generally flat, and upon the whole, there is a great tendency to putrefaction.

The *management* of this should be much the same as that directed for the distinct, except that towards the latter end, when the patient grows weak, and symptoms of putridity prevail, then the patient should have for drink, sixty drops of elixir of vitriol, to one pint of spirits and water, or wine and water, and a moderate degree of warmth should be kept up. Great attention should be given to keep the room clean, sweet, and ventilated, as directed for the putrid fever.

*Treatment.* When the symptoms appear as laid down, with considerable fever; give one sixth of a grain of tartar emetic in apple-tea, or common drink of any kind, every hour. From the fifth day\* onward, till the eruption be completed, give twenty drops of

\* The day is always reckoned from the attack of the incipient fever.

laudanum, every morning and night, taking care to remove the costiveness it occasions, by giving cream of tartar, or castor oil daily, if necessary. When the secondary fever comes on, the same treatment with tartar emetic and laudanum should be used, until the symptoms of putrefaction and weak pulse take place, then all should be dropped, for bark and port wine, which may be given every hour, so that the patient may take a pint of wine and one ounce of bark from morning till bed time.

From the eighth day to the eleventh, when the fever is violent, blisters should be laid on successively, without any respect to the pocks ; the wrist, thighs, back of the neck, and breast, are proper places ; when the swelling in the throat threatens suffocation, a blister should be applied over the throat, and the throat gargled with a mixture of one drachm of elixir of vitriol, to half a pint of sage tea and a little honey ; or instead of this, with vinegar and water.

If the fits, that usually attack children, happen but once or twice, nothing need be done but to keep them cool ; but if they are frequent, they are likely to destroy the patient ; then as large a dose of laudanum as the child can take, should be given.

The bark, with the vitriol and water, should be continued for a considerable time

after the disease, to strengthen the system, though it should be used in a less quantity.

## CHAP. XXVII.

### THE CHICKEN POX.

THIS disorder appears to arise from a specific contagion in the air; like the small pox, it never returns.

*Symptoms.* The patient is generally, for one or two nights, or nights and days, affected with fever, which almost always is slight; at no certain period, though perhaps always before the third day, the pocks appear on the face, and over the body; they are never very numerous, though sometimes pretty large. In the course of four days they are at their summit, when they are about the size of a large brister shot, and much of the same form, filled with yellowish or white water. They sometimes come out successively instead of a great many at once.

*Management.* The patient should be kept cool, especially when in bed; light vegetable food, and cooling acid drinks, should be used.

*Treatment.* If the fever be worthy attention, the bowels should be opened with a dose of cream of tartar or of salts, every day till it ceases, and the acid drinks given plentifully.

## CHAP. XXVIII.

## THE MEASLES.

THIS disorder arises from specific contagion, and never has been known to attack the same person twice.

It usually makes its appearance about January, and again ceases at midsummer. Nevertheless, it is not altogether adherent to any particular times, for it continues throughout the year, though less extensively.

*Symptoms.* It comes on like a common fever, with a cold stage succeeded by a hot one: a nausea, anxiety and vomiting, are pretty generally attendants. Sometimes at the beginning, the fever is sharp and violent, but before the eruption it is most generally so, which happens about the fourth day; with these a hoarseness, cough, difficult breathing, swelling of the eyelids, acrid discharges from the eyes and nose, with sneezing, take place: generally a drowsiness attends the beginning. The eruption appears first on the face in small points like flea-bites, which soon may be observed by sight or feeling, in clusters, spreading themselves over the whole body; the face appears a little turgid during the first two days of the eruption; after this the eruption changes its colour from a scarlet to a brown, and soon goes off very entirely, leaving a scurf. The

fever sometimes goes off, when this desquamation takes place, but more commonly continues with the cough for some time after the disorder has gone through its stages, and not unfrequently the cough and difficulty of breathing increase towards the end, so as to mark an inflammation of the lungs. After the desquamation, a lax or sweating usually takes place, and continues for some time.

*Management.* The patient should avoid heat, but on the other hand, should not expose himself so much to the cool air, as in the small pox. He should live on a low vegetable diet, and cool acid demulcent drinks, such as flax-seed tea, with lemon juice : barley water boiled with prunes is also very good, especially for the cough.

*Treatment.* If the fever that precedes the eruption is considerable, it will in adult patients, be proper to bleed, but in children, a purge or two of salts will be generally sufficient. From the beginning, the drinks mentioned above and syrups may be given to allay the cough ; but these are seldom sufficient ; it will therefore be necessary, from the time of the eruption, to give one tea spoonful of paregoric, twice a day, and two at night in common drink. This treatment and keeping the bowels open regularly, with gentle medicine, as salts and manna, in small doses, cream of tartar, castor oil, &c. should be continued in. When the desqua-

mation or peeling of the skin takes place, if the difficulty of breathing mentioned in the description, comes on, with a strong pulse; then the patient should be bled freely, and a blister laid afterwards on the side, as in a pleurisy, and with these, one of the powders No. 1. may be given every two hours, or if it be a child, a sufficient quantity of antimonial wine, to be taken at intervals of two hours: during such a state the paregoric should be omitted. If the patient is unable to bear bleeding, the case then cannot be very violent; then purging and blistering with the powders may be used: gentle riding and bark are proper to restore the patient when much reduced.

## CHAP. XXIX.

### THE SCARLET FEVER.

THIS complaint cannot possibly be separated from the putrid sore throat, as the affection of the throat, eruption of the skin, and low or putrid fever, which are the chief symptoms, are attendants on both: added to this, the same contagion will affect one person with what is judged to be the putrid sore throat, and another with the scarlatina. It is therefore probable that the scarlatina is only an affection of less magnitude, sometimes owing to the lenity of the general contagion, and then causing scarlatina universal-

ly, and at other times owing to the diversity of constitutions attacked.—Hence, for the cures, &c. I refer to what I have said of the putrid sore throat, Chap. xi. But it frequently happens that the scarlatina is so slight as to shew no putrid symptoms but rather inflammatory : then all that will be required will be a blister to the throat and keeping the bowels open with cream of tartar.

## CHAP. XXX.

### ST. ANTHONY'S FIRE.

*CAUSES.* A hereditary disposition thereo, or a peculiar delicacy of the membrane that suffers the inflammation ; passions of the mind, a sudden cooling of the body after being heated by the sun, spirituous liquors taken freely, hot drinks or hot baths, check'd evacuations, moist air, and perspiration any how stopt, generally excite the disease in those predisposed.

*Symptoms.* It commonly comes on with shivering and succeeding heat with fever : the pulse is generally quick, sometimes hard and full : a confusion of the head and some degree of delirium frequently attend, but a drowsiness almost always, which sometimes increases to a comatose state.—After these symptoms have continued from one to three days, a redness most commonly on the face

appears, which increases with a swelling, that turns white upon pressing it with the finger. This goes on to increase, though it commonly abates in one part a little, to increase in another; in this manner it sometimes extends all over the head, and swells the eye-lids, so as to produce temporary blindness.

It is not an uncommon case for blisters to arise on the swelling, filled with yellow or whitish serum, which break after a while, and leave the part underneath blackish, and very ready to turn gangrenous; the skin between these blisters peels off; matter is sometimes discharged from the eye-lids: the inflammation and fever usually continue about ten days, and then go off; when the fever goes on violently, and the inflammation extends, it is apt to produce an apoplexy.

These are the symptoms of a perfect disease, but slighter affections are not unfrequent, even with little or no fever.

*Management.* The patient should be kept cool, in proportion to the greatness of the fever: acid drinks and vegetable diet should be used throughout.

*Treatment.* When the case agrees with what is laid down above, half a pint or more of blood should be taken away, which may be repeated, if the habit allow, and the pulse and inflammation require it: after bleeding,

cooling purgatives should be administered ; one ounce of Glauber salts may be divided into four parts, one of which should be given every two hours, mixing it with lemon juice, which covers the bad taste.

This practice of administering salts may be followed for some days ; they not only open the bowels, but temperate the heat and fever ; in slighter cases bleeding should be laid aside, and the medicines given as directed.

Whenever there are any symptoms of putrefaction, as a low weak pulse, dark colouring of the tongue and mouth, acrid and black spots underneath where the blisters stood : then all evacuations, (except keeping the bowels regular with a little rhubarb) should be laid aside, and twelve grains of columbo root given every hour ; when this can be kept on the stomach well, and does not have sufficient effect, as much bark should be given, and the dose increased as necessity requires, or as it will sit on the patient : wine and water, and vitriol and water, made by putting two tea-spoonfuls of elixir of vitriol to a pint of water, may be drank alternately and freely.

The patient is almost always wanting some topical application, for this physicians have thought that meal sprinkled on the part, is the only proper application : this, when the inflammation is considerable, sits

agreeably, and has some effect in softening the skin, and if sprinkled on very slightly when the blisters discharge, it dries up the humour; however patients are not content with it, therefore apply either of the following with a rag moistened in it: half a pint of strong tea of camomile flowers, or wormwood tops, fifteen grains of white vitriol, and a tea-spoonful of laudanum or a strong solution of alum.

Sometimes from neglect, the part suppurates; then it should be poulticed with bread and milk till it is ripe, when it should be opened and dressed with lint spread with wax and oil melted together; this need only be applied over the sore.

Bark and vitriol, with fresh air, gentle exercise in a carriage in fair weather, will be proper to brace up the habit in the end.

## CHAP. XXXI.

### THE ESSERA, OR NETTLE RASH.

THIS generally attacks those of a delicate constitution, especially such as have a fine skin, the excessive irritability of which appears to be a cause of the disease.

From the above it would appear, that women and children are the chief subjects of it; which is agreeable to observation.

*Symptoms.* It usually comes on in the night, producing great restlessness and itch-

ing. In the morning considerable red eminences are to be observed on some parts of the body, usually about the upper arms, neck, and breast ; their forms are irregular, some being like the stroke of a whip, others like the sting of a musqueto. It is not unfrequent for them to disappear in the course of the day, and return again at night : the time of continuance is various, as they sometimes continue for a week, and sometimes for a year or more.

They have never been known to have any dangerous effect ; the itching being all that is disagreeable, which at times is so troublesome as to prevent sleep.

*Management.* The patient should use exercise, bathing, and every proper means to remove such a delicacy of constitution.

*Cure.* This has been too little attended to, or perhaps we should ere this have discovered some simple medicine that would remove it.

I have seen mercury recommended, and in a few cases which I have treated, it was always attended with success.

Twelve grains of calomel, and as many of sulphur of antimony, may be made into a dozen pills, one of which may be taken for six nights following, after which they may be used only twice a week ; if the patient's gums become sore, they should be omitted : *Aethiops mineral* is also a proper medicine,

twenty grains may be used every other night for twenty days.

Perhaps if common sulphur was tried every night, it would have an equally good effect. To guard against the returns of it, bark may be used; and some weeks after using the medicines prescribed, the cold bath.

## CHAP. XXXII.

### BLEEDING AT THE NOSE.

THOUGH this complaint attends at any age, and may trouble any constitution, yet it does not make the disorder I mean to treat of, except when it attacks young people, and especially those who are full of blood.

The animal œconomy finds it proper not to increase the different parts equally from the time of conception, but increases certain parts successively; this increase is brought about by a determination of blood to these parts; hence the different periods of life, that we see fluxes of blood making their appearance may be easily accounted for; and hence this complaint in the youthful, and the following complaint immediately after that period.

It requires attention, or it will soon be accompanied with very disagreeable circumstances.

*Symptoms.* A head-ach, redness of the eyes, florid countenance, and throbbing of the temporal arteries, usually precede for a while before the effusion, but immediately before it a fulness of the face, and itching at the nose take place; besides these, frequently more general symptoms are observable; as costiveness, pale urine, coldness of the feet, and shivering: this is a description which suits the most perfect state of the complaint.

The quantity of blood discharged is various.

*Management.* At the time the bleeding comes on, the patient should be placed in a stream of cold air, and be supported erect; he should avoid talking or blowing his nose.

In the intervals he should avoid heat, stooping his head, or walking fast, more especially after eating: his exercise should be gentle and constant, and this may be partly in riding and walking, and partly in the occupation of his business, if that be mechanical. The cold bath may be used daily, in which he may remain some time; this has, besides a bracing property, a tendency to make the patient lean; a little care should be used in the beginning; no cap should be worn on the head, to keep the water from that part. He should live upon a vegetable diet chiefly, and use cold water for his constant drink.

*Cure.* In beginning to treat the patient, if he has not already lost much blood, a few ounces may be taken from him, a little before the time of the bleedings coming on, and ever afterward a dose of salts may be used at the same time ; and it may be observed in general, that it will be necessary to keep the bowels very regular. If after the salts have been taken, the disposition is not removed, one of the fever powders, No. 1. may be used every two hours, for two days, and large quantities of lemon juice taken between each dose.

When the bleeding comes on, it may be suffered to continue till six ounces have been discharged, provided the patient be full of blood, but if otherwise, it should be stopped immediately, by pouring cold water on his head, hands, and testicles, and by drinking cold water ; at the same time using dossils of lint, dipt in a strong solution of alum and water, or in any common astringent, and applied up the nose : a piece of sponge is sometimes of service : a weak solution of bluestone has sometimes stopped the bleeding, after other things have failed. But in many cases neither of the above will answer, then the patient's life is in danger, and the following simple method may be used by any common person, who has the least degree of presence of mind ; take a needleful of silk, wax it and tie to one end

of it a dossil of well scraped lint, about as large as a thumb; get a piece of cat-gut string several inches long, grease it a little, push this cat-gut through the bleeding nostril into the mouth, till you observe it come out near the throat, lay hold of it with a pair of narrow pincers or forceps, or in their stead, with a dull pair of scissars, and draw it till you have both ends in your hands; tie a knot in the end that you have drawn through, and to this knot fasten your silk and draw back the cat-gut till you have drawn the dossil of lint, against the orifice of the passage that leads into the throat, then you need only stop up the nostril with another dossil of lint, which will shut up the passage altogether, and hinder any more blood from coming out.—The lint should be kept in for three or four days.

The cat-gut is only for the purpose of getting the silk through, which is too limber of itself: in pushing the cat-gut through, you are not to push it upwards, as the nostrils apparently lead, but directly backwards, aiming at the upper part of the throat where it comes out: the nostrils turn at about half an inch after you have pushed it upwards. By the stated returns of this complaint, and the habit of the patient as well as by the quantity, you may easily distinguish it from what is termed, a passive flowing of blood from the nose.

In this complaint, the usual topical applications for the other kind are sufficient ; but with this the cold bath may be used, which is an effectual remedy, from my own experience ; with this, or without it, tincture of iron No. 7. may be used.

## CHAP. XXXIII.

### SPITTING OF BLOOD.

**CAUSES.** Besides the predisposition mentioned in the preceding chapter, we may consider, as exciting causes, suppressed evacuations, sudden changes of the air from heavy to lighter, violent efforts, compression in different parts, &c.

**Symptoms.** After some general disorder, as flatulency, chills, &c. a fulness is often felt about the chest. From the blood being poured out, an irritation is made, to relieve which, the patient hawks or coughs, by which means he discharges a little frothy, reddish, and somewhat saltish spittle : this sensation often returns again, and the spittle is thrown out of a deeper red.—In this manner the patient usually discharges the blood for some hours or days, when it ceases for that period. But it sometimes happens, that the rupture is more considerable, and the pure blood is discharged in such quantities, as to excite vomiting : in such a case the patient's life is in immediate dan-

ger. A cough usually follows the bleeding, which returns sometimes every week, and so on at every period between that and a year.

*Management.* This should be exactly as described for the preceding disorder, only that the cold bath should not be used, as we have not sufficient experience to recommend it, and the cold should be here very moderate, as when it is severe, it determines the blood to the lungs, which is to be avoided.

*Treatment.* If the patient be able to bear it, blood should be taken away, though not in profusion. As soon as the bleeding takes place, this should be followed by a dose of Glauber salts. And ever afterwards when we apprehend from the symptoms before described, that the bleeding is about to return, we should anticipate it by the repetition of the salts, which I have seen attended with the best success.

When the bleeding is copious, besides the management of exposing the patient to cool air, let him take a tea-spoonful of common salt, and repeat it when necessary. This has been often effectual, and may be carried in the person's pocket, when repeated small bleedings plague him, or ten grains of alum every hour. In the intervals nitre should be given to reduce and cool the system, ten grains in flax-seed tea may be given three or four times a day; after the commotion has

ceased, the country air should be used.—It is sometimes necessary to take a tea-spoonful of paregoric elixir at night, in the morning, and at noon, to quell the cough.

## CHAP. XXXIV.

### CONSUMPTION.

*CAUSES.* A hereditary, natural, or acquired debility of the lungs, may be looked upon as causes of this fatal disorder: under such circumstances, almost any irritation upon those parts will establish the consumption; and it is somewhat doubtful if any cause will do the same, without the predisposition.

*Symptoms.* Cough, pain about the breast, spitting of nauseous matter at all times of the day, which is sometimes streaked with blood; a fever which comes on at noon, frequently with shivering, and almost always with coldness, which remits towards the afternoon, to exacerbate or renew its violence at night, continuing with the other affections, and after a while being followed in its second fit towards morning with a copious sweat.

The pulse in this fever, which is a hectic, is quick and most generally weak, though in its first attack some degree of hardness is to be felt. The fever is always kindled by taking much food at a time. Towards the

end of the consumption a lax takes place which generally carries off the patient.

*Management.* The patient should live upon a light digestible diet; milk, vegetables, spoon-meats, puddings, pies, &c. are proper; these should be taken in small quantities at a time, and used the oftener, on that account. The teas and drinks prescribed for fevers are the proper drinks to be used.

Exercise in a carriage or sailing, are almost indispensably necessary; the country air is so far preferable to the town, that the former will sometimes alone perfect a cure, and the latter resist every means. Cold should be guarded against, and for this as well as other reasons, a flannel shirt should be worn.

*Cure.* If the patient is not low and thin, he should be bled every week for three or four times, taking away about a quarter of a pint of blood each time, till all signs of increased action or hardness are gone from the pulse; if they give way at the first bleeding no more is to be used. After this, or when this is not allowable, eight grains of ipecacuana should be given every four days, or as many times as they appear to be beneficial; when this has been done, the patient should take twenty drops of elixir of vitriol, early in the morning, at ten o'clock, and again after the noon fever has abated,

and before the evening one has come on.— To allay the cough take two ounces of paregoric, two grains of tartar emetic, or when tartar does not agree, two ounces of the spirits of nitre dulcified : two small tea-spoonfuls may be used at night, and half that quantity taken at any time in the day when it is troublesome. When the pain in the breast is considerable, blisters may be used ; a seton should be put in the side in the beginning.

The bowels should be kept regular, with small doses of castor oil, sulphur, magnesia, or cream of tartar.

The above prescriptions, although the best and simplest that can be recommended, frequently fail, and when the disease threatens to resist them, a sea voyage should be recommended as the only refuge.

It is not unfrequent that the consumption is combined with other affections, then we must have regard to these affections, or no cure can be expected. But such cases are so complex, that they require the judgment of an able physician.

## CHAP. XXXV.

## THE PILES.

A LAXITY of the gut, affected, natural, or acquired, disposes to this complaint, so much that slight causes bring it about.

The following are found to be the usual causes, viz, much walking or riding, costiveness, long continuance in an erect posture, strong purges, suppressed, natural or artificial evacuations; falling down of the gut, drinking large quantities of watery liquors, grief, obstruction of the liver, pregnancy, high living, &c.

*Symptoms.* The symptoms of this disease being not always alike, have made some variety and distinction of it. Thus there is the blind piles, when the tumour is not visible; the common piles, when tumours appear without bleeding; and the bleeding piles, when they discharge blood. However, there are general symptoms which are common to all; as, a pain and swelling in the head, stupor, sick stomach with pains in the bowels and back, which frequently precede, and in some cases a fever also: a sense of fulness and itching are the local symptoms: these are soon relieved in the bleeding piles, when that takes place, and frequently the establishment of the tumour;

is attended with an alleviation of the symptoms.

Sometimes blood only comes away with the stools ; but at other times a considerable constant discharge alarms the patient. This affection is apt to return at stated intervals, and to increase.

*Management.* All the causes as far as possible are to be avoided, and temperance is strictly to be observed by the plethoric ; light vegetable food, and cool acid drinks are proper during the affection. Much attention should be given to regularity, and especially in keeping the bowels in a proper state. In lean patients a flannel shirt is often necessary.

*Cure.* It is frequently the case, that this discharge is salutary, and therefore a doubt arises in the minds of some people, about administering medicines to check it. Hence, whenever the discharge is small, and attended with benefit, nothing need be done to check it ; but whenever it is profuse, it then threatens a greater injury than it is likely to relieve ; then, as well as when it returns often, it should be checked by applying cloths dipped in cold water or vinegar to the neck, hands, thighs, and to the part itself ; if this does not relieve it, dip a sponge in alum and water, or in a decoction of galls, and apply it to the part, and if necessary, give twelve grains of ipecacuana in a

little water immediately. When nothing but tumours are present, and they are painful or large, wash them with the following wash : to half a pint of lead-water add two tea-spoonfuls of laudanum.

This may be used three or four times a day. Open the bowels in all cases with sulphur, or sulphur and cream of tartar mixed in equal quantities with honey ; two tea-spoonfuls may be taken every two hours : in slight cases this is frequently sufficient alone.

## CHAP. XXXVI.

### IMMODERATE FLOWING OF THE MENSES.

**CAUSES.** High living, excess in drink and venery, shocks from falls, dancing, passions, neglecting abstinence in the time of menstruating, inflammatory fevers, other evacuations checked, costiveness, cold applied to the feet, frequent miscarriages, difficult labours, neglecting to nurse, living too warm, drinking much tea or coffee, purging, &c.

**Symptoms.** An immoderate flowing is usually preceded by head-ach, giddiness, and difficult breathing, a shuddering immediately precedes the discharge, with this also a pain in the back, and feverishness frequently attend.

After a large discharge, a general debility ensues ; the pulse becomes weak, the stomach sick, respiration difficult upon the least motion ; the feet cold and swoln, especially towards evening, when a fever takes place of the hectic kind. Palpitations, fainting, fearfulness are not uncommon symptoms : the whites frequently follow.

The above symptoms take place more or less, sooner or later, according to the profuseness and repetition of the discharge.

*Management.* The causes of this complaint discover to us, that it may take place in two states of the system, one when it is overloaded or plethoric, the other when it is debilitated ; each of which require separate management.

In the former case, cold, abstinence, and cool drinks should be used with vegetable diet in the intervals : in the latter good nourishing food, port wine, and exercise are to be used. In all cases the causes are to be removed or obviated ; motion in time of flowing is to be strictly avoided.

*Cure.* In the intervals the management prescribed will be sufficient.

In the period, the patient should be kept cool ; ten grains of alum may be given every half hour ; sponges dipped in cool vinegar may be applied to the small of the back, and to the parts, and if this does not answer,

ten grains of ipecacuana may be given in a little water; after this give ten drops of elixir of vitriol every hour: to correct the laxity that succeeds, ten grains of rust of iron may be taken four times a-day and in cases of much debility, the Peruvian bark also.

When the menses return more frequently or flow more plentifully than natural, the patient should be on her guard, look for the causes and obviate them.

## CHAP. XXXVII.

### THE WHITES.

**SYMPTOMS.** A discharge of whitish mucus flows instead of the menses, or after them, and continues longer and longer, till it becomes pretty constant.

**Treatment.** As when this case takes place, debility is generally present, a nourishing diet may be used, with port wine and water, more or less in proportion to the debility, and gentle regular exercise.

**Cure.** The steel, as recommended above, is one of the best remedies; with this, topical applications should be made with a syringe. Decoction of Peruvian bark, oak-bark, or galls are proper.

## CHAP. XXXVIII.

## OBSTRUCTED MENSES.

*CAUSES.* Cold is one of the most common causes, either when applied to the body during menstruation, or when it has at a preceding time brought on the complaint called a cold ; diseases of much pain or action in other parts, debility, excessive evacuations, low passions of the mind, are also causes.

As the disorder is so well marked, I need not mention the symptoms that ensue in those who have once had the menses, but shall confine myself to the symptoms that take place in girls who have never had them, although they have passed over the proper time. This is called properly a retention of the menses.

The patient after the age of thirteen, but how long after is uncertain, is affected with a loss of appetite, sluggishness, lassitude and debility ; the countenance becomes pale or swarthy, and the body universally flaccid, the legs swell, especially at night, and the belly sometimes swells also, whilst pains affect the head, back, and other parts ; respiration is generally laborious.

*Management.* It is clear that neither the management nor the cure can be conducted on a single plan : In the plethoric, and those

who have cold as a cause, low diet should be prescribed, with thin drinks, cool air, and rest ; but in those emaciated, nourishing food, wine and exercise should be strenuously enforced.

*Cure.* In those of the former case, that is, those who are full of blood, or have much remaining strength, perhaps nothing will relieve sooner than blood letting ; with this salts may be used, and if the menses do not return at the usual period, at that very juncture let the patient take four grains of calomel, and as many of aloes, in a little honey, and repeat the dose next night if necessary. Those who are emaciated, or have a retention, should take ten grains of steel every six hours, and a couple of doses of bark daily, till the period arrives ; and then, if necessary, take the boluses as directed.—A decoction of madder has been often used with success.

## CHAP. XXXIX.

### VOMITING OF BLOOD.

**CAUSES.** Obstructed menses, and other evacuation suppressed ; enlargement of the spleen or liver, erosions of the stomach by poisons, small glass, &c. and violent straining to vomit.

*Symptoms.* Some pain about the stomach,

anxiety and vomiting of black gummy blood, without coughing.

*Management.* The patient who is subject to this, should live regularly and abstemiously, and endeavour by every means to counteract such causes as admit of assistance, and use proper medicines for the same purpose. In time of a discharge, the patient should retire from all close places, into cool and fresh air.

*Cure.* Whatever may be the cause, we are to use the same means to stop an excessive discharge. Besides the treatment mentioned before, we may use gentle astringent medicines, as ten grains of alum dissolved in water, every half hour, till the vomiting has ceased some time; after which a decoction of oak-bark may be used for some days, in the same quantity, and made in the same manner as the decoction of No. 3.

When an enlargement of the spleen or liver is the cause, little hope remains of a cure; but the patient should not neglect to try the Virginia sulphur springs, which are very powerful deobstruents. When suppressed evacuations are the cause, the means directed for them should be administered; when acrids have been taken into the stomach, they should be changed if possible, by their proper antidotes, or enveloped in some mild mucilage, as mucilage of gum arabic, or in

oil, or syrups. When vomiting is the cause a few drops of laudanum in mint water, will put a stop to it.

## CHAP. XL.

### DISCHARGE OF BLOOD FROM THE URINARY PASSAGE.

**CAUSES.** The passage of a stone, hard riding, blows on the small of the back, suppression of the piles, acrid medicines, as cantharides taken internally, or absorbed from a blister, or some putrid diseases, as the confluent small pox.

*Symptoms.* A quantity of red or coffee coloured blackish urine is discharged, sometimes with pieces of clotted blood, like a worm, sometimes the blood is diffused through the urine, and remains so : at other times it is deposited in the bottom of the pot ; sometimes much pain attends, as when a stone is passing along the ureters, at other times there is none.

*Management.* The patient is to be advised to lay in a reclined posture, and to avoid all stimulating meats and drinks ; the causes are to be removed, before a cure can be expected. Barley, rice, panada, gruel, puddings, and things of this sort, are to be his nourishment.

*Cure.* A plenty of mucilaginous drinks are to be used, as barley water, flax-seed tea,

mucilage of gum arabic, mallows tea, &c. and if the discharge continues, alum whey may be used. In the case of putrid diseases, vitriol and bark are to be administered freely.

## CHAP. XLI.

### COLD.

**CAUSE.** Cold applied partially or generally to the body, especially after an increase of heat.

**Symptoms.** It frequently makes its appearance with a difficulty of breathing thro' the nostrils, a sense of fulness and stoppage there ; this is followed by a pain in the forehead, stiffness and redness of the eyes and discharge from the nose. When the affection is any worse, the patient is subject to chills and feverishness, which is considerable towards evening, a hoarseness, sore throat, cough, flying or fixed pains of different parts, and not unfrequently some difficulty of respiring.

The cough in the beginning is usually dry, but as the other symptoms give way, it becomes moist, more easy, and attended with a discharge of whitish or yellow mucus, which is most frequent ; this goes off at different periods, according to the patient's age; state, &c.

*Management.* The patient should confine himself to the house, in a temperate room, and live upon vegetables and cool acid mucilaginous drinks, as barley water or flaxseed tea sweetened, and acidulated with lemon juice or vinegar.

*Cure.* If the feverishness and difficulty of breathing are considerable, bleeding should not be omitted ; with or without this, a dose of salts should be taken, after which sweating should be practised ; one of the powders No. 1. may be given every hour, washing it down with warm whey or tea ; or instead of these, ten drops of antimonial wine, and as many of paregoric every half hour for eight or ten times. The latter is a good medicine to take every night to lull the cough, for this purpose, thirty drops of the wine, and sixty of the elixir may be taken, when the patient is disposed to rest.

If pains remain in the head, a blister to the temples is the surest relief ; if in the limbs a tea-spoonful of the volatile or simple tincture of guaiacum may be taken two or three times a day, in a little water.—Riding in good weather, or sailing, is of great service as soon as the patient can go about.

## CHAP. XLII.

## INFLUENZA.

THE cause of this is a specific contagion, proceeding from some very general alteration in the air. There is no doubt of its being communicated from one person to another.

*Symptoms.* The most common symptoms are those of the common cold described above, attacking a whole town or neighbourhood at once. But that is not its constant form ; for sometimes it puts on the appearance of a pleurisy, with a strong pulse, at other times a pain in the side with a weak pulse, whilst in a third case it has produced all the symptoms of a low nervous fever.

*Management.* This is in general to be directed as in the common cold : but when it has the form of a low fever, wine and water should be the constant drink.

*Cure.* In some of the most violent cases, especially when the patient's habit has been full, it has been necessary and useful to bleed, and blister the pained part ; this latter need never be neglected, where the pain is fixed. Vomits of ipecacuana, antimonial wine, or tartar, are always serviceable, and interrupt the disorder sooner than any other medicine. Gentle sweating with whey, and a little antimonial wine, is never to be neglected.

This is to be used after vomiting, when that is intended.

The bowels should be kept regular by small doses of castor oil, Glauber salts, cream of tartar or jalap. When the cough is troublesome syrup of squills may be used, one tea-spoonful every three hours; or what in some cases answers better, the following mixture: paregoric elixir one tea-spoonful, antimonial wine twenty drops; this may be taken twice or three times in the course of a day. Honey and vinegar boiled together, spermaceti and loaf sugar, extract of liquorice, &c. are frequently useful to take in the mouth every quarter of an hour.

In the case of a low fever, wine and bark are to be given freely, after giving a gentle dose of ipecacuana. If the stomach refuses bark, elixir of vitriol is to be used in its stead, ten or fifteen drops every hour.

Riding or sailing is here as useful as in the former case.

## CHAP. XLIII.

### FLUX.

**SYMPTOMS.** Sometimes a fever makes the attack, at other times the bowels are primarily affected; first, with costiveness and flatulency, then with gripes and frequent painful efforts to stool, when nothing of a

natural sort is discharged, but slime of a whitish, bloody, or blackish colour, in considerable quantities.

In some few instances a lax has preceded. Whatever is voided of the natural kind, is generally in small hard balls.

The stomach in general is disordered, and that from the beginning; but it goes off as the complaint proceeds downwards, which it generally does, till all is fixed in the lower end of the last gut, where it produces that troublesome effort of it, called tenesmus.—The feverish symptoms continue a considerable time, remitting and then acceding again.

Whenever the disease takes a putrid turn, which it is apt to do, it may be known by the foetor and blackness of the discharges, a lowness of the pulse and general debility.

*Management.* Great attention should be paid to cleanliness, by removing the chamber furniture, and shifting the bed clothes often; the patient should live upon digestible vegetables, as rice, barley, &c. and milk preparations, as thickened milk, light puddings, chicken water, and light broths may also be used, if the patient is fond of them. And for drinks, teas, jelly and water, and apple water; which may be taken milk warm.

*Cure.* To procure regular natural stools, is half the cure; for which purpose a table-

spoonful of castor oil is to be given every hour, till it produces that effect; this may be repeated every other day, for several times, as the patient may require; after this, if the patient is very sick, eight grains of ipecacuana may be given; after which two grains of ipecacuana may be administered every two hours, so as not to interfere with taking the oil, as long as the fever lasts. After the use of these medicines for some time, laudanum may be given to relieve the pain, fifteen drops morning and night, mixed up with two grains of ipecacuana.

If the above medicines are not handy, or if there is any objection to them, the following may be used; a dose of salts and manna, once or twice in the beginning, after which, put two grains of tartar emetic, or a tablespoonful of antimonial wine in a quart of apple tea, and take it in small quantities, every quarter of an hour, so as to consume the whole in a day; after taking it till the fever is removed, then use the laudanum. When the complaint has a putrid turn, as well as to remove the debility after a common case, twelve grains of columbo root should be taken every two or three hours.

If the disease leaves a looseness, a decoction of logwood or tormentil should be used.

## CHAP. XLIV,

## APOPLEXY.

THIS disorder most commonly attacks the aged, such as have large heads, short necks, corpulent habits, and indolent dispositions, who have fed high and used much strong drink. If, in addition to these, they have had a suppression of any evacuation, as the piles, they can scarce expect to escape an apoplexy.

*Symptoms.* Sometimes a head-ach and swimming of the eyes, with other affections of the head precede; at other times, it suddenly attacks the patient as he reclines his head, or makes some effort, with a loss of internal and external sense, and almost total deprivation of voluntary motion. The patient's face often becomes flushed and swoln, his eyes red, his pulse full and slow, his breathing somewhat difficult, with snoring.

The time that this state lasts, is uncertain; sometimes the patient comes to his senses in a few hours, with a vomiting and sweat, at other times he lays days, and frequently never recovers.

*Management.* The patient should be laid on a bed with his head raised as high as it conveniently can be: his neckcloth should be stripped off, and he should be placed in a cool room. If the fit continues long, a little

water may be poured down his throat, if possible, twice or three times a day; when he is on the recovery, his diet should be as light as possible.

There are some cases which may be termed apoplexy, which demand treatment only from the surgeon, as when it depends upon a fracture of the skull.

*Cure.* The patient should be bled as freely as his constitution will allow: this may be done at different times rather than at once. After bleeding, a clyster of Castile soap, dissolved in water should be given, one drachm of soap to a pint of water, or instead of that, two table-spoonfuls of antimonial wine in as much water. These may be used every six hours, for several times.

If these do not bring him to himself, a large blister should be applied to the back of his neck, and sinapisms made of mustard, vinegar, and crumbs of bread, applied to the soles of his feet. As soon as the patient is able to swallow a pill, six grains of aloes, and as much soap made into a bolus or pills, should be given him every day, so as to keep his bowels in regular motion.

Gentle exercise should soon be used, and increased till the patient is perfectly well: proper exercise and abstinence are the only securities against a return. When the disorder ends in a palsy, which it sometimes

does, the cure directed for palsy is to be followed.

*Lethargy and Coma*, which are species of this disorder, are to be treated in the same way, having respect to the degree of the disorder and the patient's habit, and directing the evacuations in proportion to them.

## CHAP. XLV.

### PALSY.

**CAUSES.** Compression of a nerve in its origin or course, certain narcotics taken internally, exhalations from lead and arsenic in their preparations, excessive venery, old age, &c.

**Symptoms.** A loss of sensation or ability of motion in the part affected, which is sometimes one half of the patient, as the right side, or from the hips downwards; at other times, only a small part is affected, as the hand, the arm, the leg.

**Management.** This is to be according to the patient's habit: If he is full, a low diet is to be used; if he is low, a stimulating diet and spirituous drinks should be used. The causes are, if possible to be removed.

**Cure.** In full habits it is often necessary to purge with jalap, or aloes, and sometimes even to let blood: when these have been used, and likewise when they have not

been necessary, stimulating medicines are to be used. A table-spoonful of mustard-seed may be the first, which will give the patient a gentle vomiting: after this, any of the following may be tried, as they may best suit: from one to two tea-spoonfuls of volatile tincture of guaiacum in water, three times a day; or ten drops of tincture of cantharides, three times a day in broth or mucilage; ten drops of spirit of turpentine in honey, three times a day; infusions of horse radish and mustard; electricity; frictions; external applications of spirit of sal ammonic and oil; applications of flies, made by putting a lump of blister plaster to twice as much common wax and oil plaster; and lastly, by drinking the water of Berkley springs, which is probably as effectual as any.

## CHAP. XLVI.

### FAINTING.

**CAUSES.** Excessive exertions, heat, large evacuations, excessive passions, as fear, anger, joy, &c. suddenly depriving the body of any compression, distension, or pain, that it has been for some time accustomed to, violent pain, affections of the stomach, disagreeable smells, sights, &c.

**Symptoms.** Sometimes a langour, an anxiety, a giddiness and dimness precede: at

other times the fainting comes on suddenly ; the patient turns pale, and sinks away, appears dead ; the pulse being either imperceptible, or very low ; the breathing in the same state.

A cold sweat often breaks out, and stands in drops upon the patient's forehead, which is as cold as a corpse. After lying a few minutes in that state, the patient begins to recover, and vomits, or is sick at the stomach.

*Management.* The patient should be laid out on a hard bed, in a stream of cool air. If the cause requires attention, it is to be removed as quick as possible.

*Cure.* The patient should have his face sprinkled with cold water, and his hands, arms, and legs rubbed in the direction of the circulation, that is, towards the heart. Hartshorn should be applied to the nose and temples, and twenty or thirty drops given internally. As soon as the patient begins to recover, a little good wine should be given him, and if much debility remains afterwards, it should be removed by bark.

## CHAP. XLVII.

### DYSPEPSY, OR CONFIRMED INDIGESTION.

*CAUSES.* The large use of coffee, tea, or any warm watery drinks ; of tobacco, ardent spirits, opium, bitters, spices and

acids ; putrescent food, over eating, frequent unnecessary vomiting or purging ; some disorders, as intermittent fevers, fluxes, &c.— And indolent life, much application of mind, excessive venery, long exposure, without exercise, to cold moist air.

*Symptoms.* The great variety of symptoms in this affection together with the causes, is the reason that no two persons are identically alike affected : but nevertheless, the general or fundamental symptoms are always alike ; these I shall set down : a loss of appetite, distension of the stomach with wind, eructations after eating especially, heart-burns, sometimes a vomiting, frequent pains about the stomach, and often a dejected mind.

*Management.* Avoid all the causes, use the most digestible meat in small quantities at a time, avoid all flatulent vegetables, use wine and water, brandy and water, or porter, if it will sit well on the stomach ; use gentle, constant, and varied exercise, taking care to avoid exposure in cold or damp weather.

*Cure.* This is either palliative or radical ; the latter is not to be expected in a short time, nor at all unless with great attention.

The palliative consists in removing the present disagreeable feelings from time to time.

The most troublesome symptoms are the wind and acid on the stomach, and the costiveness ; for the wind and acid, a little magnesia, chalk, or lime water, with some essence of mint, should be taken occasionally.

For the costiveness, the patient should be provided with a box of pills made with jalap or rhubarb : or with extract of white walnut bark, these may be taken occasionally ; riding over agreeable country seats is one of the most effectual remedies against a dejected mind.

For the radical cure, we are to attempt the removal of the debility in the fibres of the stomach ; for which purpose the waters of Berkley springs, or of any chalybeate springs, are the most promising : when these cannot be used, any of the following medicines may be used, as shall best suit. Half a wine glass full three times a day, of the tincture No. 7, or two tea-spoonfuls of No. 8, in a little water, or in spirit and water, three times a day ; or twelve grains of columbo root three or four times a-day ; or a table-spoonful of the tincture of bark, No. 4, three times a day.

## CHAP. XLVIII.

## LOCKED JAW.

**CAUSES.** Sudden application of cold to the body when warm and much relaxed ; lacerations of the tendons or nerves of the foot, and of some other parts ; exposure of the muscles to the air, after the skin has been taken off by a gangrene or otherwise.

**Symptoms.** A stiffness of the lower jaw, and pains about the breast and back, generally precede, and increase till the jaw becomes firmly closed, and the muscles of the back, or of the fore parts, are violently constricted so as to bend the patient into a bow ; after this state has continued for some time, he is seized with convulsions, in which he is generally carried off.

**Management.** If any substance is lodged in the part primarily affected, it should be removed immediately ; the patient should be kept warm, and fed upon such food as can be got down. In some cases it would be advisable to draw a lower tooth, to make a passage for the food : wine and water is the most proper drink.

**Cure.** It will be proper to remove a toe, or any small part, if that be the place of the wound, and to dress this, or whatever part may be hurt, with a strong suppurating salve, as basilicon, (which is composed of

rosin and wax, with a sufficiency of oil to soften it) having first sprinkled it with red precipitate; or if these things are not to be had, a little warm oil of turpentine.

The patient's bowels should be opened with castor oil, or with jalap, and kept open; after this he should have one drachm of strong mercurial ointment rubbed into his thighs and arms, morning, noon, and night, till he spits freely; after this it may be used every other day, so as just to keep up a spitting for a week or more, if the symptoms continue. A pill of one grain of opium may be given frequently to ease the pain. If the patient grows weak, he should take the bark as frequently as he possibly can, and in as great quantities as his stomach will bear, without raising his pulse too much. It will be proper to continue the medicines in smaller quantities, for some time after the affection has gone off.

If the sore is brought in the beginning to suppurate, the locked jaw need not be feared.

## CHAP. XLIX.

### EPILEPSY, OR COMMON FITS.

**CAUSES.** Wounds, and bony protuberances of the skull: ossification of the membranes of the brain; acrimony of the fluids from contagion, degeneracy, &c. passions,

as anger, fear ; strong imagination of disagreeable objects, and the sight of such, congestions of blood in the brain, produced by a plethoric state, by long continued sun heat on the head ; by intoxication, surfeit, &c. irritations proceeding from worms : teething ; splinters in the flesh ; fractured bones ; stones in the kidney ; the matter of ulcers ; poisons, &c. and lastly, large evacuations of blood.

It will readily appear that many of the above causes do not produce fits generally ; and hence there must be a predisposition in those in whom they will occasion them.— A predisposition consists either in a great mobility of the muscular system, or in a relaxed state of the vessels of the brain, which allows of their being easily forced beyond their power, and admitting of congestion.

*Symptoms.* Sometimes the patient feels indisposed for some time before the attack, with head ach, giddiness, fulness of the head, sluggishness, &c. at other times the fit attacks without warning ; the person falls down and is variously agitated, sometimes one side more than the other ; his tongue is often thrust out of his mouth, and by that means is bit almost or quite through : after continuing some minutes in this state, his convulsions cease, and he lies some time in a sleepy state, and then returns to himself, not knowing what has passed.

*Management.* It will be proper to hold the patient, so as to keep him from hurting himself, and to put a piece of thick leather between his teeth, to keep him from injuring his tongue. It is seldom or never necessary to prescribe any diet for the patient, except in the intervals, when it is to be suited to his state. If fulness is the cause of the fits, or he is of a full habit, a low vegetable diet, with hard exercise, should be used; but for a contrary state, a nourishing diet and constant gentle exercise is to be used. The causes should, if possible, be removed by operations or medicines suited to the cause.

*Cure.* In full habits, a bleeding will be proper during the fit, or preceding it.—However, if they frequently return, it will not do to bleed every time, but give a dose of salts in its stead, at the time the patient expects the return. Besides this, very little can be done, except to adhere strictly to the management directed, and to have an issue put in the back of the neck.

In those of thin habits, when several fits return quickly after one and the other, that is in one day, it will be proper to give twenty drops of laudanum; to have him bathed in warm water, and a warm milk and water clyster injected two or three times a day. All this may be repeated if necessary, in six or eight hours after.

But the chief thing consists in removing the mobility or irritability mentioned in the cause. For this, bark, steel, and the cold bath are proper: they should be used a long while, with proper exercise and diet. In fits proceeding from some of the above causes, as from irritations, the removal of the cause is all that is required. But it is lamentable that some of the causes cannot be removed; as that from bony protuberances into the brain, &c. for such there is no remedy. But it is very probable, that the number of fits will be greatly lessened by temperance, and avoiding extremes on either hand.

## CHAP. L.

### ST. VITUS'S DANCE.

THIS is a convulsive affection, partly under the influence of the will: it affects the patient's leg, or arm, or both. It makes him limp along, and in taking a cup of water, or applying it to his mouth, he usually performs some uncommon gestures, carrying it quickly one way and then another, before he gets it to his mouth. It is apt to terminate in palsy. Children from eight to twelve are the subjects of it.

*Cure.* The patient should live sparingly, and be purged if he is full. Besides this, cold bathing and a vomit of ipecacuana,

taken two or three times, will be of service. Sometimes electricity is of service.

## CHAP. LI.

### PALPITATION OF THE HEART.

IT is not when this is a symptom, but only when it is a primary affection, that it belongs to this head.

*Causes.* Obstructions in the large blood-vessels, excessive irritability or mobility of the heart, affections of the mind and excessive evacuations.

*Management.* The patient should live on a nourishing diet, if he is weak habitually, or has been weakened by disorder: much motion, sudden starts, straining, and all exposure should be avoided.

*Cure.* When it is certain that an obstruction in the large vessels is the cause, there can be no cure expected only palliative, and that by avoiding all excess and extremes.

In the other cases, strengthening the habit with bark, steel, wine, and gentle riding, are what will prove effectual to remove it; and for a temporary medicine, pills of assafoetida, or a few drops of laudanum may be used.

## CHAP. XLII.

## ASTHMA.

BY this I do not mean every difficulty of breathing, but only that which returns periodically, depending upon a certain peculiar constitution of the lungs. It usually observes the changes of weather in its returns, and seldom or never goes off entirely.

*Symptoms.* It often begins with a tightness across the breast, flatulency, and impediment in respiration, which continues until the patient can scarcely get sufficient breath to live. Sometimes a large quantity of frothy spit is discharged, at other times little or none. Whenever any phlegm is discharged, which the patient generally makes many efforts to do, it is attended with relief.

*Management.* The patient shor'd use light food, such as will not produce flatulency: his drink should be of the cooling kind.

He should be in a place where there is a free admission of air, yet not exposed to cold.

*Cure.* A vomit of ipecacuana should be given in the beginning; after which twenty drops of laudanum in a little mint water; this may be repeated in six or eight hours, if necessary.

The bowels should be immediately opened, and kept open with common clysters.

If much fever attends the asthma, it may be proper to take away some blood, if the patient is sufficiently able to bear it; and also to lay a blister to the back. Gentle riding is proper, after the fit has passed over. As tea and coffee are supposed to be injurious to asthmatics, they may use milk and water in their stead.

## CHAP. LIII.

### HOOPING COUGH.

THIS often begins like a common cold, but proceeds on till the cough becomes more like a convulsion; the patient's breath is so forced out of his lungs, that it returns with a whizzing or hoop; after which he often pukes and finds relief. After some time there is a considerable discharge of mucus.

*Management.* The patient, if full, should live on a low diet for some time; milk in its various preparations is proper, and should form the chief of the patient's diet. Gentle riding is of service in good weather.

*Cure.* Gentle pukes of ipecacuana, or tartar emetic, should be given every two or three days for several times: after which, small doses of antimonial wine every night: the bowels should be kept open with cream

of tartar, or jalap. When the cough has continued for some time, and the patient grows weak, he should take bark daily.

A blister is sometimes necessary, when the patient's breathing becomes much interrupted, or when the returns of coughing are violent and frequent.

## CHAP. LIV.

### CHOLIC.

**CAUSES.** Costiveness, cold applied to the belly or feet, indigestible food, acrids, &c.

**Symptoms.** Pain in the belly, usually about the naval, with costiveness, flatulency, and often vomiting.

**Cure.** When much fever attends, it will be prudent to bleed, but when there is nothing but a quick or frequent pulse, we need not order bleeding, but endeavour to open the bowels with a common clyster, or with a spoonful of castor oil, given every three hours, till it operates; after which ten drops of laudanum may be given in some mint water, every hour, for four times if necessary. If the pain does not abate for this, the patient should be put into a tub of warm water for half an hour.

If the stomach does not bear the oil, let the patient take a quarter of an ounce of cream of tartar, and fifteen or twenty grains

of jalap. The opening medicines should be often repeated in less doses, to prevent a relapse, and remove the costiveness, which the laudanum occasions ; salts and manna, or manna and senna, are also very good purges.

The patient should use riding, to prevent returns, and avoid all food that has a tendency to flatulency, or to produce costiveness.

## CHAP. LV.

### CHOLERA MORBUS, OR VOMITING AND PURGING OF BILE.

THIS violent disorder happens at the end of summer, usually after loading the stomach with acid fruits.

*Cure.* The patient should take large doses of camomile, or balm, or sage tea, to wash out the stomach : after which he should take ten drops of laudanum, in some mint or cinnamon water every half hour, for five or six times if necessary. If this does not have the desired effect, a blister should be laid on the breast, and a large bundle of mint stewed in wine or spirit, laid over and about it. The patient should be kept as warm as he can, so as not to be disagreeable. Great care should be taken to avoid the night air, and acid fruits, which

rather promote the secretion of bile, than correct it when secreted.

This same disorder, with very little variety, is very common to children in large towns. They should be immediately carried out into the country air, without waiting for an alteration of the disorder, and also dipt in water fresh from the well. For a medicine, they may have, if five years old, thirty drops of laudanum put into half of the mixture, No. 2. One tea-spoonful of this, and one of weak mint water, may be taken every half hour, for three or four times: the mint as above may be immediately applied to the stomach: but the chief dependence is to be put in port wine, given every hour and increasing the dose: one tea-spoonful is enough to begin with. After the disorder has gone off, bark or columbo, should be taken to strengthen the stomach.

## CHAP. LVI.

### LAX, OR LOOSENESS.

**CAUSES.** Over-eating, bad food or water, large quantities of sweets or acids, poisons, over purging, bile in the summer time, matter discharged into the intestines, cold applied to the belly or feet, teething, passions of the mind, &c.

*Management.* The causes, as far as possible should be removed, the patient should avoid damp or cold air, by dressing warm, as with flannel next the skin; all food that has a laxative quality, should be avoided. Sago, rice, milk, eggs, light broths, and digestible meats should be used; for drink, wine and water, and warm teas are proper, as sage, balm, mint, &c.

*Cure.* To perform this, we should keep up a free perspiration, by giving three times a day half a grain of opium, with one grain of ipecacuana: let the patient lie down for one hour after taking this. After using this prescription for some days, astringents are to be used, as ten or fifteen grains of tormentil root twice a day, or thirty grains of gum kino twice a day, or oak bark made into a decoction, and used in the same quantities as the Peruvian bark, or six grains of alum every two hours.

## CHAP. LVII.

### HYSSTERICs.

*CAUSES.* Passions of the mind, especially grief, large evacuations obstructed menses, great irregularities, of any kind.—These scarce ever fail to bring it on, in those subject or predisposed to it.

*Symptoms.* Some disorder is generally felt in the belly, which is succeeded by the

sensation of a ball rising up till it gets fixed in the throat: with this, the patient is also writhed to and fro by convulsions, which cease after some minutes, to return again.—In the intervals, the patient sometimes lies in a sleepy state, at other times comes to herself and talks. In this manner they continue for some time.

*Management.* The patient should be kept from hurting herself during the fit; her food should be of the lightest kinds. If she is full, nothing but water drinks should be used, but if otherwise she should have wine and water: exercise is of material consequence to prevent relapses.

*Cure.* When the patient is of a full habit, or when the affection proceeds from obstructed menses (provided this does not proceed from debility) some blood should be taken away, after which the bowels should be opened with a common clyster. If the convulsions still continue, ten drops of laudanum should be given in some sage tea, or mint water, which may be repeated three or four times if necessary. In lean patients, a tea-spoonful of the tincture of assafœtida given three or four times a day, is what is generally used: sometimes a small puke of ipecacuana will put an end to the fits. Those who are in this latter case, should use bark, steel, or bitters, with a nourishing diet, and gentle

exercise, to prevent returns ; whilst those who are in the contrary state, should live abstemiously, keep their bowels open, and use much exercise.

## CHAP. LVIII.

### BITE OF A MAD DOG.

**SYMPTOMS.** The wound festers, and after some time, seldom under a week or two, the patient becomes languid and dejected. He then begins to dread water, and cannot swallow it without great agonies and convulsions of the face : after some time, he cannot bear the sight of it. He doses and frequently starts from his slumber ; and sometimes raves so as to need confinement.

**Cure.** The wound should be cut out, if it is on a part that admits of it ; if not, let it be filled with gun powder, and this burned ; after which it should be kept open for a month, by sprinkling it with red precipitate, and dressing it with a salve made with wax, oil and rosin. But if this has been neglected, there is no way left, but to salivate the patient, by rubbing one drachm of mercurial ointment on him every six hours till he spits freely ; after which it may be applied every other night, so as to keep up a plentiful spitting for a week or ten days. This, if done in time, will often prevent the affection.

## CHAP. LIX.

## DROPSY.

**CAUSES.** Obstructions of the liver, compression of the blood vessels from any cause, large evacuations, suppressed natural evacuations, cold and moisture long applied, hard drinking, general debility, particular debility of what is called the lymphatic system, rupture of a lymphatic, &c.

**Symptoms.** A suppression of urine, drought, swelling of the belly, or the body in general, which usually retains the impression of the finger; towards the end, fevers come on with a looseness, which puts an end to the patient's miserable life.

**Management.** The patient should live upon light digestible food, and observe the greatest regularity; his drink should be wine and water, if he is thin or debilitated: gentle exercise should be constantly used.

**Cure.** It will be very well in the beginning, if the patient's state admits of it, to give two or three small purges, composed of twenty grains of jalap, with a quarter of an ounce of cream of tartar: if this does not answer, we should try medicines that promote the urinary secretion; for which purpose two grains of powdered squills may be given twice a day, or half an ounce of cream of tartar dissolved in a quart of wa-

ter, may be taken in the course of the morning. An infusion of horseradish and garlic, in spirit, has been sometimes of use; also strong cider, iron flakes, and mustard-seed put together.

From ten to twenty drops of an infusion of tobacco, in a little mint water, twice a day, have been used with success: also a tea-spoonful of salt-petre in a little gin, twice a day.

If none of the above medicines have the desired effect, there is but little chance of a recovery. However, after every thing else has been tried to no purpose, rubbing the belly, when the dropsy affects that part, with warm oil for a long while every day, before a fire has proved effectual.

Bitters and steel are always useful, and should be taken with the other medicines, only at another hour.

There is a kind of dropsy which affects only the cavity of the breast, which is known by the noise the water makes, when the patient turns over; by affecting the pulse so as to make it irregular in its strokes: by its affecting the respiration, and disturbing the patient in the night with a sensation of oppression. It is to be treated as the other dropsies.

## CHAP. LX.

## RICKETS.

**SYMPTOMS.** It makes its appearance generally between the ninth and twenty-fourth month, in the following manner ; the child becomes sedate, and grows lean, whilst the head grows somewhat out of form ; the teeth come out slowly, turn black, and fall out : in a little time the child becomes altogether misshapen, some parts growing whilst others pine away ; the stools are liquid and after a considerable time a fever comes on, which continues till it puts an end to the pitiable object.

But when it is not so bad, the child recovers as he grows, till he recovers all but his shape

**Management.** The child should not be kept longer than usual at the breast, he should have a portion of meat for his diet, much tea should be avoided ; he should be carried out every day for exercise, when the weather permits, and great attention should be paid to keeping him clean.

**Cure** If the weather is not very cold, let the child be dipped every morning in water immediately from the well : give him a tea-spoonful of the tincture No. 7. three or four times a day, and let him take two or three grains of rhubarb, when costive,

Bark is also a good medicine, if the child can be prevailed on to take it.

If there is much acid on the stomach, give a little crabs eyes, or magnesia.

## CHAP. LXI.

### JAUNDICE.

**CAUSES.** Concretions of the bile, stopping up the duct, tumours, spasms of the gut into which the bile is emptied, as in cholic and obstructions of the liver.

**Symptoms.** An universal yellowness, which begins in the white of the eyes, whitish stools, and pains about the right side, and sometimes a swelling at the same place.

**Management.** The patient should live mostly on vegetables, except when very thin. Gentle exercise should be constantly used; the drink should be wine and water, when in the above state, but if full, nothing but water should be used. The patient should carefully avoid cold and moisture.

**Cure.** A gentle emetic should be tried, and if it is of service, or does not do harm, it should be repeated; this is best suited where there are gall stones: but if the liver be obstructed, the patient should take one grain of calomel every night and morning, till his gums feel sore. When much pain

attends, twelve or fifteen drops of laudanum may be given twice a day.

Bitters are often useful ; also, elixir of vitriol, to forty drops a day. Soap has sometimes been useful, taken in pills ; but the chief dependence is to be put in diet and exercise.

When there is any fever, the saline mixture, No. 2, should be used as there directed.

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## PRESCRIPTIONS.

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### FEVER POWDERS, NO. 1.

TAKE one hundred grains of clean salt-petre, and one grain of tartar emetic ; beat the salt fine, and mix the tartar well with it : divide it into five powders.

One of these is generally given every two hours, in a cup of water or tea.

### SALINE MIXTURE, NO. 2.

Take two tea-spoonfuls of salt of tartar or salt of wormwood, dissolve it in six table spoonfuls of water, and add lemon or lime juice to it, or pure vinegar gradually, until it ceases to bubble : sweeten it.—Two table-spoonfuls every hour is generally the dose.

## DECOCTION OF BARK, No. 3.

To one ounce of bark, add half a gallon of water, and boil it in about two or three hours to three gills: strain it through a coarse rag whilst hot.

Dose: Two table-spoonfuls every two hours.

## TINCTURE OF BARK, NO. 4.

Pour a quart of Port or Madeira wine on two ounces of bark; in six days it will be fit for use.

Dose: A small wine glass full from two to six times a day.

## MILD CLYSTER, NO. 5.

To one pint of milk add of lard or oil, molasses, and Glauber or table salt, each one table-spoonful; warm it to the heat of blood, and use it at once.

## COMMON LAXATIVE PILLS, NO. 6.

Take thirty-six grains of aloes, and twenty-four of Castile soap: make them into twelve pills with a little honey: one or two are a dose.

## TINCTURE OF STEEL, OR IRON, NO. 7.

On a handful of the flakes that fly off round the anvil (in a blacksmith's shop) pour a quart of port wine: let it stand a few weeks, and then use half a wine glass full, once, or twice, or three times a day.

## BITTERS, NO. 8.

On an ounce of gentian root, finely cut, and half an ounce of orange peel, pour a pint of good brandy: let them stand five days, and then use about two tea-spoonfuls in a little water, three times a day.

## DOSES.

	Laudanum. Drops.	Tart. Emet. Grains.	Ipecacuana. Grains.
For a grown person	10 to 25	2 to 4	8 to 18
a youth of 12	4 to 8	1½ to 2½	6 to 10
a child of 3	2 to 4	1 to 1½	4 to 6
a babe	1 to 1½		1 to 2

## EXPLANATION OF DIFFICULT WORDS.

*Chalybeate.* That which is impregnated with iron.

*Coma.* A disordered state like sleep.

*Congestion.* A collection of humours.

*Contusion.* Pressure, squeeze, crush.

*Constricted.* Drawn together, bound.

*Debility.* Feebleness, weakness.

*Decoction.* That which is made by boiling.

*Delirium.* A confusion of the internal senses.

*Demulcent.* Softening.

*Desquamation.* A peeling off.

*Exacerbate.* Sharpening up, increase.

*Efflorescence.* An appearance of ruddy spots.

*Exhalation.* Vapour, fume.

*Eminence.* Raised above a level.

*Eructation.* A belching.

*Fauces.* The posterior cavity of the mouth.

*Flaccid.* Relaxed, loose.

*Gestation.* Passive exercise, as riding.

*Grumous.* Clodded.

*Intermittent.* With an interval.

*Laceration.* Tear, rent.

*Mucilaginous.* Jelly-like, slimy, viscous.

*Narcotic.* That which destroys sense and  
stupifies,

*Nausea.* Sickness at the stomach.

*Obesity.* Fatness.

*Ossify.* To turn to bone.

*Palliative.* That which mitigates, lessens.

*Peripneumonia.* Inflammation round the  
lungs.

*Pustules.* Pimples with matter in them.

*Radically.* From the root, the bottom.

*Remit.* To lessen or cease partially.

*Respiration.* The act of breathing.

*Sedate.* Given to inactivity, quiet.

*Sloughs.* Mortified spots.

*Spheroidal.* Like a sphere.

*Suppurate.* To turn to matter.

*Topical.* Confined to a place or part.

*Torpor.* Slowness.

*Turgid.* Swelled, bloated.

*Undulate.* To proceed like waves.

*Ventilated,* Exposed to the wind.

*Vesicles.* Pimples with water in them, like  
bladders.

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## FAMILY ADVISER.

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# PRIMITIVE PHYSIC:

OR

AN EASY AND NATURAL METHOD OF

## CURING MOST DISEASES.

---

BY JOHN WESLEY, M. A.

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Homo sum: humani nihil a me alienum puto.

---

THE TWENTY-EIGHTH EDITION, CORRECTED.

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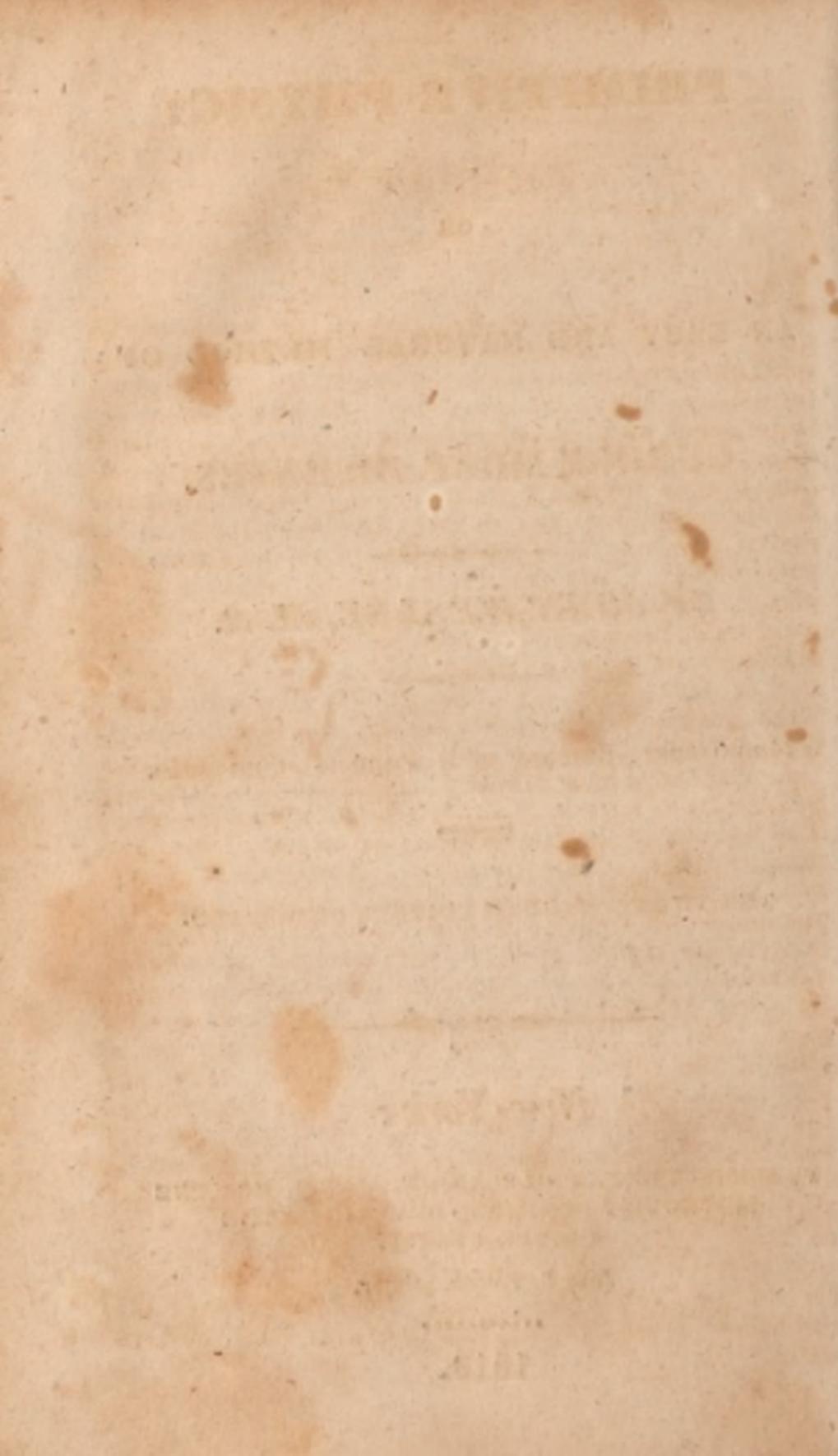
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1818.



## PREFACE.

WHEN man came first out of the hands of the great Creator, clothed in body as well as in soul, with immortality and incorruption, there was no place for physic, or the art of healing. As he knew no sin, so he knew no pain, no sickness, weakness, or bodily disorder. The habitation wherein the angelic mind, the Divinae particula Auræ abode, though originally formed out of the dust of the earth, was liable to no decay. It had no seeds of corruption or dissolution within itself. And there was nothing without to injure it : heaven and earth and all the hosts of them were mild, benign and friendly to human nature. The entire creation was at peace with man, so long as man was at peace with his Creator. So that well might "the morning stars sing together, and all the sons of God shout for joy."

2. But since man rebelled against the Sovereign of heaven and earth, how entirely is the scene changed ! The incorruptible frame hath put on corruption, the immortal has put on mortality. The seeds of weakness and pain, of sickness and death are now lodged in our inmost substance ; whence a thousand disorders continually spring, even without the aid of external violence. And how is the number of these increased by every thing round about us ! The heavens, the earth, and all things contained therein, conspire to punish the rebels against their Creator. The sun and moon shed unwholesome influences from above ; the earth exhales poisonous damps from beneath ; the beasts of the fields, the birds of the air, the fishes of the sea are in a state of hostility : the air itself that surrounds us on every side, is replete with the shafts of death : yea, the food we eat, daily saps the foundation of the life which cannot be sustained without it. So has the Lord of all secured the execution of his decree—" Dust thou art, and unto dust thou shalt return."

3. But can there nothing be found to lessen those inconveniences, which cannot be wholly removed? To soften the evils of life, and prevent in part the sickness and pain to which we are continually exposed? Without question there may. One grand preventive of pain and sickness of various kinds, seems intimated by the great Author of nature in the very sentence that entails death upon us: "In the sweat of thy face shalt thou eat bread, till thou return to the ground." The power of exercise both to preserve and restore health, is greater than can well be conceived; especially in those who add temperance thereto; who if they do not confine themselves altogether to eat either "bread or the herb of the field" (which God does not require them to do) yet steadily observe both that kind and measure of food, which experience shews to be most friendly to strength and health.

4. It is probable, physic, as well as religion, was in the first ages chiefly traditional: every father delivering down to his sons, what he had himself in like manner received, concerning the manner of healing both outward hurts, and the diseases incident to each climate, and the medicines which were of the greatest efficacy for the cure of each disorder. It is certain, this is the method wherein the art of healing is preserved among the Americans to this day. Their diseases are exceeding few: nor do they often occur by reason of their continual exercise, and (till of late) universal temperance. But if any are sick or bitten by a serpent, or torn by a wild beast, the fathers immediately tell their children what remedy to apply. And it is rare that the patient suffers long: those medicines being quick, as well as generally infallible.

5. Hence it was, perhaps, that the ancients, not only of Greece and Rome, but even of barbarous nations, usually assigned physic a divine original. And indeed it was a natural thought, that He who had taught it to the very beasts and birds, the Cretan Stag, the Egyptian Ibis, could not he wanting to teach man,

Sanctius his animal, mentisque capacius altæ:

Yea, sometimes even by those meaner creatures ; for it was easy to infer, "If this will heal that creature, whose flesh is nearly of the same texture with mine, then in a parallel case it will heal me." The trial was made : the cure was wrought ; and experience and physic grew up together.

6. As to the manner of using the medicines here set down, I should advise, as soon as you know your distemper (which is very easy, unless in a complication of disorders, and then you would do well to apply to a physician that fears God) FIRST, use the first of the remedies for that disease, which occurs in the ensuing collection ; (unless some other of them be easier to be had, and then it may do just as well.) SECONDLY, after a competent time, if it takes no effect, use the second, the third, and so on. I have purposely set down (in most cases) several remedies for each disorder; not only because all are not equally easy to be procured at all times, and in all places : but likewise the medicine that cures one man, will not always cure another of the same distemper. Nor will it cure the same man at all times. Therefore it was necessary to have a variety. However, I have subjoined the letter (I) to those medicines which some think infallible. THIRDLY, Observe all the time the greatest exactness in your regimen or manner of living. Abstain from all mixed, all high-seasoned food. Use plain diet, easy of digestion ; and this as sparingly as you can, consistent with ease and strength.—Drink only water, if it agrees with your stomach : if not, good, clear, small beer. Use as much exercise daily, in the open air, as you can without weariness. Sup at six or seven on the lightest food ; go to bed early and rise betimes. To persevere with steadiness in this course, is often more than half the cure. Above all, add to the rest (for it is not labour lost) that old, unfashionable medicine, prayer. And have faith in God who "*killeth and maketh alive, who bringeth down to the grave, and bringeth up.*"

7. For the sake of those who desire through the blessing of God to retain the health which they have recovered, I have added, a few plain, easy rules, chiefly transcribed from Dr. Cheyne.

I. 1. The air we breathe is of great consequence to our health. Those who have been long abroad in easterly or northerly winds, should drink some thin and warm liquor going to bed, or a draught of toast and water.

2. Tender people should have those who lie with them, or are much about them, sound, sweet, and healthy.

3. Every one that would preserve health, should be as clean and sweet as possible in their houses, clothes, and furniture.

II. 1. The great rule of eating and drinking is, To suit the quality and quantity of the food to the strength of our digestion; to take always such a sort and such a measure of food, as sits light and easy on the stomach.

2. All pickled, or smoked, or salted food, and all highly-seasoned, are alone unfit for aliment.

3. Nothing conduces more to health, than abstinence and plain food, with due labour.

4. For studious persons, about eight ounces of animal food, and twelve of vegetable, in twenty-four hours, are sufficient.

5. Water, though the wholesomest of all drinks, yet if used largely in time of digestion, is injurious.

6. Strong, and more especially spirituous liquors; are a certain, though slow poison, unless well diluted and cautiously used.

7. Experience shews, there is very seldom any danger in leaving them off all at once; unless in time of particular diseases, as of debility.

8. Strong liquors do not prevent the mischiefs of a surfeit, nor carry it off so safely as water.

9. Malt liquors (except clear small beer, or small ale, of a due age) are exceeding hurtful to tender persons.

10. Coffee and tea are extremely hurtful to persons who have weak nerves.

III. 1. All persons should eat very light suppers; and that two or three hours before going to bed.

2. To go to bed about nine, and rise at five should be a general practice.

IV. 1. A due degree of exercise is indispensably necessary to health and long life.

2. Walking is the best exercise for those who are able to bear it; riding for those who are not. The open air, when the weather is fair, contributes much to the benefit of exercise.

3. We may strengthen any weak part of the body by constant exercise. Thus the lungs may be strengthened by moderate speaking; the digestion and the nerves by rising; the arms and hands, by strongly rubbing them daily.

4. The studious ought to have stated times for exercise, at least two or three hours a-day: the one half of this before dinner, the other before going to bed.

5. They should frequently shave, and frequently wash their feet in cold water.

6. Those who read or write much, should learn to do it chiefly standing; otherwise it will impair their health.

7. The fewer clothes any one uses, by day or night, the hardier he will be; but the habit must be begun in youth.

8. Exercise, first, should be always on an empty stomach; secondly, should never be continued to weariness; thirdly, after it, we should take care to cool by degrees; otherwise we shall take cold.

9. The flesh brush is a most useful exercise, especially to strengthen any part that is weak.

10. Cold bathing is of great advantage to health: it prevents abundance of diseases. It promotes perspiration, helps the circulation of the blood, and prevents the danger of taking cold. Tender people should pour water upon the head before they go in, and walk in swiftly. To jump in with the head foremost is too great a shock to nature. It is best to use it immediately after rising.

V. 1. Costiveness cannot long consist with health. Therefore care should be taken to remove it at the beginning by a gentle medicine; and when it is removed to prevent its return, by soft, cool, open diet; as of vegetables, acid or sweet.

2. Obstructed perspiration (vulgarly called catching cold) is one great source of diseases. Whenever there appears the least sign of this, let it be removed by gentle sweats or purges.

- VI. 1. The passions have a greater influence on health than most people are aware of.  
2. All violent and sudden passions dispose to, or actually throw people into acute diseases.  
3. The slow and lasting passions, such as grief and hopeless love, bring on chronic diseases, and low fevers.  
4. Till the passion which caused the disease is calmed, medicine is applied in vain.  
5. The love of God, as it is the sovereign remedy of all miseries, so in particular it effectually prevents all the bodily disorders the passions introduce, by keeping the passions themselves within due bounds. And by the unspeakable joy, and perfect calm, serenity and tranquility it gives the mind, it becomes the most powerful of all the means of health and long life.

LONDON, JUNE 11, 1747.

TO THE  
MEMBERS OF THE  
**METHODIST EPISCOPAL CHURCH.**

---

*Friends and Brethren,*

THE grand interest of your souls will ever lie near our hearts ; but we cannot be unmindful of your bodies. In several parts of this extensive country, the climate, and in others the food, is unwholesome ; and frequently, the physicians are few, some of them unskilful, and all of them beyond the reach of your temporal abilities. A few small publications excepted, little has been done by physical books, in order to remove these inconveniences, and even those have been written in Europe, and do therefore partake of the confined ideas of the writers, who could not possibly be fully acquainted with the peculiarities of the various diseases incident to a people that inhabit a country so remote from theirs.

Simple remedies are, in general, the most safe for simple disorders, and sometimes do wonders under the blessing of God. In this view we present to you now, the *Primitive Physic*, published by our much honoured friend *John Wesley*. But the difference be-

ing in many respects great between this country and England, in regard to climate, the constitution of patients, and even the qualities of the same simples,—we saw it necessary for you, to have it revised by physicians practising in this country, who at our request have added cautionary and explanatory notes where they were necessary, with some additional receipts suitable to the climate.

In this state we lay the publication before you, and earnestly recommend it to you.

As we apply all the profits of our books to charitable purposes, and the promoting the work of God, we think we have some right to intreat you (except in particular cases) to buy only our books, which are recommended by the Conference, and signed with our signatures: and as we intend to print our books in future *within the states*, and on a much larger scale than we have hitherto done, we trust we shall be able soon to supply you with as many of the choicest of our publications, as the time and temporal abilities of those of you, who do not live a life of study, will require.

*We remain, dear brethren, as ever,  
Your faithful pastors,*

THOMAS COKE,  
FRANCIS ASBURY.

## COLLECTION OF RECEIPTS.

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[We would inform our readers, that the receipts and notes inclosed in brackets, as this is, are inserted by the physicians who revised the copy for this impression : and also, that the prescriptions marked \* are better than the others.]

### 1. Abortion \* (to prevent.)

\*WOMEN of a weak or relaxed habit should use solid food, avoiding great quantities of tea, and other weak and watery liquors.—They should go soon to bed, and rise early ; and take frequent exercise, but avoid fatigue.

If of a full habit, they ought to use a spare diet, and chiefly of the vegetable kind, avoiding strong liquors, and every thing that may tend to heat the body, or increase the quantity of blood.

In the first case, take daily half a pint of a decoction of lignum vitæ : boiling an ounce of it in a quart of water for five minutes.

\*[In the first case, the cold bath used two or three times a week, from the beginning to the sixth month of pregnancy, is deemed effectual. In the latter case, bleeding at the arm in the fourth and seventh months may be used.]

In the latter case, give half a drachm of powdered nitre, in a cup of water gruel, every five or six hours: in both cases she should sleep on a hard mattrass, and be kept cool and quiet. The bowels should be kept regular by a pill of white walnut extract.

## 2. For an Ague.\*

Go into the cold bath just before the cold fit.

 Nothing tends more to prolong an ague, than indulging a lazy indolent disposition. The patient ought, therefore, between the fits, to take as much exercise as he can bear; and to use a light diet, and for common drink, port wine and water is the most proper.

\*When all other means fail, give blue vitrol, from one grain to two grains, in the absence of the fit, and repeat it three or four times in twenty-four hours.

Or, boil yarrow in new milk, till it is tender enough to spread as a plaster. An hour before the cold fit, apply this to the wrists, and let it be on till the hot fit is over. If another fit comes, use a fresh plaster. This often cures a quartan:

\*Or put a tea-spoonful of salt of tartar into a large glass of spring water, and drink

\* An ague is an intermitting fever, each fit of which is preceded by a cold shivering, and goes off in a sweat.

it by little and little. Repeat the same dose the next two days, before the time of the fit.

\*Or a large spoonful of powdered Camomile flowers :

\*Or a tea-spoonful of the spirits of harts-horn in a glass of water :

Or, eat a small lemon, rind and all.

\*In the hot fit, if violent, take eight or ten drops of laudanum : if costive, with an Anderson's pill.

\*Dr. Lind says, an ague is certainly cured by taking from ten to twenty drops of laudanum, with two drachms of syrup of poppies, in any warm liquid, half an hour after the heat begins.

\* It is proper to take a gentle vomit, and sometimes a purge, before you use any of these medicines. If a vomit is taken two hours before the fit is expected, it generally prevents that fit, and sometimes cures an ague, especially in children. It is also proper to repeat the medicine, (whatever it be) about a week after, in order to prevent a relapse. Do not take any purge soon after. The daily use of the flesh brush, and frequent cold bathing, are of great use to prevent relapses.

\*Children have been cured by wearing a waistcoat, in which bark was quilted.

[Those fevers which abate their violence at times, that there appears an absence of

the fever for a certain period between two fits, are called intermittents, says Galen.—The length of the period determines the name, as quotidian, tertian, double tertian, quartan. The spring intermittents seldom need the grand specific remedy, viz. the Peruvian bark, in this climate, as by administering a vomit of twenty grains of ipecacuana, or of eight grains of the former, and one of tartar emetic mixed for a grown person, the succeeding heat of the season effects the cure, and often without medicine. The fall intermittents seldom put on a regular form at first in adults, but are generally remitting fevers; but even though they approach nearer to a continual fever, the patient seldom needs bleeding, and perhaps never in regular intermittents. In either case a vomit as before mentioned, the first opportunity in remitting, and two hours before the fit in an intermitting fever, with warm diluting drinks in the time of the fit, and when intermitting regularly, the bark may be applied, after the operation of the vomit, and the fit is over.—Children generally need only to be purged before the use of the bark, with jalap or rhubarb: the dose of these may be thirty grains for a grown person, and half the quantity for one of nine years old, and in proportion. After the fever regularly intermits, and the stomach has been cleansed and the body kept

open, the Peruvian bark may be given, (unless some inflammation or obstruction prevent) immediately after the fit, two ounces, and often one is generally sufficient, thus : Divide an ounce of powder of the bark into twelve doses ; let the sick man or woman take one every two hours between the fits, and continue them after the return of the next ; or, boil an ounce of the bark in a pint and a half of water gently down to a pint, strain off the liquid, and take a wine glass full every two hours ; or—To an ounce of the bark in powder add four or five spoonfuls of proof spirit and a pint of boiling water, let them infuse two or three days : to use as the former. But it is best in substance when it can be taken.]

### 3. St. Anthony's Fire.\*

\*Take a glass of tar water, warm, in bed, every hour, washing the part with the same.

 Tar water is made thus.—Put a gallon of cold water to a quart of Norway

\*St. Anthony's fire is a fever attended with a red painful swelling, full of pimples, which afterwards turn into small blisters, on the face or some other part of the body. The sooner the eruption is, the less the danger. Let your diet be only water gruel or barley broth, with roasted apples.

tar. Stir them together with a flat stick for five or six minutes. After it has stood covered for three days, pour off the water clear, bottle and cork it.

Or, take a decoction of elder leaves as a sweat; applying to the part a cloth dipt in lime water, mixed with a little camphorated spirits of wine.

 Lime water is made thus.—Infuse a pound of good quick lime in six quarts of spring water for twenty-four hours. Decant and keep it for use.

\*Or, take two or three gentle purges.—No acute fever bears repeated purges better than this, especially when it affects the head: meantime boil a handful of sage, two handfuls of elder leaves (or bark) and an ounce of alum in two quarts of forge water, to a pint. Wash with this every night.—See extract from Dr. Tissot.

If the pulse be low and the spirits sunk, nourishing broths and a little negus may be given to advantage; dressing the inflammation with greasy ointments, salves, &c. is very improper.

Bathing the feet and legs in warm water is serviceable, and often relieves the patient much. In Scotland the common people cover the part with a linen cloth covered with meal.

#### 4. The Apoplexy.\*

\*To prevent, use the cold bath, and drink only water.

In the fit put a handful of salt into a pint of cold water, and if possible pour it down the throat of the patient. He will quickly come to himself. So will one who seems dead by a fall. But send for a good physician immediately.

If the fit be soon after a meal, vomit and bleed.

\*A seton in the neck, with low diet, has often prevented a relapse.

\*There is a wide difference between the sanguineous and serous apoplexy; the latter is often followed by a palsy. The former is distinguished by the countenance appearing florid: the face swelled or puffed up: and the blood vessels, especially about the neck and temples, are turgid: the pulse beats strong: the eyes are prominent and fixed; and the breathing is difficult and performed with a snorting. This invades more suddenly than the serous apoplexy. Use large bleedings from the arm or neck; bathe the feet in warm water; cupping on the back of the head, with deep scarification. The garters should be tied very tight to

\*An apoplexy is a total loss of all sense and voluntary motion, commonly attended with a strong pulse, hard breathing and snorting.

lessen the motion of the blood from the lower extremities.

\*A scruple of nitre may be given in water, every three or four hours.

\*When the patient is so far recovered as to be able to swallow, let him take a strong purge ; but if this cannot be effected, a clyster should be thrown up with plenty of fresh butter, and a large spoonful of common salt in it.

In the serous apoplexy, the pulse is not so strong, the countenance is less florid, and not attended with so great a difficulty of breathing. Here bleeding is not so necessary, but a vomit of three grains of emetic tartar may be given, and afterwards a purge as before, and a blister applied to the back of the neck.

 This apoplexy is generally preceded by an unusual heaviness, giddiness, and drowsiness.

### 5. Canine Appetite.\*

"If it be without vomiting, is often cured by a small bit of bread dipt in wine, and applied to the nostrils." Dr. Schomberg.

### 6. The Asthma.†

Take a pint of cold water every morn-

\*An insatiable desire of eating.

†An Asthma is a difficulty of breathing returning at intervals, from a disorder in the lungs. In the common (or moist) asthma, the patient spits much.

ing, washing the head therein immediately after, and using the cold bath once a fortnight :

Or, cut an ounce of stick liquorice into slices : Steep this in a quart of water four and twenty hours, and use it, when you are worse than usual, as common drink. I have known this give much ease.

Or, half a pint of tar-water twice a day.

Or, live a fortnight on boiled carrots only. It seldom fails :

Or, take from ten to twenty drops of elixir of vitriol, in a glass of water, three or four times a day.

 Elixir of vitriol is made thus. Drop gradually four ounces of strong oil of vitriol into a pint of spirits of wine, or brandy ; let it stand three days, and add to it ginger sliced, half an ounce, and Jamaica pepper, whole, one ounce. In three days more it is fit for use.

Or, into a quart of boiling water, put a tea-spoonful of balsamic æther ; receive the steam into the lungs, through a fumigator, twice a day.

 Balsamic æther is made thus. Put four ounces of spirits of wine, and one ounce of balsam of tolu into a vial, with one ounce of æther. Keep it well corked. But it will not keep above a week.

For present relief, vomit with twelve grains of ipecacuana.

## 7. A Dry or Convulsive Asthma.

Juice of radishes relieves much : so does a cup of strong coffee ; or garlic, either raw or preserved, or in syrup :

Or, drink a pint of new milk morning and evening. This has cured an inveterate asthma.

Or, beat fine saffron small, and take eight or ten grains every night.—Tried.

Take from three to five grains of ipecacuanha every week. Do this, if need be, for a month or six weeks. Five grains usually vomit. In a violent fit, take fifteen grains.

In any asthma, the best drink is apple-water ; that is, boiling water poured on sliced apples.

The food should be light and easy of digestion. Ripe fruits baked, boiled, or roasted, are very proper ; but strong liquors of all kinds, especially beer or ale, are hurtful. If any supper is taken, it should be very light.

\*All disorders of the breast are much relieved by keeping the feet warm, and promoting perspiration. Exercise is also of very great importance ; so that the patient should take as much every day as his strength will bear. Issues are found in general to be of great service.

Dr. Smyth, in his Formula, recommends mustard whey as common drink, in the

moist asthma; and a decoction of the madder root to promote spitting.

 The decoction is made thus.—Boil one ounce of madder, and two drachms of mace, in three pints of water, to two pints, then strain it, and take a tea-cupful three or four times a day.

### 8. To cure Baldness.

Rub the part morning and evening, with onions, till it is red, and rub it afterwards with honey. Or, wash it with a decoction of box-wood: Tried. Or, electrify it daily.

### 9. Bleeding at the Nose (to prevent.)

Dissolve two scruples of nitre in half a pint of water, and take a tea-cupful every hour, if the patient is plethoric.

\*To cure it, apply to the neck behind and on each side, a cloth dipt in cold water:

Or, put the legs and arms in cold water:

Or, wash the temples, nose, and neck, with vinegar.

Or snuff up vinegar and water.

\*Or foment the legs and arms with it:

Or steep a linen rag in sharp vinegar, burn it, and blow it up the nose with a quill:

\*Or, apply tents made of soft lint dipped in cold water, strongly impregnated with a solution of alum, and introduced within the nostrils quite through to their posterior apertures.

Or, dissolve an ounce of alum powdered, in a pint of vinegar; apply a cloth dipt in this, to the temples, steeping the feet in warm water.

In a violent case, go into a pond or river.  
Tried.—See extract from Dr. Tissot.

### 10. Bleeding of a Wound.

Make two or three tight ligatures towards the lower part of each joint: slacken them gradually:

Or, apply tops of nettles bruised:

Or, strew on it the ashes of a linen rag, dipt in sharp vinegar and burnt:

Or, take ripe puff-balls, break them warily, and save the powder. Strew this on the wound and bind it on. *I.*—This will stop the bleeding of an amputated limb.

[Or, take of blue vitriol and alum, each an ounce and a half, boil them in a pint of water till the salts are dissolved, then filter the liquid and add a drachm of the oil of vitriol: a soft rag may be dipped in this, and applied up the nose; or any bleeding we can come at.—Buchan. Or, use the agaric of the oak.]

### 11. Spitting of Blood.\*

Take two spoonfuls of juice of nettles every morning, and a large cup of decoction of nettles at night for a week: Tried.

\*[Eat a table-spoonful of fine common salt every morning fasting, or a tea-spoonful every three hours, until the bleeding stops.]

Or, three spoonfuls of sage-juice in a little honey. This presently stops either spitting or vomiting blood: Tried.

Or, twenty grains of alum in water every two hours.

## 12. Vomiting of Blood.

Take two spoonfuls of nettle juice.

(~~It~~ This also dissolves blood coagulated in the stomach.)—Tried.

Or, take as much salt-petre as will lie upon half a crown, dissolved in a glass of cold water, two or three times a day.

## 13. To Dissolve Coagulated Blood.

Bind on the part for some hours, a paste made of black soap and crumbs of white bread:

Or, grated root of burdock spread on a rag: renew this twice a-day.

## 14. Blisters,

On the feet, occasioned by walking, are cured by drawing a needle full of worsted through them, clip it off at both ends, and leave it till the skin peels off.

## 15. Biles.

Apply a little Venice turpentine:

Or, an equal quantity of soap and brown sugar well mixt.

Or a plaster of honey and wheat flower:

\*Or of figs:

Or, a little saffron in a white bread poultice.

—Tis proper to purge also.

### 16. Hard Breasts.

Apply turnips roasted till soft, then mashed and mixed with a little oil of roses.—Change this twice a-day, keeping the breast very warm with flannel.

### 17. Sore Breasts and Swelled.

\*Apply lead water.

Or, boil a handful of camomile, and as much mallows in milk and water. Foment with it between two flannels, as hot as can be borne, every twelve hours. It also dissolves any knot or swelling in any part, where there is no inflammation.

### 18. A Bruise.

Immediately apply treacle spread on brown paper: Tried.

Or, apply a plaster of chopt parsley mixt with butter:

Or, electrify the part. This is the quickest cure of all.

### 19. To prevent swelling from a Bruise.

\*Immediately apply a cloth, five or six fold dipt in cold water, and new dipt when it grows warm: Tried.

## 20. A Burn or Scald.

If it be but skin deep, immediately plunge the part in cold water, keep it in an hour, if not well before. Perhaps four or five hours : Tried.

Or electrify it. If this can be done presently it totally cures the most desperate burn.

Or, if the part cannot be dipt, apply a cloth four fold, dipt in cold water, changing it when it grows warm.

## 21. A deep Burn or Scald.

\*Apply inner rind of elder well mixt with fresh butter. When this is bound on with a rag, plunge the part into cold water. This will suspend the pain till the medicine heals.

Or, mix lime-water and sweet oil, to the thickness of cream, apply it with a feather several times a-day. This is the most effectual application I ever met with.

Or, put twenty-five drops of Goullard's extract of lead, to half a pint of rain-water ; dip linen rags in it, and apply them to the part affected. This is particularly serviceable if the burn is near the eyes.

## 22. A Cancer.\*

\*Dissolve four grains of white arsenic in a pint of water, one table-spoonful every morning in molasses or milk must be taken.

## 23. Chilblains (to prevent.)

\*Wear socks of Chamois leather, or silk.

Bathe the feet often in cold water, and when this is done, apply a turnip poultice.

## 24. Children.

\*To prevent the rickets, tenderness, and weakness, dip them in cold water, every morning, at least till they are eight or nine months old.

No roller should ever be put round their bodies, nor any stays used. Instead of them, when they are put into short petticoats, put a waiscoat under their frocks.

Let them go barefooted and bare-headed till they are three or four years old at least.

'Tis best to wean a child when seven months old, if it be disposed to rickets. It should lie in the cradle at least a year.

No child should touch any spirituous or fermented liquor before two years old.— Their drink should be water. Tea they

\*A cancer is a hard, round, uneven, painful swelling, of a blackish or leaden colour, the veins round which seem ready to burst. It comes commonly with a swelling as big as a pea, which does not at first give much pain, nor change the colour of the skin.

should never taste till ten or twelve years old. Milk, milk-porridge, and water-gruel are the proper breakfasts for children.

## 25. Chin-Cough, or Hooping-Cough.

Rub the feet thoroughly with hog's lard, before the fire, at going to bed, and keep the child warm therein : Tried.

Or, rub the back, at lying down, with old rum. It seldom fails :

Or, give a spoonful of juice of penny-royal, mixt with brown sugar candy, twice a-day :

Or, half a pint of milk, warm from the cow, with the quantity of a nutmeg of conserve of roses dissolved in it every morning.

Or, dissolve a scruple of salt of tartar in a quarter of a pint of clear water : add to it ten grains of finely powdered cochineal, and sweeten it with loaf sugar.

Give a child within the year, the fourth part of a spoonful of this, four times a-day, with a spoonful of barley-water after it.— Give a child two years old half a spoonful : a child above four years old a spoonful.— Boiled apples put into warm milk may be his chief food. This relieves in twenty-four hours, and cures in five or six days.

\*Or, take two grains of tartar emetic, and half a drachm of prepared crab's claws powdered : let them be mixt very well together.

One grain, one grain and a half, or two grains of this composition, may be added to five or six grains of magnesia, and given in a small spoonful of milk and water in the forenoon, between breakfast and dinner, to a child a year old.

\*At night, if the fever is very high, half the former dose of this powder may be given, with from five to ten grains of nitre.

In desperate cases, change of air will have a good effect.

## 26. Cholera Morbus, i. e. Flux and Vomiting of Bile.\*

\*Boil a chicken an hour in two gallons of water, and drink of this till the vomiting ceases:

Or, decoction of rice, or barley, or toasted oaten-bread.

\*If the pain is very severe, steep the belly with flannels dipt in spirits and water.

\*The third day after the cure, take ten or fifteen grains of rhubarb.

## 27. Chops in Women's Nipples.

Apply balsam of sugar:

\*[After the bowels are well emptied by large and frequently repeated draughts of the 1st and 2d prescriptions under this head, instant relief, in an extreme low faintly state, may be obtained by taking from 25 to 30 drops of liquid laudanum in a glass of mint tea. This is a dose for grown persons; if under 15 years of age, it must be proportioned accordingly.]

\*Or apply butter of wax, which speedily heals them.

### 28. Chopt Hands (to prevent.)

Wash them with flour of Mustard.

\*Or, in bran and water boiled together.

### 29. (To Cure.)

Wash them with soft soap, mixt with red sand : Tried.

Or, wash them in sugar and water : Tried.

### 30. Chopt Lips.

Apply a little sal prunellæ.

### 31. A Cold.

Drink a pint of cold water, lying down in bed : Tried.

Or, a spoonful of treacle in half a pint of water : Tried.

Or, to one spoonful of oatmeal, and one spoonful of honey, add a piece of butter, the bigness of a nutmeg : pour on gradually near a pint of boiling water : drink this lying down in bed.

### 32. A Cold in the Head.

Pare very thin, the yellow rind of an orange. Roll it up inside out, and thrust a roll into each nostril.

### 33. The Cholic (in the Fit.)

Drink of camomile tea :

Or, take from thirty to forty grains of yellow peel of oranges, dried and powdered in a glass of water.

\*Or, take from five to six drops of oil of aniseed on a lump of sugar.

\*Or, apply outwardly a bag of hot oats :

\*Or steep the legs in hot water a quarter of an hour :

\*Or, take as much Daffy's elixir as will presently purge. This relieves the most violent cholic in an hour or two.

*[Daffy's Elixir is made thus :—Senna two ounces, jalap one ounce, coriander seed half an ounce : Geneva, or proof spirit, three pints : let them digest seven days : strain and add loaf sugar four ounces.]*

### 34. The Dry Cholic (to prevent.)

Drink ginger tea.

### 35. Cholic in Children.\*

Give a scruple of powdered aniseed in their meat : Tried.

- Or, small doses of magnesia.

\*Or a drachm of anised tincture of rhubarb, every three hours till it operates.

\*[Children subject to daily and severe cholic pains, should take the breast sparingly, and chiefly be fed on simple chicken broth. Strong mallows root tea taken frequently, is an excellent medicine in this complaint.]

### 36. Bilious Cholic.\*

Drink warm lemonade :  
Or, give a spoonful of castor oil.†

### 37. An Habitual Cholie.

\*Wear a thin, soft flannel on the part.

### 38. An Hysteric Cholic.‡

Mrs. Watts, by using the cold bath two and twenty times in a month, was entirely cured of an hysteric cholic, fits, and convulsive motions, continual sweatings and vomiting, wandering pains in her limbs and head, with total loss of appetite.

\*Take 10, 15, or 20 drops of balsam of Peru on fine sugar: if need be twice or thrice a-day.

Or, in extremity, boil three ounces of burdock-seed in water, which give as a clyster :

\*This is generally attended with vomiting a greenish or frothy matter, with feverish heat, violent thirst, a bitter taste in the mouth, and little and high coloured urine.

†Take one table-spoonful of Castor oil, mixed with a spoonful of lemon juice or sharp vinegar sweetened, every hour until it purges. This is a safe, easy, and effectual purge, not only in all those complaints where the bowels are the seat of disease, but also in the intermitting and remitting bilious fevers incident to warm climates.]

‡Is attended with a violent pain about the pit of the stomach, with great sinking of the spirits, and often with greenish vomitings.

\*Or, twenty drops of laudanum in any proper clyster; which gives instant ease.

[In this disorder there often is such a vomiting, that no medicine for the present can be contained on the stomach long enough to be advantageous. A little warm water may be given at first; then cover the sick with an extraordinary quantity of bed-clothes; when she becomes warm, the vomiting ceases; then a grain of opium may be taken, and if the complaints are not relieved thereby in half an hour, it may be repeated. A day or two after, a warm purge should be taken: Tried.]

### 39. A Nervous Cholic.\*

Use the cold bath daily for three or four weeks.

### 40. Cholic from the Fumes of Lead, or White Lead, Verdigrase, &c.

In the fit, drink fresh melted butter, and then vomit with warm water:

\*To prevent or cure. Breakfast daily on fat broth, and use oil of sweet almonds frequently.

Smelters of metals, plumbers, &c. may be in a good measure preserved from the

\*This, some term the dry belly-ach. It often continues several days with little urine and obstinate costiveness.

A cholic with purging, some term the watery gripes.

poisonous fumes that surround them, by breathing through cloth or flannel mufflers two or three fold, dipt in a solution of sea salt, or salt of tartar, and then dried. These mufflers might also be of great use in many similar cases.

#### 41. Windy Cholic.

Parched peas, eaten freely, have had the most happy effects, when all other means had failed.

#### 42. To prevent the ill effects of Cold.

The moment a person gets into a house with his hands or feet quite chilled, let him put them into a vessel of water, as cold as can be got, and hold them there till they begin to glow. This they will do in a minute or two. This method likewise effectually prevents chilblains.

#### 43. A Consumption.

One in a deep consumption, was advised to drink nothing but water, and eat nothing but water-gruel, without salt or sugar. In three months time, he was perfectly well.

Take no food but new butter-milk, churned in a bottle, and white bread. I have known this successful.

Or, use as common drink, spring water and new milk, each a quart; and sugar candy two ounces.

Or, boil two handfuls of sorrel in a pint of whey. Strain it, and drink a glass thrice a-day : Tried.

Or, turn a pint of skimmed milk with half a pint of small beer. Boil in this whey about twenty ivy-leaves, and two or three sprigs of hyssop. Drink half over night, the rest in the morning. Do this, if needful for two months daily. This has cured in a desperate case ; Tried.

Or take a cow-heel from the tripe-house ready dressed, two quarts of new milk, two ounces of hartshorn shavings, two ounces of isinglass, a quarter of a pound of sugar-candy, and a race of ginger. Put all these in a pot, and set them in an oven after the bread is drawn. Let it continue there till the oven is near cold ; and let the patient live on this. I have known this cure a deep consumption more than once.

Or, every morning cut up a little turf of fresh earth, and lying down, breathe into the hole for a quarter of an hour. I have known a deep consumption cured thus.

" Mr. Masters of Evesham, was so far gone in a consumption, that he could not stand alone. I advised him to loose six ounces of blood every day for a fortnight, if he lived so long ; and then every other day ; then every third day ; then every fifth day, for the same time. In three months he was well." (Dr. Dover.) Tried. This precrip-

tion will not be safe in any case but where the pulse continues pretty strong, and there are signs of inflammation.

Or, throw frankincense on burning coals, and receive the smoke daily through a proper tube into the lungs : Tried.

Or, take in for a quarter of an hour, morning and evening, the steam of white rosin and beeswax, boiling on a hot fire shovel. This has cured one who was in the third stage of a consumption.

Or, the steam of sweet spirit of vitriol dropt into warm water.

Or, take morning and evening, a tea-spoonful of white rosin powdered and mixt with honey. This cured one in less than a month, who was very near death.

Or, drink thrice a day two spoonfuls of juice of water-cresses. This has cured a deep consumption.

In the last stage, suck an healthy woman daily. Tried by my father.

\*For diet, use milk and apples, or water-gruel made with fine flour. Drink cyder-whey, barley-water sharpened with lemon juice, or apple-water.

So long as the tickling cough continues, chew well and swallow a mouthful or two, of a biscuit, or a crust of bread twice a-day. If you cannot swallow it, spit it out. This will always shorten the fit, and would often

prevent a consumption. See extract from Dr. Tissot, page 37.

#### 44. Convulsions.

Use the cold bath :

\*Or, take a tea-spoonful of valerian root powdered, in a cup of water, every evening.

\*Or, half a drachm of misteltoe powdered, every six hours, drinking after it a draught of strong infusion thereof.

#### 45. Convulsions in Children.

Scrape piony roots fresh digged. Apply what you have scraped off to the soles of the feet. It helps immediately. Tried.

#### 46. Convulsions in the Bowels of Children.

Give a child a quarter old, a spoonful of the juice of pellitory of the wall, two or three times a-day. It goes through at once, but purges no more. Use the syrup if the juice cannot be had.

#### 47. Corns (to prevent.)

Frequently wash the feet in cold water.

#### 48. Corns (to Cure.)

Apply fresh every morning the yeast of small beer, spread on a rag :

Or, after paring them close, apply bruis-

ed ivy-leaves daily, and in fifteen days they will drop out: Tried.

Some corns are cured by a pitch plaster.

All are greatly eased by steeping the feet in hot water wherein oat meal is boiled. This also helps dry and hot feet.

#### 49. Costiveness.

Rise early every morning:

Or, boil in a pint and a half of broth, half a handful of mallow leaves chopt; strain this and drink it before you eat any thing else. Do this frequently, if needful.

Or, breakfast twice a week or oftener, on water-gruel with currants: Tried.

\*Or, take the bigness of a large nutmeg of cream of tartar mixt with honey, as often as you need.

\*Or, take daily two hours before dinner, a small tea cupful of stewed prunes:

Or, use for common drink, water, or treacle beer, impregnated with fixed air:

Or, live upon bread made of wheat flour, with all the bran in it.

Or, boil an ounce and a half of tamarinds in three pints of water to a quart. In this strained, when cold, infuse all night two drachms of sena, and one drachm of red rose leaves. Drink a cup every morning when costive.—See Dr. Tissot.

#### 50. A Cough.

Make a hole through a lemon and fill it

with honey ; roast it and catch the juice. Take a tea spoonful of this frequently : Tried.

[Or, take a table-spoonful of molasses each night and morning, and drink, in common, molasses and water : Tried.]

Or, take Spanish liquorice two ounces, salt of tartar half an ounce ; boil the liquorice in three pints of water to a quart. Add the salt to it when it is blood warm. Drink two spoonfuls of this every two hours. It seldom fails : Tried. I have known this cure an inveterate moist asthma.

Or, at lying down keep a little stick-liquorice like horse-radish between the cheek and the gums. I believe this never fails.

Or, peal and slice a large turnip, spread coarse sugar between the slices, and let it stand in a dish till all the juice drains down. Take a spoonful of this whenever you cough.

\*Or, take a spoonful of syrup of horehound, morning and evening : Tried.

Or, take from fifteen to twenty drops of elixir of vitriol, in a glass of water, thrice a-day. This is useful when the cough is attended with costiveness, and relaxation of the stomach and lungs.

Or, powder an ounce of spermaceti fine. Work it in a marble mortar with the yolk

of a new laid egg; mix them in a pint of white wine and take a small glass every three hours.

Or, drink water whitened with oatmeal four times a-day.

Or, keep a piece of barley-sugar, or sugar-candy constantly in the mouth.

## 51. Violent Coughing from a sharp and thin Rheum.

Work into old conserve of roses, as much as you can of pure frankincense powdered as fine as possible. Take a bolus of this twice or thrice a-day. It eases presently, and cures in two or three weeks.

Or, take half a grain of the inspissated milky juice of sowthistle, once or twice a-day. It has the anodyne, and antispasmodic properties of opium, without its narcotic effects. Or, it may be made into laudanum, in the same manner that opium is, and five or six drops taken on a lump of sugar, thrice a-day. The milky juice of all the sowthistles, dandelions, and lettuces, have nearly the same virtues.

\*Or use milk diet as much as possible.

## 52. The Cramp (to prevent.)

Tie your garter smooth and tight under your knee at going to bed: I never knew this fail.

Or, take half a pint of tar-water, morning and evening:

\*Or, be electrified through the part that uses to be affected. This generally prevents it for a month : sometimes for a twelve-month.

Or, to one ounce and a half of spirits of turpentine, add flour of brimstone and sulphur vivum of each half an ounce ; smell to it at night, three or four times.

### 53. The Cramp (to Cure.)

\*Chase the part with Hungary water :

Or, hold a roll of brimstone in your hand. I have frequently done this with success.

### 54. A Cut.

Keep it closed with your thumb a quarter of an hour. Then double a rag five or six times, dip it in cold water, and bind it on : Tried.

### 55. Deafness.

Be electrified through the ear : Tried.

Or, use the cold bath :

Or, put a little salt into the ear :

Or, drop into it a tea-spoonful of salt water :

\*Or, three or four drops of onion juice, at lying down, and stop it with a little wool.

### 56. Deafness from Wax.

\*Syringe the ear with warm water : Tried.

### 57. Deafness with a dry Ear.

\*Mix brandy and sweet oil: dip black wool in this, and put it into the ear. When it grows dry, wash it well in brandy: dip it and put it in again.

### 58. Delivery.

After delivery in child-birth, the mother's milk is the only proper purge for the child. Let it begin to suck ten or twelve hours after the birth.

### 59. A Diabetes.\*

Drink wine boiled with ginger, as much and as often as your strength will bear. Let your drink be milk and water. All milk-meats are good:

\*Or, drink three or four times a-day, a quarter of a pint of alum posset, putting three drachms of alum to four pints of milk. It seldom fails to cure in eight or ten days. (Dr. Mead.)

### 60. The Dropsy.†

Use the cold bath daily, after purging:

\*A diabetes is a frequent and large discharge of pale and sweetish urine, attended with a constant thirst, and a wasting of the whole body.

†A dropsy is a preternatural collection of water in the head, breast, belly, or all over the body. It is attended with a continual thirst. The peri swelled pits if you press it with your fingers. The urine is pale and little.

\*Or, rub the swelled parts with sallad-oil by a warm hand, at least an hour a-day.—This has done wonders in some cases:

Or, cover the whole belly with a large new sponge dipt in strong lime-water, and then squeezed out. This bound on often cures, even without any sensible evacuation of water.

Or, apply green dock-leaves to the joints and soles of the feet, changing them once a-day.

Or, mix half an ounce of amber with a quart of wine vinegar. Heat a brick (only not red hot) and put it into a tub. Pour them upon it, and hold the parts swelled over the smoke, covering the tub close to keep in the smoke. The water will come out incredibly, and the patient be cured; Tried.

Or, eat a crust of bread every morning fasting: Tried.

Or, mix a pound of the coarsest sugar with a pint of juice of pellitory of the wall, bruised in a marble mortar. Boil it as long as any scum rises. When cool, bottle and cork it. If very bad, take three spoonfuls at night, and two in the morning, it seldom fails: Tried.

Or, make tea of roots of dwarf elder.—It works by urine. Every twelve or fourteen minutes (that is, after every discharge) drink a tea-cupful.—I have known a dropsy cured by this in twelve hours time.

One was cured by taking a drachm of nitre every morning in a little ale.

Tar water drank twice a-day has cured many ; so has an infusion of juniper berries roasted, and made into a liquor like coffee :

Or, three spoonfuls of the juice of leeks, or elder leaves : Tried.

\*Or, half a pint of decoction of butcher's broom (intermixing purges twice or thrice a week.) The proper purge is ten grains of jalap, with six of powdered ginger. It may be increased or lessened according to the strength of the patient.

Or, of the decoction of the tops of oak-boughs. This cured an inveterate dropsy in fifteen days :

Or, take sena, cream of tartar, and jalap, half an ounce of each. Mix them and take half a drachm every morning in broth. It usually cures in twenty days. This is nearly the same with Dr. Ward's powder. I suppose he took it from hence. He says it seldom fails either in the watery or windy dropsy.

Or, steep half an ounce of jalap in a gill of Geneva for twelve hours. Draw it off. Divide it into three parts, and take it every other morning. Then put a large spoonful of syrup of marsh mallows into half a pint of stale beer, and when it has boiled a little, cool it, and drink it at lying

down in bed. Do this three times. This has cured many.

Or, be electrified: this cures dropsies supposed incurable.

*¶ How amazingly little is yet known even of the human body! Have not dropsical persons been continually advised to abstain from drink as much as possible? But how can we reconcile this with the following undeniable facts, published in the medical transactions?*

Jane Roberts, aged twenty, was at last constrained to take to her bed by a confirmed ascites anasarca. In this desperate case, she drank as much as she would, first of small beer; and when that failed, of thin milk.—After awhile her skin cracked in many places: and she continued drinking and leaking till she was quite well.

A middle aged man in the west of England, drank every day five or six quarts of cyder: and without any other medicine was totally cured in a few weeks time of a dropsy long supposed to be incurable.

A farmer aged seventy, in a confirmed ascites, was given over for dead. Being desperate, he drank three quarts of cold water, every four and twenty hours. His whole food meantime was sea-biscuit, sometimes with a little butter. For sixteen days he seemed worse. Then he discharged for near a week a vast quantity of water, and

was soon free from his disease, which never returned.

### 61. Drowned.

Rub the trunk of the body all over with hot salt. It frequently recovers them that seem dead.—See extract from Dr. Tissot, page 150.

And blow into the lungs.

### 62. The Ear-ach, without Inflammation.

Rub the ear hard a quarter of an hour : Tried.

\*Or, be electrified :

Or, put in a roasted fig, or onion, as hot as may be : Tried.

Or, blow the smoke of tobacco strongly into it.

But if the ear-ach is caused by an inflammation of the uvula, it is cured in two or three hours, by receiving into the mouth the steam of bruised hemp-seed, boiled in water.

### 63. Ear-ach from Cold.

Boil rue, or rosemary, or garlic, and let the steam go into the ear through a funnel.

### 64. Ear-ach from Heat.

Apply cloths four double and dipt in cold water, changing them when warm, for half an hour.

65. Hard Wax in the Ear,  
Is best dissolved by warm water.

66. Eyes bleared.  
Drop into them the juice of crab-apples.

67. A Blood-shot Eye.  
\*Apply linen rags dipt in cold water two or three hours :

Or, blow in white sugar-candy, finely powdered :

Or, apply boiled hyssop as a poultice.—  
This has a wonderful efficacy.

68. A Bruise in the Eye.

Apply as a plaster, conserve of roses.

69. Clouds flying before the Eye.

Take a drachm of powdered betony every morning.

\*Or, be electrified.

70. Blindness,

Is often cured by cold bathing ;

Or, by electrifying : Tried. This has cured even a gutta serena of twenty-four years standing.

71. Dull Sight.

Drop in two or three drops of juice of rotten apples often.

72. Films.

Mix juice of ground ivy with a little ho-

ney, and two or three grains of bay salt.—Drop it in morning and evening.

### 73. Hot or Sharp Humours.

Apply a few drops of double-refined sugar, melted in Brandy : Tried.

Or, boil a handful of bramble-leaves with a little alum, in a quart of spring-water, to a pint. Drop this frequently into the eye.—This likewise cures cankers or any sores.

Or, lay a thin slice of raw beef on the nape of the neck : Tried.

### 74. Eyes or Eye-lids Inflamed.

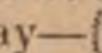
Apply as a poultice, boiled, roasted or rotten apples, warm.

\*Or, wormwood-tops with the yolk of an egg : This will hardly fail.

\*Or, beat up the white of an egg with two spoonfuls of white rose-water, into a white froth. Apply this on a fine rag, changing it so that it may not grow dry, till the eye or eye-lid is well : Tried.

\*Or, dissolve an ounce of fine gum arabic in two or three spoonfuls of spring water : put a drop into the inner corner of the eye, from the point of a hair pencil, four or five times a-day. At the same time take as much salt-petre as will lie upon a six-pence, dissolved in a glass of water, three or four times a-day ; abstaining from all strong

liquids as much as possible, till cured.—White bread poultices applied to the eyes in an inflamed state, frequently occasion total blindness.

\*After the inflammation is subsided, if weakness still remains, dip a finger in the white copperas eye-water, and rub round the eye three or four times a-day— All acrid eye-waters, and powders, put into the eyes when they are inflamed, horribly increase both the pain and inflammation.

### 75. A Lachrymal Fistula.\*

Apply a poultice of fine leaves of rue :

Or, wash the eye morning and evening with a decoction of quince-leaves.

### 76. Pearl in the Eye.

Apply a drop of juice of celandine with a feather thrice a-day :

\*Or, dissolve a little sal ammoniac in rose-water. Keep this three days in a copper vessel. Drop it twice a-day into the eye.

Or, reduce separately, to the finest powder possible, an equal weight of loaf-sugar, cream of tartar, and bole armoniac; mix them together, and put a little into the eye. (without blowing it in) three or four times a-day.

\*This disorder in the inner corner of the eye, causes the tears to flow involuntarily. When it is confirmed, only a surgeon can cure it.

### 77. Sore-Eyes.

Drink eye-bright tea, and wash the eyes with it.

### 78. An excellent Eye-water.

\*Put half an ounce of lapis calaminaris powdered, into half a pint of French white wine, and as much white rose-water, drop a drop or two into the corner of the eye. It cures soreness, weakness, and most diseases of the eyes. I have known it cure total blindness.

### 79. Another.

\*Boil very lightly one tea-spoonful of white coperas scraped, and three spoonfuls of white salt in three pints of spring water. When cold, bottle it in large vials without straining. Take up the vial softly, and put a drop or two in the eye morning and evening.

 *It answers the intention of almost all the preceding medicines ; it takes away redness or any soreness whatever ; it cures pearls, rheums, and often blindness itself.*

### 80. Another.

Stamp and strain ground-ivy, celandine, and daisies, an equal quantity : add a little rose-water and loaf-sugar. Drop a drop or two at a time in the eye, and it takes away all manner of inflammation, smarting, itch-

ing, spots, webs, or any other disorder whatsoever, yea though the sight were almost gone.

### 81. An Eye-water, which was used by

Sir Stephen Fox, when he was sixty years of age, and could hardly see with the help of spectacles ; but hereby in some time he recovered his sight, and could read the smallest print without spectacles, till above eighty.

Take six ounces of rectified spirits of wine, dissolve it in one drachm of camphire, then add two small handfulls of dried elder flowers. In twenty-four hours after it is infused, it is ready for use. Take out a little in a tea-spoon : dip your finger in it, and bathe your forehead over your eyes, and each temple with it several times, morning and night, and twice more in the day constantly. Mean time dip, a soft rag in dead small beer, new milk warm, and daub each eye a dozen times gently, morning and evening.

If it is a watery humour, you may with your finger wet the eye-lids two or three times a-piece : but be sure to shut your eyes, for it makes them smart and burn excessively. If you have the tooth-ach or swelled face, rub it well in on the part, and it

will take away the pain. It will cure any bruise also, if used immediately : Tried.

It will cure any inflammation in the eyes.

### 82. Weak Eyes.

\*Wash the head daily with cold water : Tried.

[Or take of white vitriol half a drachm, rose water six ounces to dissolve it, and filter the water ; to touch the eye often. The temples and around the eye may be touched with camphorated spirits.

 If the eyes are inflamed, the patient should be blooded or purged ; and if necessary, blisters behind the ears, or a seton to the back of the neck.]

### 83. Fainting, on letting Blood,

Is prevented by taking before it some good broth :

\*Or, by lying on the bed during the operation.

### 84. The Falling Sickness.\*

Be electrified : Tried.

\*Or, use the cold bath for a month daily :

Or, take a tea-spoonful of piony-root dried and grated fine, morning and evening for three months :

\*In the Falling Sickness the patient falls to the ground, either quite stiff, or convulsed all over, utterly senseless, gnashing of his teeth, and foaming at the mouth.

\* Or, half a spoonful of valerian root powdered.—It often cures in twice taking :

Or, half a pint of tar-water, morning and evening, for three months :

Or, a glass of juice of pillitory of the wall, every morning : Tried.

Or, take five or six drops of laudanum fasting, for six or seven mornings. This has cured many :

\*Or, use an entire milk diet for three months : it seldom fails.

Or, leaves of assarabacca powdered,—  
 This is the famous Major's snuff.

One who is subject to the falling sickness, may prevent a fit if he feels it coming, by this simple experiment. Let him always carry with him a piece of metal as broad as he is able to hold between his teeth, when his jaws are stretched to the utmost. When he feels the fit approaching, let him immediately put this between his teeth, so as to keep his jaws at their utmost stretch. In about a minute this will bring him quite to himself, and prevent the fit for that time.

If one put this metal between the teeth of one that is in the fit, and force them open, till his jaws are at the utmost stretch, the fit will immediately go off, and the patient very soon recover.

### 85. The falling of the Fundament.

Boil a handful of red rose-leaves in a

quarter of a pint of red wine : dip a cloth in it and apply it as hot as can be borne.—Do this till all is used.\*

### 86. A falling down of the Womb,

May be cured in the manner last mentioned :

\*Or, wear a pessory of cork, and take twice a-day a tea-cupful of the decoction of the bark, with ten drops of elixir of vitriol.

### 87. Extreme Fat.

\*Use a total vegetable diet. I know one who was entirely cured of this, by living a year thus : she breakfasted and supped on milk and water (with bread) and dined on turnips, carrots and other roots, drinking water.

### 88. A Fever.

[In the beginning of any fever, if the stomach is uneasy, vomit ; if the bowels, purge ; if the pulse be hard, full, or strong, bleed.]

Drink a pint and a half of cold water lying down in bed : I never knew it do hurt.

\*Or, thin water-gruel sweetened with honey, with one or two drachms of nitre in each quart.

\*[Oil or grease the ends of the fingers well, and reduce it immediately by a gentle continued pressure on the part. This can always easily be done as soon as the accident happens.

 The best of all julaps in a fever is this: Toast a large thin slice of bread, without burning; put it hot into a pint of cold water: then set it on the fire till it is pretty hot. In a dry heat it may be given cold, in a moist heat, warm; the more largely the better:—Tried.

Or, for a change use pippin or wood sorrel tea, or pippin posset drink: or wood sorrel posset-drink.

[To prevent catching any infectious fever, do not breathe near the face of the sick person, neither swallow your spittle while in the room. Infection seizes the stomach first.]

\*Or, use Dr. Bœrhaave's fever powder, viz. eight ounces of nitre, a quarter of an ounce of camphire, half a quarter of an ounce of saffron, and eight grains of cochinéal. These are to be powdered, mixt together and kept dry in a bottle. Ten grains taken on going to bed abates feverish heat, and procures rest. Ten grains are to be taken every three or four hours for a continued fever.

### 89. A High Fever,

Attended with a delirium and vigilia, has been cured by plunging into cold water; which is a safe and sure remedy in the beginning of any fever.

Such a delirium is often cured by apply-

ing to the top of the head, a treacle plaster :  
Tried.

### 90. A Fever with Pains in the Limbs.

Take twenty drops of spirits of hartshorn in a cup of water twice or thrice in twenty-four hours :

Or, drink largely of cinquefoil tea.

### 91. Rash Fever.

Drink every hour a spoonful of juice of ground-ivy. It often cures in twenty-four hours.—Use the decoction when you have not the juice.

### 92. A Slow Fever.

Use the cold bath for two or three weeks daily.

[In putrid or nervous fevers, though they do not intermit, yet after proper evacuations, the bark may be advantageously given, thus : Take of the powder of the bark two ounces, orange-peel an ounce and a half, Virginia snake-root three drachms, English saffron four scruples, cochineal two scruples ; infuse them in twenty ounces of best distilled spirits : and the sick may take from a drachm to half an ounce occasionally in his lucid intervals.—Huxham.—Tried.]

### 93. A Worm Fever.

Boil a handful of rue and wormwood in

water; foment the belly with the decoction, and apply the boiled herbs as a poultice; repeat the application night and morning. This frequently brings away worms from children, who will take no internal medicine: and is likewise serviceable, if the fever be of the putrid kind.

#### 94. A Fistula.

Wash muscle shells clean: burn them to powder; sift them fine; mix them with hog's lard; spread it on clean washed leather, and apply it. This cured one that was thought to be at the point of death.

 This cures the piles.

Or, have a vessel so contrived that you may sit with the part in cold water a quarter of an hour every morning. I have known a gentleman of seventy years cured hereby.

Or, put a large stone of unslack'd lime into four quarts of water, let it stand one night; take four ounces of roch-alum, and four ounces of white coperas, calcine them to dryness, then powder them as fine as possible; take three pints of the above water, and put the powder into it, and boil it for half an hour, then let it cool and bottle it for use. Let the fistula be syringed with this often, a little warm: and make a tent to fit the place, and dip it in the water, and apply it twice a-day. Cover it over with a plaster of diaculum.

This water will destroy the callosity of the edges of the fistula which otherwise would prevent its healing, and if managed as above, will heal it up at the same time; but an operation is the only certain means.

### 95. To destroy Fleas and Bugs.

Cover the floor of the room with leaves of alder, gathered while the dew hangs upon them: adhering to these, they are killed thereby.

Or, powder stavesacre, and sprinkle it on the body, or on the bed.

### 96. Flegm.

To prevent or cure, take a spoonful of warm water, the first thing in the morning.

### 97. Flooding (in Lying-in.)

Cover the body with cloths dipt in vinegar and water, changing them as they grow warm. Drink cooling acid liquors.

This is a complaint which is never to be thought little of. Sometimes a violent flooding comes on before delivery; and the only way to save both the mother and child, is to deliver the woman immediately: which being done, the flooding will generally cease. Sometimes a slight flooding comes on some weeks before labour; and here, if the patient be kept cool, her diet light, and small doses of nitre often repeated (an ounce di-

vided into thirty parts, and one given every four hours) she will frequently go her full time and do well: but if it should become excessive, delivery should be effected as soon as may be.

\*If a flooding should come on after a delivery, the patient should be laid with her head low, kept cool, and be in all respects treated as for an excessive flux of the menses. Linen cloths which have been wrung out of vinegar and water, should be applied to the belly, the loins, and the thighs.— These must be changed as they grow dry; and may be discontinued as soon as the flooding abates. Sometimes the following mixture will do great things, viz. syrup of poppies two ounces; acid elixir of vitriol one drachm. Mix and take two tablespoonfuls every hour. But large doses of nitre given often (a scruple every hour) is generally the most efficacious. But when all other things seem to have no effect, cold water dashed upon the patient's belly will stop the flooding immediately.

### 98. A Flux.

Receive the smoke of turpentine cast on burning coals. This cures also the bloody flux, and the falling of the fundament.

Or, put a large brown toast into three quarts of water, with a drachm of cochineal powdered, and a drachm of salt of worm-

wood. Drink it all in as short a time as you conveniently can.

 This rarely fails to cure all fluxes, cholera morbus, yea and inflammations of the bowels : Tried.

Or, take a spoonful of plantane-seed bruised, morning and evening, till it stops :

\*Or, ten grains of ipecacuana, three mornings successively. It is likewise excellent as a sudorific.

Or, boil four ounces of rasped logwood, or fresh logwood chips, in three quarts of water to two ; strain it and drink a quarter of a pint, sweetened with loaf sugar, warm, twice a-day. It both binds and heals :

Or, take a small tea-cupful of it every hour ; this is to be used in the end of the complaint.

Or, boil the fat of a breast of mutton in a quart of water for an hour. Drink the broth as soon as you can conveniently. This will cure the most inveterate flux. Tried.—See extract from Dr. Tissot, page 124.

### 99. A Bloody Flux.

[Is attended with a fever, griping, or great pain in the intestines.—As this fever is nature's effort to discharge some offensive matter by stool, therefore often it will be necessary to assist her by bleeding and purging; or laxative medicines ; or else it will be unsafe

to stop the flux, but when the former medicines have been used with mutton broth : the drink may be water boiled with one fourth milk, and drank cold. In old dysenteries, fruit and milk may be a proper diet : [Tried.]

Or, take a large apple, and at the top pick out all the core, and fill up the place with a piece of honey-comb (the honey being strained out) roast the apple in embers and eat it, and this will stop the flux immediately :

Or, grated rhubarb, as much as lies on a shilling, with half as much of grated nutmeg, in a glass of white wine, at lying down every other night : Tried.

Or, take four drops of laudanum, and apply to the belly a poultice of wormwood and red roses boiled in milk.

In a dysentery, the worst of all fluxes, feed on rice, saloup, sago, and sometimes beef tea, but no flesh.

To stop it take a spoonful of suet melted over a slow fire. Do not let blood.

 A person was cured in one day, by feeding on rice-milk, and sitting a quarter of an hour in a shallow tub, having in it warm water three inches deep.—See extract from Dr. Tissot, page 125.

## 100. To prevent (or stop a beginning) Gangrene.

Foment continually with vinegar, in which dross of iron (either sparks or clinkers) has been boiled.

## 101. The Gout in the Stomach.

"Dissolve two drachms of Venice treacle in a glass of mountain wine. After drinking it go to bed. You will be easier in two hours, and well in sixteen." (Dr. Dover.)

Or, boil a pugil\* of tansey in a quarter of a pint of mountain. Drink it in bed.—I believe this never fails.

\*To prevent its return, dissolve half an ounce of gum guaiacum in two ounces of sal volatile. Take a tea-spoonful of this every morning in a glass of spring-water.

 This helps any sharp pain in the stomach. Dr. Bærhaave.

N. B. I knew a gentleman who was cured many times by a large draught of cold water.

## 102. The Gout in the Foot or Hand.

Apply a raw, lean beef-steak. Change it once in twelve hours, till cured : Tried.

\*A pugil is as much as you can take up between your thumb and two fore-fingers.

### 103. The Gout in any Limb.\*

Rub the part with warm treacle, and then bind on a flannel smeared therewith.—Repeat this, if need be, once in twelve hours.

[] This has cured an inveterate gout in thirty-six hours.

Or, drink a pint of strong infusion of elder-buds, dry or green, morning and evening. This has cured inveterate gouts.

Or, at six in the evening, undress, and wrap yourself up in blankets. Then put your legs up to the knees in water, as hot as you can bear it. As it cools let hot water be poured in, so as to keep you in a strong sweat till ten. Then go into a bed well warmed, and sweat till morning. I have known this cure an inveterate gout, in a person above sixty, who lived eleven years after. The very matter of the gout is frequently destroyed, by a steady use of Mynsicht's elixir of vitriol.

[Or, take gum guaiacum four ounces, salt petre two ounces, dissolve them fourteen days in two pounds of Jamaica spirits; take two spoonfuls morning and evening. But

\*Regard them not who say, the gout ought not to be cured. They mean it cannot. I know it cannot by their regular prescriptions. But I have known it cured in many cases without any ill effects following. I have cured myself several times.

the grand medicine will be temperance and exercise.]

### 104. The Gravel.

Eat largely of spinach :

Or, drink largely of warm water sweetened with honey :

Or, of pellitory of the wall tea, so sweetened :

Or, infuse an ounce of wild parsley seeds in a pint of white wine for twelve days.— Drink a glass of it fasting, three months.— To prevent its return, breakfast for three months an agrimony tea. It entirely cured me twenty years ago, nor have I had the least symptom of it since.

### 105. The Green Sickness.\*

Take a cup of decoction of lignum guaiacum, (commonly called lignum vitæ) morning and evening :

Or, grind together into a fine powder three ounces of the finest steel-filings, and two ounces of red sugar candy. Take from a scruple to half a drachm every morning.—

I—See Dr. Tissot.

### 106. To kill Animalcula that cause the Gums to waste away from the Teeth.

Gargle thrice a-day with salt and water.

\*[Is known by a depraved appetite, shortness of breath, pallid countenance, soft swelling of the body, palpitation of the heart and retention of the menses.]

### 107. To make the Hair grow.

Wash it every night with a strong decoction of rosemary. Dry it with flannel :—  
Tried.

### 108. The Head-ach.

Rub the head for a quarter of an hour :  
Tried.

Or, be electrified : Tried.

Or, apply to each temple the thin yellow rind of a lemon, newly pared off :

\*Or, pour upon the palm of the hand a little brandy and some zest\* of lemon, and hold it to the forehead :

Or, a little æther :

Or, if you have taken cold, boil a handful of rosemary in a quart of water. Put this in a mug, and hold your head (covered with a napkin) over the steam as hot as you can bear. Repeat this till the pain ceases :  
Tried.

Or, snuff up the nose camphorated spirits of lavender :

Or, a little juice of horse-radish.

### 109. A Chronical Head-ach.

Keep your feet in warm water a quarter of an hour before you go to bed, for two or three weeks : Tried.

\*Zest is the juice of the peel squeezed out.

Or wear tender hemlock leaves under the feet, changing them daily :

\*Or, order a tea-kettle of cold water to be poured on your head, every morning, in a slender stream :

Or, take a large tea-cupful of carduus tea, without sugar, fasting, for six or seven mornings : Tried.

### 110. A Head-ach from Heat.

Apply to the forehead cloths dipt in cold water, for an hour : Tried.

### 111. A Nervous Head-ach.

Dry and powder an ounce of marjoram and half an ounce of assarabacca : mix them and take them as snuff, keeping the ears and throat warm. This is of great use even in a cancer : but it will suffice to take a small pinch every other night, lying down in bed.

### 112. A Violent Head-ach.

Take of white wine vinegar and water, each three spoonfuls : with half a spoonful of Hungary water. Apply this twice a-day to the eye-lids and temples.

### 113. A Hemicrania.\*

Use cold bathing.

Or, apply to that part of the head shaved, a blister.

\*This is a head-ach which affects but one side of the head.

### 114. Stoppage in the Head.\*

Snuff up the juice of primrose, keeping the head warm.

### 115. The Heart-Burning.\*

Drink a pint of cold-water : Tried.

Or, drink slowly decoction of camomile flowers.

Or, chew five or six pepper-corns a little : then swallow them :

Or, chew fennel or parsley and swallow your spittle.—Sometimes a vomit is needful.

Or, a piece of Spanish liquorice.

### 116. The (Hiccough to prevent.)

Infuse a scruple of musk in a quart of mountain wine, and take a small glass every morning

### 117. (To Cure.)

Swallow a mouthful of water, stopping the mouth and ears : Tried.

Or, take any thing that makes you sneeze :

Or, two or three preserved damsons :

\*Or three drops of oil of cinnamon, on a lump of sugar : Tried.

Or, ten drops of chemical oil of amber dropt on sugar, and then mixed with a little water.

\*A sharp gnawing pain in the orifice of the stomach.

### 118. Hoarseness.

Rub the soles of the feet before the fire, with garlic and lard well beaten together, over night. The hoarseness will be gone next morning. Tried,

Or, take a pint of cold water lying down:

Or, swallow slowly the juice of radishes;

Or, half a pint of mustard-whey, lying down:

Or, a tea-spoonful of conserve of roses, every night: Tried.

Or, dry nettle roots in an oven. Then powder them finely, and mix with an equal quantity of treacle. Take a tea-spoonful of this twice a-day:

Or boil a large handful of wheat-bran in a quart of water; strain and sweeten it with honey. Sip of it frequently.

### 119. Hypochondriac and Hysteric Disorders.

Exercise and a little good wine. Five grains of assafætida, twice a-day.

Or, cold bathing.\*

### 120. The Jaundice.

Wear leaves of celandine upon and under the feet.

Or, take a small pill of Castile soap every morning for eight or ten days: Tried.

\*In the absence of an attack.

Or, beat the white of an egg thin : take it morning and evening in a glass of water. *I.*

Or, half a pint of strong decoction of nettles : Or, of burdock leaves.

Or, boil three ounces of burdock-root, in two quarts of water to three pints. Drink a tea-cupful of this every morning.

## 121. Jaundice in Children.

\*Take half an ounce of fine rhubarb, powdered. Mix with it thoroughly, by beating, two handfuls of good well cleansed currants. Of this give a tea-spoonful every morning.

## 122. The Iliac Passion.\*

\*Apply warm flannels soaked in spirits of wine :

Or, hold a live puppy constantly on the belly. (Dr. Sydenham.)

Or, immerge up to the breast in a warm bath :

Or, take, ounce by ounce, a pound and a half of quicksilver.—See Dr. Tissot page 120.

Inflammations in general are more certainly abated by smart purging than by bleeding.†

\*In this violent kind of cholic the excrements are supposed to be thrown up by the mouth in vomiting.

†[Besides the use of the first, second and third prescriptions under this head, take castor oil, as directed in the note to Billious Cholic.

### 123. An Imposthume.

\*Put the white of two leeks in a wet cloth, and so roast them in ashes, but not too much. Stamp them in a mortar with a little hog's grease. Spread it thick, plaster-wise, and apply it, changing it every hour, till all the matter comes out. *I.*

### 124. The Itch.\*

Wash the parts affected with strong rum : Tried.

Or, anoint them with black soap.

\*Or, steep a shirt half an hour in a quart of water, mixed with half an ounce of powdered brimstone. Dry it slowly, and wear it five or six days. Sometimes it needs repeating : Tried.

Or, beat together the juice of two or three lemons, with the same quantity of oil of roses. Anoint the parts affected. It cures in two or three times using.

### 125. The King's Evil.†

Take as much cream of tartar as lies on a sixpence, every morning and evening :

\*This distemper is nothing but a kind of very small lice, which burrow under the skin. Therefore inward medicines are absolutely needless. Is it possible any physician should be ignorant of this?

†It commonly appears first, by the thickness of the lips, or a stubborn humour in the eyes, then come hard swellings, in the neck chiefly; then running sores.

Or, drink for six weeks half a pint of a strong decoction of devil's-bit : Tried.

Or, use the diet-drink, as in the article Scorbutic Sores. I have known this cure one whose breast was as full of holes as an honey comb :

Or, set a quart of honey by the fire to melt. When it is cold, strew into it a pound and a half of quick-lime beat very fine, and sifted through a hair-sieve. Stir this about till it boil up of itself into a hard lump.—Beat it when cold, very fine, and sift it as before. Take of this as much as lies on a shilling, in a glass of water, every morning, fasting, an hour before breakfast, at four in the afternoon, and at going to bed :

Or, make a leaf of dried burdock into a pint of tea. Take half a pint twice a-day, for four months. I have known this cure hundreds.

The best purge for the king's evil, is tincture of jalap, which is made thus :—Jalap in powder, three ounces: Geneva, or proof spirits, one pint. Let them infuse seven days. A tea-spoonful or two is sufficient for a child ten years old, in a morning, fasting : and repeated once a week, so as to keep the stomach and bowels clean, will frequently cure the king's evil. But all violent purges, or when repeated too often, are pernicious.

## 126. Lameness from a fixed Contraction of parts.\*

Beat the yolk of a new-laid egg very thin, and by a spoonful at a time, add and beat up with it three ounces of water. Rub this gently into the parts for a few minutes, three or four times a-day.

## 127. Legs Inflamed.

Apply fuller's earth spread on brown paper. It seldom fails :

Or, bruised turnips.

## 128. Legs sore and running.

Wash them in brandy, and apply alder leaves, changing them twice a-day. This will dry up all the sores, though the legs were like an honey-comb : Tried.

Or poultice them with rotten apples :— Tried. But take also three or four purges.

## 129. Leprosy.†

Use the cold bath :

Or, wash in the sea often and long :

Or, mix well an ounce of pomatum, a

\*[Anoint the part well with sweet oil, and rub it in with the hand, continuing the friction for half an hour or an hour, every night and morning, until well.]

Or, bind the caul of a newly killed animal, close on the part ; to be repeated if necessary.]

†In this disease, the skin in many parts is covered with rough, whitish, scaly pustules ; and if these are rubbed off, with a kind of scaly scurf.

drachm of powdered brimstone, and half an ounce of sal prunellæ ; and anoint the parts so long as there is need :

Or, add a pint of juice of house-leek, and half a pint of verjuice, to a pint and a half of posset-drink. Drink this in twenty-four hours :—It often cures the quinsy, and white swellings on the joints :

Or, drink half a pint of celery-whey, morning and evening. This has cured in a most desperate case :

Or, drink for a month a decoction of burdock leaves, morning and evening : Tried.

### 130. Lethargy\*

Snuff strong vinegar up the nose :

Or, take half a pint of decoction of water-cresses, morning and evening.

### 131. Lice (to kill.)

Sprinkle Spanish snuff over the head.

Or, wash it with a decoction of amaranth.

### 132. For one seemingly killed with Lightning, a Damp, or suffocated.

\*Plunge him immediately into cold water :

\*Or blow strongly with bellows down his throat. This may recover a person seem-

\*[A lethargy is a constant inclination to dose, or be asleep, with little or no fever.]

ingly drowned. It is still better if a strong man blows into his mouth.

### 133. Lues Venerea.

Take an ounce of quicksilver every morning, and a spoonful of aqua sulphurata in a glass of water, at five in the afternoon.—I have known a person cured by this, when supposed to be at the point of death, who had been infected by a foul nurse, before she was a year old.

 I insert this for the sake of such innocent sufferers.

### 134. Lunacy.

Give a decoction of agrimony four times a-day :

Or, rub the head several times a-day with vinegar; in which ground-ivy leaves have been infused :

\*Or, take daily an ounce of distilled vinegar :

Or, boil juice of ground-ivy with sweet oil and white wine into an ointment. Shave the head, anoint it therewith, and chafe it in warm every other day for three weeks. Bruise also the leaves and bind them on the head, and give three spoonfuls of the juice warm every morning.  This generally cures melancholy.

The juice alone, taken twice a-day, will cure :

Or, electrify : Tried.

### 135. Raging Madness.\*

Apply to the head cloths dipt in cold water :

\*Or, set the patient with his head under a great water-fall, as long as his strength will bear : Or, pour water on his head out of a tea-kettle :

Or, let him eat nothing but apples for a month :

Or, nothing but bread and milk : Tried.

### 136. The Bite of a Mad Dog.

Plunge into cold water daily, for twenty days and keep as long under it as possible. This has cured even after the hydrophobia was begun.†

Or, mix ashes of trefoil with hog's lard, and anoint the part as soon as possible.—Repeat twice or thrice at six hour's distance.  This has cured many : and particularly a dog bit on the nose by a mad dog.

Or, mix a pound of salt with a quart of water. Squeeze, bathe, and wash the wound

\*It is a sure rule, that all madmen are cowards and may be conquered by binding only, without beating. (Dr. Mead.) He also observes, that blistering the head does more harm than good. Keep the head close shaved, and frequently wash it with vinegar.

†If this be really a nervous disorder, what wonder if it should be cured by cold bathing.

with this for an hour. Then bind some salt upon it for twelve hours.

 The author of this receipt was bit six times by mad dogs, and always cured himself by this means.

Or, mix powdered liver wort, four drachms: black pepper two drachms: divide this into four parts, and take one in warm milk for four mornings fasting. Dr. Mead affirms he never knew this fail: but it has sometimes failed.

Or, take two or three spoonfuls of the juice of rib-wort, morning and evening, as soon as possible after the bite. Repeat this for two or three changes of the moon. It has not been known to fail.

[To prevent the disorder in those who have been bitten:—Cauterize the wound, and dress it twice a day with digestive, and once a day with mercurial ointment. Tissot. Wash the wound well, and dress it every day with salt. Keep the wound open forty days.]

### 137. The Measles.\*

 Immediately consult an honest physician.

\*Drink only thin water-gruel, or milk and water, the more the better: or toast and water.

\*This distemper is always preceded by a violent cough, often fourteen days before the red spots come out.

If the cough be very troublesome, take frequently a spoonful of barley-water, sweetened with oil of new almonds newly drawn, mixed with syrup of maiden-hair.

\*After the measles, take three or four purges and for some weeks take care of taking cold, use light diet, and drink barley water, instead of malt-drink. See extract from Dr. Tissot, page 82.

### 138. Menses Obstructed.

Be electrified : Tried.

Or, take half a pint of strong decoction of penny-royal, every night at going to bed :

Or, boil five large heads of hemp, in a pint of water, to half. Strain it, and drink it at going to bed, two or three nights. It seldom fails : Tried.

\*Or take from three to four grains of calomel, in a pill, for two or three nights, taking care not to take cold. It purges : Tried.

*Let any of these medicines be used at the regular times as near as can be judged.—See Dr. Tissot.*

### 139. Menses Profuse.

Drink nothing but cold water, with a spoonful of fine flour stirred in it. At that time drink a glass of the coldest water you can get, and apply a thick cloth dipt in cold water :

Or, put the feet into cold water :

Or, apply a sponge dipt in red wine and vinegar :

Or, bleed in the arm. Stop the orifice often with the finger, and then let it bleed again :

Or, boil four or five leaves of the red holy-oak in a pint of milk, with a small quantity of sugar. Drink this in the morning ; if the person can afford it, she may add a tea-spoonful of balm of Gilead. This does not often fail :

\*Or reduce to a fine powder half an ounce of alum, with a quarter of an ounce of dragon's blood. In a violent case, take a quarter of a drachm every half hour. It scarce ever fails to stop the flux before half an ounce is taken. This also cures the whites.

[If the strength will admit, take a little blood from the arm ; the body should be kept loose. Let her take a tea-cupful of alum-whey every three or four hours—made thus : Put two drachms of powdered alum into a pint of milk, boil it till the curd is well separated, then strain off the whey and bottle it. The like medicine in floodings, and in the whites has been found often useful : Tried.]

#### 140. To resolve coagulated Milk.

Cover the woman with a table-cloth, and

hold a pan of hot water, just under her breast; then stroke it three or four minutes. Do this twice a day, till it is cured.

#### 141. To increase Milk.

Drink a pint of water going to bed:

Or, drink largely of pottage made with lentils.

#### 142. To make Milk agree with the stomach.

If it lie heavy, put a little salt in it; if it curdle, sugar. For bilious persons mix it with water.

#### 143. A Mortification (to stop.)

\*Apply a poultice of flour, honey, and water, with a little yeast.

[A gangrene is when any part of the body, from the violence of the inflammation is not actually dead, but is in a state of dying. Galen.

The inflammation should be abated by bleeding, if the fever admit, and by cooling, opening medicines: the parts around touched with vinegar, lime-water, or camphorated spirits, and scarified. Apply a poultice of biscuit of fine wheat flour boiled with milk to the gangrened part, and take the bark freely.

B. N. No oily substance should ever touch a bone, sound or unsound, but foul bones

should be dressed with spirits, as tincture of myrrh. &c.]

#### 144. Nervous Disorders.

When the nerves perform their office too languidly, a good air is the first requisite. The patient also should rise early, and as soon as the dew is off the ground, walk : let his breakfast be mother of thyme tea, gathered in June, using half as much as we do of common tea. When the nerves are too sensible, let the person breathe a proper air, let him eat veal, chickens, or mutton. Vegetables should be eat sparingly ; the most innocent is the French bean ; and the best root, the turnip. Avoid all sauces. Sometimes he may breakfast upon a quarter of an ounce of the powder of valerian root infused in hot water, to which he may add cream and sugar. Tea is not proper. When the person finds an uncommon oppression, let him take a large spoonful of the tincture of valerian root.

 This tincture should be made thus : Cut to pieces six ounces of wild valerian root, gathered in June, and fresh dried.—Bruise it by a few strokes in a mortar, that the pieces may be split, but it should not be beat into powder : put this into a quart of strong white wine ; cork the bottle and let it stand three weeks, shaking it every day ; then press it out and filter the tincture through paper.

N. B. The true wild valerian has no bad smell : if it has, cats have urined upon it, which they will do if they can come at it.

But I am firmly persuaded, there is no remedy in nature for nervous disorders of every kind, comparable to the proper and constant use of the electrical machine.

#### 145. Nettle Rash.\*

Rub the part strongly with parsley.

#### 146. Old Age.

Take tar water morning and evening :—  
Tried.

Or, decoction of nettles : either of these will probably renew the strength for some years :

Or, be electrified daily :

Or, chew cinnamon daily, and swallow your spittle.

#### 147. An old stubborn Pain in the Back.

Steep root of water-fern in water, till the water becomes thick and clammy. Then rub the parts therewith morning and evening.

Or, apply a plaster, and take daily balsam of capivi.

\*A slight fever (which sometimes lasts for weeks or months) attended with itching and smarting, and an eruption just like that occasioned by nettles. In Georgia we called it the prickly heat.

### 148. The Palsy.\*

Be electrified daily for three months, from the places where the nerves spring, which are brought to the paralytic part. If the parts beneath the head are affected, the fault is in the spinal marrow. If half the body, half the marrow is touched.

Or, use the cold bath if you are under fifty, rubbing and sweating after it.

Or, shred white onions and bake them gently in an earthen pot, till they are soft : spread a thick plaster of this, and apply it to the benumbed part, all over the side, if need be. I have known this cure a person of seventy-five years old.

Or, take tar-water, morning and evening :

Or, boil white and red sage, a handful of each in a quart of white wine. Strain and bottle it. Take a small glass morning and evening.

 This helps all nervous disorders.

Or, take a tea-spoonful of powdered sage lying down in bed.

### 149. Palsy of the Hands.

Wash them often in decoction of sage, as hot as you can bear :

Or, boil a handful of elder-leaves, or two

\*A palsy is the loss of motion or feeling, or both, in any particular part of the body.

or three spoonfuls of mustard-seed in a quart of water. Wash often in this, as hot as may be.

### 150. Palsy of the Mouth.

\*After purging well, chew mustard-seed often :

Or, gargle with juice of wood-sage.

### 151. Palsy from working with White Lead or Verdigrease.

Use warm baths and a milk diet.

### 152. The Palpitation, or Beating of the Heart.

Apply outwardly a rag dipt in vinegar.

Or, be electrified : tried.

Or, take a decoction of mother's wort every night.

### 153. Phlegm (see Flegm.)

### 154. The Piles (to prevent.)

Wash the parts daily with cold water.

### 155. The Piles (to cure.)

Apply warm treacle :

Or, a poultice of boiled brook lime. It seldom fails :

Or, varnish. It perfectly cures both the blind and bleeding piles : Tried.

Or, fumigate with vinegar, wherein red

hot flints have been quenched. This softens even schirrous tumours.

[Take flour of sulphur half an ounce : cream of tartar half an ounce ; conserve of roses an ounce, with syrup enough to make an electuary : take the bulk of a nutmeg thrice a-day, and touch the parts with the following linament. Take burnt cork two ounces ; digestive ointment, half an ounce ; linseed oil enough to make it into a linament : Tried.]

### 156. The inward Piles.

Swallow a pill of pitch, fasting. One pill usually cures the bleeding piles :

Or, eat a large leek, boiled ;

Or, take twice a-day, as much as lies on a shilling, of the thin skins of walnuts, powdered.

### 157. Violent bleeding Piles.

Lightly boil juice of nettles, with a little sugar : take two ounces. It seldom needs repeating.

### 158. The Pleurisy.\*

Use a decoction of nettles ; and apply the boiled herb hot, as a poultice. I never knew it fail.

Or; a plaster of flour of brimstone and white of an egg : Tried.—See Dr. Tissot, page 38.

\*A pleurisy is a fever attended with a violent pain in the side and a pulse remarkably hard.

In disorders of this kind, Dr. Huxham advises, "Sip almost continually thin whey, barley-water, or hyssop tea, sharpened with lemon juice, or vinegar and water. If the spitting stop suddenly, take a little vomit. Likewise camphorated vinegar, with syrup of elder or raspberries is good. To appease the cough take often, a little at a time of roasted apples, of strawberries, raspberries or currants."

[There is also a bastard pleurisy, which is an inflammation of the muscles among the ribs attended with little or no fever.—In the true pleurisy the pain is greatest in inspiration, and is most perceived when the unaffected side is lain on, attended with a constant fever, short cough, and sometimes a spitting of blood; these symptoms do not attend the bastard pleurisy. This last disorder seldom needs bleeding, as does the true pleurisy; the work is better done by a vomit and acidulated barley-water. But the pleurisies in North America do not admit of such large bleedings as in Europe, nor can the patients bear such large doses of medicines: the diet in the true pleurisy should be slender, cool, and diluting: a bladder filled with warm milk and water, applied to the side, may be renewed when cool; he may drink a decoction of seneca rattle-snake root, &c.

There are also pains in the sides which

are mostly from flegm, and are carried off by warm diluting drinks, where bleeding would be hurtful, especially in the fall of the year.]

### 159. To one Poisoned.

\*Let one poisoned by arsenic, dissolve a quarter of an ounce of salt of tartar in a pint of water, and drink every quarter of an hour as much as he can, till he is well.

\*Let one poisoned by opium, take thirty drops of elixir of vitriol, every quarter of an hour, till the drowsiness or wildness ceases.

\*Or take a spoonful of lemon-juice every half hour.

\*Let one poisoned with mercury sublimate, dissolve an ounce of salt of tartar in a gallon of water, and drink largely of it.—  
 This will entirely destroy the force of the poison, if it be used soon.

Nothing cures the African poison, but a decoction of the roots of the sensitive plant.

### 160. Polypus in the Nose.

\*Powder a lump of alum, and snuff it up frequently. Then dissolve powdered alum in brandy: dip lint therein, and apply it at going to bed.

### 161. A Prick or a Cut that festers.

Apply turpentine.

### 162. Ptyalism.\*

A very violent and stubborn disorder of this kind was cured by chewing perpetually a little dry bread, and swallowing it with the spittle.

### 163. An easy Purge.

Drink a pint of warmish water fasting walking after :

Or, a soft egg with a tea-spoonful of salt :

Or, infuse from half a drachm to two drachms of damask rose-leaves dried, in half a pint of warm water, for twelve hours and take it :

\*Or, infuse three drachms of sena, and a scruple of salt of tartar, in half a pint of river-water for twelve hours. Then strain and take it in the morning.

Wild ash is a plant of the very same nature as sena. Its leaves taken in the same quantity purge full as well, and do not gripe as sena does. It is therefore preferable to that which is brought from Turkey or Italy.

 The wild-ash is called in the north of England, round tree, quicken, quick-beam, or wiggan tree, the leaves should be gathered when the tree is in flower.

### 164. A stronger Purge.

Drink half a pint of strong decoction of dock-root :

\*A continual spitting.

\*Or, two drachms of the powdered root of monks rhubarb, with a scruple of ginger.

### 165. The Quinsy.\*

Apply a large white-bread toast, half an inch thick, dipt in brandy, to the crown of the head, till it dries :

Or, bleed, purge, and blister.

### 166. Quinsy of the Breast.†

Take from eight to twenty drops of laudanum, lying down in bed :

Or, make an issue in the thigh.

### 167. The Rheumatism.‡

To prevent. Wear washed wool under the feet.

To cure. Use the cold bath with rubbing and sweating :

Or, apply warm steams :

Or, rub in warm treacle, and apply to the part brown paper smeared therewith :— change it in twelve hours : Tried.

Or, drink half a pint of tar-water, morning and evening :

Or, steep six or seven cloves of garlic, in half a pint of white wine. Drink it lying

\*The quinsy is a fever attended with difficulty of swallowing, and often of breathing.

†This is known by a sudden unaccountable pain and difficulty of breathing, seizing a person in the night, or on any violent motion.

‡Rheumatic pains are generally most violent as soon as you are warm in bed.

down. It sweats and frequently cures at once.

\*Or, take two cloves of garlic, and one drachm of gum ammoniacum: beat them together in a marble mortar, with a little water, so as to make three boluses, take one of them night and morning, and drink sassafras tea freely:

\*Or, mix flour of brimstone with honey, in equal quantities. Take three spoonfuls at night, two in the morning, and one afterwards, morning and evening, till cured—This succeeds oftener than any remedy I have found:

Or, live on new milk-whey and white bread for fourteen days. This has cured in a desperate case:

Or, pound the green stalks of English rhubarb, in May or June, with an equal quantity of lump-sugar. Take the quantity of a nutmeg of this three or four times a-day.—This seldom fails.—See Dr. Tissot, page 61.

In a stubborn rheumatism, let your diet be barley-gruel, with currants, roasted apples, fresh whey, and light pudding.

[Rub an ounce of camphire, with two ounces of Florence oil, in a mortar, till the camphire be entirely dissolved, to rub the parts affected.—Buchan.]

\*Take of Florence oil, an ounce; spirit of hartshorn, half an ounce; shake them together. Pringle says, a flannel moisten-

ed with this, and applied to the pained part in rheumatism, or to the throat in quinsy, is generally efficacious.]

### 168. To restore the Strength after a Rheumatism.

Make a strong broth of cow-heels, and wash the parts with it warm twice a-day. It has restored one who was quite a cripple, having no strength left either in his leg, thigh, or loins.

\*Or, mix gum guaiacum (in powder) with honey or treacle: take two or three tea-spoonfuls, (or as much as you can bear without purging) twice or thrice a-day.—This is the best medicine I have met with for the chronic rheumatism :

\*Or, dissolve one ounce of gum guaiacum in three ounces of spirits of wine. Take sixty or eighty drops on loaf sugar two or three times a-day.—This is Dr. Hill's essence of bardana.

\*Or, drop thirty drops of volatile tincture of guaiacum on a lump of sugar, and take this in a glass of water every four hours. It usually cures in a-day : Tried.

### 169. Rickets.\* (to prevent or cure.)

\*Wash the child every morning in cold water.

\*[In the rickets the child is emaciated, except the head, knees, and belly, which are swollen, and the ribs are depressed.]

## 170. Ring-worms.\*

Apply rotten apples : or pounded garlic :  
Or, rub them with the juice of house-leek :  
Or, wash them with hungary water cam-  
phorated :

Or, twice a-day with oil of sweet almonds  
and oil of tartar mixed.

## 171. A Rupture.†

Foment with hot aqua vitae for two hours.

Or, take agrimony, spleen-wort, Solo-  
mon's-seal, strawberry-roots, a handful of

\*Vulgarly called tetter.

†[A rupture, if old and irreducible, is to be submitted to, and can only be alleviated by suspension in a bag-truss made of soft linen. If recent, its reduction should be attempted instantly by gentle continued pressure on the part: this is best done by the person's own hands, while his body is thrown into a recumbent posture. If this does not succeed, try the last article under this head, and if the rupture still cannot be replaced, but a considerable degree of pain comes on, with sickness at the stomach, and fever, draw a pint of blood from the arm, and if the person's strength will at all admit it, repeat it again in six hours, taking one table-spoonful of castor oil every hour until it works, continue the use of the above-mentioned article, and inject a pint of the decoction of mallows or camomile in milk and water, strained and well sweetened with brown sugar, as a clyster.

If after twelve or fourteen hours, all these methods fail either to return the rupture or procure stools, and the pain and sickness at the stomach rather increase, with a beginning restlessness, the case becomes highly alarming and dangerous, and no time is

each; pick and wash them well; stamp and boil them two hours, in two quarts of white wine in a vessel close stopt. Strain and drink a large glass of this every morning and an hour after drink another. It commonly cures in a fortnight. A good truss mean time is of great use.

"I place," says Dr. Riviere, "a broad plank sloping from the side of the bed to the ground. On this I lay the patient upon pillows, with his head downward. Then I foment the part for half an hour, with cloths four times doubled, steeped in cold water, gently touching it with my fingers. Afterwards I bind on it, many times doubled, a cloth shaped like a triangle, wet in cold

to be lost; steep a quarter of an ounce of strong tobacco in a pint of boiling water an hour, strain it off and inject it as a clyster. This may cause great sickness and faintness, so as to alarm the by-standers not a little, but is not dangerous, and will frequently succeed when every thing else fails.

After the rupture is reduced, a well-fitted steel truss should afterwards be always worn, and the omission of it for an hour while in an erect posture may be fatal.

It is strongly recommended, in every recent case of this kind, to call in a physician of experience as early after the accident as possible, as a chirurgical operation may be absolutely necessary to save the person's life. The above directions are intended chiefly for those who cannot be benefitted by the immediate attendance of a physician of skill and reputation, no other should be trusted to in a case of so much importance.

water. The gut is generally restored to its place in a few hours. If not, I repeat the operation twice a-day, and in two or three days the disease is cured."

### 172. A Rupture in Children.

Keep its bowels open with rhubarb and apply a soft band.

### 173. A Scald Head.

Apply daily white wine vinegar : Tried.

Or, a little blue ointment.

After the cure, give two or three gentle purges.

If a proper regard was paid to cleanliness in the head and apparel of children, the scald head would seldom be seen.

### 174. The Sciatica,\*

Is certainly cured by a purge taken in a few hours after it begins :

Or, use cold bathing, and a sweat, together with the flesh-brush twice a-day :

Or, boil nettles till soft. Foment with the liquor, then apply the herb as a poultice.—I have known this cure a sciatica of forty-five years standing :

Or, apply nettles bruised in a mortar :

Or, a mud made of powdered pitcoal and warm water. This frequently cures sores,

\*The sciatica is a violent pain in the hip, chiefly in the joint of the thigh-bone.

weakness of limbs, most disorders of the legs, swelling and stiffness of the joints.—It cured a swelling of the elbow-joint, though accompanied with a fistula, arising from a caries of the bone. See Dr. Tissot, p. 66.

### 175. Inflammation and Swelling of the Scrotum.

Apply lead water.

### 176. A Scorbutic Atrophy.\*

Use cold bathing :—Which also cures all scorbutic pains.

### 177. Scorbutic Gums.

\*Wash them daily with a decoction of Peruvian bark, adding a little tincture of roses, with a solution of myrrh.

\*[Wash them with cold water, then with tincture of red roses, with as much sweet spirit of salt mixed with it as can be conveniently borne ; Boerhaave. Or, wash them with tincture of myrrh : Tried.]

### 178. Scorbutic Sores.

A diet-drink—Put half a pound of fresh shaved lignum guaiacum (called by the block-makers lignum vitæ) and half an ounce of sena, into an earthen pot that holds six quarts ; add five quarts of soft water,

\*Such a degree of the scurvy as causes the flesh to waste away like a consumption.

and lute the pot close. Set this in a kettle of cold water, and put it over a fire till it has boiled three hours. Let it stand in the kettle till cold. When it has stood one night, drink daily half a pint, new milk warm, in the morning, fasting, and at four in the afternoon. Wash with a little of it. In three months all the sores will be dried up: Tried.

### 179. The Scurvy.\*

Live on turnips for a month:

Or, take tar-water morning and evening for three months:

Or, three spoonfuls of nettle juice every morning: Tried.

Or, decoction of burdock. Boil three ounces of the dried root in two quarts of water to three pints. Take half a pint daily, unless it purges too much, if so, take less. A decoction of the leaves (boiling one leaf four minutes in a quart of water) has the same effect:

Or, take a cupful of the juice of goose-grass, in a morning, fasting, for a month: it is frequently called hariss, or cleavers.— Last year I knew many persons cured by it.

\*The scurvy is known by heaviness of body, weariness, rottenness of gums, and yellow, lead, or violet-coloured spots on the legs or arms.

N. B. A scurvy attended with costiveness, (which is most common) is termed a hot scurvy: one attended with looseness, a cold scurvy.

Or, pound into a pulp of Seville oranges, sliced, rind and all, and powdered sugar, equal quantities. Take a tea-spoonful three or four times a-day: Tried.

Or, squeeze the juice of half a Seville orange into a pint of milk over the fire.—Sweeten the whey with loaf sugar, and drink it every morning, new milk warm. To make any whey, milk should be skimmed, after it is boiled.

\*Or, pour three quarts of boiling water, on a quart of ground malt: stir them well, and let the mixture stand covered close, for four hours: strain it off and use this as common drink: in hot weather, brew this fresh every day. It will hardly fail.

Or, take morning and evening, a spoonful or two of lemon juice and sugar. "It is a precious remedy and well tried."—Dr. Macbride.

Water and garden cresses, mustard and juice of scurvy-grass, help in a cold scurvy.

When there is a continual salt taste in the mouth, take a pint of lime-water morning and evening.

### 180. A Broken Shin.

Bind a dry oak-leaf upon it:

Or, put on a bit of white paper moistened with spittle. It will stay on till the place is well: Tried.

This cures a cut also.

### 181. Shingles.\*

\*Drink sea water every morning for a week; toward the close, bathe also:

Or, apply pounded garlic.

[It is necessary that the body should be purged and kept loose, then touch the part twice a-day with the following: Take mustard-seed powdered fine, and best writing ink, as much as will make it into a linament: Tried.]

### 182. Sickishness in the Morning.

Eat nothing after six in the evening:

Or, drink half a pint of water impregnated with fixed air.

### 183. Sinews shrunk.

Rub them with warm oil.

### 184. Skin rubbed off.

Apply pounded all-heal.—It seldom needs repeating.

Or, a bit of white paper with spittle.

### 185. Small Pox.

Drink largely of toast and water.

Or, let your whole food be milk and water mixed with a little white bread: Tried.

Or, milk and apples.

Take care to have a free, pure, and cool

\*A kind of ring-worm, which encircles the body like a belt of a hand's breadth.

air. Therefore open the casement every day : only do not let it chill the patient.

"There may be pustules a second time coming out and ripening like the small pox, but it is barely a cutaneous disorder.

"In violent cases bleed in the foot ; bathe the legs in warm water, twice or thrice a day, before and at the eruption ; and apply boiled turnips to the feet. Never keep the head too hot.

\*" In very low depressed cases wine may be given ; and if the pustules lie buried in the skin, a gentle vomit. In many cases a gentle purge of manna, cream of tartar & rhubarb.

"In the crude ichorose small pox, a dish of coffee now and then, with a little thick milk in it, has often quieted the vexatious cough.

"After the incrustation is formed, change the sick, but let it be with very dry warm linen." Dr. Huxham.

## 186. A long running Sore in the Back,

Was entirely cured by eating betony in every thing :

Or, take every morning two or three spoonfuls of nettle juice, and apply nettles bruised in a mortar, to the part. This cures any old sore or ulcer. I.

### 187. A Sore Leg.

Bind a diaculum plaster, an inch broad, round the leg, just above the sore, and foment it morning and evening, with hot water.

Any sore is healed by a plaster of mutton-suet: even though it fester or breed proud-flesh.

### 188. A Sore Mouth.

Apply the white of an egg beat up with loaf-sugar:

Or, gargle with the juice of cinquefoil:

\*Or, boil together a pound of treacle, three yolks of eggs, an ounce of bole ammoniac, and the quantity of a nutmeg of alum, a quarter of an hour. Apply this to the sore part: Tried.

### 189. A Sore Throat.

Take a pint of cold water lying down in bed: Tried.

Or, apply a chin-stay of roasted figs:

\*Or, a flannel sprinkled with spirits of hartshorn to the throat, rubbing hungary-water on the top of the head: Tried.

Or, snuff a little honey up the nose.

An old sore throat was cured by living wholly upon apples and apple-water.

\*Lay nitre and loaf-sugar mixed on the tongue.

## 190. A Putrid Sore Throat.

Lay on the tongue a lump of sugar dipt in brandy ; Tried.

[This fatal disorder, especially among young children, begins with an ague and sore throat, sometimes a gangrene is begun in the palate, or near it in twelve hours, and it sometimes kills in 24 hours : a vomit should be given as soon as the disorder is known, and occasionally repeated, the body kept loose ; a gargle used of barley-water and honey (or honey of roses) and salt petre ; and when the gangrene is discovered, the mouth-water should be made as strong as the patient can bear it, with volatile spirit of sal armoniac, or some other volatile spirits ; and the little patient often have his mouth washed with it, and solicited to drink barley-water, and take a preparation of the bark : Tried.]

## 191. A Sprain.

\*Hold the part in very cold water for two hours : Tried.

\*Or, apply cloths dipt therein, four times doubled, for two hours, changing them as they grow warm :

\*Or, bathe it in good crab-verjuice :

\*Or, boil bran in wine-vinegar to a poultice. Apply this warm, and renew it once in twelve hours.

**192. A venomous Sting.**

Apply the juice of honey-suckle leaves :

Or, a poultice of bruised plantane and honey :

Or, take inwardly, one drachm of black currant-leaves powdered. It is an excellent counter-poison.

**193. The Sting of a Bee.**

Apply honey.

**194. Sting of a Nettle.**

Rub the part with juice of nettles.

**195. Sting of a Wasp.**

Rub the part with the bruised leaves of house-leek, water-cresses, or rue :

Or, apply treacle, or sweet oil :

Or, bruised onions, or garlic.

**196. Sting of a Bee or Wasp in the eye.**

Apply carduus bruised with the white of an egg : renew it if it grows dry.

**197. Sting in the Gullet.**

Beat well together, with a spoon, some honey and sweet oil with a little vinegar ; swallow a spoonful every minute till ease is procured.

**198. A Stich in the Side.**

Apply treacle spread on a hot toast ;—  
Tried.

199. Accidental Sickness, or pain in the Stomach.

Vomit with a quart of warm water.

200. Pain in the Stomach from bad digestion.

Take fasting, or in the fit, half a pint of camomile tea. Do this five or six mornings :

Or, drink the juice of half a large lemon immediately after dinner, every day. Dr. Mead.

\*Or, from twenty to forty drops of elixir of vitriol in sage tea, twice or thrice a-day :

Or, in the fit a glass full of vinegar :

\*Or, take two or three tea-spoonfuls of stomachic-tincture, in a glass of water, thrice a-day.

 The tincture is made thus : Gentian-root sliced, one ounce ; orange peel dried, half an ounce ; cochineal fifteen grains ; of proof brandy, one pint ; in three or four days it is fit for use. This is useful in all disorders that arise from a relaxed stomach.

201. Choleric hot Pains in the Stomach.

Take half a pint of decoction of ground-ivy with a tea-spoonful of the powder of it, five or six mornings. I.

## 202. Coldness of the Stomach.

Taks a spoonful of the syrup of the juice of carduus benedictus, fasting, for three or four mornings : *I.*

Or, chew a leaf of carduus every morning, and swallow the spittle ; Tried.

## 203. Pain in the stomach, with coldness and wind.

Swallow five or six corns of white pepper, for six or seven mornings : Tried.

## 204. Stone (to prevent)

Eat a crust of dry bread every morning : Tried.

Or, drink a pint of warm water daily, just before dinner. After discharging one stone, this will prevent the generating of another. Stoop down and raise yourself up again. If you feel pain, as if cut thro' the middle, the pain is not from the stone, but rheumatism ; beware of costiveness. Use no violent diuretics. Mead is a proper drink.

Or, slice a large onion ; pour half a pint of warm water upon it. After it has stood twelve hours, drink the water. Do this every morning till you are well.

## 205. In a raging Fit.

Beat onions into a pulp and apply them as a poultice, to the back, or to the groin.

It gives speedy ease in the most racking pain : Tried.

Or, apply heated parsley.

### 206. Stone (to ease or cure.)

Boil half a pound of parsnips in a quart of water. Drink a glass of this, morning and evening, and use no other drink all the day. It usually cures in six weeks.

Or, take morning and evening, a tea-spoonful of onions, calcined in a fire shovel into white ashes, in white wine. An ounce will often dissolve the stone."

Or, take a tea-spoonful of violet-seed powdered, morning and evening. It both wastes the stone, and brings it away.

Or, drink largely of water impregnated with fixed air.\*

Those who have not a convenient apparatus, may substitute the following method : Dissolve fifteen grains of salt of tartar in six spoonfuls of water, to which add as much water, acidulated with oil of vitriol, as will neutralize the salt. They are to be gradually mixed with each other, so as to prevent the effervescence or dissipation of the fixed air, as much as possible.

### 207. Stone in the Kidneys.

Boil an ounce of common thistle-root,

[\*Some have been much relieved by drinking a pint of cold water fasting in the morning, and again at bed-time.]

and four drachms of liquorice, in a pint of water. Drink half of it every morning.

### 208. Stoppage in the Kidneys.

Take decoction, or juice, or syrup of ground-ivy, morning and evening:

Or, half a pint of tar-water.

Or, twelve grains of salt of amber in a little water.

### 209. The Stranguary.

Sit over the steam of warm water.

Or, drink largely of decoction of turnips sweetened with clarified honey:

Or, of warm lemonade: Tried.

\*Or, dissolve half an ounce of salt-petre in a quart of water; drink a glass of it every hour.

### 210. Sunburn (smarting.)

Wash the face with sage tea.

### 211. A fresh surfeit.

Take about a nutmeg of the green tops of wormwood.

### 212. To stop profuse sweating.

\*Mix an ounce of tincture of Peruvian bark, with half an ounce of spirit of vitriol. Take a tea-spoonful morning and night, in a glass of water.

**213. Swelled Glands in the Neck.**

\*Take sea-water every other day.

**214. Indolent Swellings,**

Are often cured by warm steams.

**215. Soft and flabby Swellings.**

Pump cold water on them daily :

Or, use constant frictions ; or proper bandages.

**216. A white swelling (on the Joints.)**

Hold the part half an hour every morning under a pump or cock. This cures also pains in the joints. It seldom fails : Tried.

Or, pour on it daily a stream of warm water :

Or, a stream of cold water one day, and warm the next, and so on by turns :

Use these remedies at first, if possible. It is likewise proper to intermix gentle purges, to prevent a relapse :

Or, boiled nettles.

**217. To dissolve white or hard swellings.**

Take white roses, elder flowers, leaves of fox-glove, and of St. John's wort, a handful of each : mix them with hog's lard, and make an ointment.

Or, hold them morning and evening in

the steam of vinegar, poured on red hot flints.

### 218. To fasten the Teeth.

Put powdered alum, the quantity of a nutmeg, in a quart of spring water, for twenty-four hours. Then strain the water, and gargle with it:

Or, gargle often with phillerea leaves boiled with a little alum in forge-water.

### 219. To clean the Teeth.

\*Rub them with ashes of burnt bread.

### 220. To prevent the Tooth-Ach.

\*Wash the mouth with cold water every morning, and rinse them after every meal.

### 221. To cure the Tooth-ach.

Be electrified through the teeth: Tried.

Or, apply to the aching tooth an artificial magnet:

Or, rub the cheek a quarter of an hour:

Or, lay roasted parings of turnips, as hot as may be, behind the ear:

Or, put a leaf of betony, bruised, up the nose:

Or, lay bruised or boiled nettles to the cheek: Tried.

Or, lay a clove of garlic on the tooth:

Or, hold a slice of apple, slightly boiled, between the teeth: Tried.

Or, dissolve a drachm of crude sal am-

moniac in two drachms of lemon juice; wet cotton herein and apply it:

Or, keep the feet in warm water, and rub them well with bran, just before bed-time: Tried.

 The first twenty teeth generally last till the sixth or seventh year: After that till the fourteenth or fifteenth year, they fall out one by one, and are succeeded by others.

The shedding of the teeth is wisely intended, and brought about in a singular manner. Their hardness will not admit of distention like other parts of the body.— Hence after an enlargement of the jaw-bone, the original teeth are no longer able to fill up the cavities of it. They must stand unsupported by each other, and leave spaces between them. Under the first teeth therefore is placed a new set, which by constantly pressing upon their roots, rob them of their nourishment, and finally push them out of their sockets.

### 222. Tooth-ach from cold air,

Keep the mouth full of warm water.

### 223. Teeth set on edge.

Rub the tops of the teeth with a dry towel.

 There is no such thing as worms in

the teeth. Children's using coral, is always useless, often hurtful.

"Forcing the teeth into order is always dangerous. Filing is generally hurtful.

"All rough and cutting powders destroy the teeth: so do all common tinctures.

"Sweetmeats are apt to hurt the teeth, if the mouth be not rinsed after them.—Cracking nuts often breaks off the enamel; so does biting thread in two.

\*"Constant use of tooth-picks is a bad practice; constant smoking of tobacco destroys many good sets of teeth." Mr. Beardmore

#### 224. Extreme Thirst (without a Fever.)

Drink spring water, in which a little sal prunellæ is dissolved.

#### 225. Pain in the Testicles.

Apply pelitory of the wall beaten up into a poultice, changing it morning and evening.

#### 226. Testicles inflamed.

Boil bean-flour in three parts water, one part vinegar.

#### 227. To draw out Thorns, Splinters, and Bones.

Apply nettle-roots and salt:

Or, Turpentine spread on leather.

## 228. Thrush.\*

Mix juice of celandine with honey, to the thickness of cream. Infuse a little powdered saffron: let this simmer a while and scum it: apply it (where needed) with a feather. At the same time give eight or ten grains of rhubarb; to a grown person, twenty:

Or, take an ounce of clarified honey; having scummed off all the dross from it, put in a drachm of roch alum, finely powdered, and stir them well together. Let the child's mouth be rubbed well with this, five or six times a-day, with a bit of rag tied upon the end of a stick; and even tho' it be the thorough thrush, it will cure it in a few days. I never knew it fail.

[As they generally proceed from too hot a regimen, or the child being deprived of its mother's milk, or from acid humours, the child should be purged. Five grains of rhubarb and thirty of magnesia alba may be rubbed together, and divided into six doses, one of which should be given every four hours. Then take fine honey, an ounce; borax, a drachm; burnt alum half a drachm; rose-water, two drachms; mix them to touch the parts with: Buchan.]

## 229. Tonsels swelled.

Wash them with lavender-water.

\*Little White Ulcers in the mouth.

**230. Torpor; or numbness of the limbs.**

Use the cold bath, with rubbing and sweating.

**231. Twisting of the guts.**

Use injection of tobacco smoke.

**232. Tympany ; or, Windy Dropsy.**

Use the cold bath with purges intermixed ;

Or, mix the juice of leeks and of elder.

Take two or three spoonfuls of this, morning and evening : Tried.

Or, eat a few parched peas every hour.

**233. A Vein or Sinew cut.**

Apply the inner green rind of hazel fresh scraped.

**234. The Vertigo, or swimming in the Head.**

\*Take a vomit or two :

\*Or, use the cold bath for a month :

Or, in a May morning, about sun rise, snuff up daily the dew that is on the mallow-leaves :

Or, apply to the top of the head, shaven, a plaster of flour of brimstone, and white of eggs : Tried.

Or, take every morning half a drachm of mustard-seed :

Or, mix together, one part of salt of tar-

tar, with three parts of cream of tartar.—Take a tea-spoonful in a glass of water, every morning, fasting. This is serviceable when the vertigo springs from acid, tough phlegm in the stomach.

### 235. Vigilia, Inability to Sleep.

Apply to the forehead, for two hours, cloths four times doubled, and dipt in cold water. I have known this applied to a lying-in woman, and her life saved thereby.

Or, take a grain or two of camphire.

Assafœtida, from ten to thirty grains, likewise will in most cases answer.

### 236. Bite of a Viper or Rattle-Snake.

Apply bruised garlic :

Or, rub the place immediately with common oil:—

Query, would not the same cure the bite of a mad dog? Would it not be worth while to make the trial on a dog?

[Or, take a quantity of horehound, bruise it well, in a mortar, and squeeze out the juice; likewise plantane in like manner a table-spoonful of these liquids mixed together, in equal quantities, is to be taken every three hours till the infection is done, and the beaten herbs are for a poultice to the part, having first cleansed it well:

Or, apply the liver and guts of the serpent to the wound. Good in the bite of any serpent.]

**237. To prevent the Bite of a Viper.**

Rub the hands with the juice of radishes.

**238. An Ulcer.**

Dry and powder a walnut-leaf, and strew it on, and lay another walnut-leaf on that : Tried.

Or, boil walnut-tree leaves in water with a little sugar. Apply a cloth dipt in this, changing it once in two days. This has done wonders.

Or, foment morning and evening with a decoction of walnut-tree leaves, and bind the leaves on. This has cured foul bones : yea, and a leprosy : Tried.

**239. Ulcer in the Bladder or Kidneys.**

Take a decoction of agrimony, thrice a day :

Or, decoction, powder, or syrup of horse-tail.

**240. Ulcers in the Gum or Jaw.**

Apply honey of roses sharpened with spirit of vitriol :

Or, fill the white of eggs boiled hard, and slit, with myrrh and sugar candy powdered. Tie them up, and hang them on sticks lying across a glass. A liquid distils, with which anoint the sore often in a day.

### 241. A fistulous Ulcer.

Apply wood-betony bruised, changing it daily.

### 242. A bleeding varicous Ulcer in the Leg,

Was cured only by constant cold bathing.

### 243. A Malignant Ulcer.

Foment morning and evening, with a decoction of mint. Then sprinkle on it finely powdered rue :

Or, burn to ashes (but not too long) the gross stalk on which the red coleworts grow. Make a plaster with this and fresh butter. Change it once a-day :

\*Or, apply a poultice of boiled parsnips, this will cure even when the bone is foul :

Or, be electrified daily :

### 244. An easy and safe Vomit.

Pour a dish of tea on twenty grains of ipecacuana. You may sweeten it if you please. When it has stood four or five minutes, pour the tea clear off, and drink it.

### 245. To stop Vomiting.

Apply a large onion slit across the grain, to the pit of the stomach : Tried.

\*Or, take a spoonful of lemon-juice and six grains of salt of tartar.

### 246. Bloody Urine.

Take twice a-day a pint of decoction of agrimony :

Or, of decoction of yarrow.

### 247. Urine by Drops with Heat and Pain.

Drink nothing but lemonade : Tried.

Or, beat up the pulp of five or six roasted apples with near a quart of water. Take it at lying down. It commonly cures before morning.

### 248. Involuntary Urine.

Use the cold bath :

Or, take a spoonful of powdered agrimony in a little water, morning and evening :

Or, a quarter of a pint of alum posset-drink every night :

Or, foment with rose-leaves and plantain-leaves, boiled in a smith's forge water.—Then apply plasters of alum and bole ammoniac, made up of oil and vinegar :

Or, apply a blister to the os sacrum.—This seldom fails.

### 249. Sharp Urine.

Take two spoonfuls of fresh juice of ground-ivy.

### 250. Suppression of Urine,

Is sometimes relieved by bleeding :

Or, drink largely of warm lemonade :—  
Tried.

Or, a scruple of nitre, every two hours :  
Or, take a spoonful of juice of lemons  
sweetened with syrup of violets.

### 251. Uvula\* inflamed.

Gargle with a decoction of beaten hemp-seed :

Or, with a decoction of dandelion ;

Or, touch it frequently with camphorated  
spirits of wine.

### 252. Uvula relaxed.

Bruise the veins of a cabbage-leaf, and  
lay it hot on the crown of the head : re-  
peat it, if needed, in two hours. I never  
knew it fail.

\*Or, gargle with an infusion of mustard-  
seed.

### 253. Warts.

Rub them daily with a radish :

Or, with juice of marigold flowers : it  
will hardly fail :

Or, water in which sal armoniac is dis-  
solved :

Or, apply bruised purslain as a poultice,  
changing it twice a-day. It cures in seven  
or eight days.

\*This is usually called the Palate of the mouth.

### 254. Weakness in the Ankles.

Hold them in cold water a quarter of an hour, morning and evening.

### 255. A soft Wen.

Wrap leaves of sorrel in a wet paper, and roast them in the embers. Mix it with finely sifted ashes into a poultice. Apply this warm daily.

Dr. Riviere says, "I cured a wen as big as a large fist, thus: I made an instrument of hard wood, like the stone with which the painters grind their colours on a marble.—With this I rubbed it half an hour twice a-day. Then I laid on a suppurating plaster very hot, which I kept on four or five days. The wen suppurated and was opened. Afterwards all the substance of it turned into matter, and was evacuated. Thus I have cured many since."

### 256. The Whites.

Live chastely. Feed sparingly. Use exercise constantly. Sleep moderately, but never lying on your back.

Or, boil four or five leaves of the white holy-oak in a pint of milk with a little sugar. Then add a tea-spoonful of balm of Gilead. Drink this every morning.—It rarely fails:

Or, make Venice turpentine, flour, and fine sugar, equal quantities, into small pills.

Take three or four of these morning and evening. This also cures most pains in the back :

Or, take yellow rosin, powdered one ounce, conserve of roses, half an ounce; powdered rhubarb, three drachms, syrup, a sufficient quantity to make an electuary.—Take a large tea-spoonful of this twice a-day, in a cup of comfrey-root tea.

Or, in a quarter of a pint of water wherein three drachms of tamarinds and a drachm of lentish-wood has been boiled; when cold infuse sena, one drachm, coriander-seed and liquorice a drachm and a half of each. Let them stand all night.—Strain the liquor in the morning, and drink it daily two hours before breakfast.

### 257. A Whitlow.

Apply treacle : Tried.

Or, honey and flour : Tried.

Or, a poultice of chewed bread. Shift it once a-day :

Or, a poultice of powdered pit-coal, and warm water.

### 258. Worms.\*

Take two tea-spoonfuls of brandy sweetened with loaf sugar :

\*A child may be known to have the worms by chilliness, paleness, hollow eyes, itching at the nose, starting in sleep, and an unusual stinking breath.—Worms are never found in children that live wholly upon milk.

Or, a spoonful of juice of lemons : or two spoonfuls of nettle-juice :

Or, boil four ounces of quicksilver an hour in a quart of clear water. Pour it off and bottle it up. You may use the same quicksilver again and again. Use this for common drink : or at least, night and morning, for a week or two. Then purge off the dead worms with fifteen or sixteen grains of jalap.

Or, take two tea-spoonfuls of worm-seed, mixed with treacle, for six mornings :

Or, one, two, or three drachms of powdered fern-root, boiled in mead. This kills both the flat and round worms. Repeat the medicine from time to time.

Or, dissolve an ounce of hepatic aloes, in a pint of strong decoction of rue. Take a tea-spoonful or two, in a morning fasting. This destroys both round worms and ascarides :

\*Or, give one tea-spoonful of syrup of bear's foot at bed time, and one or two in the morning, for two or three succeeding days, to children between two and six years of age : regulating the dose according to the strength of the patient.

Syrup of bear's foot is made thus :— Sprinkle the green leaves with vinegar, stamp and strain out the juice, and add to it a sufficient quantity of coarse sugar.—

This is the most powerful medicine for long round worms.

Bruising the green leaves of bear's foot, and smelling often at them, sometimes expels worms :

Or, mix, and reduce to a fine powder, equal parts of rhubarb, scammony, and calomel, with as much doubled-refined sugar, as is equal to the weight of all the other ingredients. The dose for a child, is from six grains to twelve, once or twice a-week. An adult may take from twenty grains to forty, for a dose.

Or, boil half an ounce of aloes, powdered, with a few sprigs of rue, wormwood, and camomile, in half a pint of gall, to the consistency of a plaster : spread this on thin leather, and apply it to the stomach, changing it every twelve hours, for three days ; then take fifteen grains of jalap, and it will bring vast quantities of worms away, some burst and some alive. This will cure, when no internal medicine avails. See extract from Dr. Tissot, page 145.

[Or, take ten grains of comomile, thirty grains of rhubarb, and as much finely powdered chalk, or oyster-shells, for six powders when rubbed together : one to be taken every morning, noon, and night ; for a child five years old. Keep him from cold water. Take two drachms of quicksilver,

boil it in half a pint of water till half is consumed, pour off the liquor and give him half a table-spoonful thrice a-day, and lay by the quicksilver.

### 259. Wounds.

If you have not an honest surgeon at hand,

Apply juice or powder of yarrow; *I.*

Or, bind leaves of ground-ivy upon it:

Or, wood betony bruised. This quickly heals even cut veins and sinews, and draws out thorns and splinters:

Or, keep the part in cold water, for an hour, keeping the wound closed with your thumb. Then bind on the thin skin of an egg-shell for days or weeks, till it falls off of itself. Regard not, though it prick or shoot for a time.

### 260. Inward Wounds.

Infuse yarrow twelve hours in warm water. Take a cup of this four times a-day.

### 261. Putrid Wounds.

Wash them morning and evening with warm decoction of agrimony. If they heal too soon, and a matter gathers underneath, apply a poultice of the leaves pounded, changing them once a-day till well:

\*Or, apply a carrot poultice; but if a gangrene comes on, apply a wheat flour

poultice (after it has been by the fire, till it begins to ferment) nearly cold. It will not fail.

[One of the best poultices for separating or suppurating, will be found to be made of biscuit of fine wheat flour, boiled in milk : and most additions or refinements on it only lessen its value : sometimes it may be proper to touch it over with a little sweet oil or fresh butter ; and in extreme pain, in other cases, with liquid laudanum.]

## 262. Wounded Tendons.

Boil comfrey-roots to a thick mucilage or jelly, and apply this as a poultice, changing it once a-day.

## 263. To open a Wound that is closed too soon.

Apply bruised centaury.

## 264. Daffy's Elixir.

Take of the best sena, guaiacum, liquorice sliced small, aniseeds, coriander-seeds, and elicampane-root, each half an ounce; raisins of the sun, stoned, a quarter of a pound: let them all be bruised, and put into a quart of the best brandy. Let it stand by the fire for a few days, then strain it. See page 30.

### 265. Turlington's Balsam.

Take of balsam of Peru, balsam of Tolu, Angelica-root, and calamus-root, of each half an ounce : gum storax in tears, and dragon's blood of each one ounce ; gum Benjamin, an ounce and a half ; hepatic aloes and frankincense, of each two drachms ; let the roots be sliced thin and the gums bruised ; and put all the ingredients into a quart of spirits of wine ; set the bottle by the fire in a moderate heat for eight or ten days, then strain it for use.

This is indeed a most excellent medicine for man or beast, and for any fresh wound. I know of none like it.

### 266. Stoughton's Drops.

Take gentian-root one ounce ; cochineal and saffron, one drachm ; rhubarb two drachms ; the lesser cardamom-seed, grains of paradise, zedoary, snake-root, of each half an ounce ; galengale one ounce ; slice the roots, and bruise the seeds ; then infuse them in a quart of the best brandy, and add the rinds of four Seville oranges.—When it has stood eight days, clear it off ; and put a pint and a half more of brandy to the same ingredients till their virtue is drawn out. This is greatly helpful in disorders of the stomach.—See stomachic tincture, page 101.

## 267. Dr. James's Powders.

Instead of giving half a crown a packet for these powders, you may, at any druggist's get Dr. Hardwick's fever-powder for a shilling an ounce, which (if it be not the same) will answer just the same end.



## COLD-BATHING

Cures young Children of

**CONVULSIONS\***

Cutaneous inflammations, pimples, and scabs

Gravel

Inflammation of the ears, naval, and mouth

Rickets\*

Suppression of urine

Vomiting

Want of sleep.

It prevents the growth of Hereditary

Apoplexies

Asthmas

Blindness

Consumption

Deafness

Gout

King's Evil

Melancholy

Palsies

Rheumatism\*

Stone

It frequently cures every Nervous,\* and every Paralytic Disorder; in particular

- Ague of every sort\*
- Atrophy
- Coagulated blood after bruises
- Convulsions\*
- Convulsive pains
- Epilepsy\*
- Hysteric pains
- Incubus
- Involuntary stool or urine
- Lameness
- (Old) Leprosy
- Lethargy
- Loss of appetite
- Nephritic pains
- Pain in the back, joints, stomach
- Rheumatism (chronic)\*
- Rickets\*
- Rupture
- Suffocations
- Sciatica
- Surfeits (at the beginning)
- Scorbutic pains
- Swelling on the joints
- Torpor of the limbs, even when the use  
of them is lost

\*And this, I apprehend, accounts for its frequently curing the bite of a mad-dog, especially if it be repeated for twenty or thirty days successively.

Tetanus\*  
 Tympany  
 Vertigo  
 St. Vitus's dance  
 Vigilia  
 Varicous Ulcers  
 The Whites.

\*Wise parents should dip their children in cold water every morning, till they are three quarters old; and afterwards their hands and feet.

\*Washing the head every morning in cold water, prevents rheums, and cures old head-achs, and sore eyes.

Water Drinking generally prevents

\*Apoplexies, convulsions, gout, hysterick fits, madness, palsies, stone, trembling.

To this children should be used from their cradles.

The best water to drink, especially for those who are much troubled with the wind, is rain-water. After it has settled, draw it off clear into another vessel, and it will keep sweet for a long time.

Electrifying in a proper manner, cures

Blindness  
 Blood extravasated  
 Bronchocele

- Burns or scalds  
Coldness in the feet  
Contraction of the limbs  
Convulsions  
Cramp  
Deafness\*  
Falling sickness  
Feet violently disordered  
Felons  
Fistula lachrymalis  
Fits  
Ganglions  
Gout  
Head-ach  
Involuntary motion of the eye-lids  
Knots in the flesh  
Lameness  
Wasting  
Weakness of the legs  
Restores bulk and fulness to wasted  
limbs  
Locked Jaws or joints  
Leprosy  
Menstrual Obstructions  
Ophthalmia  
Pain in the stomach  
Palsy\*  
Palpitation of the heart  
Rheumatism\*  
Ring-worms  
Sciatica  
Shingles

Sinews shrunk  
 Spasms  
 Stiff joints  
 Sprain, however old  
 Sore throat  
 Tooth-ach\*  
 Ulcers  
 Wens.

Drawing sparks remove those tumours on the eye-lids, called barley-corns, by exciting local inflammation, and promoting suppuration.

Nor have I yet known one single instance, wherein it has done harm; so that I cannot but doubt the veracity of those who have affirmed the contrary. Dr. De Hean positively affirms, "it can do no hurt in any case: " that is unless the shock be immoderately strong."

Fasting Spittle outwardly applied every morning, has sometimes relieved, and sometimes cured

Blindness  
 Contracted sinews from a cut.  
 Corns (mixt with chewed bread and applied every morning)  
 Cuts (fresh)  
 Deafness  
 Eyelids, red and inflamed  
 Scorbutic tetter  
 Sore legs  
 Warts

Taken inwardly, it relieves or cures

Asthmas	Leprosy
Cancers	Palsy
Falling sickness	Rheumatism
Gout	Scurvy
Gravel	Stone
King's Evil	Swelled liver.

The best way is to eat about an ounce of hard bread, or sea-biscuit, every morning, fasting two or three hours after. This should be done, in stubborn cases for a month or six weeks.

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### SOME HINTS

TO ENABLE PARENTS TO DETERMINE WHETHER THEIR CHILDREN ARE PARTICULARLY SUBJECT TO DISEASE, AND IF DISORDERED, TO JUDGE OF THE VIOLENCE OF THE ATTACK.

PARENTS should be particularly attentive to observe their children minutely in all their actions and habits, &c.

1. They should observe the common extent of their appetite, so that any considerable excess or deficiency in their eating may not pass unnoticed. This will be of use, since a considerable change in one of these

respects, almost always takes place before a spell of sickness.

2. Attention should be paid to their stools. Unimportant as this might at first appear to the inconsiderate, yet a costive habit generally precedes an attack of fever.

3. The degree of exercise and the agility with which it is performed deserve particular observation. For all fevers are ushered in with a degree of slothfulness, a sense of weariness, and in children with a more than usual disposition to sleepiness.

4. By noticing whether any of the foregoing circumstances take place after having been exposed to unusual weather, or to greater than ordinary fatigue: Or if the place or season be sickly, by having regard to these circumstances, there will be the less danger of being taken at surprise.

5. As it is generally the case that some complaints of lesser magnitude go before, and give warning of the impending danger; such as *costiveness*, a *sense of weariness*, *dulness of the faculties*, *preternatural appetite or defect of it*, *a pain in the limbs*, &c. Therefore when these marks of forming disease present themselves, a puke or purge ought to be timely administered according to circumstances. This might frequently prevent great mischief. Indeed in many instances, simply bathing the feet in hot water, and taking a plentiful draught of

warm tea of some kind on going to bed, might prevent an attack of fever, especially if the patient be not in a costive habit. This last circumstance may be considered in most instances as requiring the exhibition of a purge of some kind. As also great sickness of the stomach might point out the propriety of a puke.

6. But it will also be important for parents to be able to judge of the violence of the disease in case of an attack. They should therefore frequently observe the strength of their children's pulse when in health, *its kind of motion*, the *force with which it seems to propel the blood along*, *its apparent size*, *its tightness as to its extension lengthwise of the arm*, *its fulness*, &c. A knowledge of these circumstances attending the pulse, will be very important in particular cases, especially where bleeding may be necessary. For this operation cannot be proper unless the pulse be either strong and full, or *tight*, at least judicious advice should be had in cases with other states of the pulse.

7. They should also have regard to the manner of breathing in a healthy child, to the state of his skin, the appearance of his eyes, the complexion of his teeth, the colour and degree of moisture of his tongue, the proper figure and appearance of his mouth and throat. For as the violence and dan-

ger of a disease are always in proportion to the irregularity presented in these circumstances and appearances, it must be important to obtain a correct knowledge of them all.

8. Let us apply these remarks in a case or two. It may be observed that children are subject to some of the most violent diseases. If a child after exposure to cold, be taken suddenly at night when warm in bed, if the pulse be strong, full, and tight, if it beat forcibly in the neck, if the face be flushed with blood, while there is great heat and thirst, if he breathe irregularly, with a stoppage at every breath, if he have a cough, and particularly if he express an increase of pain on pressing his side with the hand, a *pleurisy* should be suspected, and he should be immediately bled; and this operation should be repeated again and again, as often as the violence of the symptoms require it. A large bleeding at the first is better than smaller ones repeated.—It should be so large as at any rate to change the manner of his breathing and lessen the pain. The blood should be drawn from a large orifice. After a copious bleeding, let three grains of tartar emetic and twenty grains of salt-petre\* be dissolv-

\*The salt-petre, if rejected by the patient, might be left out of the solution.

ed in one gill of water, and give a tea-spoonful of this solution in barley-water, or flax-seed tea, or any other mild drink a little warmed every one, two or three hours. It will moderate the cough and remove the fever. If it nauseate too much, the dose should be lessened. As this calculation would suit a child of four or five years old, the quantity of tartar should be varied according to circumstances. In the mean time his bowels should be evacuated with a little manna, cream of tartar, castor oil, or some other mild purge. Clysters might also be of service.

9. Again, if the child complain of pain in the head, attended with redness of the eyes and face. If the admission of the light to his eyes seem to excite uneasiness or pain, if he startle at every noise, be very watchful, sometimes making violent struggles, and have a full and tight, or hard pulse, *inflammation of the brain* should be suspected. In this case the child should be copiously bled, purged with jalap and calomel, and clystered. His head should be considerably raised, cloths wet with cold water and vinegar should be applied to his head, and after bleeding and purging for four or five days, a blister should be applied to his head (shaved for the purpose) or to his two temples.

10. I have introduced the above cases

because more or less of those symptoms indicating danger to the *lungs* and *brain* frequently occur in measles, whooping cough, and other diseases of children ; and because it is important that these parts of the system so essential to life, should be properly guarded whatever may be the supposed complaint. Whether it may be owing to the greater proportionate size of the *head*, and the more delicate contexture of the *lungs* in children, or to whatever cause it may be referred, it is a fact, that in all fevers there is a greater determination of the blood to the brain and lungs in children's cases than in those of adults.

DR. JENNINGS.

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