PHTHISIOLOGIA

A

POEM

MISCELLANEOUSLY DESCRIPTIVE AND DIDACTICAL:

IN FOUR

PARTS.

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A

POEM

MISCELLANEOUSLY-DESCRIPTIVE AND DIDACTICAL;

IN FOUR

PARTS.

To which are Prefixed

CERTAIN

PRELIMINARY,

AND

PHISIO-MEDICAL OBSERVATIONS,

AND

ADMONITIONS.

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I'M ALL SUBMISSION WHAT YOU'D HAVE IT MAKE IT.
Pope.

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1798.

PRELIMINARY

AND

PHISIO-MEDICAL OBSERVATIONS

AND

ADMONITIONS.

CONTENTUS PAUCIS LECTORIBUS.

* * * * *

——— NAM SATIS EST EQUITEM MIHI PLAUDERE:

HORATII SERMONUM L. I. ECLOGA 10

PRELIMINARY,

AND

PHYSIO-MEDICAL OBSERVATIONS

AND

ADMONITIONS.

THIS prefatory part, is meant to convey to the reader, ſuch obſervations relative to the ſequent Poem, as will not, I hope, diſpleaſe him; they are ſuch as accrued to the Author upon reperuſing this, and may be conſidered as elucidating it, and making the whole ſuitably explete. Though they are chiefly medical, I hope they will not be leſs appropriatedly uſeful and pleaſing to the generality of thoſe who may deign to read the work. However that may be, I will not intrude the reaſons which induced me to give them; it appears unneceſſary, as well as the motives which have introduced the author thus to public notice. In witholding theſe, he dare not attempt to apologize for thoſe defects, which perſpicuous minds will without doubt, perceive in his work. Should he produce his apologies, he imagines, they would be only like the covering, of ſuch a veil, as is worn by ſome females of the preſent faſhion; which, though it may coincide with the purpoſe of their ideas, is eaſily ſeen through, by the wearer, as well as others.

The Poem, was not compoſed for thoſe only, who are accuſtomed to read medical writings; if it had, it would have more minutely adhered to the ſubject; and have included more matters intrinſically relative to that. The deſign was intended for the world in general, when the publication of it was reſolved upon; though no flattering ſentiment ever pervaded the writer's mind, that any extenſive circulation of it would ever take place; or that it was endow'd with ſuch attractions as would allure the notice of

the multitude. In the ſmall number, who may vouchſafe to beſtow their attention and candour, there may be thoſe, who may not be much informed of the branch we have ſketched; and who may conſequently, be grateful for reaping any advantages which there is a probability they may, from theſe admonitions being premiſed; which will follow in the order they are met with in the Poem, unleſs, where any ſubject, more immediately attached to another, could be rendered more clear, by their being aggregated.

Whether I have done any thing in the whole, deſerving of approbation, thoſe to whom it is now ſubmitted, will determine; my own diffidence, whatſoever may be the fate of it's production, has but a lowly ſtation to fall from; expectation has never lifted it, by its eagle wings: it has long had an intimate acquaintance with diſappointment: though the familiarity has not done away that ſenſibility which this has power to awaken.

Whilſt I avow, that I have often affixed blame to this enterprize, when I conſidered, the little of originality of ſentiment or knowledge, I was giving to the world, I ſometimes found a degree of conſolation, that the manner only of diffuſing ſome degree of information might meet with commendation; and as to what I am now to offer, in this part, I ſhall only, upon that idea, think any merit can be claimed; becauſe, I ſeldom mean to preſume, upon giving more than the opinions of thoſe, whoſe ſentiments I have been taught, and writings which I have had it in my power to conſult. Hence, may I be accuſed, juſtly, of "printing what was publiſhed long before," and condemned, becauſe

"If nought peculiar through your labours run,
"They're duplicates, and twenty are but one."

The title of this Poem has been anticipated long ago, in a different work *, to which it is more applicable perhaps, than to this; as being a profeſſed treatiſe upon PHTHISIS.†

The

* Phthisiologia. Auctore R. Morton, M. D. Londini.

† Defined by Cullen to be an expectoration of pus, or purulent matter,

The word CONSUMPTION, has been uſed as a generic term for emaciation; but its application has been more generally made to that diſeaſe of the lungs, which ſo often is attended by bodily decay.

Our alluſions, now, are only made to that pulmonary affection, which is moſt properly idiopathical; and which is ſuppoſed to ariſe in thoſe, whom PREDISPOSITION prevails; according to the ſenſe of conſtruction it has commonly been uſed in.—As a ſtate, eſtabliſhed in the body, favourable to the production of diſeaſe, whenever any analogouſly noxious power, or occaſional cauſe *, is applied to it †; though, perhaps, it may be better to adopt the opinion and words, of a celebrated Author ‡, who calls it, a ſtate,

matter from the lungs, attended with hectic fever *." First Lines of the Practice of Physic, 853. But in his Synopsis Nosologiæ, where it is mentioned as the sequel of hœmoptysis, he adds, " Emaciation and debility, with cough "

Phthisis pulmonaris est consumptio totius corporis, cum febre, a mala affectione, et ab ulceratione pulmonum taudem originem ducens.

De Phthisi pulmonari originali. Morton. loc. cit. See also an Essay on the Nature and cure of the Phthisis Pulmonalis, by T. Reid, M. D. 1782, p. 2.

* All diseases are brought on by some external application to the body or mind; and this is called occasional cause of a disease. Fordyce.

† Gaubii clariss. Pathologia, § 75; and on predisponent morbific cause, § 59. Prædisponens dicitur conditio quævis corpori inhaerens, qua illud aptum est, nata conditione, morbum suscipere.

‡ Vide Joannis Brunonis, M. D. Elementa Medicinæ, editio Edinburgi, 1784, Cap. I. § 8. Cap. VIII. § 73. and edition (of the translation) by T. Beddoes, M. D. § 77 and 78.

* A definition of which, he alſo gives in his Synopſis, p. 80; but with an added note, that he does not conſider it as an idiopathic (primary) diſeaſe; judging it, as I believe it is, by moſt phyſicians now, only a ſymptom of ſome topical affection, and moſt frequently accompanying a purulent ſtate of the lungs. Firſt Lines, 74, 861, 858. Reid, Ch. IV. et ſeq.

 intermediate,

intermediate between perfect health and diſeaſe; a ſtate of the body which recedes from health, and approaches diſeaſe, in ſuch a manner as to ſeem ſtill within the boundaries of the former, to which, however, it bears only deceitful reſemblance; prediſpoſition, and diſeaſe, differing only in degree, and that whatever with a given force produces the latter, when acting with a leſs force will produce the former. And, as noxious powers producing diſeaſe, produce alſo the prediſpoſition to them, we may ſay, that ſuch as are really in this ſtate, or if born ſo, are under a degree of the diſeaſe.

This condition, or DISPOSITION, has been, by moſt authors, termed *hereditary*, and by ſome, an indelible and irreſiſtible impreſſion, derived from the parents *; one of the moſt fertile ſtocks upon which any exciting cauſe of this diſeaſe can be grafted. Obſervation having noticed, that families who were of a weak and delicate race, were much attacked by phthiſis; and, that as the form and character of body, as well as the mind, deſcended from parent to child, it was thus deemed hereditary. Morton † places the queſtion, whether the diſeaſe affecting has attacked a patient ſprung from phthiſical parents or not? as a conſideration neceſſary for the diagnoſtic; and mentions that condition, amongſt the remote, or pre-exiſtent cauſes of Phthiſis.

Howſoever this really is, it may be obſerved, we have aſſumed it as a datum in our poem, wiſhing only to remark now, that pro-

* Ad phthisin proni——Qui phthisi indelebilem, impressionem a parentibus, licet, *irrestituibiles*, sunt tamen duiturniores. Obs. Diagnosin Spectantes; authore C. Benedicto, M. D. Londini, 1656.

† Dispositio etiam hæreditaria sæpè sæpius Phthsin pulmonem infert, cum omnibus sit satis notum natos a phthisicis parentibus in eundem morbum esse proclives. Loc. Cit. p. 70. De causis pro catarcticis. Ortus a parentibus phthisicis; si quidem iste morbus (quantum mihi observare licirit) est præ ceteris omnibus hæreditarius, p. 74. De signis diagnosticis.

bably

bably there may be little good foundation for fuch an opinion, but as agreeable to the preceding idea of Dr. Browne's *.

* We may rightly give the same reasoning here, which he uses respecting the gout. Those who differ from the opinion, let them be guided only by facts, in this as well as in phthisis.

"A taint, transmitted from parents to their offspring, and cele-
"brated under the appellation of hereditary, is a mere tale, or there
"is nothing in the fundamental part of the doctrine. The sons of
"the rich, who succeed to their fathers' estate, succeed also to his
"gout: those who are excluded from the estate, escape the disease
"also, unless they bring it on by their own conduct. Nay, if there
"be but two diseases, in the strict sense of the word, they must be
"either all, or none of them, hereditary. This supposition makes
"the noxious powers superfluous, which have been proved to be
"every thing respecting disease; and, as it is, therefore, absurd,
"so the truth of the latter opinion must be admitted. The
"stamina, or simple solids, are so given in our first conformation,
"that some persons are distinguished by a rigid, others by a slender
"state of the whole mass. This variety of the stamina, if the ex-
"citing powers upon which the whole phœnomena of life depends,
"be properly managed, admits each its respective state of health,
"suited to its respective nature, and sufficiently good, if the
"excitement suited to each be kept up, by a proper direction of
"the stimuli. Though Peter's father may have been afflicted
"with the gout, it does not follow that Peter must be affected;
"because, by a proper way of life, that is, by adapting his ex-
"citement to his stamina, he may have learned to evade his father's
"disease. If the same person, who, from his own fault, and im-
"proper management, has fallen into the disease; afterwards, by
"a contrary management, and, by taking good care of himself,
"prevents and removes the disease, as it has been lately disco-
"vered. What then is become of hereditary taint?——A certain
"texture of stamina is favourable to certain forms of diseases
"(which forms are of no consequence), so that, when the ex-
"citement is adapted to the stamina, even those forms can be
"prevented or cured." Elements of Medicine, edited by Beddoes. 603, et seq.

If

If a child is expoſed to the ſame cauſes which have noxiouſly affected a parent, he, probably, will be liable to the ſame diſeaſes the latter was.

It is from the variety of appearances, in the condition of the body and mind, that the deſcriptions of different TEMPERAMENTS have derived their origin, as given by different authors; though, perhaps, upon little juſt foundations: for the characters of each, as ſo given, are by nature ſo much intermixed, in each perſon, that they ſeldom admit of a ſpecific name being given, as prevalent in each habit. Such an eſtabliſhment of the diſtinction of temperaments, has been handed down from Hippocrates, to the preſent day, with very little variation *.

Dr. Simmons conſiders *whiteneſs of the teeth* as a diſtinguiſhing characteriſtic, or as a mark of prediſpoſition to phthiſis. Dr. Reid ſays, he has only obſerved it in ſome patients. Our own attention confirms this.

The clearneſs, or fairneſs of the ſkin, in perſons ill of phthiſis, or previouſly diſpoſed to it, has been generally noticed. And with regard to *complexion*, or the colour given to the exterior ſurface of the body, it may be underſtood from the following: From the diſtribution of the veſſels carrying blood, which may vary in colour, from a high florid or pure red, to a tint of yellow; for, as Dr. Fordyce † ſays, the blood flowing in the blood-veſſels is ſcarlet, that is, a mixture of red and yellow; in the arteries, the yellow is more or leſs loſt in its paſſage through the capillary veſſels into the veins; but whilſt circulating, a portion of the yellow is ſtill retained by the veins; *the ſkin*, which is divided into the ſcarf, or outward part, or cuticle, the true ſkin, and membranes of a particular name, which lie between, is colourleſs; ſo is the cuticle, which is tranſparent; but, a part of the membranous lining is not ſo, being of a lighter or deeper brown; that is, a mixture of red, with a leſs proportion of yellow and blue than

* The sanguine, melancholic, choleric, and phlegmatic.

† See a Dissertation on simple Fever, p. 55.

conſtitutes

conſtitutes white or grey. It is this part, which, ſeen through the cuticle, gives the colour which the perſon is ſeen to have; and is of different ſhades, according to climate, from black, brown, to yellowiſh. In the negro, from its colour, it is more eaſily diſcovered, than in the European, of fair complexion. It gradually acquires more colour as age advances; ſince children are fairer than adults; in undergoes, alſo, a change in the European, when expoſed, in hot climates, to the rays of the ſun.

That mixture, conſtituting the colour, is not always the ſame, in different people; ſometimes it is ſuch, as to approach more to white, and ſometimes more to grey; thus governing what is called *complexion*.

Though we have chiefly taken our example deſcribed, in the prediſpoſed form, from the young and beautiful *, having an alluſion to the object, whoſe fate firſt ſuggeſted the idea of this work, but, it will be obſerved, we have drawn another ſtate, wherein MALCONFORMATION OF DISTORTION of the CHEST is obvious, and which, experience teaches us, is aptly to be reckoned amongſt

* Whom, with the ingenious, are the ordinary prey of phthisis. Et hæc generis humani strages immanis in juvenes præcipue cadit, sæpe in formosissimos, præcipue sequioris sexus, et in eos qui ingenio, et animi et corporis elegantia, præstant. And how often have you to lament that it fastens upon the objects of your fondest attachment; after whose loss, this busy world will seem to you as a cheerless desart! Pauci sunt quibus cognati, familiares aut amici, hac peste abrepti, non sunt lugendi. Misera hæc tabes, sæva, atrox, et insensibilis, teneros et amabiles depascens, cæde et luctu patriam implet. I am aware of the interest which a child, consuming by a slow decay, must excite in the bosom of a parent. Full allowance, however, being made for the effect of compassionate affection on the imagination, it will often appear, that the most amiable individuals of a family, are really singled out by consumption.

De morbis cœli mutatione medendis, p. 326, and Letter from Dr. Beddoes to Dr. Black, p. 3.

the

the predispoſing cauſes of phthisis; wherein, the habit is ſlender and weak, the organs of reſpiration being, by that confinement which the bony ſtructure makes, impeded in the free exertion of their office; hence, the eaſe and freedom of the circulation of the blood muſt be alſo reſtrained.

In the note, quoted * from the Latin poet, a *figure of a phthiſical perſon* is depicted; which, for the ſake of the Engliſh reader, may be thus rendered:

His frame, ſo deſtin'd by his luckleſs fate,
In life ſpeeds onward to the tabid ſtate.
Who, from an offspring, phthiſical akin,
Derives his frail entailed origin.
Whoſe lungs a ſaltly phlegm moſt often taints,
Or the cheſt grieves catarrhous, with complaints.
In whom the pallid and emaciate face,
And through the form, we, want of vigour, trace.
Whoſe weak and raucoſe voice, impriſon'd pent,
From ſtrict confines, with labour'd breath is ſent.
Whoſe ſtork-like neck, in lengthen'd ſhape extends,
And from the peaked ſhoulder's height appends.
Whoſe blades, like as an eagle's wings dilate,
With prominence, as in a fleeting ſtate.
Why thus, perhaps, this ſemblance ſhould be made,
Why on the phthiſical theſe modes invade?
Knoweſt thou not? it hence may be ſuppos'd,
With this intent, comparably, diſclos'd.
Such form, denotes the ſyſtem cannot ſhare
Long, on this orb, a fickle vital care.
But, like the eagle, ready hence to fly,
It ſoon ſhall ſeek the diſtant realms on high.

This ſtraightneſs of the cheſt, may be, as Morton ſays, either

* See Poem.

natural

natural or accidental *: natural, when the form, from parental ſimilitude, grows from infancy; as may be often obſerved in thoſe who are called chicken-breaſted. The ſternum, or front bone of the breaſt, ſtanding forwards, with a convex form, or depreſſed inwards, in the lower or other parts; the extremities, or cartilaginous parts of the ribs, on each or one ſide, flattened, where the proper curve ought to be, as it is in thoſe who are healthily and proportionately formed. The accidental may be acquired from circumſtances, in thoſe whoſe family form has no ſuch tendency; which may cauſe curvity, depreſſion, or diſtortion of ſome part of the bony defence of the lungs.

The cauſes which may effect diſtortion of thoſe parts, may often be traced to thoſe circumſtances which induce debility in the infantile frame; or, to a certain ſtate, ab origine, of the conſtitution, unfavourable to the healthy progreſſion of oſſification; which myſteriouſly prevails in ſome, without being underſtood, or being juſtly accounted for, upon any certain or well-founded reaſons. Bad nurſing, is well known to be a moſt culpable cauſe of debility in all children; conſequently, it muſt more particularly affect thoſe who are weakly from birth, and whoſe natural ſtamina have a tendency to that; in ſuch, ſubjected to that neglect, many miſeries are produced and entailed on their future lives. Under ſuch treatment, how often do rickets afflict! under the idea of bad nurſing, we include the neglect of proper clothing, inattention to exerciſe, cleanlineſs, and good air; want, and abuſe of, proper nutriment. Children require to be warmly and ſoftly clothed, and to have that clothing changed, as often as cleanlineſs requires: whilſt the ſkin, alſo, to enſure the latter, is attended to, with ſuitable waſhings, frictions, geſtation, and motion. The utility of theſe will naturally lead to a change of places, where the air is in a fit ſtate for reſpiration; from confinement in cloſe dwellings, where a number of people crowded together by day, and ſleep by night, vitiate the air, and render it unfit for reſpirable ſuſtenance to the human

 race.

* Phthisiologia, p. 70, 74, 76, &c.

race. Infants require more of food, in proportion to their ſize, than adults; as experience has told to all thoſe who have a pleaſure in ſupplying and ſuperintending their neceſſities; they require it alſo, frequently to be given, in ſuch proportions, and of ſuch a nature, as will not burthen the ſtomach, or allure the palate to take more than is requiſite.

A ſedentary inactive life, is, to all, prejudicial, if long continued. During the growth of the body it is particularly ſo, eſpecially if it is confined long in any one poſture, interrupting the free extenſion and action of the limbs, or cauſing unequal preſſure upon other parts of the trunk. The reſtraint which dreſs formerly impoſed upon youth, eſpecially females, ſeems, in that fault, to have been ſucceſsfully combated by the opinions and precepts of authors and others; who have gained a conqueſt over ſome abſurd faſhions and anile ſentiments; to the great advantage, in ſhape, health, and pleaſure, of the preſent and future generations; for now, eaſe, and gracefulneſs, ſeem to have formed a league againſt, and ſucceeded to, ſtiffneſs and formality. The reſtrictions which apparel formerly impoſed upon ladies, ſeem lately, by ſome preſent faſhions, to be exploded by them, and eagerly accepted by gentlemen, whoſe various ligatures, if not inimical to health, are at leaſt ſtrongly at variance with comfort.

The neceſſity, therefore, of attention to the infantile ſtate, cannot be too ſtrongly enforced; and ought never to be forgotten by thoſe under whoſe care they are; nor by thoſe under whom the youth of both ſexes are placed in their juvenile years; that whilſt the cultivation of the mind is indubitably needful, and attended to, thoſe liberties which are neceſſary, in air and exerciſe, for the ſecurity of healthful form and vigour, ſhould be liberally indulged in, as well as the requeſts of the appetite for food, and the body for clothing; ſo that the riſing generation may ſay with the Poet:

Such the reward of rude and ſober life;
Of labour ſuch. By health the peaſant's toil
Is well repaid; if exerciſe were pain

Indeed,

Indeed, and temperance pain. By arts like these
Laconia nurs'd of old her hardy sons;
And Rome's unconquer'd legions urg'd their way,
Unhurt, thro' every toil, in every clime.

The TEMPERAMENT we have noticed, which is supposed most prone to the species of phthisis we allude, may be called the *sanguine*; or such, in whom there is a softness, whiteness, and delicacy of the skin, a slender form of body, fair and ruddy complexion; in which the colour of the venous vessels are distinctly traced, the eyes generally blue and the cheeks florid *; the hair of an

* From the appearance of similitude in the temperament of those disposed to scrophula and Phthisis, the analogy of the two diseases has been deduced, and "from observing that a Phthisis, at it's "usual periods, frequently attacks persons born of scrophulous "parents; who had been afflicted with scrophula in their younger "years—and even when no scrophulous affection has either mani-"festly preceded or accompanied a Phthisis, this last, however, "most commonly affects persons of a habit resembling the scrophu-"lous; that is, persons of a sanguine, or of a sanguineo-melancholic "temperament, who have very fine skins, rosy complexions, large "veins, soft flesh, and thick upper lip: and further, that in such "persons the Phthisis comes on in the same manner as it does in "persons having tubercles. Cullen. Cor. cit-at. 879.

"The only dissimilitude which I have been able to ascertain be-"tween them, and which by no means can be considered to consti-"tute any essential difference in the characters of these diseases, is "in the time of their attack: scrophula being for the most part, "observable in the earlier part of life, and Phthisis at a more "advanced age. In fact, therefore, the phthisis pulmonalis seems "to be nothing more than scrophula arrived at the years of "maturity; more formidable certainly in its advanced age than in "infancy, in proportion as the seat of it's affection is of greater im-"portance of life, than the diseased glands of an earlier period.—"The best histories of scrophula teach us that laxity and delicacy to

an auburn, reddiſh, brown, or light colour; and of little ſtrength: as oppoſed to that of the melancholic temperament, where it is generally ſtrong and black; in the choleric, blackiſh; and in the phlegmatic white. The cellular texture and muſcular fibre, is ſoft and tender. With ſuch a condition of the body there is combined much ſenſibility of mind, ſuſceptible of the fineſt impreſſions of tenderneſs and ſympathy.—The irritability, as generally underſtood, great; the genius quick, and the imagination chearful—the ſtrength of the body moderate and active—its figure rather diſpoſed to plumpneſs or obeſity, to plethora or fulneſs,—the heart being active, and rather ſtrong, (with reſpect to the ſyſtem of blood-veſſels) to hoemorrhagy, inflammation, and hyſteria *; to colds, catarrhs, conſumption and ſcrophula †.

Such a conſtitution as this, in the *female ſex*, we have aſſumed as the model of our deſcription; which includes an alluſion to that caſe which is often tuberculous, or the *florid conſumption*. The ſpecies of this diſeaſe which have been enumerated by medical writers are very numerous, beſides this—but the "diſtinctions "founded upon the ſtates of the body merely imaginary, or ſuch as "are not characterized by ſigns obvious to the ſenſes" are juſtly exploded.

"of fibre are the distinguishing features of persons who are subject "to it. The same appearances constantly mark the predisposition "to phthisis pulmonalis. The circumscribed redness of the cheeks, "and other symptoms of phther, are equally common to both dis-"eases. This plethora is the immediate consequence of that laxity "of muscular fibres, which pervading the whole of the vascular "system, occasions the blood-vessels to admit a larger quantity of "blood into them, than in their natural condition they are capable "of receiving; and produces that local congestion in the face, and "that distention of veins, which are found to accompany scrophu-"lous and phthisical patients."

Essay on pulmonary Consumption, by W. May, M. D. p. 38. & seq.

* Treatise on the Materia Medica, by Dr. Cullen, Vol. I. page 112. & seq.

† Essay on the Materia Medica, by W. Moore, p. 35.

exploded. "I am nevertheleſs diſpoſed to think that there exiſts "a more eſſential difference between different caſes of Phthisis "Pulmonalis than the British practitioners in general ſeem willing "to admit. This difference appears to be clearly indicated by the "ſymptoms; and it would probably be completely aſcertained by "diſſection, if it were more the cuſtom to open the bodies of per-"ſons who die conſumptive. Two varieties or two ſpecies have "lately appeared to me to be well marked;—the firſt may perhaps "be termed the *florid*, in which, eſpecially during its approach "and towards its commencement, we perceive at the time of the "acceſſion of feveriſhneſs, the vivid redneſs of the cheeks, as well "as an extraordinary permanent redneſs of the lips, of the tongue, "and fauces. The *eyes* too, in ſuch caſes, are remarkable for their "*vivacity*. The blood, diſcharged by epiſtaxis * or hoemoptysis †, "has a colour evidently more florid than uſual. The other variety "ſets in at leaſt with very different ſymptoms, and has been called, "on account of the prodigious expectoration of mucus at its com-"mencement, the *pituitous* or *catarrhal* conſumption ‡."

There appears to be, in every conſtitution prone to hoemorrhages and catarrhoſe complaints, a condition of debility—and when ſuch effects take place, we may argue that there is ſome depraved ſtate of the lungs ‖—a frame incapable of bearing expoſure to different changes, in the habits of life, or to thoſe cauſes which endanger increaſe of debility—not to be compared to ſuch a hardy race as Salluſt § mentions, healthy, vigorous, and capable of ſuſtaining labour,

* A bleeding from the nose.

† A discharge of blood from the lungs.

‡ A letter to Erasmus Darwin, M. D. by T. Beddoes, M. D. p. 6, & seq. & 26.

‖ Hæc signa debilem quidem universi corporis habitum monstrant: pulmonum autem pravam fabricam præsertim nonant.

Dissertatio medica inaugurales Gregorio auctore clarissimo, ex Thesauro Medico, Edinensis, Tom 3.

§ Genus hominum salubri corpore: velox patiens laborum: plerosque senectus dissolvit nisi qui ferro aut a bestiis interierê, nam morbus haud sæpe quemquam superat. De bello Jugurthino.

labour, who ſink to the grave by the force of age rather than diſeaſe, unleſs they are priorly ſo unfortunate as to periſh by the ſword, or become the victims of the beaſts of prey.

In the temperament of decreaſed irritability, as defined by Dr. Darwin *, ſubject to conſumption, and to all other diſeaſes of debility, there is obſerved a largeneſs of the aperture of the eye, which, he ſays, has by ſome, been reckoned a beautiful feature in the female face, and indicating delicacy; but to an experienced obſerver a mark of debility; therefore a defect, and not an excellency—debility is the mark of this temperament, which, is moſt frequently found amongſt females; and narrow-ſhouldered men. Popular opinion ſuppoſes thoſe who are of ſuch a temperament, to be more irritative, according to the common acceptation of the word: but in reality they are not ſo: for defect of irritation, and exceſs of ſenſation alone, moſt frequently produce diſeaſe in the temperament of ſenſibility—for irritability, and not ſenſibility, is immediately neceſſary to bodily health; when there is exceſs of ſenſation, there is increaſed activity of all thoſe motions of the organs of ſenſe, and muſcles, which are exerted in conſequence of pleaſure or pain—ſuch are liable to inflammatory diſeaſes; and to that kind of conſumption which is hereditary; and commences with ſlight repeated hoemoptoe.

The *circumſcribed floridity of the cheek*, may not always be preſent, before evident advances of the diſeaſe have taken place. In the

* Zoonomia, Vol. 1.

† Dr. Darwin queries, whether the iris (pupil of the eye) does not generally become more contracted just before and just after Phthisis commences? Though it is impossible not to perceive the acuteness of the argument from the habitual dilatation of the pupil to the inirritability of the system, do not some appearances shew more decisively still, that the system about the beginning of consumption is highly irritable? Being soon heated by small degrees of stimulant diet before debility comes on.—Even so, I do not understand why in an irritable state of the body, the iris should be unirritated.

Letter to Dr. Beddoes, p. 71.

the progreſs of the diſeaſe, it is evidently marked, upon the pale face *; as well as the *pearly appearance* of the tunica aduata † of the eye. During a paroxyſm of hectic, the redneſs is truly evident; the lips alſo, and tubecules in the inner canthus ‡ of the eyes, are brighter than when in health §.

" The hue of the hectic countenance, clear, bright and fluſhed, " diametrically oppoſite to the ſcorbutic complexion, affords ſome " preſumption of a ſtate of the blood, equally receding, but in op- " poſite direction, from the ſtandard of health. The countenance " of perſons fluſhed by exerciſe or food widely differs from that " vermillion bloom, which is miſtaken by the uninſtructed for the " ſign of health, though it is the harbinger or attendant of an " incurable diſeaſe. On holding the hand of a conſumptive per- " ſon againſt the light, the ſemi-tranſparency of the margin of the " fingers and joints is, I think, evidently of a more vivid carnation " in conſumptive patients."

FREQUENCY AND FATALITY OF PHTHISIS IN THIS ISLAND.

Experience, and conſtant obſervation prove, that there is ſufficient reaſon to be convinced of this; without mentioning what the Bills of Mortality vouch for in London: or the regiſters of other pariſhes.

There

* Cullen, p. l. 860.

† That part called the white of the eye.

‡ Or angle, where the eye-lids embrace each other, near the nose; where the little red tumour, called lacrymal carunele is seated.

§ Reid, p. 10. loc. cit.

There is no diſeaſe which afflicts Britain, that deſpoils its inhabitants more than this; hence the deſirable object of attaining the poſſibility of preventing, and the utility of enquiring into the cauſes of it: whether we conſider the devaſtations which it makes, or the objects which are moſt its prey. It is from this frequency and fatality that it has been repeatedly deemed an endemic *.

The cauſes of this are difficult to be aſcertained, whether we inſtitute an enquiry, upon the idea of its being of a *ſcrophulous nature*, or not; or we allude to the *nature of the climate*; or our *manner of living*, and *clothing*.

Reſpecting *Scrophula*, though it may be more prevalent here, than it many other countries we are acquainted with, we dare not determine that it ariſes from the effects of climate altogether; becauſe it has been occaſionally obſerved in all, and in all ſituations, whether cold, hot, humid, or temperate: and has been noticed in all ages †—but, is ſuppoſed to be more prevalent, in cold and humid countries, than in the temperate and dry—not being ſo frequent in Italy, as in this iſland—in Spain, the accounts we have, leave this ſtill dubious—in Ireland its frequency is ſaid to be more than here; as alſo, in the weſtern parts of the iſland, than in the eaſtern: as is imagined, to be owing, to the greater humidity which is found there. It may be ſaid however of this, and Phthiſis, as was ſaid on another occaſion,

> Ere yet the fell Plantagenets had ſpent
> Their ancient rage, at Boſworth's purple field;
> While, for which tyrant England ſhould receive,
> Her legions in inceſtuous murders mix'd,
> And daily horrors;————

Albion the Poiſon of the gods has drank ‡.

It might be conjectured, that every inhabitant of a climate, was by

* Diſſert. inaug. Gregory.

† Gregory loc. cit. p. 331. & ſeq.

‡ Armſtrong loc. cit. B. III. L. 531, 533. & ſeq.

by nature, originally adapted to that in which it was placed; ſince we find no irrational animals, naturally, in ſites improper for them: therefore, that mankind, might live under all the varieties, and inclemencies of their native climate, without injury, provided they lived according to the laws of nature. In many inſtances, we find people in a rude and uncivilized ſtate, little attending to the unfavourableneſs of climate, live in health and vigour; although daily expoſed to the variableneſs of ſuch a climate—for, not until the arts which civilization induced, were known, capable of defending from all inclemencies, of promoting eaſe, and pleaſure, and familiarizing indulgence and luxury, did people begin to complain of the unſeaſonableneſs of weather, and the diſſatisfaction of ſituation. The unlettered ſavage, though well acquainted with, and avoiding, the pain and uncomfortableneſs of an unfavouring heaven, does not ſuffer ſo much, if chance expoſes him to it, as when it becomes the ſtudy of his knowledge to avoid it, by the introduction of means of peculiar protection and convenience; which, in future, may render him more ſuſceptible of the evils he ſo carefully ſought to avoid—his fears and guardian ſolicitudes, aided by his arts, thus ultimately, *ceteris paribus*, may become the cauſes of noxious effects.

The mode, therefore, of avoiding ſuch injuries, is by endeavouring to promote that ſtrength, and hardineſs of body, which, whilſt it cannot avoid occaſional dangers, viciſſitudes, and inconveniences, may be able, without detriment, to encounter and bear them. But the elegancies of life, and the capacity which a wealthy ſtate finds for enjoyment, are often at variance with the right mode of promoting, or attaining ſuch advantage *.

The accompliſhing of a robuſt habit, in ſuch conſtitutions as we are treating of in our poem, cannot be gained by immature expoſure to cold, and inclement weather, while in infancy; as has been attempted by ſome, by walking in cold air, little clothing, and the indiſcriminate uſe of the cold bath; eſpecially, whilſt the ſtructure

 of

* Gregory loc. cit. p. 318.

of our dwellings, and their pleaſurable conveniences, and degree of heat in their rooms, are of ſo oppoſite a nature. By which, infants or young perſons, and even adults, after being expoſed to the effects of cold, will, on returning to ſo different a ſtate of air, become daily expoſed to a cauſe of inflammation and catarrh; circumſtances, which cannot be too much avoided, in the phthiſical, ſcrophulous, or any habit. To the former of which, moſt particularly, a middle temperature of air will always be the moſt ſafe, and invigorating. "Children are ſo ſuſceptible of inflammations, that "a great part of the mortality among them is, as far as I have "obſerved and can judge, to be aſcribed to the ignorance of mo-"thers and nurſes of the power which even a moderate change of "temperature, if ſuddenly made, has to affect their tender and irri-"table frame. Hence in part the populouſneſs of countries equally "warm, thoſe gardens of the earth, equally calculated to rear and "ſupport its inhabitants *."

VARIABLENESS OF THE CLIMATE.

From the earlieſt time, and by the moſt ancient writers on the ſubject, it appears, that mankind paid much attention to the atmoſphere, as influencing their feelings and their health; hence in all ages, and by all nations, great conſiderations of, and obſervance, were made to it, in the choice of public ſituations, and private habitations; according to climate and ſeaſon.

But that remark may ſeem miſapplied, when we conſider the form and ſtructure of large and ancient towns in ſome places; in which

* Obſervations, &c. Beddoes, p. 155.

which, our anceſtors ſeem to have paid little attention to the advantages we value ſo much, of ventilation and cleanlineſs. Perhaps, the cloſeneſs and manner of compacting buildings after the firſt eſtabliſhments took place, may have been influenced by the effects of policy, ſafety, or neceſſity; for few places will be found to be defective in local and natural advantages, of the conſiderations we allude to, on their being founded.

Obſervations have frequently and reaſonably been made, that thoſe countries are the moſt ſalubrious, in which an equal ſtate of weather, ſerene and temperate, prevails—and that thoſe which are hot, very cold, or humid, are more dangerous; eſpecially if ſubject to ſudden changes of the weather—but whatſoever may be the general ſtate of the weather, in any clime or ſeaſon, whether hot or cold, thoſe, as Celſus has noticed, which are moſt uniform in their continuance, are the beſt for health; the variable, the moſt inimical to it. We can add our own experience in confirmation of this, having often remarked, that during any kind of weather which takes place, in the ſituation we have moſtly reſided in, that the end of the duration of the time, which it has continued, if of any conſiderable extent, has been moſtly favourable to general health, provided no particular epidemic diſeaſe prevailed. And that even when the weather has been of that nature, which is deemed by vulgar opinion to be unwholeſome, if it has been permanently uniform, little ill health has been manifeſted, ſo that there may be great reaſon for this idea, that it may be "unfortunate for the inhabitants of this country, that we are not ſubjected to ſuch a continued ſeverity of cold, as ſhould oblige us "regularly to fortify ourſelves by warm clothing *."

Our atmoſphere has been ſaid to be generally compoſed of thoſe ſtates, which are underſtood in the common acceptation of the language, of warm and moiſt, cold and dry †. Often have we ſeen it, for four or five ſummer's months, temperate, and for the moſt part

* Obſervations, &c. Beddoes, p. 161.

† Burton on the Non-naturals, p. 87.

part ſerene, dry, conſtant, and in every reſpect benign and ſalubrious; whilſt the remainder of the year has been cold, humid, variable, and conſequently favorable for the effecting many diſeaſes.

This *variableneſs of our climate*, ſo ſtigmatized, and ſo much deemed repugnant to the health of the Phthiſical, may upon reflection, be allowed to be a cauſe adequate to the effect; at leaſt, that it is peculiarly calculated to excite pulmonary inflammation: with the concurrence of other circumſtances *.

Ought we, upon viewing the average ſtate of the climate of this iſland, whilſt we make the concluſion we have done above, to call it unhealthy? We think not; and probably facts will warrant us in making ſuch a concluſion. Let us attend to what Claromontius † ſays; and ſurely, ſince his time, no great or general alteration can have taken place in our ſkies, whatever changes may have happened to our habits or manners.

The Sun, the ſource of heat and light, and foſterer of life, attends Britain, as long as may be, with its enlivening preſence; whoſe lands, it not more cheers than it fertilizes, by its beams. In ſummer it extends the day ſeventeen hours; and in winter, when it's preſence muſt attend and illumine another orbit of the world, as if unwilling to divert his chariot from this ſpot, he ſeems to delay with it, and allows ſeven hours for the ſhorteſt day—which circumſtances, whilſt I contemplate them, would lead me with incredible ſatisfaction, to believe, that no climate could be more ſalubrious than Britain.

Yet, that Author ſeemed to think, on conſidering the diſeaſes which the inhabitants are ſubject to, that the air muſt not be ſo conducive to health. But, we are not willing to attribute the misfortunes of this kind, which we find mixed with our lot, altogether, to ſuch a cauſe; nor, are diſeaſes in general, more frequent or more numerous here, than in other parts of the globe. He attributes much to the prevalence of the atmoſphere we have in our inſular ſituation;

* Obs. Beddoes, p. 149.

† De Ære, aquis, et locis terræ Augliæ. Londini, 1682, p. 15.

ſituation; and condemns ſuch an iſland in general, as more inſalubrious than the Continent; becauſe of the frequent exiſtence of miſtineſs *, undiſſipated by the ſun †.

In England, really, he ſays, the ſky is moſtly thick and loaded with clouds, not only in winter, but in the middle of ſummer. Scarcely ever is it ſerene, but more generally ſimilar to autumn or winter weather, no day is there altogether fair ‡, it either raining wholly, or there is a hazineſs, or ſometimes rain for many days continuance; with a heavy ſtifling atmoſphere. Which is the cauſe of many diſeaſes, eſpecially in autumn. This is what we were able to know of Britain, as far as ſome years' experience would allow us; and as ſuch we would have it to be underſtood generally. For here, ſome ſituations are more ſalubrious than others.

We find here, the earth bound by froſt and ſnow for many months; and that not only, not far from the ſea, but even on the very ſhores. And even now whilſt I write, the days ſeem quite wintry, though in May. I am ſurrounded with ſuch a thick and dark atmoſphere **.

He

* Those roving mists, that constant now begin
To smoke along the hilly country, ———
Thompson. Autumn, L. 734.

† Quippe infirmissima quæ que, cœlo sunt obnoxia maxime. In universum autem insalubrioris esse cœli quam Continentem, permultis probari documentis potest. Et quo longius in mari positæ a Continente recessere, eo graviorem esse ærem constat, ob nebulas e mari evolutas, quæ vix, ac ne vix quidem a sole dissipantur. Idque non æstate solum, sed etiam hyeme, imo etiam magis. Non tum aer tepescit obsolutas nives. Tepidus autem aer insalubrior.

‡ ——— by the cool declining year condens'd,
Descend the copious exalations, check'd
As up the middle sky unseen they stole,
And roll the doubling fogs around the hill.

** ——————— thence expanding far,
The huge dusk gradual swallows up the plain:

Vanish

He gives us the following ſentiments, on the regimen of our anceſtors, at a particular period, after having mentioned their kind of diet, and its effects. However, certainly by ſuch evils, after conſtant civil wars, they have learned temperance. For as I was informed by certain elderly people, the Engliſh, before the civil diſſentions, lived in much feſtive indulgence and luxury; enjoying in rotation, at each one's habitation, long continued feaſts, with copious quantities of liquor. And, commonly, there was no one, howſoever humble his ſtate, who did not liberally treat his neighbours, as well as ſtrangers, with kindneſs and hoſpitality*. But what took place afterwards, when civil diſcords rent the minds of the people! What not only did injury to ſcience as well as the comfort of ſocial gratifications. After, I know not what kind of a religious frenzy ſeized the minds of the people, diſturbed peace and overturned the order of all things; the cuſtom of invitation and viſiting fell into diſuſe. Doubtleſs, as it ſeems, for the purpoſe of cultivating a different religion; every perſon then looking upon his neighbour with a ſuſpicious eye—hence religion reconciled their manners to priſtine ſimplicity.

Yet, as few evils do not afford partial good, he obſerves, one thing ſeems to have been derived of benefit (from the civil calamity) that in general, every where the profuſe meat at ſupper was neglected, which was accuſtomed to be in ſuch vogue—whence, one great ſupport, and cauſe of many diſeaſes, was done away †.

We

Vanish the woods; the dim seen river seems
Sullen, and slow, to roll the misty wave.
Ev'n in the heighth of noon opress'd; the sun
Sheds weak and blunt his wide-refracted ray.

Thomson.

* As Ovid says, Metam. L. II. 94.
Orgia tradiderat cum Cecropio Eumolpo,
Qui simul agnovit socium, comitemque sacrorum,
Hospitis adventu, festum genialiter egit.

† Claromontius, p. 46.

We preſent thoſe obſervations to the curioſity of the Reader, the diffuſeneſs of which, we hope will not appal; and leave them for his own comments. Though our years, ſee the moſt lovely of the inhabitants of this Iſland, often a prey to Phthisis, ſo as to fix a blame upon its climate, and though our atmoſphere be drenched often, with miſty obſcurity, and ſuch attendant gloominesſ, as may attach horrors to the hypochondriac; yet, the wiſe and active Briton will not ſuffer oppreſſed fancy to be deceived, nor blame his ſkies for, Novembrile miſchiefs, fell with tædium vitæ, which oftneſt ariſe from other urgent cauſes: but will ſtill with patriotic ardour and love, animatedly, ſay with the Poet:

England, with all thy faults, I love thee ſtill;
My country! and while yet a nook is left
Where Engliſh minds and manners may be found,
Shall be conſtrain'd to love thee—though thy clime
Be fickle, and thy year moſt part deform'd
With dripping rains, or wither'd by a froſt,
I would not yet exchange thy ſullen ſkies
And fields without a flow'r—for warmer France,
With all her vines; nor for Auſonia's groves
Of golden fruitage, and her myrtle bow'rs *.

Which alterations, truly, with native love may reaſonably be allowed; ſeeing with truth it may be ſaid, with the Author we have ſo lately much attended to †, to be opulent; abundant in riches

* Task, a poem, by Cowper, B. II.

† Claromontius loc. cit. p. 10, & seq. who further says in praise of this

"Island of bliss! amid the subject seas,
"That thunder round thy rocky coasts set up,

Quod si ex fœcunda lætaque rerum omnium productione, possumus de æris bonitate ferre sententiam: profecto Britanniam aëre frui longe

riches of every kind, eminent men and women, the moſt adorned of their ſex.

Britannia! hail; for beauty is their own,
The feeling heart, ſimplicity of life,
And elegance and taſte: the faultleſs form,
Shap'd by the hand of harmony; the cheek
Where the live crimſon, thro' the native white
Soft-ſhooting, o'er the face diffuſes bloom,
And evey nameleſs grace; the parted lip,
Like the red roſe bud moiſt with morning-dew,
Breathing delight; and, under flowing jet,
Or ſunny ringlets, or of circling brown,
The neck ſlight-ſhaded, and the ſwelling breaſt;
The look reſiſtleſs, piercing to the ſoul,
And by the ſoul inform'd, when dreſſed in love,
She ſits high-ſmiling in the conſcious eye *.

What is called *catching cold*, has been frequently inveighed againſt, and attributed to the variableneſs of our climate; it is an effect

longe optimo confitendum est. Nam omnia illic grandiori nitidiorique forma prognata benignius fovet aletque tellus, quam alibi locorum ubi videtur aer est salubrior. Non enim mulieres modo numerosa beatas, pulchraque sobole cernas: sed equis: sed reliqua etiam animautia multiplici fœtu usque renas scentia cum admiratione perspicias. Illic boves enormi magnitudine, illic equi tum formosi tum perniciosissimi, illic canum ingentium et immani rictu formi daudorum magna vis: illic denique cum virorum tum fœminarum ad spectabilis et erecta decoraque species, summo cum voluptatis sensu visitur. Coloreis floridus, læcta frons, vivaces oculi, subflava promissa cæsaries, totus habitus ad elegantiam compositus. Solum vero ipsum uberrinum, statis anni temporibus, omni bonorum genere colonos, floribus, herbis, arboribus, frugibus.

* Thomson's Summer, l. 1580.

effect which opens the way to the worſt conſequences. " The " origin of genuine Phthiſis may generally be traced from hoe- " moptyſis, or blood iſſuing from the lungs, from what is termed " taking cold; and ſometimes from external injuries,*" yet ſuch a cauſe how often do we ſee diſregarded, by thoſe who are moſt liable to injury from it; for, as Cullen obſerves, it is often upon one or other of theſe occaſions of catching cold, that the incipient cough of Phthiſis begins†, and ultimately proves fatal to multitudes.

Under ſuch a ſtate of climate, young perſons are more ſubject to debility, from the impediments to due excitability which they are ſubjected to—that debility which in the Phthiſical habit ſhould be obviated; whilſt the cauſes promoting inflammation are avoided, the former of which is moſt efficaciouſly ſucceeded in, in a temperate climate.

The abſence of a certain degree of heat, ſtrengthens the body, generally ſpeaking; giving vigour to it, and energy to the mind, by conſtringing the capillary veſſels of the ſurface, it abates perſpiration, hence the blood is propelled in an increaſed volume towards the heart. In conſequence of which the vital principle is accumulated, and the reaction of the heart and arteries, ſends back the blood with an increaſed velocity and power to the ſurface of the body; ſo as, in an healthy ſtate, to diffuſe a genial warmth. Such an application of the degree of heat, which does not carry off the heat of the body too faſt, gives, what is called tone to the whole ſyſtem, proves a powerful ſtimulus to the ſtomach, creating thus a keen appetite for food, with a ſenſe of lightneſs, alacrity, and ſtrength; as thoſe experience, who live in a cool dry air, and maintain a ſuitable degree of exercife; having for the moſt part, ſtrong and active health, with good digeſtion, and a complexion which beſpeaks thoſe.

 The

* Reid loc. cit. p. 6.

† P. I. 890.

The extremes of cold are unfriendly to the conſtitution, as well as thoſe of heat. In this climate we are more liable to be expoſed to an exceſs of the former, than the latter. The relative power of cold, with reſpect to the living human body, is that power by which a ſenſation of cold is produced in it*.

Under the effects of warmth of ſeaſon thoſe who have betrayed ſymptoms of Phthiſis have found them diſappear; as the afflicted in winter, have experienced in our climate in ſummer. Which circumſtance, has often afforded a fallacious idea that a cure was effected; and that thoſe means which were exhibiting at the time were the promoters of it. A deception alas! but too frequently well aſcertained, by the recurrence of ſymptoms in winter and ſpring†. Such a ſtate has been known to be repeated ſeveral times during life, and has been obſerved in thoſe conſtitutions, in whom during ſpring there appeared to be a great determination of blood to the lungs. By the appearance of Pus, which has been exſcreated, concomitant with other ſigns, incipient Phthiſis has been denoted; all which, have ceaſed in ſummer.

Under poverty of diet, particularly, the ſame obſervations have been made reſpecting ſcrophula—the complaints attendant on which, ſeem often to commence, or to be aggravated in winter, to increaſe in ſpring, decreaſe in ſummer, and are often entirely removed in autumn; though they are again renewed in winter‡.

Thus conſidered, ſummer may be deemed the moſt healthy ſeaſon for the Phthiſical; but ſome think, winter is not to be condemned as the moſt dangerous. Spring and autumn, are judged to aggravate complaints of ſuch a nature moſt, on account of the diſtribution of the blood being more diſturbed by the ſudden changes of weather, which are prevalent in thoſe times. In ſummer the perſpiration is more increaſed, and the blood more determined

* Cullen p. 1. 89.

† Cullen loc. cit. 896. Gregory loc. cit. p. 333.

‡ Gregory p. 331. & ſeq.

mined to the ſurface of the body by the warmth of the air; and thus, leſs fluidsdetermined to the urinary excretion—In winter the reverſe takes place—In autumn, that equilibrium between the kidneys and the ſurface of the body, is not ſo regular; hence a greater determination, often owing to the irregularities of the weather, to the lungs. Yet, though in winter things may ſo take place, in the ſyſtem of the body, yet often ſudden changes of the weather diſturb this uniformity; as well as the greater cauſe we make, by the difference of the air in our dwellings, and that of the air out of doors; for whilſt in the latter, it may be extremely cold, we may maintain great warmth in our houſes; and the expoſure, and change from one to the other, cauſes irregular, and often ſudden changes in the diſtribution of the blood. In ſummer the external air being warm, obviates the need of fires within doors; and thus places are in a more equable ſtate of warmth, which renders them more congenial, and leſs diſturbing to the conſtitution; and the perſpiratory function, except from violent cauſes, is ſeldom ſuddenly or violently interrupted or changed from its uniform cutaneous diſcharge.

To obviate ſuch effects, attention ſhould be paid to avoid ſudden tranſitions from heat to cold; or from cold to heat, and the ſurface of the body ſhould be ſuitably defended by cloathing, according to the ſeaſon, or the obligation, which neceſſary tranſitions impoſes upon us, ſo that they may not be ſuddenly felt.

OF THE MANNER OF LIVING AND CLOATHING.

If we have been diffuſe, according to the manner and nature of what we have brought forward, reſpecting the variableneſs and intemperateneſs of climate ſupplying certain remote cauſes of conſumption; we do not mean to ſay much on the ſubject of diet in this light; and of cloathing we ſhall ſpeak afterwards.

It muſt be allowed by all, that the abuſe of ſtimuli in food and drink, is, the ſource of numerous diſeaſes of an inſuperable nature; and haſtens the decay of excitability too rapidly. This indiſcretion, at all periods of life, is too often exemplified; but more particularly is to be regretted in juvenile years.

To the ſanguine conſtitution, ſuch abuſe muſt always be obnoxious, tending to promote extreme irritability at one time; and debility ultimately—The application, in which ſtate, of exciting cauſes may promote hoemoptyſis and pulmonary inflammation.

To females, ſuch an abuſe of excitement in the articles of food, perhaps is not ſo extenſively applicable; nor to the many caſes, which we ſee afflicted, from cauſes, ſcarcely to be traced in that ſex. But the degree of excitement in every frame muſt be allowed to be relative, hence, how is the preciſe medium which moſt favours health to be deſcribed, or is it poſſible to be obſerved and adhered to?

UNSUCCESSFULNESS OF MEDICAL KNOWLEDGE.

The difficulty which has been experienced in the cure of idiopathical phthiſis, cannot in the preſent ſtate of our ſcience be a degradation to individuals to acknowledge; though we lament, it is ſo, to the art: and is much to be regretted by humane induſtry and deſire eſpecially, when we take a retroſpect of what little advancement has been made to this end, ſince the time of the primitive medical writers. Celſus* ſays, if there is a greater degree of diſeaſe, than what he has before mentioned, it is neceſſary to oppoſe its progreſs in the early ſtage; for when it has continued long, it is not eaſily ſubdued.

Morton

* Quod ſi mali plus eſt, et vera phthiſis eſt, inter initia protinus occurere neceſſarium eſt: neque facile enim hic morbus, cum inveteraverit, evincitur. l. 3. c. 22.

Morton confirms the opinion of Celſus, and adds, that phthiſis ariſing hereditarily, or in mal conformation of the cheſt, for the moſt part is fatal; becauſe, the cauſe which produces it, is beyond the reach of our art: though, he admits that it may be cured* in the ſpring ſeaſon, the approaching warmth conducing to this; but obſerves afterwards, that often this herculean diſeaſe, by certain means becomes incurable; either becauſe the phyſician, which not unfrequently happens, or from the flattering nature of the diſeaſe, or careleſſneſs and parſimony of the patient, is conſulted too late†; or, laſtly, from the ignorance of the phyſician, who not having a right knowledge of this diſeaſe, in its various ſtages, underſtands not therefore the proper method of treating it.

We have made an alluſion to this difficulty, in confeſſing, in our poem, the little addition, through the lapſe of time, which has been made beneficially to our knowledge; yet we do not mean, whilſt we confeſs our little power of controul over the diſeaſe, to allow that it is in itſelf abſolutely incurable: we are more inclined to give with Cullen‡, the failure to the imperfection of our art. Of this opinion is Dr. May§; and Dr. Reid‖ does not believe, the diſorder in its own nature, is attended with ſo much danger as has been uſually apprehended; and, that the opinion of its fataility being ſo generally received, has weakened

* Æqui ac caeteri morbi, he ſays, De prognoſticis p. 134, 135.

† "Nor has wealth yet, been able to provide a barrier capable "of reſiſting its invaſion; few, except the needy, neglect to call "in the aid of medicine, and many doubtleſs ſteadily purſue "the directions they receive: nevertheleſs, rich houſes are every "day, diſcharging into the grave, victims to this diſeaſe."

Beddoes' Letter to Dr. Black, p. 2.

‡ loc. cit. p. l. 899

§ loc. cit. Introduction, p. 8.

‖ Eſſay p. 66.

ed the efforts of the phyſician—we would willingly in general believe not. Patients and their friends have often been impreſſed with this idea, when medical attempts have not produced, as expected, the hoped ſucceſs; and thence have relaxed in their endeavours, and been unſteady in their adherence to medicine and regimen; but this is not an obſervation, applicable only, to this diſeaſe, or to ſuch patients; practitioners in phyſic know the difficulty of bringing their patients to, and perſuading to a perſeverence in, an obſervance of rules, which interrupt eſtabliſhed habits and pleaſures: eſpecially if the diſeaſe is of that nature, which is likely to be protracted; beſides, as the laſt author ſays, the opinion of friends and attendants, often interpoſe and fruſtrate the deſires of the phyſician; as few of thoſe, are without ſome ſpecific remedy, for the cure of a conſumption.

We believe, notwithſtanding thoſe impediments, as well as opinions and errors, which have long been held, perhaps adverſely, to right reaſon and experience; that the aſſurance, that the diſeaſe "is curable at any period, before the vital ſtrength "is greatly broken down, and the ſtomach and digeſtive facul-"ties rendered incapable of aſſimilating nouriſhment*", is rather yet unqualified, if we may ſpeak from our knowledge of general facts.

If we take, phthiſis in the light it is viewed by ſome, as a certain form of ſcrophula†; we may venture to ſay, though many advantageous and ſucceſsfully curative improvements, have been made in the treatment of ſcrophula, yet we know very little of its real nature, or the cauſe of the diſeaſe. If it is "a contami-"nated habit of body, ſome latent vitiated principle in the "conſtitution, upon which the fatality of conſumption has de-"puted."—Do we know what that is? if not, how are we to know how to correct it? therefore till then, we wander only in the dark; with ſuch facts to guide us as ſucceſsful experience has in ſome few inſtances furniſhed us with: and it avails little, to

* Eſſay, &c. Reid, p. 68. † May's Eſſay.

to be told, that "whatever tends to correct that principle, and "to improve the general habit of the conſtitution, will be found "beſt appropriated to the cure of phthiſis*;" nor, is it any more conſolation to reflect, that there is a certain peculiarity in the Phthiſical, which is not explained, though by moſt allowed; and, that when its morbid ſtate is evident, is more often ſubdued by phyſical cauſes, whoſe mode of operation we are little acquainted with, than by medical powers.

We ſtill want the right means of diſtinguiſhing with exactneſs, the different kinds of conſumption, at leaſt, more ſo, than they have generally been; not only to guide our diagnoſtic but our practice† from the want of this, and a better inſight into cauſes, our prognoſtic is only eſtabliſhed upon the knowledge of conſtant ill ſucceſs, and is therefore, always unfavourable, in every ſtage of the complaint: and particularly ſo, if there is reaſon to ſuppoſe that the ſcrophulous diatheſis is, as it has been termed, called into action.

Dr. Beddoes, ſays, not much ſeems to be gained, by ranking phthiſical tumors and ulcers of the lungs, among ſcrophulous complaints. We have no very ſucceſsful method of treating ſcrophulous ſores wherever ſeated.—Not to mention that very different ailments are comprehended under a term ſo conveniently vague. I ſee no hopes of transferring any uſeful ideas from the external appearance of ſcrophula, to the internal form of the diſeaſe; if they ſhould be eſſentially the ſame, of which I am by no means ſatisfied‡. In reſolving tubercles, the analogy of ſcrophula gives no aſſiſtance in this matter; for the remedies which are uſeful in ſcrophula, do not avail for that intention§.

There does exiſt, as Dr. Withering confirms, a truly ſcrophulous conſumption; but according to his words, it is a rare, and not

* May's Eſſay, Introduction, p. 19.

† Letters from Dr. Withering, &c. p. 11.

‡ Obſervations, &c. Beddoes, p. 112.

§ Cullen, p. 1. 907.

not incurable diſeaſe, if the treatment be properly adjuſted to its nature; but the treatment which I have repeatedly found ſucceſsful here, would only haſten the florid conſumption to its fatal termination*.

We have reaſon, for concluding, therefore, that much remains yet to be done, to give greater certainty to our proceedings in the treatment of conſumption. The active induſtry of the preſent generation, aided by the improvements and lights which chemiſtry offers, and an increaſe of phyſiological knowledge, will no doubt, if not altogether ſucceſsful in its efforts, contribute amply by its endeavours, to do away the defects which remain. Hope ſeems now to have a more ſubſtantial ſupport to lean upon, than what the vague opinions, and theories of our anceſtors afforded; dependance upon the futile and inert medicaments to correct humours, uſed by them, ſeems now to be dethroned; the acquired reputation of moſt of which, probably aroſe from the ſanative changes in the body, produced by age and ſeaſon. To this, we attribute much of the character which has been attained by QUACK and SPECIFIC MEDICINES, ſo conſtantly offered to the world under every ſpecies of advertiſement. To the natural actions which take place in the ſyſtem, producing a curable effect, under the uſe of a particular medicine, have thoſe, given in phthiſis, as well as other diſeaſes, which would often perhaps have taken place ſooner, without ſuch interpoſition, been raiſed to the higheſt rank of laud and truſt; there to receive the adulation of their votaries, and ſway their uſurped authority over the confidence of individuals, and often of the multitude, till the time when perſpicuous obſervation, and ſcrutinizing experience removes the veil, which concealed the truth of their ineffectual power. So, often, does one phyſician by being employed after another, at a particular period of diſeaſe, bear away the palm of honour, and the fruits of a joyful victory: to whoſe fame, built perhaps, on the care and prior attention of another, conſtant Paeans are ſung in future, full of confidence and admiration.

The

* Letters

The number of ſpecifices which oppoſe themſelves daily by their recommendations, as aſſured remedies, to the eyes, for coughs, colds, and conſumptions, would ſeem to contradict the above ſentiments; but the author does not condemn them without reaſon and experience, having frequently exhibited them from his own inclination; as well as when willing to give way to the deſire of the patient, to try the moſt celebrated of them, in various ſtages of the diſeaſe; he has ſuperintended thus, their uſe and watched their effects, without ſeeing any beneficial conſequences curatively, or with ſo much palliative eaſe as can be attained, perhaps, more ſafely by generally well known medicines.

Perhaps, it may now be expected, that we ſhould give our ſentiments on the particular means which have been uſed in the CURE of PHTHISIS, and offer alſo a plan for it; but ſuch a detail comes not within the ſcope of our preſent deſign, nor would the ſtate of our experience warrant an attempt of the kind, it could not therefore afford information to one claſs of readers, or amuſement to others; hence an apology will be obvious for the little that has been ſaid on this head, in the poetical part of this work.

On the PROPHYLAXIS, *or the Means of preventing or guarding againſt* PHTHISIS.

Perhaps, with propriety, more may be written with the hope that greater certainty may accompany it, than what we could be flattered with from any doctrines of cure. Conſidering therefore, the difficulty attendant on this, our endeavours ſhould be more ſtrongly oppoſed againſt the appearance of morbid ſigns; by, ſuch means of prevention, as are in our power, and as pre-

 ſent

ſent, the moſt probable reaſons for ſuch an expectation; it will be found to compriſe the avoiding moſt of the remote and occaſional cauſes, as all ſhould be, which can, or are known, to call the diſeaſe into action.

The obſervations we have to make reſpecting this will be compriſed under *Change of Climate, Cloathing, Diet and Exerciſe.*

CHANGE OF CLIMATE.

It has been obſerved, that a variable and intemperate climate ſeems to ſupply certain remote cauſes which are often removed in a temperate ſtate of air in another region, and thus allows the powers of nature to effect a cure. Many opinions* and facts confirm this, and that ſpending the winter in more favourable ſituations, obviates when timely uſed, all the threatening ſymptoms which may have been felt in this iſland. Perſons ſo afflicted, therefore, ſhould remain under ſuch auſpicious ſkies, and live perpetually with ſummer temperature.

If, when air is of ſuch a temperature, as with the aſſiſtance of other operations in the animal œconomy, only to carry off ſuch a quantity of heat from it, ſo that the remainder may rightly ſupport the body; we ſay the air is mild, becauſe we are not ſenſible of any troubleſome degree of heat or cold.

This temperature varies in different people according to climate, age, and conſtitution; and of whatever degree this pleaſing and temperate ſtate may be, any change from it, as underſtood by the riſing of the thermometer a few degrees, makes our ſenſations complain of heat or cold.

The middle temperature of our atmoſphere being about 48° Fahrhenheit, when we do not call the weather either hot or cold.

The

* The anatomy of the abſorbing veſſels by W. Crookſhanks, p. 178. and Theſ. inaug. Gregory.

The mercury ſeldom falls under 16°, at 24° we are apt to reckon it very cold; coldiſh at 40° and a little above it, even we do not reckon the air warm till it arrives at about 64°, at 80° it is very warm and ſultry*.

Heat is more readily and quickly diffuſed through the ſubſtance of water than the earth, if the ſurface of that is extenſive, it will be of more equal temperature with the atmoſphere than this will be: denſer bodies do not conduct heat ſo well as rarer, hence water and earth retain heat longer than air, a colder atmoſphere therefore paſſing over theſe will receive heat from them. The coldneſs of a winter's wind by its paſſage over ſea, or land is thus moderated, and the air incumbent on the ſea will be of a warmer temperature than that on land, of courſe iſlands, according to relative ſituation, may be ſo, more than continents, countries which border on the ocean and lie ſouth of the ſea, at leaſt in our hemiſphere of the globe, will be warmer than thoſe which have the ſea to the ſouth of them, becauſe the winds which would cool them in winter if they blew over land, are tempered by paſsing over the ſea.

If air is of a ſuitable degree of warmth and is not ſaturated by moiſture, but is what is called warm and dry; it is in that capacity able to afford that refreſhment to the body which it requires, when under a ſtate of perſpiration, by diſſolving the diſcharged humidity: this relieves the body much when heated by exerciſe.

From the properties of heat and air, the body and reſpiration may be affected by the qualities of matters which the atmoſphere may contain, mixed or in ſolution; the peculiarities of which may be governed by the ſeaſon of the year, and the nature of the places over which the air blows: as ſeas, rivers, lakes, marſhes, &c. One cauſe of the cold of northern climes, is attributed to the ſolution of ice by wind coming in contact with it, for ice in a thawing ſtate, is known to indicate great coldneſs, to which muſt

 be

* Eſſays on heat by Martine, p. 110. and ſeq.

be added the cold produced by the heat carried off by evaporation; thus winds blowing to us in winter from those quarters of the world where large bodies of ice are formed, affect us with great cold—This impression is produced upon us by several other causes also.

It is not enough for those who have felt the approach of phthisis, and are induced to try the effects of change of air, that they should spend only such a length of time there, as seems to have put the alarm aside; they should persist in their residence, till the constitution is so fortified, and if in youth, so changed as to be able to bear other situations with impunity. So those young persons whose families have suffered by phthisis, and there appears danger to hang over them, should in early years, before complaints take place, be removed to the most genial climate, and there remain till that age is past over, which experience has taught us, is attended with the greatest danger*.

The advantages of Sea Voyages have been long ago pointed out and praised†, not only in incipient, but advanced stages of phthisis; their good effects have been differently accounted for, from the salutary effect of exercise, sickness, and the temperature of sea air, and its supposed properties. In different cases, each may claim merit, but probably, in general the advantage gained depends upon the conveyance of the patient thus, to a more favorable climate, than what he existed in on shore‡.

The expediency of performing this early in the commencement of the disease is obvious, if utility is hoped for, provided no inflammatory symptoms forbid any species of exercise; for from the tardiness and neglect of patients, or their advisers, these expected benefits are too long procrastinated, and thus disrepute is too often brought upon the means.

Celsus

* Thes. inaug. Gregory, p. 333. & seq.

† Gilchrist.

‡ Reid's Essay.

Celſus admoniſhes us of this*, when he recommends change of place; that it may be early whilſt the conſtitution is able to bear it; but that if imbecility forbids navigation, the geſtation ſhould be in a litter; ſo that the body may be *gently* exerciſed. In which ſtate of debility, the mind ſhould be kept at eaſe, abſtaining from the ſolicitudes of buſineſs, and ſhould be allowed indulgence in ſleep. He adviſes alſo frictions to the extremities of the phthiſical, and that the food taken and exerciſe uſed ſhould be during remiſſion of paroxyſms.

CLOATHING

When properly adapted in its kind, is one of the moſt excellent means of ſecuring the weak from the effects of a variable climate; with us it cannot be too particularly attended to, and more eſpecially by thoſe ſubject to pulmonary affections; ſeeing that daily occurrences offer to our obſervation, the frequent difference there is in the range of the thermometer, and the degree of moiſture in the air at different times of the day, in our fineſt ſeaſon of the year, and that the mutability of one day from another, is perpetually fruſtrating the expectations of the mind on the preceeding day. It is neceſſary therefore to enforce, that thoſe who would not ſubject their feelings to unpleaſantneſs, nor their health to danger, ſhould be always ſecured by cloathing againſt expoſure to ſudden changes.

It is for this defence, that the *uſe of flannel*, and the ſofter textured manufactories from wool, have been ſo much adviſed; being one of thoſe ſubſtances like furs looſely interwoven, it ſlowly conducts heat, ſo that by its proper management an equable degree of warmth may always, pleaſantly, be maintained on the ſurface of the

* l. 3. c. 22.

the body, resisting the attack of atmospherical variety in temperature*.

He well advis'd who taught our wiser sires
Early to borrow Muscovy's swarm spoils,
Ere the first frost has touch'd the tender blade;
And late resign them, tho' the wanton spring,
Should deck her charms with all her sister's rays;
For while the effluence of the skin maintains
Its native measure, the pleuritic spring
Glides harmless by†.

In warmer weather, which may continue uniformly, those who use exercise in it, may so manage this cloathing as not to incur the unpleasantness of accumulated heat on the skin, urging perspiration too much, whilst at the same time, the humidity is not evaporated; whence too great a stimulus is excited on the skin, and uneasiness and debility ensue. We have known some weakly people injure themselves thus, and could point out a case to exemplify this.

The connections between the surface of the body and the lungs respecting their excretory offices, is well known; if the perspiration is injured greater determination will be made to the lungs, and the defective discharge from the skin will often be supplied by expectoration from them; thus from exposure to cold, may we see a remote cause of pullumonic inflammation; especially if the lungs at the same time are exposed to the action of cold air‡, for in those who labour under some complaints of the chest, the respiration of cold air produces coughing.

In

* See a Letter to the Patentee of fleecy hosiery, by Dr. Buchan. Observations, &c. Beddoes. May's Essay, p. 46. Fordyce's Dissertation on simple Fever, p. 145.

† Armstrong loc. cit. b. 3. l. 484.

‡ Cullen p. l. 345.

In thoſe who dwell in moiſt warm ſituations may be obſerved laxity and debility of body, paleneſs of complexion, languor in motion, bad appetite, &c. eſpecially if joined with a ſedentary life; hence cautioned the poet

Dry be your houſe; but airy more than warm,
Elſe every breath of ruder wind will ſtrike
Your tender body thro' with rapid pains;
Fierce coughs will teize you, hoarſeneſs bind your voice,
Or moiſt Gravedo* load your aching brows†.

The long continued reſpiration of humid cold air, and its application to the body, is pernicious; for the reaſons we have given; it cannot readily diſſolve that aqueous part which iſſues from the lungs, and the perſpiring pores of the ſkin. The ſolids become relaxed, and the whole ſyſtem debilitated. There is no healthy equality, maintained between the ſecretions and excretions. The abſorbents do not perform their office with right vigour. This may be confirmed, by obſerving thoſe who with cloſe application, follow the occupation and ſedentary employment of weaving linen and muſlin; whoſe works require a ſituation which may keep the threads moiſt: a damp room therefore, is generally their reſidence, during their labour, hence often are found amongſt their complaints, diſeaſes ariſing from viſceral obſtructions, coughs, other affections of the lungs and cheſt, intermittent, and nervous diſeaſes, as called, if ſuch there be?

The bloated Hydrops and the yellow fiend.

Skies ſuch as theſe let ev'ry mortal ſhun
Who dreads the Dropſy, palſy, or the gout,
Tertian, corroſive ſcurvy, or moiſt catarrh;

Or

* Armſtrong b. i. l. 315.

† A cold affecting the head, in the noſtrils and adjacent cavities, a cœtœrrhous affection.

Or any other Injury that grows
From raw ſpun fibres, idle and unſtrung,
Skin ill-perſpiring, and the purple flood
In languid eddies, loit'ring into phlegm *.

Children, ſhould particularly, have an uniform temperature maintained on the ſkin, and young perſons. We have witneſſed the loſs of many lives a ſacrifice to the attempt of rendering them hardy by expoſure to cold ‡, and are aware of what ſome will urge, that many children are healthily brought up under the rudeſt expoſure, and under ſuch treatment. But thoſe who make ſuch an obſervation, have not probably, had the opportunities which thoſe who attend the ſick poor, medically, have had, to know the numbers who fall victims to expoſure to cold, bad clothing and poverty of diet. Perhaps indulged with an amelioration of this, they might be more capable of reſiſting the effects of cold. From the nearer medium of the ſtate of heat, in the dwellings of the poor, and that of the exterior atmoſphere, they eſcape the effects of thoſe ſudden tranſitions which often affect children born to reſide in the habitations of opulence. "I conſider it, indeed, as one of thoſe maxims, "which ought never to be loſt ſight of, if our children were "intended all their lives to go naked, and to live in open fields; "but ſince the cuſtoms and manners of this part of the world "require that men and women through life muſt be perpetually "and unavoidably expoſed to dwell in comfortable habitations,

* Armſtrong, B. 1. l. 157.

‡ "In children it is of the utmoſt conſequence to keep the "body cool, but never to ſuffer it to be cold. Thus without "being enervated, they may eſcape the fatal conſequences of "heat ſucceeding quickly to cold; for it is not true, as ſeems, "in conſequence of an analogy more or leſs diſtinctly conceived, "to have been frequently imagined, that cold hardens children "as it hardens ſteel," Obſervations, &c. Beddoes. 162

"tions, to ſit upon warm carpets, and to ſleep on blankets and "feather beds, it certainly behoves us to regulate their clothing "in infancy, as equally to guard againſt the ill effects of either "extreme.—In every region we may obſerve external warmth to "be nearly as neceſſary as internal nouriſhment for the young "of almoſt every animal. Warm rooms and impure air may "enervate the body, but warm clothing can never be injurious "in cold weather. I am ſo thoroughly convinced that pure air "and a warm ſkin are indiſpenſably neceſſary for children, that "I never behold them with naked breaſts, legs, and arms, how-"ever hardy and robuſt, that I do not anticipate the horrid con-"ſequences of angina, of croup, or of pectoral or inteſtinal in-"flammation*."

We have no information, in a medical view, of the ſtate of our Iſland when our rude forefathers inhabited it; and of the diſeaſes which then prevailed amongſt them: probably ſuch as make havoc amongſt us were unknown to them. Some plauſible reaſons to which we doubt not the reader will readily aſſign.

The idea, of the neceſſity, of wearing flannel next the ſkin, and of ſeldom changing it, ſhould be oppoſed†;" the firſt, need not be inſiſted on, and the latter, ſhould be neglected by cleanlineſs. Probably the effects which took place from that opinion, might be one means of bringing the uſe of woollen, ſo much worn by our anceſtors, into diſgrace and diſuſe.

F Seeing

* Medical Spectator, v. 1. p. 367.

† Marcidis et extenuatis vice induſiarum lintearum quae proxime autem tangunt, admoveantur, panna Wallica lanea molliora, contexturae purissimae, Anglice Flannin dicta, nec *ſaepius renoventur*: hoc modo halitus ſanguinei ſeu ſpiritus retinentur, et ab aere minus ſolicitati, haud depeculantur. Interalaneas texturs optiame mihi videntur, quae ex hoedorum et ovorum *inguine et emuncturis* contextuntur.

Regulae veſtitui dicatae, Tabidorum theatrum, p. 128.

Seeing, the lower claſs of people, have it not always in their power to acquire requiſite clothing, the neglect of it by thoſe who have, renders the aptneſs of the following obſervation proper to be repeated. " Among the richer claſs, this fatal diſ-
" eaſe, would perhaps be leſs common did they not by a ſtrange
" infatuation, take the moſt effectual ſteps to contract it. If a
" greater proportion of females fall victims to it, is it not be-
" cauſe loſing ſight more than men of its primary purpoſe, they
" regulate their dreſs ſolely by fantaſtic ideas of elegance? If
" happily our regret ſhould recal the age of chivalry, to break
" the ſpell of faſhion would be an atchievement worthy the moſt
" gallant of our future knights. Common ſenſe has always
" failed in the adventure; and our ladies, alas! are ſtill com-
" pelled, whenever the enchantreſs waves her wand, to expoſe
" themſelves half undreſſed, to the fogs and froſt of our
" Iſland*."

To this, may be appropriately added, what Dr. Reid ſays, when ſpeaking of the frequency of conſumption among females. " The preſent abſurd faſhion of introducing young women early
" into the world, as it is termed, before their bodies have ac-
" quired a proper degree of ſtrength and firmneſs; and the
" mode of living among people in genteel and high life, and
" even in the middling ſtations (if any ſuch can be found) is one
" great cauſe of the frequency of conſumptions ‡."

Since we do not, in this climate, live under a pure ſerene ſky, where only the moſt temperate zephyrs fan their gentle wings, it behoves the young and the aged, and all who cannot bear tranſitions, or intemperate ſtates, to ſkreen their frame from the pernicious effects of theſe; by endeavouring to ſupport in that a medium of warmth, by clothing: the genial nature of which, will amply repay their attention. Do not be deceived by thoſe who may bring to your knowledge, the inſtances which are found

* Obſervations, &c. Beddoes p. 169.

‡ Eſſay p. 5.

found in all the variety of ſituations, of lives protracted to the ultimate allowance of nature, under the moſt unfavourable circumſtances; remember the thouſands who fall, whilſt thoſe ſolitary few but remain.

We have little to ſay here ON DIET, though it might be conſidered under two heads; that which is ſuitable in the prophylaxis: and that which ſhould be uſed during any particular ſtage of the diſeaſe. Reſpecting the former, we have given, ſome hints, when on the *manner of living*, and would add to it, our condemnation of the too early introduction of that diet, for children and young perſons, where the uſe of wine and, condiments prevail. If children are indulged with theſe, and the choice of animal food, they early ſhew an appearance of vigour and health. Though, as the author of the medical Spectator ſays, in the paper we have before quoted, we do not believe that ſuch children are more prone to eruptions, and what is called humours, perhaps leſs ſo, than thoſe who are more poorly nouriſhed; but of this we are more certain, their powers of life are too much excited by ſuch food, and every infantile diſeaſe to which they are liable, falls upon them with double violence. Parents, therefore ought moſt diligently, to aim at affording a happy medium of diet to their children. Every age and every conſtitution if the excitement be properly directed has it's appropriate degree of vigour. Childhood, and that weakneſs, which depends on abundant excitability, admits of little ſtimulus; by leſs than the due proportion it is rendered languid, by more, it is oppreſſed, for excitement the effect of exciting powers, the true cauſe of life, is, within certain boundaries, proportional to the degree of ſtimulus. This when moderate produces health; in a higher degree gives occaſion to diſeaſes of exceſſive ſtimulus; in a lower degree, exceſſively weak, it induces thoſe that depend upon a deficiency of ſtimulus or debility†.

Where

† Brown's Elements, 23. 26§

Where children are naturally remarkably ſtrong and vigorous, poſſeſsing ruddy cheeks, firm fleſh, and that appearance of mottled legs and arms, which is generally eſteemed a characteriſtic of health; a more plain and ſimple diet is all that they need, with little indulgence in animal food; but to ſuch as are otherwiſe characterized by puny ſtamina, with pale countenances, and all the evidences of flaccidity of skin and ſolids, well marking general debility, and feeble powers of animalization, a more liberal uſe of food is abſolutely neceſſary of the animal kind, eſpecially after teething.

But in infancy, as well as in juvenile years, after teething, and in the period of their changing the firſt ſet, or before reaſon, in them, teaches the proper choice of food, the quantity, generally ſpeaking, of whatever kind of food is allowed, is often to be as much dreaded, as the quality; eſpecially if thoſe things are given, which allure the palate; the conſequences of which are if the times of their allowance are frequent, interrupted and impaired digeſtion, from a depraved ſtate of the ſtomach, loſs of appetite, loathing of ſimple food; and ultimately general debility and prevention of the regular growth of the body. So long as the function of the ſtomach is in good repair, and the natural increaſe of the body ſeems promoted, health may be ſaid to ſmile on the ſubject; and little is to be feared from the kind of diet, ceteris paribus, that is uſed. Then we may imagine, that the proper action and tenſion of the vaſcular ſyſtem is maintained, giving energy to the nervous ſyſtem and ſolidity to the whole; rendering the perſon capable of uſing thoſe exerciſes of body, which are ſuitable to his years, without danger. Theſe, temperately conducted, and not under improper expoſure to tranſitions of different diſtant gradatons of heat, will with ſuitable cloathing uniformly uſed and applied, be moſt likely to reſiſt the effects of a variable climate, and of cold and humidity.

In thoſe conſtitutions, either in infancy or advanced youth where appearances of a weakly conſtitution, as generally remark-

ed

ed are obvious, or where there is reaſon to dread a ſcrophulous diſpoſition, or a tuberculous ſtate of the lungs, the food ſhould be of a nature moderately ſtimulating, reſpecting quantity or quality; and ſuch as ſeems adapted for nutrition.

In the pathological view of this ſubject, we now ſay nothing; we refer to authors, by whom it is a neceſſary branch of their object, to be introduced into their works*: for, during the morbid ſtate of the lungs, nothing requires more minute heed than the regimen, or regulation of the *non-naturals*†, the proper conduct of which alſo, has much influence in the prediſpoſition‡.

The

* Reid's Eſſay ch. 14. May p. 49. Cullen 909, 910, 914. Thoſe who wiſh to read what more extenſively in a phyſiological view need be ſaid on clothing, food, and exerciſe may conſult with pleaſure and advantage a late elegant publication, Medical Extracts, vol. ii.

† A word including what concerns theſe ſix things, air, food, motion and reſt, paſſions of the mind, retentions and excretions, ſleep and wakefulneſs.

‡ In præcautionem igitur phthiſeos (quæ multo facilior eſt quam ejus curatio) plurimum intereſt dum ægri in hoc valetudinario ſtatu manent, accuratiſſima utidiligentia, ne ullus in ſex rebus non naturalibus committatur error; In hoc enim tam lubrico ſanitatis ſtatu, ā levi aliqua hujusmodi occaſione precipites in fatalem phthiſin ruere ſolent. Prudentem delectum cibi & potus habere oportet, quo ſuccus chyloſus reddatur euchymus,—Exercitüs moderatis, diutiniſque frictionibus quotidue utantur. Omnibus licitis modis Aeger curas, moeſtitiam, omnemque fixam cogitationem (quantum in ſe eſt) ſedulò deponat, animumqué ſibi hilarem nitatur conciliare, phthiſin enim pulmonarem a pathematis animi diuturnis et gravioribus ortum ſuum duxiſſe ſaepe notavi

——Verum a novo frigore percipiendo apprime cavendum.

——Omnis novus Catarrhus in Phthiſin tendet, atque hinc

illæ

The ſubject OF EXERCISE deſerves here to be noticed amongſt others; without the benefits of which, no age can long ſubſiſt in right health, or youth, particularly in ſtrength; properly uſed, it adds bloom and vigour to the body, and alacrity to the mind.

Of indolence, of toil
We die; of want, of ſuperfluity.

To the active child of eager, willing diſpoſition, whoſe imaginations often over-top the bounds which his corporeal powers may juſtly allow, whoſe conſtitution perhaps is tender, and whoſe muſcular texture is not firm, the hours of exerciſe ſhould not produce fatigue; and though in the open air, only in this climate, permitted during the temperate hours of the day: too early expoſure to morning air, is not ever commendable, and the evenings ſhould be devoted early to ſleep.

Let him
Begin with gentle toils; and, as the nerves
Grow firm, to hardier by juſt ſteps aſpire*.

When the ſeaſon or weather will not allow exerciſe in the open air, ſuch indulgence may be formed in a ſpacious well aired room, according to the manners which are well known for this purpoſe.

As

illæ lachrymae. Sed proh dolor! *Medici rariſſime de praecavendo hoc morbo conſuluntur*, (quum in principio forſan non minùs quàm âlii affectus, curari poſſit, etſi morâ ut plurimūm fatalis) *Aegris raro Æſculapii opem petentibus, priuſquam morbus jam in fatalem ſtatum prolapſus ſit, ubi incaſſum ab arte medica exſpectantur miracula, cum de animae futura ſalute, et teſtamentis faciendis, Theologum, et Juriſperitnm conſulere magis conveniat.*

Phthiſiologia, Morton p. 78, 79, 80, 87.

* Armſtrong loc. cit. b. 3. l. 180.

As ſoon as young perſons of the above deſcription, are capacitated for it, they ſhould be allowed to ride on horſe back, one of the moſt beneficial modes of exerciſe, for whilſt in moderate health, it invigorates the whole frame by the action of the ſolids, promotes the wholeſome ſecretions, delights and engages the mind, and increaſes the digeſtive powers. In thoſe, when *tubercles* of the lungs are formed, if riding promotes no cough, it is beneficial; if ſo, or there is any inflammatory ſigns, it muſt be avoided; but the management of exerciſe of various kinds, depends upon the particular condition, form, circumſtances and ſtate, of each individual.

In caſe of diſeaſe or accident, and eſpecially to the infirm, it may be uſeful to ſee the following arrangement of modes of exerciſe, according to their degrees*.

1. Agitation from rocking in a cradle, the reſilient motion of a plank of wood, or elaſtic ſeat of the exerciſing chair.
2 Swinging, as ſeated in a chair attached to a properly ſuſpended rope.
3 Sailing on water, or the ſea, in a boat or ſhip.
4 Riding in a carriage.
5 Reading or ſpeaking aloud.
6 Riding on horſeback.
7 Walking.
8 Leaping.
9 Running.

The motion of what children call the ſee-ſaw, when ſeated on the ends of a balanced plank of wood, is ſimilar to the firſt and ſecond; the utility of which laſt, the reader may ſee commended in conſumption, in a treatiſe by Dr. Smith.

One obſervation made relative to reading and ſpeaking or the exerciſe of the organs of reſpiration, merits to be introduced here, and attended to, ſo as to be confirmed or condemned by experience; becauſe

* From the Diſputatio inauguralis de Exercitatione auctore Jacobo Dittmar.

becauſe it militates againſt a contrarily received, and much eſtabliſhed opinion.

The lungs when debilitated, derive equal benefit with the limbs or other parts of the body from moderate exerciſe. My enquiries led me to attend more particularly to the following facts:—1. Thoſe perſons who have been early inſtructed in vocal muſic, and who uſe their vocal organs moderately through life, are ſeldom affected by an hœmorrhage from the lungs. 2. Lawyers, players, public cryers, city watchmen all of whom exerciſe their lungs either by long, or loud ſpeaking, are leſs affected by hœmoptyſis, than perſons of other occupations*.

There is a caution, which we ought perhaps, to have inſerted before, in its more appropriated place; but thoſe who are attached to the idea we have endeavoured to obviate the error of, that expoſure to cold from infancy is the way to render children hardy, and habituated to bear cold, will apply it here: we mean that which is neceſſary againſt the indiſcriminate uſe of the *cold bath*; under the general opinion of its being a bracer, and the conſtant and daily waſhing the body of infants univerſally, who are of a weakly habit with cold water. To thoſe, and eſpecially ſuch as are of a ſcrophulous or phthiſical diſpoſition, we heſitate not to ſay, it is prejudicial; and has been attended with dangerous, and increaſed debilitating conſequences: probably by care and its aids, thoſe who are of a tender frame as they advance in age, or after puberty, may acquire ſuch a degree of firmneſs of health and vigour, as may endure the uſe of ſuch means, and derive benefit from them, if entered upon with caution and not too often uſed.

The prudent even in every moderate walk
At firſt but ſaunter; and by ſlow degrees
Increaſe their pace.
Hence againſt the rigors of a damp cold heaven
To fortify their bodies, ſome frequent

The

* Medical Obſervations and Enquiries, v. i. p. 134, by Dr. Ruſh.

The gelid ciſtern; and, where *nought forbids*,
I praiſe their dauntleſs heart: A frame ſo ſteel'd
Dreads not the cough, nor thoſe ungenial blaſts
That breathe the Tertian or fell Rheumatiſm;
The nerves ſo temper'd never quit their tone,
No chronic languors haunt ſuch hardy breaſts.
*But all things have their bounds** :

The reaſons which ſupport thoſe obſervations, are to be underſtood from the effects which a much inferior degree of heat applied to the ſurface of the body has; abſtracting heat from this, and thus it is irritability: whence, a ceſſation of the uſual action of the capillary arteries of the body takes place for a time, with which the ſyſtem of other veſſels interiorly ſympathize. This temporary abatement, allows time for the conſtitution to recover or accumulate its irritability again, which is thus more eaſily affected by ordinary ſtimuli, ſo that a feeble degree of heat will then produce active effects, a rapid and unuſual exertion in the interior ſyſtem of veſſels is cauſed, whence, a greater quantity of blood is tranſmitted to the exterior veſſels again, warmth and floridity of the ſkin enſues, and thus vigour is given to every action in the frame‡. But if there is primarily, a deficiency of ſtrength or irritability in the frame, paleneſs, coldneſs,

 and

* Armſtrong loc: cit. B. 3. l. 291.

‡ In warm weather, when there is an accumulation of heat, on the external veſſels, and of courſe through the whole frame, too great for the healthy degree of excitement to continue long; the progreſs to indirect debility is retarded by diminiſhing the excitement from time to time, thus giving more action to ſtimuli; hence the cold bath in hot ſummer weather, diminiſhing exceſſive heat, reſtore the proper ſtimulant temperature.

Brown's Elements, 37, 39.

See the obſervation in the ſequel, in the note added to the principal cauſes of catarrh.

and languor ſucceed, after the application of cold, the perſon feels enfeebled, and irregular ſenſations of heat affect him. Bathing in a cold ſpring of water, where the heat is but 48°. of Fahrenheit's thermometer, much diſagrees with the debilitated, for they cannot bear to have heat, and the irritable principle diminiſhed; ſuch may nevertheleſs be benefited by a tepid bath, or one, in which the degrees of heat are not many below that of the human body. This, would, ultimately prove in common language a ſtrengthener, and by gradually increaſing both the time of ſtaying in ſuch baths, as well as decreaſing the degree of heat in them, the ſalutary effects they are deſigned for, may be obtained, and the delicate frame rendered leſs liable to be injured, by the unavoidable expoſure which is occaſionally incidental, in this climate.

It may here be expected, that we ſhould offer ſome obſervations on the different *parts of this kingdom*, ſo as to point out *ſuch ſituations* as are *moſt favourable to the Phthisical*, or to thoſe diſpoſed to it; but what we could ſay reſpecting this, would be moſtly conjectural in reaſoning from the analogy, which we ſhould find more or leſs to prevail in temperate climates. Thoſe who have been afflicted with Phtihſis in the northern parts of the Iſland we have known benefited by removal to ſouthern and ſo-weſtern parts, where the air is milder.

There may be ſome ſuſpicion raiſed in the mind, that we ſometimes err, in ſending the Phthiſical of the *florid habit*, to thoſe places where the air has been reckoned pure; if a late theory which has much reaſon on its ſide is well founded*: and this quotation may ſerve to ſupport ſuch a doubt.

The philanthropic Jonas Hanway was a very great advocate for warm clothing. Being in a decline, he was ordered by his Phyſicians to the ſouth of France: but ſome very urgent buſi-

neſs

* Opus eſt ſi vires patiuntur, longa navigatione, cœli mutatione ſic, ut *denſius* quam id eſt, *ex quo diſcedit æger*, petatur. Ideoque aptissime Alexandriam ex Italia itur. Celſus l. 3. c. 22.

neſs calling him to viſit Holland, in the moiſt air of that country he ſpeedily recovered, and remarks that the Dutch are free from this dreadful calamity, which he attributes partly to *the air*, and partly to their *warm method of clothing*. Thoſe conſumptive patients, in a note to the preceeding, Dr. Thornton adds, whom we hurry off to the clear air in the ſouth of France the French phyſicians, on the contrary, order to the foggy air of Lyons. As they cannot both be right, and as the Hot-Wells favours the ſentiments of the latter, being near a great town, where innumerable works are carrying on, and ſituated on the borders of marſhy ground, and a river the moſt choaked up with mud of any in the world, there is ſome probable grounds, for doubting of the juſtneſs of our prevailing practice*.

And, from ſome late obſervations which have been made, it does not appear, that thoſe who live in ſuch ſituations, as are deemed to have a purer air than others, are more free from Phthiſis than thoſe who live in the former§.

How different are ſuch ideas, to thoſe which Morton entertained, when he mentions amongſt the cauſes of Phthiſis, a denſe and marſhy atmoſphere, replete with the ſmoke of coals, vitiating the animal ſpirits, as neceſſary to the right fermentation of

* Medical extracts, v. ii. p. 270.

§ Letters from Dr. Withering, &c. p. 13. Where, the idea of the prevalent opinion, that workmen employed about limekilns, do not become conſumptive is mentioned; and that ſuch people, as are employed in occupations which require them to breathe an atmoſphere impregnated with animal effluvia, as butchers and makers of catgut, are alſo obſerved generally to be free from that diſeaſe. See alſo, what is ſaid on the relief which ſome conſumptive caſes have received by breathing the air of cow-houſes, " in a ſhort account of the nature and properties of different kinds of airs, by R. Pearſon, M.D. p. 18.

of the blood, thus debilitating and causing infractions of the lungs*.

" It is an opinion entertained by many persons conversant in " the history of medicine, that certain diseases are now much " more prevalent, and certain others less so, than formerly: some " indeed, that made great havoc in this island centuries ago, have " now totally disappeared. These variations have been imputed, " and with great appearance of probability, to the entire change " that has taken place during the lapse of ages in almost every " circumstance *of the manner of living*. But in many instances " we are not able to fix upon the particular alteration to which " the introduction or the extirpation of any given disease is to " be ascribed; and still less can we precisely determine the effect " of the alteration upon the functions of the living body. If it " be true, however, as so many medical practitioners believe, " that consumption is now much more frequent, it is easy accord- " ing to my system, to understand whence this has happened. " The inhabitants of this country, almost without exception, " breathe a freer and purer air than their ancestors. Nor do I " believe that there is any particular in which the difference be- " tween the present and some past generations, is so remarkable. " You see then that the subjects of our Edwards and our Henrys, " and of good queen Bess may have found, in being more free " from so formidable a disease than their delicate and airy posteri- " ty, some compensation for the confined air and filth in which " they passed their existence‖."

The

* Phthisiologia,—p. 69. and orders amongst his precautions, Aere utatur aprico, perflatili, benigno, et a fumum carbonum libero—which besides other advantages—etiam pulmonibus jam continua tussi calefactis pacem (aliquatenus saltem) conciliare possit. p. 79.

* Beddoe's letter to Dr. Darwin p. 20, The following communication may aptly be propagated here, " My case contains

The reader will obſerve the alluſion which is made to PNEUMATIC MEDICINE, the advantages of which the author does not know from experience; his expectations of them are only drawn from the peruſal of thoſe publications which have lately appeared upon that ſubject, and which announce the uſe of different kinds of airs, in different diſeaſes of the lungs, and the reſpiration of a modified atmoſphere in conſumption, as productive of the happieſt curative ſucceſs. Many medical characters deſervedly bearing the higheſt reputation, think but ſlightly of the effects which are to be produced by the pneumatic practice, yet as the facts brought forward ſo far in ſupport of it, are too reſpectably vouched for to be doubted, tending to ſhew that the adminiſtration of factitious airs in certain diſeaſes is ſafe, and promiſes advantage to ſociety; we think it deſerves that attention which is neceſſary to aſcertain its true merits in the ſcale of practice: and as "one agreeable circumſtance attends it, that "different kinds of air may be exhibited to conſumptive pa-"tients, while at the ſame time they may perſiſt in any plan of "medicine or diet, which they or their friends for them are "ſolicitous to purſue, without interfering with the remedy "which is applied to the ſeat of the diſeaſe, and the ulcerations "of the lungs*."

The

"nothing that ſeems to me applicable to your theory. The ſole "inferences to be drawn from it are, that in the *florid conſump-"tion* a change of air from the ſea ſhore to an inland and moun-"tainous ſituation is highly uſeful; and that the hectic paroxyſm "on it's approach, may be prevented by the *ſwing*; in ſome in-"ſtances, and by *exerciſe on horſeback* in ſtill more, to which laſt, "perſevered in with a degree of punctuality that is not com-"mon, I chiefly impute my recovery." Letters from Withering, &c. p. 35.

* Letter from Dr. Darvin.

TUBERCLES are considered by Dr. Cullen as one of the most frequent and dangerous causes of phthisis*; and describes them as certain small tumours having the appearance of indurated glands, at first indolent in their state, but which at length becoming inflamed, are changed into little abscesses which breaking, pour their matters into the air cells of the lungs; whence purulent expectoration, and one foundation of phthisis is derived. In the third chapter of Dr. Reid's Essay a more particular account of them may be seen; he does not suppose them to originate from diseased lymphatic glands†, attributing them to obstructions in the exhaling vessels, from viscidity taking place in the exhaled lymph. Such as we have seen, were small hardened substances, appearing to be less vascular than other parts contiguous having a whitish appearance, similar to a deposition of coagulable lymph.

A tuberculous state of the lungs may happen in early infancy, though rarely; the attack of phthisis generally from them, happens at the same period which Cullen assigns for hoemoptysis‡: and on the same kind of habit, though with less marks of the exquisitely formed sanguine temperament. They may be found in

* First lines 876, 898, 905, 906. Morton p. 95.

† Page 22, "There is no absolute criterion by which we "can determine, when they are first formed in the lungs. They "are to be suspected, when the cough is violent; continued "with short intermission, particularly at night; and viscid "phlegm is expectorated with difficulty." p. 30. Cruikshank says sometimes, but rarely, the glandsof the absorbents are within the substance of the lungs. p. 128. On the anatomy of the absorbent vessels the theory which Morton gives relative to the production of tubercles has much of similiarity in it to Dr. Reid's. De signis diagnosticis phthisiologia p. 93, & seq. Morton.

‡ Loc. cit. 887.

in the lungs of many who have never been diſtreſſed with pulmonary complaints to any great degree, nor have become phthiſical. Some have lived from youth to advanced age, when ſuppoſed to be affected with them, having had throughout their life, daily in ſummer and winter, an habitual cough, with difficult reſpiration and a ſenſe of weight in the cheſt; yet by attention to their conduct, they have, as Morton ſays, without medical aid, kept themſelves free from danger; being content rather to live afflictedly than medically*.

The author of the elements of medicine ſays that where tubercles have been ſuſpected, in thoſe who have died of confirmed conſumption, they have not upon diſſection after death been found†. But their frequency upon this ſame evidence, is incontrovertible, whether they are or not, when found, as he aſſerts, only an effect and not a cauſe.

The exiſtence of tubercles, has been generally ſuſpected moſt in the ſcrophulous diſpoſition, and been imagined to be a ſcrophulous affection of the lungs; there ſeems to be, in thoſe in whom they prevail, the ſame conſtitutional marks of flaccidity, debility, and delicacy, as in ſcrophula. They are ſometimes diſperſed by the efforts of nature, before they come to an inflamed ſtate; but yet in the attempts at reſolution of them, by any artificial means, the analogy between them and ſcrophula affords little guide to our endeavours towards ſucceſs‡.

Where they are ſuſpected, by the ſymptoms we have practically detailed, and by thoſe which the medical reader may more minutely find in the authors we have referred to; we ſhould ever endeavour as much as poſſible to prevent their inflammation: by inſtituting a moderate diet, avoiding all local irritations cauſed by exceſſive exertions of the reſpiratiory organs, as violent running, or other exerciſe, unfavourable poſtures of body, or

* Phthiſiologia Morton p. 215.

† § 236. Note r.

‡ Cullen's firſt lines 907.

or whatſoever may diminiſh the capacity of the cheſt, uſing a proper clothing in ſpring and winter, ſuch as may obviate the imprudent application of cold to the body, and maintain an equable diſtribution of fluids, on the ſurface, avoiding whatſoever may produce catarrh, as ſudden tranſactions from cold to heat.

The contagious nature of phthiſis has been diſputed by ſome and maintained by others. Morton places it amongſt his procatarotic cauſes*. Cullen ſays he has hardly ſeen one caſe which could appear to have ariſen from contagion; and thinks that in warmer climates it may be more diſcernable than here†. Reid‡ does not altogether confirm it, but thinks, in the laſt ſtages of the diſeaſe the purulent exhaled particles, conveyed by the breath, ſhould be avoided by the young; who ſhould not be much about the ſick, or ſuffered to ſleep in the ſame bed or even in the ſame chamber.

Dr Beddoes ſays, that under the various kinds of treatment of phthiſis which yet has been uſed, the patients at length ſubmit to fate; and that generally, with many of their relations by hereditary diſpoſition, or with their neareſt friend by *contagion*§.

We

* Contagium etiam hunc morbum propagat. Hic enim affectus (uti frequenti experentia obſervari) lecti ſocios miaſmate quodam, ſicuti febris maligna, inquinat. Loc. cit. p. 70.

† Loc. cit. 886. ‡ Eſſay chap. 15.

§ "I believe both theſe conſumptions (one which begins with ſlight hœmoptoe, and which is generally ſeen in dark-eyed people with large pupils; and the other which commences without hœmoptoe, and which is generally ſeen in light-eyed people with large pupils. The former of which is generally hereditary without any appearance of ſcrophula; and the latter with appearance of ſcrophula in the preſent, preceding or third generation upwards. This attacking people of all ages; the other commencing

more

We can from obſervation confirm this; and in one family, the fact was particulary eſtabliſhed.

We may readily allow the probability of this, even without hereditary diſpoſition; and how much more ſo with it: if we may be allowed to ſuppoſe that whatſoever induces debility, forms a remote cauſe of phthiſis eſpecially if there is any tendency to ſcrophula. A ſedentary life therefore, in warm rooms, expoſed to a vitiated quality of the atmoſphere, where the ſick breathe and ſleep, muſt needs promote that; aided by the effect of watching and depreſſed ſtate of the mind: ſubject to continual anxiety, from the intereſt which the attendant is moſt likely to take in the fate of a relative or friend. Therefore, rightly has Morton ranked amongſt the procatarctic cauſes, affliction of the mind, intenſe attention and thought*. Under which ſtate the application of an exciting cauſe, may produce thoſe incipient effects, which being attached, pave the way to the direſt morbid condition.

OF CATARRH. Morton enumerates a catarrhal diſpoſition amongſt the diagnoſtic ſigns of phthiſis; in which, the perſon from the ſlighteſt occaſions, or ſcarcely without any evident cauſe, is frequently ſubject to a cough.

more certainly between ſeventeen and twenty-ſeven years of age) "to be infectious, to thoſe who ſleep with ſuch patients in the "laſt ſtage of the diſeaſe; as I have obſerved a huſband in two "caſes begin to be diſeaſed ſoon after the death of his wife; and "in one a wife, who became conſumptive ſoon after the death "of her huſband; in all which caſes there was no reaſon to "ſuſpect hereditary prediſpoſition."

Dr. Darvin's Letter to Dr. Beddoes.

See Cruikſhanks loc. cit. 178, who ſupports the opinion of this contagion.

* See depreſſing paſſions in the ſequel.

Catarrh, is only an inflammatory affection of that part, which is called the mucous membrane of the Trachea and Brouchia*, is not disposed to suppuration; or if so, simply of itself, it readily heals: can only tend to produce phthisis, in those who are peculiarly predisposed. The degrees of it, are various, according to the force of the causes. It is an affection to which every one may occasionally be liable, but the young, the tender and delicate, and those born of parents, who have been much subjected to it are more so than others; from whence it has been deemed an hereditary complaint. Others, without any parental lapse of this kind, are prone to it from mal conformation of the chest, and such a form as we have described †. Those, also, who have been afflicted with it, become often habitually so disposed; especially if former affections have left any tuberculous complaint on the lungs.

The principal causes to which it has been attributed, are cold applied under certain circumstances, whilst the body is in a heated state; exposure to heat after cold; and contagion*.

When in a violent degree, it may be combined with inflammation of some other part of the chest; and when neglected, as often it is, under the common opinion, of *a cold*, it leads, as frequent experience has made known, in the phthisical habit, to the most dangerous consequences: the symptoms of which, it is not in our province to delinate. Under such impressions, let not

§ The windpipe and it's branches the air vessels of the Lungs.

† Dessertatio inauguralis. G. Fordyce.

§ Upon the principles which are alluded to, respecting *cold bathing* and the glow which ensues, on being exposed to a superior degree of heat, after experiencing an inferior application of it. If the degree of warmth therefore, after this, was great, inflammation would be the consequence. The experiencing of an *extraordinary and continued glow* after the use of bathing, is not so beneficial as has been usually thought by many.

not the patient unaware of his danger, be lulled into a fatal security; fancying his complaint, what may easily be removed by simple remedies, let him not trust, only, to nostrums and domestic remedies! it is of the utmost consequence that the disease should be ascertained, and distinguished in it's true nature; for if it is simply catarrh no alarm need be given: and to suffer it to be treated only as such, if the tendency is phthisical, is cruel, and can only be done so by ignorance*.

It is, from catarrhous complaints having been mistaken by the ignorant for phthisis, or designedly called so, by the crafty, that they have often arrogated to themselves the merit of having cured consumption‡. It cannot therefore, be too strongly impressed upon the minds of young people, as well as those who have the care of them, that a cough merely the consequence of a cold, usually ceases of itself, in eight or ten days; if it continues longer, danger attends its causing phthisical symptoms ‖: regard being made to the degree of the symptoms; affecting with fever, pain, difficulty of respiration, cough, expectoration and the former state of the lungs. For, if not timely removed, it nourishes to itself it's own evils, by symptoms, aggravating symptoms.

Let not those, in whom there is fulness, with debility, who are easily affected with the symptoms called *a cold*; be heedless of it, merely, because they flatter themselves they have had more serious affections of the kind with impunity before; thus soothing the alarm of their friends, when caution ought to be the alert guardian which should enforce it's sanative care and rules.

Whatever reasoning we may make use of, to prove the mode of action of the causes on the system, a matter which it is now irrelevant to our purpose to enter into, we are convinced of the fact

* Cullen 856, 889, and seq. Reid 55. and seq.

‡ Letters to Darwin by Beddoes, p. 32.

‖ Letters &c. p. 11.

fact; respecting the injury which is entailed upon multitudes from this source*.

The degree of painful suffering, which phthisical patients are supposed to have comparatively with other diseases of an acute nature, rapid progress, and early termination, is generally imagined to be less than in these; though the lungs are supplied copiously wirh nerves, but the vital organs, those of involuntary motion, do not, under many injuries, convey to the mind those impressions which are similar to those experienced in parts subject to volition; and many parts insensible in health, become painful when under inflammation. The degree of pain experienced in the chest, in phthisis, is to be compared with the cause and degree of inflammation there. In the suppurated and ulcerated state of the lungs, little sensation of pain is excited; though, before it might be acute. In some the progress is slow, and the pain from the first more obtuse; generally, from the first commencemeut of the disease, some stitches are felt in the fore part of the chest, or sides, augmented by troublesome cough and posture. The former continuing and increasing, becomes, often incessant, violent, hard and dry, with pains in the side more sharply distinguished and fixed; whilst the respiration is quick and difficult, particularly in higher degrees of inflammation,

* We have in our poetical part, only mentioned one cause, agreeably to common opinion, of a sudden transition from a heated apartment to a cold atmosphere, as exciting catarrh, and inflammation of the lungs &c. yet we believe, that the same change from cold external air, to that more heated, is as often to be blamed. The reasoning in favour of each, cannot here be indulged in, contrasted opinions may be read in Cullen's first lines 1036, and seq. and the Elements of Medicine by Brown and preface to Beddoes, edition p. 26, and 407. seq. see also Dissertation on simple fever by Dr. Fordyce, p. 135, see Exercise and Transitions.

tion, and from hæmoptic cauſes. But, when the diſeaſe proceeds in a catarrhous form, exciting tubercles to inflammation it is often more inſiduous in its progreſs, and often little attended to by the patient. By degrees, *the hectic fever* is eſtabliſhed; when eaſe is deſtroyed, by the daily ſucceſſion of ſymptoms, which, with little intermiſſion harraſs the hours of night and day.

When woes the waking ſenſe alone aſſail;
Whilſt night extends her ſoft oblivious veil,
Of other wretches care the torture ends:
No truce the warfare of my heart ſuſpends!
The night renews the day diſtracting theme
And airy terrors ſable ev'ry dream.*

In the advanced ſtages, the cough is performed with more eaſe; and the degree of pain which afflicted any part of the cheſt, being diminiſhed, attention to it is ſcarcely excited. Such an acquired eaſe, now, becomes a ſource of *deluſion to the hopeful mind*; and affords a flattery, which often accompanies the ſick perſon through moſt ſtages of the diſeaſe, that the danger is abating, and he has a good fouudation to expect a cure. It has before been remarked†, that the conſumptive are particularly ingenious in accounting for every acceſſion of fever, or increaſe of any other ſymptom; and as readily attribute their remiſſion, to the effects of ſome remedy which they have taken, by the advice of their phyſician or their friends: for in this, moſt people who viſit them know an efficacious remedy. Thus, to the laſt, do the phthiſical go on to hope a favourable event, and really ſuffer leſs than their afflicted relations, who obſerve, a favorite, waſting by an unconquered diſeaſe, yet elevated by hope, and unconſcious of danger whilſt tending quickly to ſepulchral deſtiny. The reflection on which ſtate awakes

* Pope's Homer B. 20. l. 98.

† By Dr. Reid, ſee Eſſ. p. 11. and 13.

A SENTIMENT.

When ſweetly life on eaſy pinion glides,
And little pain arreſts from incidents;
A dolent ſting the ſudden ſhock betides;
Deep tortures riſe with unforſeen events.

Whilſt thoſe, who on the turbid billows ſail
Of adverſe fate—whoſe days are pain and care,
See leſſer evils float, along life's gale,
And paſs unnotic'd, midſt the vital fare.

But thou, oh time! great arbiter of deeds!
Whoſe hands, oblivion's boundleſs cup can give!
Canſt ſoothe the anguiſh of a mortal's heeds!
We quaff the ſtream, and tranquil hearts receive.

Sweet balm! from thee, the kindly bliſs I greet,
And praiſe the healing draught that brings ſuch reſt;
But whilſt a preſent pang thou woud'ſt delete,
I wou'd not have the cauſe, from thought ſuppreſs'd.

Let thoſe imbibe the lov'd quieſcent ſtream,
Who woo forgetfulneſs of anxious grief;
Then loſe a name I lov'd, by mem'ry's dream,
I'd rather live ſtill vacant of relief.

Whilſt the beſt means we have in our power are made uſe of, in combating the diſeaſe, ſo as to palliate and alleviate, we cannot perhaps, but with cruelty, do away the *firm perſuaſion* which the mind indulges in, *of health being recovered*; and that deluſive enjoyment which is cultivated by the phthiſical that yet they may live to perform the enterprizes which enter the imagination. For ſuch a belief, phyſically ſpeaking of the human mind, ought not to be deſtroyed; whatever morality and religion may urge: and medically, we know the vaſt utility which confidence gives

toward

towards ſupport under and recovery from diſeaſe. An eaſy and amuſed reflection, is at all times a deſirable object; the allowance therefore, of what promotes ſuch aid, and adds to its pleaſure is worthy of being permitted. The DEPRESSING PASSIONS deſtroy at all times vigour of body, their force therefore muſt be particularly felt by the diſeaſed and debilitated frame. In the degree of health which the delicate conſtitution poſſeſſes, their impreſſion, eſpecially upon thoſe poſſeſſing much ſenſibility of mind, exerts an inordinate power; and if long continued, are moſt perniciouſly deſtructive to the body. It might well then be ſaid that

" Love, hope, and joy, fair pleaſure's ſmiling train,
" Hate, fear, and grief, the family of pain;
" Theſe mix'd with art, and to due bounds confin'd,
" Make and maintain, the balance of the mind.*"

Afflictions of the mind have been reckoned amongſt the remote cauſes of phthiſis, as Morton mentions†, and Bennet before him‡. If a due action of a ſtimulus maintains health and ſtrength, whatſoever deſtroys that, tends to induce general derangement and debility; which may be acted upon, by cauſes exciting morbid ſymptoms. Hope ſeems to be the moſt grateful ſtimulant to the

* Pope's Eſſay on Man, Eſſ. ii. l. 117.

† Cauſæ procatarcticae, ſeu primam anſam huic morbo praebentes, ſunt 2°. Pathemata animi graviora, præcipue vero metus triſtitia iracundia, cogitatio nimia, et nimis anxia, uti et ſtudia intempeſttava, et nimis longæ, cum aliis hujuſmodi. l. 2. cap. i.

‡ Animi moeror, unde ſpiritus dejicitur et vis tabifica altius imprimitur.

Unda lacuſque nocent, et cauſa valentior iſtis,
Anxietas animi.

Tabedorum theatrum. 98.

the mind, and therefore Theognes the greek poet, metaphorically deifies it, as one of the greateſt benefits which remain on earth*.

The operation of the paſſions upon the mind, has been felt by every one comparatively; but their mode of impreſſing the body, can be little deſcribed or accounted for. The idea we have, is that they all act according to the range they have, in proportion of ſtimulus, on the excitability of the body; the degrees of which, we know are various in different perſons. For, as the celebrated author who has preſented the world with ſtrictures on ſome of Dr. Browne's doctrines†, ſays, "The excitability therefore, is "exhauſted by any paſſion or perturbation, in the ſame manner "as by exceſſive excitement in other caſes. Whether temporary "wearineſs, or irreparable debility ſhall enſue, depends upon the "intenſity and duration of the exertions, made by the organs in "action." This latter writer, reckons deficiency of paſsion, as ſadneſs, grief, fear, terror and deſpair, only as inferior degrees of gladneſs, confidence, and hope; implying a diminution of exciting paſsions. There is a neceſſary degree of paſsion, which acts on the body as other ſtimuli, either in exceſs, in due, or in defective proportion. The proper action of the mind, and energy of paſsion, or emotion is to be ranked with thoſe ſtimuli, which tend to produce an equalization of excitement over the whole ſyſtem.

If any paſsions are ſedative, it is by their long continuance, inducing direct debility, from the abſence of ſufficient ſtimulus; or indirectly ſo, from the violence of their immediate application, deſtroying by forcible ſtimulus the excitability. That debility however

* Spes inter homines ſola dea bona eſt:
Alii vero dii in coelum, nos relinquentes ablerunt.

Sententiae Theognidis.

† Preface to the tranſlations of his elements, clviii. Alſo Elements § 279, 311, 21, 138 to 144.

however, does enſue in the body from affections of the mind, is an effect we cannot deny, however, we may pretend to reaſon on the ſubject. Intenſe thinking upon one object is at firſt attended by great excitement of the whole ſyſtem, as thinking in general affects the brain.

Hence different paſsions more or leſs inflame,
As ſtrong or weak the organs of the frame;
And hence one maſter paſsion in the breaſt,
Like Aaron's ſerpent ſwallows up the reſt*.

The long continuance of thought, waſtes the excitability or vital powers, whence diminiſhed energy takes place in the body,

A galling circumſtance to human pride!
Abaſing thought, but not to be denied!
With curious art the brain too finely wrought,
Preys on herſelf, and is deſtroy'd by thought,
Conſtant attention wears the active mind,
Blots out her pow'rs, and leaves a blank behind†.

The addition of further motives for diſappointment and fear perpetuate their loſs and produce all thoſe ſymptoms which indicate impaired ſtrength; the appetite for food becomes depraved, and the ſupplies of nutriment are defective and cut off. Thus does a dejected mind produce languor of body, and

Hence the lean gloom that melancholy wears
The lover's paleneſs——————
Oft from the body, by long ails miſtun'd
Theſe evils ſprung the moſt important health,

That

* Pope's Eſſay on Man, Eſſ. ii. l. 131.

† Epiſtle to Hogarth by Churchill.

That of the mind deſtroy: And when the mind
They firſt invade, the conſcious body ſoon
In ſympathetic languiſhment declines*.

———————————

O ye, whoſe ſouls relentleſs love has tam'd
To ſoft diſtreſs, or friends untimely ſlain!
Court not the luxury of tender thought;
Nor deem it impious to forget thoſe pains
That hurt the living, nought avail the dead.
Go ſoft enthuſiaſt! quit the cypreſs groves,
Nor to the rivulet's lonely moanings tune
Your ſad complaint†.———

So ſhall you eſcape that ſtate of mind which produced an

EVENING's VAGARY.

Tranquility, with eaſe, a twin-form'd birth,
In Eve's dim mantle cover'd far the earth;
When from her loved, led Amanda's way,
And as from him ſhe ſped, ſo paſs'd the lucid ray.
She ſigh'd—how diff'rent art thou, Eve, to me!
My heart eſtrang'd to thy ſerenity!

Soft falls the dew, upon the graſſy glade,
Where peacefully the ſhepherd's care is laid,
Whoſe cravings with ſatiety repos'd,
For reſt—with parting light, their needful toils have clos'd:
Content—but ah! ſuch eaſe not dwells with me,
No ſuch calm joys are here my deſtiny.

The

* Armſtrong, b. iv. l. 470. & 134.

† Armſtrong, b. iv. l. 145.

The woodland choriſters have ſung their lay,
And reſt in ſilence on the leafy ſpray,
The ſocial red-breaſt, bard of ſoft twilight,
Has finiſhed his chanting to the god of night.
Happy—whilſt here, no comfort dwells for me,
My heart a tempeſt 'midſt ſerenity.

The lab'ring ſteed, now, by the ſwain is driv'n
To thoſe confines, which to his lot is giv'n;
His guide with whiſtling, or with blithſome ſong
The track accuſtom'd cheers, whilſt ſlowly paſs'd along.
With them quietude joins—and flies from me,
My ſole companion, tort'ring deſtiny.

Frail, is the conſolation I wou'd prove,
In the remembrance of once ſmiling love,
Whoſe charms have mix'd with diſregard's alloy,
And on deſpair, have wreck'd the bubble of my joy.
Obſcur'd as night is now felicity,
The ſplendid ſun of hope, is ſet with me.

Where do theſe flattering fancies now abound?
Which pour'd by plenty were indulgent found?
Thoſe treaſures which delight with fairy wand?
From expectation's mines oft rais'd at my command?
Vaniſh'd—on wings of infelicity,
By magic touch of froward deſtiny.

Peace to thee, Eve! thy herds, thy plumed train,
And Beings all—who love the air or plain!
Sleep be with thoſe, who at it's ſway rejoice,
And pleaſures of this orb, can hail with happy voice.
She ſaid—with tears, and ſhook her anguiſh'd head
Careleſs for ſelf—with pray'rs for all—from ſight ſhe vagrant fled.

The greek word ACME, is known by moſt people to be applied, to any particular point of time, degree of maturity or perfection. It ſpecifies in our poem, the period when the growth of the body is circumſtantially completed in youth.

Hippocrates ſays, in thoſe of advanced youth, or approaching to puberty many diſeaſes attend; fevers and flux of blood from the noſtrils: and that many alſo, are then terminated. Phthiſis, he mentions as attendant on the years from the eighteenth to the thirty-fifth of age‡.

This period is effected by the proceſs of Nutrition and Growth of the body, gradually from it's primary ſtate, by the powers with which it is endowed. The theory, concerning which, may be found in the writings of Phyſiologiſts. The alluſion we have made, is to that taught by the illuſtrious Cullen and others; in order to elucidate it, for thoſe who have not opportunities of conſulting ſuch authors, we ſhall attempt to give a brief ſketch of what concerns theſe ſubjects.

We know that there is a conſtant waſte and diſſipation of the parts of the body, from the actions which are ſupported, whilſt the vital principle is attached to the animal and natural functions; and, that the neceſſity of reparation of this loſs, accompanies us, whilſt this condition ſubſiſts: the ſupplies for which, are derived from what is taken in by the ſtomach and lungs, food and air, elaborated and rendered fit, by the peculiarities of the animal œconomy, to promote appoſition of parts; giving bulk and vigour to the body, aided by reſt, when ſleep affords the opportunity of renewing that loſs of excitability, or vital principle, which is expended by the actions exiſtent in wakefulneſs.

From minute rudiments, the human body grows to a conſiderable ſize. From being of a texture, ſoft, lax and yielding, it becomes compoſed of more firm and hard parts; ſome of which arrive at perfection ſooner than others. Of thoſe, the heart is one

‡ Hippocrate's Aphoriſm, Sect. 3. Aph. 27, 28, 29. and S. A. 5. 9.

one of the firſt, beginning a function which it is to continue, virtually, whilſt moral life remains with the body. In the commencement of it's action it is placed centrically with regard to the ſurrounding parts. It is, in the fœtal, and infantile ſtate, larger in proportion to other parts, than what it is in the adult; in the former it is alſo more irritable, and performs more frequent pulſations, in a given time, than what it does in the latter. The blood veſſels alſo, in this ſtate, are not ſo numerous or yielding, as in the former, when they are capable of being acted upon, by the pulſile and diſtending force of the heart, exerted on all around it.

Many circumſtances concur, to favour the increaſe of the body in early life; a greater quantity of fluids are then formed, than what is merely neceſſary to nouriſh it's bulk: ſo that the ſyſtem may be ſaid to be always in a ſtate of plenitude, though not a morbid one, owing to the eaſily dilatability of the veſſels. Infants take a greater proportion of food comparatively, than adults; digeſt it more completely, from it's nature perhaps; ſleep much, and have little waſte from exerciſe; all which, whilſt the body increaſes, is circumſtantially not injurious: but as that ceaſes, different effects may take place, eſpecially in a weakly conſtitution.

In whatever manner the appoſition of parts may be ſuppoſed to take place, the growth of animals we preſume, depends upon the extenſion of the arterial ſyſtem, by the powers propelling the blood; the chief of which is the contraction of the heart and arteries: it being ſuppoſed, that the diſtending force, acts chiefly, according to the axis of the veſſels; and therefore, why, they ſhould increaſe firſt in length: that power going from the trunk to the branches, theſe are extended, and alſo the parts with which they are connected; to which is carried the nutritious fluid the blood endowed with all the neceſſary properties for nouriſhment.

But

But many conditions retard the velocity of the blood, with which it is tranſmitted by the heart‡; and theſe render ſome parts more or leſs expoſed to the force of the blood, and liable to receive a greater quantity than others: ſo that ſome muſt neceſſarily arrive at perfection before others, according to circumſtances of the nature of the conſtitution originally, or future occurrences.

Thus, the head acquires it's full ſize, ſooner than ſome other Parts do their complete bulk, and, as parts are evolved after each other according to the œconomy of the body, may be underſtood, in ſome meaſure, the production of the puberty of the ſexes, and the wonderful and ſudden increaſe of the limbs, at the time when the ſuperior parts ceaſe to increaſe.

As parts are ſecreted from the blood, by the peculiar nutritious proceſs, and applied to their purpoſes, the bulk increaſes; thoſe parts which firſt are perfected, will the ſooneſt acquire a proportionate degree of denſity, which will reſiſt further extenſions and growth: the blood therefore, meeting with ſuch an impediment, will be determined with more force and in greater quantity

‡ That is, accordingly as the part is more or leſs diſtant from the heart; or the circumſtances which refer to the capacity of the arteries, being enlarged as they are more diſtant from the heart; the frequent flexures of arteries; angles of the branches with the trunks; and junctions of different branches; retardation from the viſcid texture of the blood: or friction by adheſion; reſiſtance given by the weight and rigidity of parts ſurrounding the arteries. The gravity of the blood, alſo, may concur with, or oppoſe its motion in the part. So alſo, may it be impeded, according as thoſe cauſes which increaſe or diminiſh the action of the arteries of the part, are applied or removed, as conſtriction, compreſſion, ligature, poſition, relaxation or aperture and reſiſtance of the veins.

Inſtitutions of Medicine, Cullen 176, 177, 178, 295. & ſeq.

quantity to parts not ſo completed, the force of the heart, and quantity of fluids with reſpect to the whole ſyſtem, remaining the ſame, till the whole ſyſtem is evolved, and every part of the ſolids is, in reſpect of denſity and reſiſtance, in balance with every other, and with the forces to which they are ſeverally expoſed; ſo that there can be no further growth, unleſs ſome preternatural circumſtances ſhall happen to ariſe.

Before each part has arrived at it's permanent ſtate, whilſt ſome remain lax and yielding, any occaſional increaſe of the diſtending power, may take place without perceptible injury to the ſyſtem; but as the diſtending power, and reſiſtance of the ſolids come to be nearer balanced, any increaſe of the former, may produce a rupture of ſuch veſſels as will not readily ſuffer extenſion. We may apply this to account for *bleeding at the noſe* in young perſons, about the fifteenth and eighteenth years of age; or ſooner, according as circumſtances may take place; while the ſyſtem is in the full ſtate mentioned, and the force of the diſtention is determined to the head; where, then, the two powers are moſt nearly adjuſted: reſiſtance augmenting, as the diſtending force is applied, rupture of ſome veſſel is likely to happen; and moſt chiefly ſo in the noſe, where the blood veſſels are numerous, and weakly ſupported upon the internal ſurface of the noſtrils.

By the accretion of matter ſecreted by every ſyſtem of veſſels according to their peculiar œconomy, producing the ſofteſt, and hardeſt oſſified parts, the reſiſtance to the extenſile power becomes gradually augmented; and as parts are, thus, leſs ready to be extended, they perhaps receive leſs readily any addition than before; conſequently the more the body grows, the more ſlowly does it admit of any additional growth; more eſpecially ſince it is found that whilſt the denſity of the ſolids increaſes, the diſtending powers by age, becomes leſs; the heart moving ſlower and more weakly, becomes as well as the veſſels leſs irritable; therefore

therefore the period muſt arrive, at which the extenſile and uniting powers balance each other.

Another cauſe, to produce the prevention of further growth, is, the idea, that during the growth of animals, the arteries are acquiring an increaſe of denſity, in a greater proportion than the veins are at the ſame time; for the arteries have always a tendency to contract their cavities: and that the reſiſtance in the veins, with reſpect to the arteries, muſt be conſtantly diminiſhing, the former, therefore, will receive a greater proportion of blood;* whilſt the arteries in the ſame proportion will be leſs extended. Adding alſo, to the diminiſhed reſiſtance in the veins, the decreaſing power of the heart, we may comprehend how rigidity of veſſels takes place, and of every fibre in the body, tending to maintain equilibrium with the extending powers.

It will be, we hope, readily underſtood from the foregoing, how from the energy of the heart, the augmentation to the proper ſtature is produced, youth, generally ſpeaking, arriving at this about the eighteenth or twentieth years of age; but the body is then ſtill ſlender, and unlike the adult, in form, and unequal to it in vigour; by degrees it increaſes more, and acquires another form, becomes more proportioned, and luſty, the cheſt becoming fuller, the ſhoulders broader, bones and muſcles larger, and the joints firmer. We may reaſonably judge alſo, from the decreaſe of that power of the heart, how the compreſsion of the larger veſſels, and of the muſcular and neighbouring parts upon the ſmaller veſſels

* This account of the change of the reſiſtances in the arteries and veins, with reſpect to one another, is agreeable to the phœnomena which ſhew, that the arteries are larger, and contain more blood in proportion to the veins in young animals, than in old; that arterial hœmorhages occur moſt frequently in young perſons; and that congeſtions in the veins, with hæmorrhages, or hydropic effuſions depending upon ſuch a ſtate, occur moſt frequently in old age. Cullen, laſt. cited. 300.

veſſels effects the obliteration of the cavities of theſe, and how the rigidity of old age is effected*; the vital power, or excitability, being alſo by the actions of the body, exhauſted, decay of bodily ſtrength enſues, and loſs of mental faculties. In ſuch progreſſion, therefore, does the corporeal ſyſtem proceed, through *the morning, noon, and evening of life.* An intereſting ſubject for man to dwell upon, and ſuch, as we beg may apologize for the further inſertion of the poet's deſcription:

When life is new the ductile fibres feel
The heart's increaſing force; and, day by day
The growth advances; till the larger tubes,
Acquiring (from their elemental veins,
Condens'd to ſolid chords) a firmer tone
Suſtain, and juſt ſuſtain, th' impetuous blood.
Here ſtops the growth. With overbearing pulſe
And preſſure, ſtill the great deſtroy the ſmall;
Still with the ruins of the ſmall grow ſtrong.
Life glows mean time, amid the grinding force
Of viſcous fluids and elaſtic tubes;
It's various functions vigorouſly are plied
By ſtrong machinery; and ſolid health
The man confirm'd long triumphs o'er diſeaſe.
But the full ocean ebbs: There is a point,
By nature fix'd, whence life muſt downwards tend.
For ſtill the beating tide conſolidates
The ſtubborn veſſels, more reluctant ſtill
To the weak throbs of th' ill ſupported heart.
This languiſhing, theſe ſtrength'ning by degrees
To hard unyielding unelaſtic love,
Thro' tedious channels the congealing flood
Crawls lazily, and hardly wanders on;

* Conſpectus medicinæ theoreticae auctore Jac. Gregory, M. D. &c. Cap. 22.

It loiters ſtill: And now it ſtirs no more.
This is the period few attain; the death
Of nature; thus (ſo heav'n ordain'd it) life
Deſtroys itſelf; and cou'd theſe laws have chang'd,
Neſter might now the fates of Troy relate;
And Homer live immortal as his ſong*.

We have only in this part of the ſubject, to add ſomething relative to HOEMOPTYSIS. Taking for granted, the reaſoning which is applied† to prove the different proportion of the denſity and ſtrength, ſubſiſting between the arteries and veins at different ages, the power of which in infancy and youth, is in favour of the veins, in adult and more advanced age in the arteries; the equilibrium being ſuppoſed generally to take place about the thirty-fifth year of age‡: hence, if plethora happens in the body before that time, it is ſuppoſed to ſhew itſelf in the arteries, becauſe of their laxity and

* Armſtrong loc. cit. b ii. l. 516.

† Cullen's firſt lines, 751 et ſeq. 766.

‡ "In general it may be obſerved, that when the ſeveral parts, "of the ſyſtem of the Aorta (ſyſtem of the arteries) have attain-"ed their full growth and are duly balanced with one another, "if then any conſiderable degree of plethora remain or ariſe, the "nicety of the balance will be between the ſyſtems of the aorta "and pulmonary artery, or between the veſſels of the lungs and "thoſe of all the reſt of the body. And although the leſſer ca-"pacity of the veſſels of the lungs is commonly compenſated by "the greater velocity of the blood in them; yet, if this velo-"city be not always adjuſted to the neceſſary compenſation, it is "probable that a plethoric ſtate of the whole body will always be "eſpecially felt in the lungs; and therefore, that an hœmerrhagy "as the effect of a general plethora, may be frequently occaſioned "in the lungs; even though there be no fault in their conforma-"tion." Cullen loc. cit. 760.

and debility, rendering them capable of receiving a greater proportion of blood than what an oppofite condition in the veins allows. If fo, then, upon the application of any fudden and violent caufe, the diftribution of blood may be difturbed, what is deemed congeftion, by fome, may take place, and rupture of, and difcharge of blood from the arteries, happen as in Hœmoptyfis.

The lungs are fmall, in comparifon to the vafcular fyftem of the whole body; yet their blood-veffels are large, and more numerous proportionately; containing much blood, the entire quantity of the fyftem being obliged, after refpiration takes place, to pafs through them. They are loofely fuppo.ted by the neighbouring parts, therefore fhould they not be in a healthy ftate, they may be fuppofed not capable of bearing an increafed impetus of blood, from ftrong exciting caufes, and unable to refift effects, equally with the vigorous body; efpecially in the full ftate which is imagined to fupervene the growth of the body, or whilft the denfity of the veins over balances that of the arteries*.

Thofe who are of the conftitution we have before defcribed, feldom bear without hoemorhage the application of fudden and violent external caufes; if we allow the plethoric ftate, or malconformation oppofing equal and regular diftribution of blood, or "faulty proportion between the capacity of the lungs and the reft of the body."—They are thofe, who poffefs fulnefs with laxity and delicacy. Thofe who have fuffered from the difeafe, or born of parents who have been fubjected to it. Thofe whofe minds are of an active temperament readily affected by violent paffions; fubject to hyfterics; in the time of age chiefly between the fixteenth and thirty-eighth year. The predifpofition fhould alfo be attended to as a circumftance to which our allufions are ever made; whether there be malconformation or not, or tuberculous ftate. It is in that, that genuine Hoemoptyfis is generally

* See what is faid, in the fequel, on Exercife.

rally traced; and moſtly brought into effect, by taking cold or other injuries as whatſoever ſtimulates the ſanguine circulation, or hurries the nervous power. Whatſoever may cauſe determination of blood to the lungs, as impediments interrupting circulation in other parts; or ſuppreſſed habitual diſcharges; want of exerciſe, with full diet, and the abuſe of condiments or other ſtimulants; ſudden and violent exerciſe of the whole body, or particular parts; or whatſoever violently hurries reſpiration; unfavorable poſtures of the body, coldneſs of the extremities and ſuppreſſed perſpiration.

An exciting cauſe mentioned by Cullen, and which we have uſed in our poetical part, is *external heat*; which he ſays, even when in no great degree will bring on the diſeaſe *in ſpring*, and the *beginning of ſummer*, while the heat rarifies the blood more than it relaxes the ſolids, which before had been contracted by the cold of winter. It may be ſo, perhaps, if we may be allowed to ſuppoſe, that after the cold of winter, the operation of the effects of ſpring and warmth are on the human body in ſome degree as upon animals which have been torpid. The ſtimulus of warmth having been defective, the excitability becomes accumulated, and is ſuſceptible of leſs ſtimulus afterwards, to it's increaſed irritability. He ranks alſo, amongſt the exciting cauſes, a ſudden diminution of the weight of the atmoſphere, of which undoubtedly ſome inſtances may be brought; but they are very rare in our climate. Our hills are not of ſuch a heighth as to give cauſe to that, which Authors have deſcribed in exalted ſituations, from diminiſhed preſſure of the air; nor do we find, that thoſe who have deſcended into the loweſt depths we have in mines, &c. find an oppoſite effect from the preſſure. But, heat and exerciſe in attaining aſcents, may, to the prediſpoſed, by hurrying reſpiration to whom all great efforts of the kind are hurtful, certainly act as an exciter of hoemorrhagy. So alſo, bodily exertions as increaſing heat, and when aided alſo

by

by external heat, as in warm rooms and crouded aſſemblies may likewiſe act ——— when the blood,

Too much already maddens in the veins:

Such *Exerciſe* increaſes the circulation through all parts; forcibly propels the blood to the extreme veſſels; by which the diſcharge from the exhalants of perſpiration is augmented. Thoſe

——— ſmall arterial lengths that pierce
In endleſs millions the cloſe woven ſkin.

The velocity of the blood proving, in the firſt effect a violent ſtimulus, by the increaſe of heat, to the whole frame; reſpiration is exceedingly hurried. Hence, it may urge determination of blood to parts, which otherwiſe might have remained in an innocent ſtate; and if we may be allowed to ſuppoſe any local defect, morbid complaint or atony of veſſels there to which the added debility which enſues to the whole frame, from the exhauſting effect of much exerciſe, may contribute, we may eaſily conjecture the conſequences.

When all at once from indolence to toil
You ſpring, the fibres by the haſty ſhock
Are tir'd and crack'd before their nuctuous coats,
Compreſs'd, can pour the lubicating balm.
Beſides, collected in the paſſive veins,
The purple maſs a ſudden torrent rolls,
O'erpowers the heart, and deluges the lungs
With dangerous inundation: oft' the ſource
Of fatal woes; a cough that foams with blood,
Aſthma, and feller Peripneumony,
Or the ſlow ruinings of the hectic fire*.

We have ſuppoſed, under ſuch a ſtate of excitement from *Exerciſe*, the ſudden expoſure of a prediſpoſed conſtitution, to ſud-

* Armſtrong loc. cit. B. I. 3. 192.

ſudden cold, as one means amongſt others, of cauſing the worſt conſequences; not as the only one, becauſe chiefly mentioned; but as the moſt coincident with common, and old popular opinion; and one which truly experience can ſay has been verily pernicious to many young people*. A danger which the Poet whoſe language we have ſo frequently introduced energetically thus cautions againſt.

Hot from the field, indulge not yet your limbs
In wiſh'd repoſe; nor court the fanning gale,
Nor taſte the ſpring. O! by the ſacred tears
Of Widows, Orphans, Mothers, Siſters, Sires,
Forbear! No other peſtilence has driven
Such myriads o'er the irremeable deep.
Why this ſo fatal, the ſagacious Muſe
Through nature's cunning labyrinths could trace;
But there are ſecrets which who knows not now,
Muſt, ere he reach them, climb the heapy Alps
Of ſcience; and devote ſeven years to toil;
Beſides, I would not ſtun your patient ears
With what it little boots you to attain.
He knows enough, the mariner, who knows
Where lurk the ſhelves, and where the whirlpools boil,
What ſigns portend the ſtorm: to ſubtler minds
He leaves to ſcan, from what myſterious cauſe
Charybdis rages th' Ionian wave;
Whence thoſe impetuous currents in the main
Which neither oar nor ſail can ſtem; and why
The roughening deep expects the ſtorm, as ſure
As red Orion mounts the ſhrouded heaven*.

One

* Armſtrong loc. cit. B. 3. l. 219.

* See what is ſaid on Catarrh, in the preceeding part, the laſt note on that ſubject.

One reaſon given, accounting for hoemorrhage from the lungs, from cold or diſtreſs of mind, has been from the conſtriction induced on the ſuperficial veſſels of the ſurface of the body; which preventing the free tranſmiſſion of fluids there, determines a great quantity of blood with preternatural impulſe to the internal parts*. To which ſhould be added, the effect which the ſtimulus of expoſure afterwards to a ſuperior degree of heat would cauſe†.

Tranſitions made ſuddenly from degrees of heat, to thoſe much inferior, or vice verſa, are well known to produce inflammatory affections; as in *Catarrh* or *Pneumony*‖. And when this happens in ſuch conſtitutions as we have pointed out, it is ſeldom that it proceeds to a favourable iſſue; if a purulent ſtate is not prevented in the lungs. Beſides thoſe cauſes, there are others, producing exceſſive ſtimulus; and which favour the effects of exciting cauſes. As fulneſs of blood, produced by inactivity, or its velocity increaſed by motion or labour, which affect the whole ſyſtem, as well as the lungs; whoſe ſtructure allows them to be affected by any ſhock given to the whole body, cauſing diſtenſion, and greater determination of blood to them. It is judged that a wound from Hœmoptyſis, or Ulcer, from Pneumony, can only produce Phthiſis under particular circumſtances of the conſtitution‡.

We have introduced certain morning ideas at *Rockly*, a ſmall village on the border of the Downs, about two miles from Marlborough in Wiltſhire, on the left hand of the road from hence to Swindon; the reſidence of the honorable Colonel St. John;

* Cullen loc. cit. 1047.

† See what is obſerved relative to cold bathing, and a note at the end of the ſubject of Catarrh.

‖ Inflammation of the lungs.

‡ ibid.——867. & ſeq. & 898.

John: during an abode in whose hospitable mansion, this work was composed.

In topographical and natural history, this place has been mentioned, as remarkable for the accidental and temporary breaking forth of a spring of water in certain winter seasons, at irregular intervals of years, accordingly as circumstances and the nature of the weather happen. It discharges a large quantity of water for a certain period, and then ceases. It is known by the name of Hungerbourne. Which circumstance is deemed by the neighbouring people to indicate a dry sequent Summer. It flowed copiously last year, whilst the Author was there.

On the Downs, contiguously to Rockly, are left those marks of antiquity called *Barrows*. Some of which, are in a very perfect state, untouched by the sacrilegious hands of curiosity; whilst others have been penetrated and disturbed by the scrutinizing hopes of avarice, or antiquarian desire.

The* learned simplicity of the ancient Britons dictated to them no other kind of funereal monument, than a small hillock of earth to cover the bodies of the diseased, which they rightly deemed sufficient to preserve their relics, and to perpetuate their memory to posterity. How much unlike the desires of many, of the present age, who strive to heap over their great dead, a superfluity of cumbrous ornaments, and proclaim their excellence at random in pompous epitaphs!

The marble tombs that rise on high;
Whose dead in vaulted arches lie,
Whose Pillars swell with sculptur'd stones,
Arms, Angels, Epitaphs, and Bones,
These, all the poor remains of state,
Adorn the rich, or praise the great;
Who while on earth in fame they live
Are senseless of the fame they give§.

Our

* From the Beauties of British Antiquity, by John Collinson.
§ Night-piece on Death, by Dr. Parnell.

Our anceſtors uſed no ſuch vain mementos, and yet their memory ſtill lives in the green turf, and in all parts of this iſland we view with reverence and delight their unadorned ſepulchres. The name of Barrows, is ſuppoſed to be from the Saxon, ſignifying the receptacle of the hidden dead: they are heaps of earth thrown up in a conical form, and are ſometimes ſurrounded with a circle of upright ſtones, but generally with a ſhallow trench, which is the caſe with thoſe near Rockley. Sometimes the trench ſurrounds two or more of them. Such as in different parts of this Iſland have been opened, have been found to contain not only the half burnt remains of the interred, with urns full of aſhes, but alſo arms, veſtments and female trinkets; as beads, bodkins, &c. In ſome have been diſcovered the inſtruments uſed by the Druids for cutting the miſſeltoe of the oak: in others burnt bones of animals; pieces of hewn ſtones, ſwords and pole-axes.

Northerly from Rockley, and about three miles diſtant from the vale, where ſome of the moſt perfect of the Barrows in this neighbourhood remain, upon the Barbury hills, a ridge overlooking the northern part of Wiltſhire, ſtands the camp called Barbury; in the pariſh of *Ogborne St. George*: the village of which, is diſtant about two miles Eaſtward of hence, and in which, are ſeveral marks of its antiquity, beſides the indications which ſome of its rights and privileges, and the holding of certain courts here, manifeſt.

That camp ſtands on one of the weſtern eminences of the ridge of hills, which run eaſt and weſt; and is in ſome parts very ſteep: eſpecially to the north, and weſt, ſeparating the high ground or Downs, from the fertile country below. Looking towards which, from this ſpot, the eye is delighted wtih the extenſive and rich proſpect which it enjoys; ſo different in aſpect, to that which appears when we look back upon the Downs: where, the ſcene has a wildneſs, from the defect of incloſure, in our view-

ing the contiguous, diſtant and broken, range of hill and vale, devoid of trees. The whole of which extent is dedicated to Pan and Ceres; affording fine corn-land, and a large tract of herbage for ſheep. On the other hand, the proſpect into Glouceſterſhire and other parts, is, as Collinſon ſays, under the eye like a map; as far as the Welſh hills beyond the Severn, whoſe lovely proſpect would naturally animate the Britons in it's defence, as the Roman's in it's conqueſts. It is indeed a fine ſcene of woods, towns, paſtures, rivers and vallies.

Barbury appears to be a Roman entrenchment, is of a circular form and double ditched quite round; the inner ditch originally muſt have been very deep, in many places now the cavity is much filled up by the deſcent of earth; the rampart is ſtill high. There are two entrances, one upon the eaſt, and another on the weſt diameter, which is two thouſand Roman feet long*. At the weſt, the inmoſt rampire retires inwards a little to make a port with jambs eaſtward, the outer ditch turns round with a ſemicircular ſweep, leaving two paſſages through it obliquely to the main entrance, like our modern half moons.

From this encampment, towards the South may be ſeen another Roman camp, on *Martinſall Hill*; which is very ſteep on ſome ſides. It is conſpicuous at a great diſtance, and is within ſight of all the camps in that country. North-eaſterly of Barbury, another entrenchment called Lydington may be ſeen; formed upon a very conſpicuous eminence: but whether the work of the Romans or Danes we do not determine.

In ſeveral places on the Downs, are found maſſy ſtones, of various figures and ſizes, ſometimes in an iſolated ſituation, ſometimes in great numbers together as in the way from Rockley to Abury;

* The Roman foot being ſomewhat more than $11\frac{3}{4}$ in Engliſh meaſure, or 11 I. & 604 pts.

Abury; in ſome ſituations they appear as if ſited with deſign, having ſome regularity of order; in others quite reverſely ſo: of ſome, a very ſmall portion only appears above ground of their large bulk, others are placed ſuperficially with their rude and immenſe ſize entirely expoſed. They are generally called *Grey-Weathers*, having their name, probably, from their reſemblance to a flock of ſheep at a diſtance; which the colour of the moſſes with which they are moſtly covered gives. They ſeem to be of the ſame nature as thoſe ſtones which remain ſtanding at Abury, and originally compoſed a part of the Druidical temple there: their texture is very hard ſeemingly of the nature of flint with gritſtone.

Having now conducted this part of our deſign to the limits intended, we leave it, and the whole of our preſent endeavours, expoſed to the view of their Readers. To a diſtance from the throne of judgment we retire, (under the tutelage of hope). waiting the determination of thoſe who take preſidency there, Liberal and generous minds know how to be lenient to imperfections; and an aſſurance has long ago adminiſtred this conſolation, That

He's half abſolv'd who has confeſs'd*.

Willing to bear the hand of correction, we aſk only that prudence may direct it; and whilſt we ſupplicate for the abſence of ſeverity, we would commend as a companion for our judges, Reaſon.

Equally form'd to rule in age and youth
The friend of virtue and the guide truth†.

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* Prior's Alma. Cauti. 2.
† The Apology Churchill.

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*** The Roman Numericals refer to the Preliminary Obſervations; the other Figures to the Poem.

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ERRATA

IN THE PRELIMINARY OBSERVATIONS.

Page	Line	
3	2	for *I hope* read *it is hoped.*
	5	— *are* read *be* and delete *I hope.*
	6	— *will* read *may.*
	8	— *I will not* read *the Author.*
		— *me* read *him.*
	10	— *the Author* read *him.*
4	3	delete *we have.*
	9	— *I have done,* and for *deſerving* read *deſerves.*
	10	for *my* read *the Author's*
	11	— *its* read *his*
	16	— *whilſt I avow that I have often affixed blame to this* read *whilſt it is avowed that blame has often been affixed to this*
	17	— *I* read *the Author*
	18	— *I* read *he*
	19	— *I am* read *is*
	20	— *to offer in this part I ſhall only* read *to be offered in this part he can only*
	21	— *I* read *he*
	22	— *I* read *he*
	23	— *have been* read *has been*
		— *I have* read *he has*
		— *my* read *his*
	24	— *I* read *he*
6		in the note * for *irreſtituibiles*, though printed as the original read perhaps *inevitabiles*
9	7	for *in* read *it*
14	4	of the note for *phther* read *plethora*
15		note ‖ *line* 3 for *inaugurales* read *inauguralis*
22		7 for *Augliæ* read *Angliae*
26	5	for *renas ſcentia* read *renaſcentia*
	8	— *daudorum* read *dandorum*
27	2	— *gluicive* read *genuine*
	18	— *capellary* read *capillary*
29	2	— *irimary* read *urinary*
	17	— *peridoratory* read *perſperatory*
	29	after *conſumption*, insert *we do not mean*
30	7	for *irribility* read *irritability*
	22	— *eſpicially* read *eſpecially*
		note for *protenus* read *protinus*
		— *occurere* read *occurrere*
		— *neceſſorium* read *neceſſarium*
31	1	— *Merton* read *Morton*
		note — *caeteſi* read *caeteri*
33	16	*deathesis* read *diathesis*
37	1	for *reek* read *reck*

Page	Line	
39	26	after *ſubſtances* inſert *which*
		—— *furs* inſert *when*, and delete *it*
40	4	for *ſwarm* read *warm*
	24	— *pullumonic* read *pulmonic*
41	9	inſert † after *Gravedo* and * after *brows*
		in the note † for *caetaerrhous* read *catarrhous*
43		———— † line 6 for *interalaneas* read *inter laneas*
		— *texturs* read *textura*
		— *optiame* read *optima*
47		in the note ‡ line 8 — *citiis* read *citubus*
51	1	for *it is* read *its*
		in the note ‡ line 7 for *reſtore* read *reſtores*
52	4	for *thermometor* read *thermometer*
54	1	— *infractious* read *infarctious*
56		in the note † line 8 after *veſſels* inſert a *period*, and for *the* read *The*
		10 for *ſiguis* read *ſignis*
58	8	for *procatorotic* read *procatarctic*
		in the note * line 2 for *experentia* read *experientia*
		— *obſervari* read *obſervavi*
60	18	for * inſert §
		in the note † for *deſſertatio* read *diſſertatio*
65		line 4 — *intempeſtava* read *intempeſtiva*
		— *lougae* read *louga*
		‡ line 5 — *Tabedorum* read *Tabidorum*
66		in the note * — 2 — *ablerunt* read *abierunt*
73	9	for *increaſe* read *increaſe*
76	5	— *Neſter* read *Neſtor*
79	20	— *nuctuous* read *unctuous*
	21	— *lubicating* read *lubricating*
80	5	— * inſert † and make the reference to the note ſimilarly

PHTHISIOLOGIA

A

POEM

MISCELLANEOUSLY - DESCRIPTIVE AND DIDACTICAL;

IN FOUR

PARTS.

QUIS POTIS EST DIGNUM POLLENTI PECTORE CARMEN
CONDERE, PRO RERUM MAJESTATE, HISQUE REPRRTIS?

LUCRET L. 5. 1.

PART I.

GENERAL ANALYSIS

OF THE FIRST PART.

Introduction—the Reader requeſted to prepare his mind for a ſubject of a ſerious nature—A wiſh to pleaſe.—Addreſs to Candour.—Requital for kindneſs and charitable correction deſired.—Satisfaction accruing to the mind in having done what has given pleaſure to others.—Thankful ſenſe of a benefit experienced from lenity. Addreſs to the amicable.—Abuſe of the term, Friend.—Expectations not always realized.—Sentiments experienced from the attachment to, and cultivation of Poetry. Deprecation of the ſufferings of ſome of its votaries.—Fate of Chatterton regretted.—Genius, miſery attendant. Addreſs, conſequences effected on the mind, under the influence of diſappointment, inſtances in the fate and ſufferings of ſome diſtinguiſhed characters.—Phthiſis, the ſubject of the Poem, mentioned.—Attentions given to the character from infancy to more advanced age; perſonal deſcription.—Hope, it's frailty, and reaſons.—Characteriſtic pourtrait of a phthiſical temperament of body and mind.—Other conditions deſcribed, and their diſſimilitude.

Others,

—Others, and ſome cauſes alluded to.—Diſtortion of the thorax, and ſome ſymptoms attendant on ſuch a preternatural ſtate.—Regret deſcriptively painted for ſuch as are in this iſle the martyrs of Phthiſis, it's frailty compared.—Requeſt to the ſympathetic.—Elegiac reflections in remembrance of a ſiſter.—Concluſion of this part of the Poem, ſuch as are the objects of Phthiſis.

PHTHISIOLOGIA.

PART I.

LET now thy mind, with penſive ſenſe be fraught,
Eſtrang'd to giddy mirth's fantaſtic thought,
Who e'er thou art!—That wilt attention ſpare,
To liſten to the voice of ſober care.
Expect no ſentiment to quell a pain,
Or jocund touch of laughter-moving ſtrain.
No off'rings of feſtivity I bring,
The language of Melpomene I ſing,

For

For joyleſs words from utterance deſcend,
When mortal mis'ries on the heart attend ;
And piti'd frailties, mingled with life's fate,
Such as the muſe ſeeks to delineate.

O! whilſt I write with animated will,
May I this prompter's active hope fulfil !
May others kindly it's exertions greet!
And may my lines their approbation meet!
Candour befriend me; as my wants requeſt,
Come with thy ſmiles, and ſooth my fears to reſt!
Thy favours pleaſe—and brighten ev'ry day,
And ſhed afar, true ſatisfaction's ray;
May happineſs that boſom long requite,
Who to another miniſters delight!
Grant, heaven, his ſoul may never fail to know
The ſweets which he to others ſhall beſtow!
Who error, may with good intent detect,
And ſhall with charity, it's acts correct!

Oft' have I truly felt the deed repaid,
Where my poor labours gave a needed aid;
Or if the effort conſolation lent,
My boſom cheer'd, has felt thy joys—Content;

Or where my heart a foible has revealed,
Which amity's ſoft mantle has conceal'd,
And to oblivion has offence conſign'd
Unwitted act; of the moſt cautious mind,
Grateful I've plac'd it in memorial care,
With ſenſe infix'd—which death ſhall but impair.

Come ye; who can ſuch mental kindneſs give;
Enroll'd in friendſhip's liſt—come with me live.
A Friend!—kind name! to ev'ry good alli'd,
Yet by the world, alas! how miſappli'd!
Compact admir'd! that mankind implore
And oft' as fancied certainty adore.
But aſk the image for expected aid,
And ſee how faſt it's painted beauties fade.
Deaf then to all thy craving of ſupplies
It's frigid temper ev'ry help denies.
A ſhadow! that approaches ſeeming graſp,
Then fleeting flies and quits the wiſhed claſp.
From earth, a ſubſtance much I fear far fled
A barren relic—but in name—now dead.
Yet ſhou'd I venture where to ſeek it's reſt,
Some hope wou'd, Clara, lead me to thy breaſt.

Oft' have I thrown in humbled thought away
The lyre that ſo much pleas'd in early day.
Whoſe magic nature oft' the heart has warm'd,
And hours of youth with pleaſing tranſport charm'd.
When vagrant fancy's flow'ry charms beguil'd
The ſentiment, through fiction's regions wild.
Still, wou'd I, lift'ning to the muſe's lore,
Court her coy arts, and envi'd ſmiles adore.
Then rouz'd—go fooliſh hope—my fear has cri'd
Succeſs—nor honour—here thy ſteps betide.
Forſake thy ſuit—but ſtill freſh wiſhes came,
Which touch'd the boſom with ſtrong fervor's claim.
All their bewitching influence I prov'd,
And more the muſe's haunts and warblings lov'd.
O what ſo dear —ſo fair to me as thee!
Applauded ſweet of verſe and harmony!
For thee what pleaſures wou'd I not reſign!
To cultivate the hope of gaining thine.
Far be thoſe griefs that once on him* were ſhed,
When hope forſook his anxious phrenzi'd head.
When dark deſpair true virtue overcame,
And cauſ'd the deed which quench'd the vital flame.

* Chatterton.

Let

Let Britain bluſh that truth the tale can tell,
That he unfriended and ſcarce known, ſo fell.

Be the due meed to genius ever given,
Genius, the brighteſt boon of heaven;
Bright vainly art thou! if thy fire conſume
That bud of peace that with thy life ſhould bloom;
If mix'd with ſorrow all thy gifts are made
The prey of penury's obſcuring ſhade.
Where hopeleſſneſs pours forth th' impreſſing line,
And builds an altar at deſpair's dark ſhrine.
Frail reaſon there a ſacrifice is brought,
Whilſt harras'd thought to ſtrongeſt ſenſe is wrought.

O thou exalted flame of ſtrength refin'd!
Thou ſubtle ſpirit of the active mind!
That beareſt fancy far on wings ſublime,
O'er ſkimmeſt worlds and boundaries of time.
Celeſtial largeſs! giv'n to the ſoul,
Too nobly born to bear this world's controul.
Though doom'd alas! by fortune oft' to prove
The pangs of want, or of deſpondent love.
Pangs made more keen—impell'd with deepeſt woe,
On minds that moſt thy greateſt favours know.

Witneſs

Witneſs a Petrarch's long and ardent flame;
Conſtant his heart—and fair its worth and fame:
Yet ah! his truth immortally renown'd,
No bliſsful compact in this orbit crown'd.
Cervantes—ſon of ſuperſtitious Spain,
With courage, ſenſe, and ſatire in his train,
No friend, no lib'ral patron ſtrove to ſave
From want, from priſon, or the ſilent grave.
Say too, how heart affecting Otway fell,
Amidſt the ills which blameful pages tell.
Thus hapleſs bards, whom fickle fortune ſcorns,
Apollo's hand with laviſh'd gifts adorns.

PHTHISIS, my theme, thou ſlow deſtructive force!
That canſt ſo oft' health's property divorce.
Hectic—Conſumption—or what name avow'd,
The world thy deathly power has allow'd.
That blaſteſt fertile youth's expanding bloom,
And bring'ſt it proſtrate to it's finite doom.
'Gainſt whom ſo little human art avails,
When thy dire graſp the ſyſtem frail aſſails.
'Tis thee, within the mental eye I ſee,
'Thou murd'rous cat'rer, for our deſtiny!

Clad

Clad in that form, and cauſe unnotic'd yet,
Such as thy baleful being may beget.
To ſpeak of thee, I venture this eſſay,
And diffidently dare the frame pourtray!
Which ſway'd by thee drifts on to wayward fate,
And what thou waſt and art wou'd perſonate.

Bleſs'd with thoſe cares which tenderneſs demands,
Since firſt thy life breath'd on Lucina's hands.
Thy form the charms of blooming Hebe bleſs'd,
And beauty's animated gifts poſſeſs'd.
By ſafety nurs'd, paſs'd o'er infantile fears
To the bright acmé of thy youthful years.
Lovely in elegance of mildeſt air,
And blandiſhments—in graceful ſtructure—fair.
Tranſlucid tints throughout thy frame prevail
Effeminate—and in deſcent form'd frail.
Of virgin ſex—for this I wou'd now deem
Th' approved object of my deſtin'd theme.
Hope—through thy life opinion wou'd allure,
That ample fruit the bloſſom wou'd enſure.
That time thy being wou'd improv'd protect,
And thus o'ercome the fear'd innate defect.

 But

But to graft vigour vainly we eſſay
On that faint ſtem whoſe tendence is decay.
Whoſe feeble health no energy pervades,
But vacant power each attempt degrades.
On that weak baſe which due ſupport denies,
Who ſeeks to raiſe a dome to reach the ſkies!

The candid aſpect never feign'd to hide
The minute veſſels of the ſanguine tide ;
Adorns with dulcet hue the expreſſive face,
Whoſe albid cheeks are bloom'd with crimſon'd ſpace;
As if the pallid roſe a carmin'd tinge
Should the young flower's tenderneſs impinge.
Looſe flow'd the hair in lengthen'd figure trac'd,
With eaſe and freedom in it's wavings grac'd.
Sweetly it deck'd the form it wanton'd nigh,
In mildeſt col'ring of the flaxen die.
Love ſeem'd delighted there to ſpread a ſnare,
And aid th' attractions laviſh'd on his care.
The rubid lip on pearly teeth impos'd,
The ſmiles of placid innocence diſclos'd.
Whilſt from the eyes enamell'd tunic teem'd,
O'er every look—benevolence forth beam'd ;

Whoſe

Whoſe ſprightly pleaſantry delight enſur'd,
And admiration to their charms allur'd.
Graces with winning chearfulneſs combin'd,
And fadeleſs honours of good temper's mind!
Of eaſy manners chaſten'd by good ſenſe,
And gen'rous ſpirit of beneficence.
On virtue and it's happy rules intent,
Nor like the body to mutation bent.
Whoſe fickle health, adverſely on this ſphere,
Now unſuſpected, tends to brief career.
If wary prudence, with ſagacious deed,
To preſervation's laws urge not nice heed,
To court Hygeia, and her blithſome train,
And ſhun enſuing cauſe of morbid pain.

With ſuch munificence as now is nam'd,
Some may be not ſo liberally fram'd.
For nature's will may diff'rent ſtates beſtow,
And ſparingly, her bounties more, allow.
As flow'rs ill ſuited to the planted ſoil,
Unfitly made for life's important toil.
Unlike the ſons of labour, whoſe ſtrong form
Endures in vigor ev'ry vital ſtorm;

Unlike

Unlike the image fancy contemplates,
Or poet's language aptly imitates;
Pond'ring on beauties faultleſsly array'd,
And to the heart in richeſt thought diſplay'd,
Unlike the ſymmetry that art combines,
Which in the ſchool of ſculpture's knowledge ſhines;
Or in the nice touch'd traits admired live,
That imitation's fertile pow'rs can give.

A feeble offspring of degen'rate blood,
As if created in a careleſs mood.
Hereditary lapſe—devoid of fire,
Such as can ſtrength and energy inſpire.
Or elſe the child of inattention's nurſe,
Alas! the parents' and the infants' curſe,
Which injury, and multiplied ills
In vari'd ways upon the health inſtils.
Rich in the ſpoil of ev'ry heedleſs deed,
And vacant of each aid requir'd by need.
Whence modes are gain'd, and potent miſchiefs riſe,
And forms, that all corrective art defies.
A ſhape ſpecific, pregnant with each woe,
To health and life's endurance conſtant foe.

Or

Or cauſe allotted, diverſe as unknown,
Upon the creſcive age with harm may frown.
Where no condition can the wiſhes trace,
Such as adorns a more invig'rate race.

Within the cloſe, diſtorted, bony mold,
The vital organs ſcarce their uſe unfold.
The lab'ring ſides inceſſant toil for food,
T' imbibe ſatiety of ærial food.
Whilſt reſpiration wheezing in each deed,
Doleſome purſues half ſtifled painful ſpeed.
From the ſhort breaths' quick heaved narrow bounds,
Scarcely the raucoſe hollow voice reſounds.
Whilſt feeble utterance with ſtruggles lives,
And to the urging cough new motives gives.
Whoſe conſtant teazings of diſquietude,
With force exigent on the cheſt intrude.
Ceaſeleſsly troubl'd by each paſſing gale,
That wakes the ſenſe, or can the lungs aſſail.

Pity—that ſuch, on whom perfection's ſmile
The blooming beauties of the Britiſh iſle!
Whoſe votive nymph's Tritonia has deck'd,
And where the ſiſter'd trine their throne erect.

Where

Where Dionea joyfully allows
Her gifts, and favours placidly beſtows.
Such as the Poet's fruitful fancy knew,
When bright Alcina's * lovely form he drew.
Fair as man's thought of angels cou'd invent,
Or heaven in human model repreſent.
Replete with all that friendſhip wou'd approve
To wake the much admiring heart to love.
My luckleſs knowledge, ſuch alas! can mourn,
And wakeful mem'ry view in thought forlorn.
For ſuch that record now the lay dictates,
And lenient compaſsion conſecrates,
To tell ſome cauſe, paint the fell diſeaſe
That ſtings the ſweets of many a parent's eaſe.
That lovers in viduity proſtrates,
And many friends dooms long to ſorrow's fates.
Countleſs the numbers, Clemency may ſay,
That ſpeed to Pluto thus their early day.
Lethal as evils on this world wide ſpread,
That call their millions to the ſilent dead.
Or ſtand alli'd with war's, or febrile ill,
To bid the Parcæ their deſign fulfill.
Miſchiefs, by whate'er nam'd, that cauſe our race
To quit the tenure of this life's embrace.

Whilſt

* See Orlando Furioso.

Whilſt ſuch bewail'd, engage our triſtful pains,
That bid affection tell it's mournful ſtrains.
Of thoſe unnam'd, to whom our heeds belong,
Whoſe merits claim the eulogy of ſong.
Ye ſympathetic, who the heart indulge,
Will ye forgive what ardour may divulge!
If this attempt—I aſk ye to approve!
That wreathes a ſiſter's urn with lines of love.

REFLECTIONS

IN REMEMBRANCE OF A SISTER.

PACE ſlow ye footſteps to the vocal lyre,
As treading on the torpid grave's domain,
And harmonizing with the heart's deſire,
Awak'd accordant, be the melting ſtrain.

Notes fit reſponſive to my liſt'ning ear,
Are languent, ſoft, alike my penſive mind,
Whilſt hours and ſkies that others fill with fear,
Pleaſe—they, for me—and ſadneſs were deſign'd.

Amidſt

Amidſt the ſilent dead I love to muſe,
When ſtarry night with unbroke ſilence reigns,
When ev'ry leaf a motion does refuſe,
And not a breeze to venture forth then deigns.

I think of thoſe who ſleep beneath my feet,
Who left their ſighs to worldlings and to me;
Some whom I've known—with thought of paſt I greet,
And think on what our joys were wont to be.

Dead now to me—dead many friends I love,
Can thought meet your's—and intercourſe maintain!
To your abode it flies—though here I rove,
Exalted ſpirits! hear me hence complain.

I'll hie me to the earth where Anna lies,
And there a tearful ſacrifice create,
There on it's ſod I'll breathe a brother's ſigh,
And think on virtue whilſt I her's relate.

Ye youthful fair—ye calm'd thought veſtal train,
Whoſe forms attuned feeling dignifies!
Bring here each type of ſympathetic pain,
To deck her ſhrine—who here unſculptur'd lies.

She whom in life each youth with praiſe wou'd ſing,
Here too ſhou'd have in death true virtue's fame,
Here gentle minds your dulcet tributes bring,
And bleſs her mem'ry with a deathleſs name.

Gives heav'n a ſiſter with a heart like thine,
Dear Anna—lovely—in all good array'd!
A heart, the ſeat of innocence divine,
'Tis juſt to laud when ſuch in death ſhall fade.

Thou meek ey'd daughter of benevolence!
Whom heav'n in youth call'd to it's pure domains;
To thee I owe truth's dutiful incenſe,
Whilſt reminiſcence pow'r to praiſe retains.

How ſhall my heart—thy true regard repay,
Ardent affection wou'd my boſom tell,
How much admired—zeal's attempt wou'd ſay,
Whoſe ſtrong-fraught ſentiments—vain words repel.

Yet, let me add—by all thy friends appli'd,
Was amity's eſteem for thee combin'd;
Nature to thee—no ornaments deni'd,
To charm the eye, or captivate the mind.

Like

Like as a beaut'ous flow'r of tender race,
  Nurs'd by the kindly foſterage of care;
Whoſe cautious guard'an ventures forth to place
  The tempting beams of vernal ſun to ſhare.

Clouds ſuddenly o'erwhelm the flatt'ring ſkies,
  A gelid ſtorm, th' expoſed plant aſſails,
That all the help of ſerving haſte defies,
  To ſave his hopes from the ſwift blighting gales.

The driv'n hail, the bloſſom'd charms deſtroys,
  And all the naſcent ſweets of health deſpoils;
It droops beneath the ſhock that thus annoys,
  Dies unredeemed by all future toils.

So 'twas with thee to noxious ill expoſ'd
  Beneath the ſmiles of youth's brief deſtiny;
Thy bloom the ſick'ning hectic fate ſoon cloſ'd,
  And pale diſeaſe obſcur'd thy luſtred eye.

Oh may reflection—thus to thee aſcend,
  That ſpeaks a farewell to thy merit due;
Such ſhall thy happy manes not offend,
  They ſhall the pious theme approved view.

Thy fall we mourn not, Anna, as alone
Thine not, or multitude's the fate atone.
Dread Phthiſis! thy deſires are undeni'd,
Nor are thy boundleſs claims yet ſatisfi'd.
Nor young, nor fair, impede thy vaſt demand,
Or ſtay the ſtrength of thy relentleſs hand.
Such moſt thy mark are, of unerring aim
On Albion, where ſpreads thy morbid fame.

GENERAL ANALYSIS

OF PART THE

SECOND.

Addreſs to ſcience, unſucceſsfulneſs of the attempts of theory and experience, in the attainment of that knowledge, which is deſired for the cure of Phthiſis—Queſtion, When the human mind ſhall become more perfect, and unembarraſſed by its preſent defects and infirmities, exiſting here with primæval excellence, various effects, which may priorly take place.—Addreſs to the Deity.—Little of certainty to be communicated of the ſucceſs of art and prophylaxis in preventing or contracting the fatality of Phthiſis, alluſions to the various ſources whence medicaments have been derived and uſed.—Dogmatical and empirical practice yet equally unſucceſsful.—Acknowledgment of defects candidly made, howſoever ſome may otherwiſe boaſt of their ſkill and power over that peculiarity of ſtate, which evades the controul of medical aid—their fallibility and want of ſucceſs expoſed—hence the futility of rehearſing their meaſures.

ſures.—Caution to the credulous.—Confeſſion that the cure is not infallibly known—ſtudy and hope ſtill labour in the purſuit of that deſirable event.—Praiſe, and rewards, due to him who may be ſo fortunate as to find the means of cure for Phthiſis.—Addreſs to Gratitude — its characteriſtic, and pleaſing attributes.—The extended ſway of Gratitude—deſire to poſſeſs it—recommendation of it as a duty and debt to the Deity—regret for man's neglect—compariſon.—Praiſe of him who cultivates this noble paſſion—advantages.—Tendent capacity of the ungrateful for other vicious impreſſions—a queſtion and deſire.—Motive for gratitude to heaven metaphorically mentioned.—The ſubject of Phthiſis reſumed.—Few, and what kind of rules are meant to be dictated.—Addreſs to the Phthiſically diſpoſed, relative to the climate of Great Britain—and advice conſequent.—Danger of wintering in this Iſland—early uſe of change of climate, and ſea voyages commended.—What may be of uſe to thoſe who are neceſſitated to continue in Britain.—Further recommendations.—For ſuch, the enumeration of ſituations here as beſt adapted to their needs avoided for want of ſufficient experience; and the doubts which late opinions, derived from the knowledge of the atmoſphere, have brought concern-

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ing the advantages of thoſe places which formerly were commended to the Phthiſical.—Alluſion to the aid which Pneumatic medicine promiſes—the apparent worthineſs of its doctrines attracts commendation—hence the rectitude of applying for its aid, promoted.—A tuberculous ſtate of the lungs, adviſed to ſeek early medical auxiliance, if poſſible.—Caution to ſuch to avoid expoſure to thoſe afflicted with pulmonary conſumption—under the idea of there being ſome truth in its being an occaſional cauſe of the diſeaſe in the prediſpoſed.—Advice to attend to primary ſymptoms.—Further indicative ſymptoms mentioned.—Hints to thoſe diſpoſed to Hoemoptyſis.

PHTHISIOLOGIA.

PART II.

O SCIENCE! fecund ſource of pow'r and wealth!
And kind preceptor of the rules of health!
Diſrob'd, ariſe from thy repoſing bed;
Unveil thy light, and be its rays far ſpread!
What ſpell reſtrictive binds thy friendly will,
And, uncontrouled, leaves the Phthiſic ill?
To ſing thy deeds and frequent overthrow,
Would ſwell the triumph of the mighty foe.
To ſay, where vacant of thy aſk'd ſucceſs,
Thy hopes have fail'd to grant health's happineſs.

I from

I from that effort ceaſe—that would narrate
Thy hapleſs ſtruggles with the potent fate.
What theory's wild vagaries have taught,
And what thy ſons, alas! have vainly ſought,
What arm has try'd to ſhield the hoſtile force,
What guard eſſay'd to ſtem its avid courſe?
Or how experience ventures to contend
For that event to which its wiſhes tend?
Alas! how few ſuch well-meant efforts ſave!
The victor's wreathe is deſtin'd for the grave.

When ſhall the ſun of truth, and wiſdom's day,
Chace error and deſpairing doubt away?
When give to man a more unbounded ſight,
And deck his mind with heav'n's indulgent light?
When ſhall the ſhort-liv'd throbbing heart reſign
All thoſe defects, which now, O man! are thine?
When ſhed contentment's calmneſs on thy brow,
And bid the thornleſs roſe of Eden grow?
When not a tear ſhall dim the lucid eye,
Nor aught impede extenſive charity:
Nor vicious purpoſe e'er diſturb the breaſt,
But peace preſide, with ſmiles, as virtue's gueſt?

Many a ſtorm ſhall urge the changing ſkies,
Ere that elyſian goodly morn ſhall riſe.
Many a pain ſhall bid its ſorrows flow,
Many a boſom mortal ſuff'rings know.
Many a diſappointment far ſhall ſpread
Its ſad dominion o'er the earneſt head.
Many a poiſon, on the barbed dart,
Shall wing its way, and pierce the vital heart.
Many a form, from tyrant laws ſhall fly,
Many oppreſs'd, beneath thoſe laws, ſhall die.
Many ſhall fall beneath the hand of time,
And many ſink the victims of foul crime.
Many a child of innocence afar
Shall moan its lot—the ſacrifice of war.
Many a parent, with a mind forlorn,
Shall weep its child, beneath affliction born.
Many a lover, ſhall in ſorrow prove
The wayward fortune of his ſlighted love.
Many a friend a grateful deed ſhall want,
And o'er his injuries with tears deſcant.
Many a ſoul of worth ſhall live forgot,
And ign'rance uſurp his rightful lot.
Many a mind ſhall mourn for ſlighted health,
And poverty bemoan the loſs of wealth.

Theſe,

Theſe, theſe, and thouſands more, ſhall men deplore,
Till perfect bliſs dwells conſtant on our ſhore.

But thou! who from the high æther'al blaze!
Where countleſs ſeraphs, ſound thy endleſs praiſe!
Unchang'd ſhall be—and ſtill ſhalt pow'r retain,
To ſoothe man's ſorrows in this world's domain!
Oh! if a pray'r can influence thy will!
Thy bleſſings, on my lov'd—and friends inſtil!
Oh view with mercy ev'ry finite woe!
And ſhield the good, from ev'ry mundane foe!
Direct man's heart, and cauſe his wiſh to be,
The greateſt pleaſure—that of ſerving thee!
May all his hopes, and wants, to thee—aſpire!
Nor earthly love, or joys, ſway his deſire!
That when his mortal brief career is o'er,
When human ſorrows wound his ſenſe no more;
The fickle wav'rings of life's time ſafe paſt
His home may be in peace, with thee at laſt.

Cou'd I, in ſpeaking what ATTEMPT has done
Say, when the bliſsful Goddeſs has been won;
Or if I cou'd with certainty impart,
Some cheering rules of prophylactic art:

Sure as that rock, on which fact firmly lays,
Where knowledge ought to fix its ſolid baſe,
Delight ſhou'd raiſe on ſoaring wings its voice,
And in the praiſe of verity rejoice.
But ſtill in doubt is admonition plac'd,
Small are the limits by cognition trac'd.
Though man with prying, and enquiring lore,
Has ranſack'd nature's vaſt and wondrous ſtore.
Of products diverſe, that combine in earth,
To which the mine's receſſes deep give birth.
Or are within the fountain's wave diſſolv'd,
Or in the vegetable's form involv'd.
Or thoſe appropriate, by judgment uſ'd,
From animal condition fitly chus'd.
Powers that chemic acts appreciate,
Or that in gas'ous fluid circulate.
All in contention with the morbid cauſe,
Have each receiv'd their tribute of applauſe.
Whate'er dogmatic' principles have rais'd,
Or vain empiric' oſtentation prais'd ;
All that illuſive prejudice could teach,
As diff'rent ſyſtems diff'rent precepts preach.
What to the frail, or too believing heart,
Cou'd cunning, or ambition's boaſts impart.

But

But 'tis what candour's claims bid me inſtill,
The little effects of Pœonians ſkill.
Though ſome their vaunted quackery diſpenſe,
To thwart the innate potent influence.
That mortal miſchief's deeply latent ſway,
Indefinite—that ſpeeds it's haughty way,
And with the tendent ſyſtem ſeems to live,
And it's poſſeſſor to it's willings give;
That Æſculapian regimen diſdains,
And uncontroul'd o'er art and ſcience reigns.
Such now I ſound not with ſpecific name,
Their frauds ſhou'd die like as their groundleſs fame,
Who vow a remedy ſecure they graſp,
And yet the evil flits—the healing claſp.
The malady exempt from it's arreſt,
Bold in defiance, walks on unſuppreſs'd.
Or Proteus' like—their vigilance eludes,
And ſtill it's dangers on the frame intrudes.
Their modes do not anxiety eraſe,
Their promiſes expectancy debaſe.
Liſt'ning attention little would it cheer,
The pompous meaſures of their rules to hear.
Poor the reward that wou'd the hope repay,
Or wou'd requite the atchieving thoughts eſſay.

Let

Let ſuch advent'rers who their Ægis wield
You, from the enemy attempt to ſhield,
If credulous, you yield to ſuch deſire,
As ign'rance, and impoſture wou'd inſpire.
Let them in prowefs feeble try, their arm
To ſkreen the danger of a juſt alarm.
Bring you—their medic' potions much careſs'd,
And prove their power in the ſtrong conteſt.
For ſuch—I of a victor's wreath bereft,
The tales of many prosp'rous cures have left.
But much I fear the fallacy you truſt,
Will ſink deceptive to the humble duſt.
An abject conqueſt in the proud defeat,
Of that—whence conquer'd multitudes retreat.
" The monſter follows, and it's force impels,
" Whoſe ſtrength—the ſtrength of mortal man excels.

For not to human knowledge yet beſtow'd,
Has heav'n that precious certainty allow'd.
When art and ſcience, ſhall that gift receive,
Which ſhall our dread from Phthiſic force relieve.
The mind of ſtudy labours in that train,
With many wiſhes waits the bliſsful gain.

Led

Led on by hope—ſweet tempter to thoſe deeds,
By which induſtry in its aims ſucceeds.
Thou ſolace of our efforts! yet conceal'd,
Ariſe and be thy myſteries reveal'd!
Sweet refuge come!—and diſſipate our fears,
And give to worth and beauty, lengthen'd years!

He who ſhall diſſipate by certain deed,
The ſtrength of doubt—be his the endleſs need!
Of admiration—praiſes that unfade!
In thankful rapture by mankind repaid.
Whom parents, huſbands, brothers, friends ſhall bleſs,
And univerſal reverence careſs.
Smil'd on by theſe—whoſe ſmiles cannot alloy,
That ſex—whoſe ſmiles in virtue gives true joy.
Whoſe approbation as real pleaſure ſhines,
And the delights of recompence combines.
His happy fortune hence ſhall millions ſave,
And cloſe a path that leads but to the grave.
Who ſhall the tabid hoſt of hills defy
And days of future happineſs ſupply.
Content unſulli'd ſhall his life here greet,
And conſcious good his actions ever meet.

Full

Full ſatisfaction gild his well earn'd fame,
And ages ſpeak with gratitude his name.

Dear gratitude! e'er lov'd, whoſe angel ſmiles,
The toils of labour by thy gifts beguiles.
Thou gen'rous paſſion of the noble mind!
The ſoul's confeſſion of each impulſe kind!
Thy ſacred fire ſhall enmity conſume,
And the fair offices of love illume.
Thy light heel'd footſteps on the earth rebound,
With ſprightly fancies is thy forehead crown'd.
The laughing joys upon thy features play,
And honeſt eaſe attends thy jocund day;
When haſt'ning to diſcharge thy prompting heart,
And all the duties that thy cares impart.
Fatigue ne'er damps thy recompenſe deſign'd,
Nor hardſhips e'er impede thy willing mind.
Unweari'd thy benevolence fulfils,
The diſpenſations which regard inſtils.

O gratitude! how much on thee depends!
Far the embrace of thy vaſt arm extends.
May from me never be thy charms effac'd!
Or be my heart with ſordidneſs debas'd!

Thy

Thy ſlame let e'er my ſentient boſom fill,
Nor ſelfiſh int'reſt interrupt thy will!
Thou art from man to man, a conſtant due,
But more to him—our love, ſhould thee renew;
Whoſe laſting bounty ev'ry bleſſing gives,
And all the wants of finite need relieves.
Omnipotence!—who can each act controul,
Requires th' avowals grateful of the ſoul;
Shall man, of all creation's work, diſpenſe
Thy boon the leaſt, or ſhrink from thy defence?
Thee ſhunning—in dull apathy repoſe,
Thy excellence—forgotten—not diſcloſe?
Regardleſs of thoſe leſſons from above,
Which fellowſhip and ſocial mode approve.
Yes—often him—a mean indiff'rence guides,
And thankleſsneſs o'er his baſe heart preſides.
Too often ſo—and what can more debaſe
The vaunted excellence of human race?
Leſs ſo—than ſavage forms, whoſe gentle heed
Reveres the hand whoſe bounty ſhall him feed;
Leſs faithful than the dog, whoſe love ne'er ſwerves
From him, whoſe due ſupplies his life preſerves.

They who thy proper energy poſſeſs
A train of other virtues ſhall careſs,

Shall know what honour—honeſty import,
And what the laws of juſtice moſt ſupport.
Friendſhip for him, ſhall each reward eſſay,
And mild indulgence his requeſt repay.
Aids copious, ſhall charity allow,
And bleſſings mingled with it's ſtreams ſhall flow;
So ſhall delight extenſively be ſhed,
And happineſs throughout the world be ſpread.

Each corrupt paſſion ſoon the ſoul deludes,
When on the heart ingratitude intrudes;
Whoſe gorgon-looks each finer feeling flies,
And all the ſoft affections petrifies.
To ev'ry vice it ope's a ready way,
Where turpitude and ſecund evils prey.
Is not the mind—which benefit receives,
And barren ne'er a benefaction gives,
When not a word the conſciouſneſs purveys,
Or look oblig'd—the frigid ſenſe diſplays,
But ſullenly from rectitude recedes,
Inimical to virtue—and it's deeds?
Like him, whoſe malice wou'd requital ſhun,
Becauſe they hate him—who the deed has done.

Such

Such may ſociety with blame eject,
Nor more their wants attentively protect.

When the mild ſhowers of all-fav'ring Heaven,
To the parch'd earth with gen'rous good is given,
The ſated ſoil alleviated ſeems,
And verdant with acknowledgements it teems;
The drooped plants increaſed vigor raiſe,
And in their beauties ſhines their Maker's praiſe:
It's varied bloom each flower then renews,
Inſpiring gladneſs over cheered views;
Awaking hope, that culture of regard,
Shall with rich fruit the foſt'ring hand reward.
For ſuch beneficence let man employ
His utmoſt laud to ſpeak his grateful joy;
For ev'ry good may long his altars burn,
And ceaſeleſs tokens ſpeak his heart's return.

Again, that path now claims our footſteps' care,
Where prophylaxis ſought we declare,
No remedy ſpecific we detail,
No charm ador'd in ſuperſtition's veil,
Nor legendary rules, by ancients told,
Of ſure prevention ſeek we to unfold.

Reſt ye enſhrin'd, by us no more thence led,
Like as your makers, peaceful, midſt the dead.

Devoid of ſuch, few maxims compenſate,
Such as experience would inculcate ;
Such as a miniſter with wary eye
Obſerves, and dares with caution to apply ;
Who practis'd rightly in fair nature's ſchools,
Adopts with reaſon, juſt and ſimple rules.
Liſt, and believe, I know no other aim,
Whoſe counſels, Hope can ſalutary name ;
That can the lapſe to tendent ill prevent ;
For you, by well-mark'd diſpoſition bent.

Ye whoſe frail frames pulmonic ills receive,
Drooping beneath the ſkies of Britain live ;
Forewarned be, what riſk here intervenes,
And is united with our fickle ſcenes ;
The atmoſphere's cold, hot, or dank abode,
Now dry, ſerene, or in a rainy mode ;
For ever hov'ring on mutation's wings,
That pains and dangers to your ſyſtem brings.
Soon, if you can, fly from ſuch perturb'd ſtate
Of elements, that woo you to your fate.

Inimical

Inimical to all but thoſe who ſhare
A healthful vigor that defies e'en care;
Yet even vigor reſts not here ſecure,
Nor ſafety can from danger's ſhafts enſure.
Let the wide canopy of cloudleſs ſkies
Witneſs your time in kinder ſafety riſe!
Where mildneſs, as on gallic lawns prevails,
The days continued temp'rate joys entails.
Or live beneath Olympus' dome ſerene,
Where long reigns brightneſs, with th'Italian ſcene.
Or Ulyſſippo's ſmiles may woo your mind,
And mark your hours to tranquil eaſe reſign'd:
Or far from home, where vaſt Atlantic roars,
Happy remain ye on Madeira's ſhores.

Ere the diſeaſe is ripen'd in the frame,
Or bodes the ſymptoms of the Phthiſic fame,
Leſt be your winters on your native iſle,
For climes whoſe ſway to gentle ſenſe beguile.
Oft' o'er the billows of th' extended main,
Let the fleet veſſel long your courſe ſuſtain.
Where'er advantage prompts a varied range,
And uſe and pleaſure bids the will to change.

So

So ſpoke the precepts of the Roman ſage,
In diction pureſt of th' Auguſtan age,
Bidding reſtraint not on the mind intrude,
With cares and burdens of ſolicitude.*

But if by ſome untoward fate condemn'd
To linger here, amidſt the ſea's girth hemm'd;
Let the whole frame the veſtiment ſuſtain,
From the warm raiment of the fleecy train.
By Heav'n's indulgence well beſtowed here,
To ſhield the habitants of this rude ſphere.
Thus conſtant ſummer keep o'er all your frame,
Nor e'er let raſhneſs your mutation blame.
Ne'er let the ſkin's due efflux be ſuppreſs'd,
To injure thus the ſympathizing cheſt.

Nor let a gay ſeducing ſolar ſmile,
Which 'luring, wantons only to beguile,
That tranſiently darts from the cloudy bounds,
And often but the gelid ſtorm ſurrounds;
Urge you, whilſt with its fleeting gleam you ſtay,
Or tempt you then your caution to betray.

* Celsus. L. III. Cap. 22.

Diſrobe

Difrobe not then, enticed by falfe zeal,
The precious mantle of corporeal weal.
No change—no time—no feafon ever fway,
Shall through the year derange your cuftom'd way.
So may you by each rule which care fupplies,
In dietetic heed, and exercife,
That with excefs ne'er wildly deviates,
Nor for the frugal fenfes pain creates ;
Long hope your health ferenely on may flow,
And many years of eafe and fafety know.

The vagrant mind, for ye ! who cannot roam,
Or leave for other lands your much lov'd home ;
Might here for you, its tutelage difplay,
And o'er this foil in views far ftretched ftray.
Might, as it wanders o'er your native bow'rs,
Of obfervation—cull the choiceft flow'rs ;
To form a code your memory to greet,
Where fafeft now, to find a wifh'd retreat.
But midft the maze of doubt I travel here,
Where every ftep impreffes further fear.
Thy ripen'd mind,—Experience! no guide,
Not o'er the thoughts, expanfion, does prefide.

Nor

Nor hoary oracle of Wiſdom's voice,
Or Judgment's finger point out prudent choice.

But by thy light, Philoſophy! here led,
With ſome ſmall confidence we onward tread;
And to thy temple introduce the fair,
The proper object of the muſe's care.
Where thy devoted prieſt thoſe laws unfolds,
Which he who ſtudies Nature's works beholds.
Vers'd in thoſe principles, which long unknown
The volant breezes of this orbit own.
Whoſe proper ſkill, by the hermetic art,
Can to its uſe adapt each ſimple part.
Whether the vital tide to animate,
Or move its native fervor to abate.
He teaches thus the florid to avoid
An atmoſphere with ruin ſtrong alloy'd,
Forbids thoſe votaries to breath the gales,
Where full excitement with each zephyr fails.
Tells ſuch to ſeek thoſe haunts, where leſs declar'd
That ſubtle ſway, by mixture is impair'd:
Where more azotic element diſclos'd,
Is with carbonic principle compos'd;
Which tempers thus the ſtimulating force,
And moderates the crimſon'd tides full courſe.

Chiefly

Chiefly ye, whom, that frequent ill afflicts,
And by its ſignals, danger's touch, predicts.
If the pulmonic ſtructure finely trac'd,
Has malady tuberculous embrac'd;
A cauſe too often 'gainſt the health oppos'd,
And but to nice attention ſoon diſclos'd:
That thwarts too often amicable aids,
And all the benefit of cure evades.
Diſpoſing pow'r, of periculous ſtate,
That drifts the body to its wayward fate.
Seek ye Apollo's ſons, their help engage,
With early deed your ſymptoms to aſſuage.
If happily thoſe manners may avail,
Which reaſon flatters hope—may health entail.

Learn ye! whom cauſes ſuch initiate,
To know your hazard—and avoid your fate.
Let not confinement with depreſſing pain,
You—pris'ner through the ling'ring hours detain.
To breathe the ill, that morbid frame retails,
Whoſe health beneath the Phthiſic lungs quick fails.
Not as a foe to charity's kind hands,
Or to the cares which tenderneſs demands,

Would I that watchful kindred boon impede;
Which nurtures ſickneſs with each willing heed.
But ah! a willy ſomething ſurely preys
Upon that health which caution diſobeys;
Who long expoſed in thoſe domes but live;
And but a noiſome tainted air receive,
Where conſtant reigns each ſway which can depreſs,
And lead you to debility's diſtreſs.
Each evidence of riſk, apprized ſhun,
And ſtem the deed e'er yet it is begun.
Fear—when a cough attacks—take juſt alarm!
Though ſcarcely boding to your thought a harm.
Should it oppoſe your breathings to the ſkies,
When with the morn your due oraiſons ariſe;
Though yet no other ſymptoms have oppreſs'd,
Or ſeem the wonted vigour to arreſt.
Thoſe may by time's advancement be increas'd,
And weave thoſe bonds which cannot be releas'd.
Should creſcive agitations—hence enlarge,
And from the lungs the ſpumous flux diſcharge.
If this—and more—with ſteady pace ſucceed,
And injur'd reſpiration more impede:
If in thoſe acts, which others freely trace,
Your willing footſteps dare not ſpeed embrace.

Let

Let not your minds incredulous neglect
That prophylaxis, which may health protect.
For on a precipice your good impends,
And frail the guard is that your life defends.

If with your days—debility and pain,
A cough—with ſhorten'd reſpiration's bane,
Grow, and its darts ſtill meet you in each track,
To ſpeed your ruin—by its ſure attack;
Forſake the road now—where your paces lead:
Nor dare continue with ſuch riſks to tread.
Or ſoon will greater miſchiefs be impos'd,
And all their tendent principles diſclos'd.
If the cheſt ſpeaks gravidity of ſenſe,
And unbemoan'd, cannot diſtreſs diſpenſe:
If all its acts, conſtricted feeling ſhare,
Support impoveriſh'd—of reſpir'd fare.
Then may you dread—what time may ſoon fulfil,
The dire effects of uncontrouled ill.

Whilſt ſome in health—ſtretch'd on the nightly bed
In eaſy frame to ſleepful realms are fled;
No inward pang the leaden god defies:
In whate'er form the inclination tries.

You,

You, vainly, may attempt th'incumbed ſide,
That ſtirs a cough—arraigns the breathing tide:
Forbidding liberty's diffuſe deſire,
That would in eaſe the ſtreams of life inſpire.

With theſe continu'd—if the febrile ſway
Cloſes the labours of the parted day.
If unoppoſed in their morbid bent,
Such potent ſymptoms ſpread their wild extent;
Soon will the looks—the breath—the pulſe declare
What evils now the frame is doom'd to ſhare.
Whiſp'ring around th' approaching hectic cauſe,
Quick on the corpſe with creſcive power draws.

Aſſume—ye, whom th' hoemoptic ſyſtem wield,
Whate'er your frail predicament can wield:
Who to the Phthiſic lineage a-kin,
Derive a frail—and heired origin.
Ye, whoſe denoting form—and ſignal face,*
Import th' expreſſion of a feeble race:

* See page. Part I.

Ad tabem properat, Phthisico de stemmate natus:
Cui sæpe ad pectus, phlegmata salsa cadunt,

Let

Let prudent thought, and caution's care avoid
Each riſk, by which your health may be deſtroy'd.
Let nought debility's effects proclaim,
Or local ſtimulus derange the frame.
Chiefly, ne'er ſuffer motives to oppreſs,
Which e'er may add to your diſpos'd diſtreſs:
Let nought arouſe the blood's or nervous force,
Or lead your ſtrength beyond a placid courſe.
Let no fierce paſſion e'er the mind incite,
Nor e'er indulge in anger's potent might.
Let temperance o'er all your ways preſide,
Nor any outrage let your actions guide.
So may you learn to find that happy mean,
Which bids no evil on your joys advene.
But if exceſs e'er leads your ardent will,
Expect diſeaſe your pleaſures ſoon may kill.

Qui faciem hebraei, maciemque figurat avari:
Cui vox augusto pectore rauca sonat.
Qui gerit oblongum, velut alta ciconia collum:
Cui, velut ala aquilæ, prominet os scapulæ,
Nescis, cur Phthisico natura annexerit alas?
Debet ad ignotas, nox volitare plagas.

L. III. S. III.

Nova et vetus Aphorismorum Hippocrates Interpretatio a Joanne Franc. Leone ab Erlsfeldt.

The

The ſober rules of wiſdom ne'er deſpiſe,
Nor only let experience make you wiſe.
Experience, ſage tutor of the thought!
Though oft, alas! by youth too dearly bought,
In youth be cautious—and you may fulfil
Thoſe deeds—to gain which—I theſe rules inſtil,

GENERAL ANALYSIS

OF PART THE

THIRD.

The ſtealthy attack of Phthiſis—the little alarm it gives to the mind of the afflicted—though affecting vital organs—yet they are not very ſuſceptible of pain—hence the little ſuffering of the conſumptive, comparatively with that of others attacked in other parts, by diſeaſe, not of ſo fatal a tendency—its danger to the body is greater than its dolent impreſſion on the mind—its tardy progreſs oppoſed to other caſes rapidly deſtructive of mortality.—Depreſſing paſſions of the mind hurtful to thoſe Phthiſically diſpoſed.—The felicity of hopeful Love, contraſted with diſappointment and deſpair.—The attempts to obtain conſolation ineffectual—ſimile from nature—grateful powers of requited affection.—The endeavours of blame and oppoſition often miſapplied, in attempting to counteract the impreſſions of the paſſion.—Its arbitrary ſway.—An amiable and ſuffering character delineated.—Her ſtate claims ſympathy.—Interlocution to a tear.—Hope, a con-

ductor

ductor frustrated in its confidence.—Mutation of pleasures formerly experienced.—Products of unfaithfulness.—Defalcation of the heart—due penal consequences.—Conscientious affliction.—Misfortune of an affectionate mind, to experience the decayed attachment of the object of its regard.—Supplication for divine auxiliance and interference.—Figurative contemplation of expectation.—Powers of Love under delusive hope.—Different views of Disappointment—that of frustrating pleasurable wishes and dreaded evils—it often gives the real knowledge of things, and brings conviction to the obscured and deluded mind.—Continuance of the effects of the disappointed passion on the body and mind.—Consolation administered to a character.—Distress of mind from the sympathy of this and the body, destructive of health and effecting decay.—An instance of this alluded to, and a request to sacrifice to the manes of female friendship.—A descriptive Elegy.

PHTHISIOLOGIA.

PHTHISIOLOGIA.

PART III.

WITH wily mode that lulls ſuſpicion's voice,
Enchain'd thou lead'ſt—unwary oft thy choice.
Like the trine monſters of Tyrrhenas' main,
Which to deſtruction lure with guileſome ſtrain.
For ye! by Phthiſis once attack'd, ſojourn
Not painfully—though ſlow, ye ſeek death's bourn.
Though warn'd, ye live—unfearfully ye fall,
Whom, unalarm'd, decaying lungs inthral.
For you the Deity, whoſe friendly will
Permits the office of each good and ill,

Bade with light hand, diſeaſe its deed commence;
And ſlightly preſs its ſtings on mortal ſenſe.
Little thy powers—or thy triſtful bane,
Moleſt the feelings—acrid poignant pain!
Acutely not—as when thy cruel laws,
With pangs ineffable the mind o'er-awes.
Did danger, but commenſurate, arreſt
The frame—as pain, upon the nerves impreſt.
Happy were many now!—and happy here,
Had many liv'd eſtrang'd to grief and fear.
Unlike ſome maladies, which parts invade,
Foes not to life—yet ſad with tortures made.
But thou, my theme! with nobler organs wars,
And life with gentler, yet ſure force debars.
Not, as ſoon fades athletic health's high boaſt,
Yet ere few days, on India's ſhore a ghoſt.
Where numbers left, beyond the billow'd deep,
Thy prey, dire Fever! may Europa weep.
Not like the ſon of Jove—ere ſtrength decays,
By ſudden conflict—doom'd to end thy days.
His anguiſh'd ſuff'rings, conquer'd life's deſire,
And plac'd him victim on Oëta's fire.

Whilſt ſpeak thoſe ſigns, which rightly indicate
The warning tendency we contemplate.

In ſuch, how oft the mournful eye hath ſeen,
A caſe diſtreſsful act with powers keen:
A ſubtle woe, inſidiouſly dreſs'd,
By the pure heart of innocence careſs'd·
Acting too potently with ſad effect,
Whilſt youth conducts the tender intellect.
When nice ſuſception, every feeling trains,
And long, with conſcious ſenſe, each print remains.
Often no more, to be by care thence lav'd,
Indelibly too deeply there engrav'd.
On you! ye ſouls! decoy'd to long diſtreſs,
To love, and oft, fruſtrated happineſs.

Sweetly with her the light-wing'd moments flew,
When firſt in love a blithſome hope ſhe knew:
No doubt, nor fear, her youthful heart poſſeſs'd,
Nor ſorrow broke upon her balmy reſt.
Charming in ſmiles of fortune and health's bloom,
Her joys ne'er dream'd of future ills to come.
Aurora's face for her roſe freſh and fair,
And flow'rs for her perfum'd the ſun-beam'd air.
But ere her life had reach'd meridian hour,
A gath'ring ſtorm drench'd on her head its pow'r;

Relentleſs

Relentleſs burſt—and ſwiftly henceforth gave
To expectation's bliſs an early grave;
And left her love-lorn and deſpairing breaſt,
With pining care and diſappointment preſs'd.
So may the morn that's gilt with lucid ray,
Weep in its ſhow'rs ere ripen'd into day.

No more the ſprightly look her ſpirits boaſt,
The hope and anchor of her ſoul is loſt.
In vain ſhe ſeeks the path of eaſe ſerene,
To cheer her life—or ſome ſequeſter'd ſcene,
Where calm'd, the penſive heart's ſad dreary way,
May with enjoyment—thorny pain allay.
So, when the zephyr's gently moving breeze,
Whiſpers amidſt the vale's light tufted trees,
In airy ſmiles, which nature's charm reſtore;
How ſoon the phantom-ſway is heard no more!
Quick riſe thoſe blaſts, which fierce the foreſt tear,
As in the rueful cadence of the year.
Deſtructive to the leafy honour's pride,
In volant ſweep o'er nature they preſide.
While burſting clouds pour forth their liquid wave,
And foaming down the rocks the torrents lave.

To

To grief's dire paſſion and corroſive ſmart,
Obſcures all pleaſures from th' afflicted heart.
More keenly than the ſtorm's rude hoſtile hand,
Diſmantles beauties of the peaceful land.
But love's benignant ſweets the ſoul can free,
And looſe the captive from all miſery.
" Can aid the hero—bid ambition riſe,"
And bear the mind beyond all mortal ties.
Like as Favonius, to nature dear,
The fainting pilgrim's calid paths can cheer.
The languid faculty, and cautious age,
In vain opponent words with love may wage;
May tell what maxims youthful minds ſhould guide,
What prudent foreſight o'er their deeds preſide:
May blame auſterely the admitted gueſt,
Which preys upon the paſſion's tranquil reſt:
Which ev'ry former quietude aſſails,
And over judgement ſpeciouſly prevails.
With wily aſpect wilfully allures,
Yet no companion in the breaſt endures.
" A truth which many but too late can hear!
" A certain truth, which many buy too dear!

By

By thee once charm'd, all elſe a charm has loſt,
The heart thy ſeat, thy unſuſpecting hoſt.
Perſuaſive guidance! deified name!
I not thy pow'r—or ſad misfortunes blame:
Though tranſiently—I ſome effects relate,
Which minds more able might delineate.

But firſt, may I a deſtin'd tale purſue?
Which now approaches to the mem'ry's view.
For, till old time each mundane act ſhall raze,
Virtue, like Stella's, ſhall be nam'd with praiſe!
Whoſe conſtant wiſh with gen'ral good o'erflows,
And round its ſphere each friendly boon beſtows,
Exults to ſee where ſocial bliſs accords,
Enjoys, to give what happineſs affords.
Relieves that ſtate whoſe proſperous weal is fled,
And bounteouſly ſupports the drooping head.
When wants invade—and others ſhun the door
Of thoſe whoſe only blame is to be poor.
Or health the cot of penury forſakes,
It's lacking then her gen'rous aid partakes.
Yet ah, for Stella! little pleaſure lives,
She needs that peace—ſhe oft to others gives.

Though

Though bleſs'd with worth as malice e'en allows,
And Heav'n itſelf with approbation knows.
But as thy hoſts, oh Sorrow, on earth roam!
They preſs'd their force on her devoted doom.

Long without joy—or conſolation kind,
Has dark ſuſpenſe o'erhung her tortur'd mind.
Fainting beneath accumulated pain,
From love diſhonour'd—ſlighted with diſdain.
Let her ſad hours before the mind appear!
Depreſs'd by anguiſh—and each galling fear!
Ye, who compaſſion's ductile heart ſuſtain!
To whom—like her—diſtreſs ne'er ſpoke in vain;
At Stella's fate the human ſigh ſhall move,
And liſt'ning ſorrow give her pity's love.
For her, the tear's oblation not arreſt!
For her, whom many pangs have long oppreſs'd.

The Tear, ſoft ſtream,—by Heav'n firſt deſign'd,
To indicate the feelings of the mind!
Thou gliſt'ning pendent, of the madid eye!
Companion of the thought-expiring ſigh!
What varied cauſes give thy being place?
How multiplied on the mortal race!

Spring

Sprung from misfortune's vaſt immenſity
Of forms—or liveſt with infirmity.
Or from the impulſe of nice tenderneſs,
Art child of feeling—for unhappineſs.
To thee! the parting lover's ſoul may ſay!
When abſence bids him follow her lone way.
Go from thy ſource, and ſeek my loved's heart,
And there impreſs what lovers feel who part.
To her, for me, a tenderneſs convey,
Or all I think—or language would diſplay.
But if ſhe knows not—what is much my care,
Here reſt with me, till ſolv'd in paſſing air.

The years of youth, which firſt her love diſclos'd,
Guided by hope upon its arm repos'd:
Was led to where each pain with life combin'd,
Should mitigation and aſſiſtance find.
But thence, alas! ſprung forth the blaſts of ſpoil,
Which peace obſcure, and all its wiſhes foil,
Thence iſſued diſregard, unjuſt miſchief,
Taunting deſpite, and each heart-piercing grief.

Since with affection, flew each happy day,
When faults not ſatisfaction could allay,

Pleaſures,

Pleaſures are for deſpondent ſorrows chang'd,
And time advances with each ſweet derang'd:
Thoſe hours that were—for ever now are fled,
And cruelty for tenderneſs is ſhed.
So life lags on, ſcarce ſeparate from death,
And rightly aſks it with a willing breath.

Of faithleſs love, the offspring is diſdain,
The fount of tortures to a lover's pain.
Malice and frigid looks, affection's foes,
Combine to introduce a hoſt of woes;
On innocence—the prey of baſe deceit;
And all that hatred, can for love repeat.
Theſe the ſad wreck of promiſes betroth'd,
Her, once gay hours, with miſery have cloth'd.

Could he, who firſt her youthful boſom fir'd,
With equal fervor could he be inſpir'd?—
No—not with him—could one true motive grow,
As ſhe with conſtant heart was born to know.
Or, if he felt affection's ties impreſs'd,
Or aught ſincere attached to his breaſt,
He quitted theſe—preſcrib'd her wretched doom,
When reaſon, quell'd by error, was o'ercome.

O Miſcreant! oppreſſed by deſpair,
What can, appropriate, thy pains impair!
If ſuch thou know'ſt! 'tis juſt thou ſhould'ſt complain
Of cheerleſs paſſions—in heart-rending ſtrain;
" Whilſt ev'ry pow'r of life and appetite,
" Diſſolves in languor—loſt to real delight.
'Till ſinful knowledge, reparation give;
Juſtice appeas'd—or mercy thence relieve.

If e'er reflection judgement ſhall illume,
And preſidency, conſcience e'er aſſume;
Horrific be its ſtrength—on wounded thought:
And with conviction's fulgid ſpirit fraught.
On him who Stella's boundleſs favours bleſs'd,
By him in dull ingratitude poſſeſs'd.

Ill-omen'd fate! dire inauſpicious day!
That knows a waning joy's complete decay.
Unproſp'rous moment! for a ſoul refin'd,
To feel the injury of deeds unkind.
Pitied be ſuch! whoſe ever-faithful care,
Or love-lorn beauties thankleſs man ſhould ſhare.

Such

Such ills—her charms—oh let not long dejeſt!
Thou that canſt purity in bliſs proteſt!
Thou that canſt o'er the conſcious mind inſtil!
Thoſe gifts that ſcreen a ſuff'rer from all ill!
What though inſult with frigid temper ſhrouds
Her joys—thy arm ſhall diſſipate thoſe clouds!
Shall give the unrepining victim peace,
And fix her heart ſerene in laſting eaſe.
Shall raiſe true friends—and long their lives prolong,
To aid the wife's, and ſoothe the children's wrong.
Felicity! forſake not thou that heart,
That ſeeks thy bliſs to others to impart!

How diſtant, Expectation, are thy bounds!
Vaſt the extenſion that the realms ſurrounds!
Limits, which knowledge never can advene,
Which yet explored—no human eye has ſeen.
When led by thee, outſtretch'd, the thought diffuſe
An endleſs region of delight can chuſe.
As when the am'rous paſſion once impreſs'd,
Dwells on thoſe ſweets attainment ne'er poſſeſs'd.
It rivets all the ſoul to one intent,
And plaſtic ſways it to its ſecret bent;

Then

Then wounds it laſtly—never to be heal'd,
Ere yet the barbed weapon is reveal'd.
If diſappointment, with its aſpic ſting,
Its pangs inclement to the ſenſes bring.

Oh, Diſappointment! harſh, and rigid law!
Whoſe puniſhments upon the vitals gnaw.
Thou ſtern aſſailant!—with misfortune's knell,
Canſt gelid horror, on the thought impel.
Is it from realms unknown, of ſilent death,
Thou being draw'ſt—and ſendeſt forth thy breath?
For ſo thy pow'r to expectation ſeems,
When thy refuſal, on hope's wiſhes teems.
Twin-form'd on earth, thy attributes appear,
To kill thoſe hopes—or quaſh the mental fear.
Thus—like an angel's aid—thy deed ſupplies
That bliſs—which doubt, and dimm'd ſuſpenſe, denies,
When diſſipating ev'ry dread portent,
Thou changeſt chance, to certainty's event.
So bidding danger from its poſt be led,
And joyous life o'er miſery be ſpread.
A gift of Heaven—then, thy weal is fam'd,
And thy annulling ſway with praiſe is nam'd.

Naked

Naked to view—thou bring'ſt illuſions veil'd,
Which long from certainty remain'd conceal'd.
Then viſion'd pleaſure, like a phantom flies,
And wrecked hope, a wretched ſuff'rer dies.
A victim to the arms of torture hurl'd,
Unbleſs'd and cheerleſs, waif'd to all the world.
Without a ſuccour from the rankling dart
That in reflection penetrates the heart.

Now pining Anguiſh with its train of ills,
Dull melancholy, and deſpair inſtils.
Blighting with freezing breath, each ſprightly ſource,
Which gives to energy its vital force.
All active ſpirits fly—all joys decay,
Dejected fancy—wither'd, dies away.
The languid health defenceleſsly expos'd,
By cauſtic woe is harraſs'd and inclos'd.
Feebly oppos'd to foes—which thus invade,
Is the too wretched and the guiltleſs maid.
By multiplied, ſecret pangs entwin'd,
How chang'd, alas ! in body and in mind !
Proſtrate, yet breathing with unſullied fame.
And loſt to all but patient virtue's name.

Drifted

Drifted, thus unreſiſting, on a rock,
A weak exiſtent in misfortune's flock.
Whoſe voice would praiſe with gratitude that Pow'r,
That ſoon announc'd her laſt approached hour.
A life, of all its merits here how wrong'd!
A life, but by Omnipotence prolong'd:
A life, that cannot worldly heed careſs
A ſuff'rer, worthy of more happineſs.

Child, not of hope! or of alluring wealth!
Of pleaſure or of roſy viſag'd health!
Low is thy dwelling—and obſcure thy name,
Stranger alike to flattery and fame,
A peaceful conſcience, and contentment's mind,
Shall thee prepare to die—or live reſign'd.
Theſe ſhall be thine—ſhall check the lengthen'd ſigh,
And dry the tear that fills the ſadden'd eye.
The joys that duty has to love deny'd,
May be by friendſhip's willing hand ſuppli'd.
Who—when reposed on the faithful breaſt,
Shall guard thy days—and ſtrive to give thee reſt.
'Till thy laſt hour—thy due reward ſhall bring
A fadeleſs ſummer, and eternal ſpring.

But now the deep-ſtruck bane, the ſtrength degrades,
Then all th' accordant ſympathies pervades ;
The native beauties of the form alloys,
And ev'ry aid reciprocal deſtroys,
Which health of mind with health of body gives,
In that compact where ſanity but lives.
That now devoted—no more this can ſhield
Both thus diſpos'd—to morbid powers yield ;
To each attack—approximate, this bows,
And paſſive all the mental cauſe allows.
Thus life but with a dying luſtre ſhines,
Its languent ſtrength—" with waſting ſorrow pines ;
" Like fleecy ſnow, that in the warmth of day,
" In heaps diſſolves before the ſolar ray."

From ſuch a cauſe, will patience ear refuſe,
Whilſt I again in lines elegiac muſe ?
And ſeek remembrance of her, to redeem
Who ſwells the numbers, in the hectic theme.
A virgin-conqueſt of the Phthiſic foe,
The prey of love, and love's attendant woe.
O may th' attempt in language meet ariſe !
And not a ſentient mind the lay deſpiſe !

Nor

Nor you, my friends, whoſe fellowſhip accords
With her's, whoſe wiſhes claim the triſtful words!
Clara's regard 'tis, makes the ſtrong requeſt,
For her—deplored—gone to ſaintful reſt.
Whoſe weary ſpirit—ſeeking endleſs day,
Where ſorrows ſhall find reſt—has wing'd its way.

DESCRIPTIVE

E L E G Y.

WHENCE is this ſound—lugubrious plaint, that ſteals
Upon my ear—and awfully aſſails
The mind—as when a midnight breeze reveals,
Fear ſtriking tones to thought—on vagrant gales?

That murm'ring through each ſolitary place,
Detruſive flies—amidſt the dark receſs,
With vari'd progreſs, o'er the dreary ſpace;
Now languid—or now ſonant of diſtreſs.

As through the cell, or vaulted ill it bounds,
  The caſtle's roof—or moſs-clad waſting walls
Of ancient ſolitude—whence ſolemn ſounds,
  In notes are heard that gaiety appals.

Or paſſing through the antique ſabled yew,
  That ſlowly in the ſilent church-yard waves;
And ſhades each tomb—our deſtinies renew,
  The old companion of the mould'ring graves.

Is it a breath—that has ſome woe embrac'd,
  And bears ſome ſtory from the triſtful grove;
Of ſadden'd cyprus—on the liſt'ning trac'd;
  Dolent with ſighs of melancholic love?

Truly—and ſeeks, a painful taſk to tell,
  As paſſed lately o'er Eliza's tomb;
And brings her farewell—ſpeaks the echo'd knell,
  Of rights funereal of her youthful doom.

Here reſt thy meſſage—and thy deſtin'd care,
  Nor bear ſuch ſorrow to my Clara's mind;
And you—her friends! nor yet the tale declare,
  Spare, and ſhield off, each word with woe combin'd!

Beware

Beware—to raiſe her pain! whoſe thoughts vibrate
In pity's cauſe—or each affecting ſcene;
I dread the conflict—and commiſerate
The anguiſh ſudden—which ſhall ſupervene.

Yet—tenderly, the dol'rous ſhock conceal,
For well I know how were their hearts entwin'd
In bonds of amity—let time reveal!
The ſad recital—with each pain combin'd!

The loſs to her, redoubly ſhall diſcloſe
Each ingrate ſenſe—which parted friendſhip knows;
Shall pierce each eſſay, of a wiſh'd repoſe,
And wreck the peace her preſent hope avows.

From infant years their true regard I view,
When each the other veſted with her thought;
Such as young fancy undiſguiſed knew,
And all the fire of pure affection taught.

Increaſing time, ſtill aided their eſteem,
With all the kind aſſociates of the breaſt;
No cold reſerve could apathy there teem;
Nor inſincerity their thoughts inveſt.

How

How ſhall thy ſpirit, Clara! hear the words,
Or view this relic of Eliza's frame!
The ringlet, deck'd as ſacred care affords:
A wreath, in mem'ry of her hallow'd name!

I would, from thee! e'er hide the mournful ſtrain,
But vainly its recital I repel;
The voice of fame, no longer will refrain,
It ever haſtes too ſoon our pains to tell.

Too ſoon, alas! the whiſper'd truth arrives,
Which like the blow of fate diſſolves the breath;
Its harſh aſſault, her preſent grief deprives,
She ſinks—oblivious—in a ſemblant death.

The eyes, now motionleſs, their luſtre loſe,
Cold—ſpiritleſs—the limbs extended lay;
And from the cheeks quick flies the tinging roſe;
The vital ſtream foregoes its courſe to play.

Then on a ſlipp'ry and unſtable verge,
Life feebly held—a parting ſeem'd to crave;
The floating ſpirits—tendent deathward urge,
To wing their way to Lethe's ſilent wave.

Inert

Inert ſeems friendſhip's art, and willing balm,
To ſtem the powers of the potent grief;
Whilſt pity vainly ſeeks the guſts to calm,
For, ah! the feelings ſhrink from its relief.

Oft' from its dormant ſtate the brain awakes,
Weak utt'rance only ſpeaks the tortur'd mind,
In abrupt ſighs—(convuls'd each part partakes)
And murmurs mingled of death's deed unkind.

In guſts of tears th' impelled powers rouz'd,
Excite th' inſenſile frame from dormant ſhades;
Where, had the faculties awhile repos'd:
And life through each meand'ring way pervades.

Yet ſtill reflection triſtfully remains,
The lernan ill, firm to the wound adheres;
With all its monſtrous hydra-headed pains;
An ſhatter'd ſtrength dejectedly appears.

Now in ſuſpirious ſtate the ſenſes haſte,
To view the actions of the paſſed years;
When youth its joys, did unalloy'd taſte:
Nor thought knew ſorrow—or a ſhade of fears.

With

With languid voice—thus Clara's words retrace
Paſs'd abſent bliſs—' Ye dear delights adieu!
' Which all my future days ſhall not deface;
' Ye ſweets farewell! I with Eliza knew!

' Lead me, oh memory! to Ebora's plains,
' Where firſt our ſon of amity aroſe;
' Its pure impreſſions, ſtill this heart retains;
' Though death has fix'd it by thy laſt repoſe.

' Thy wit, good-humour, and thy lively eaſe,
' And all thy mental charms I much rever'd;
' Form'd with each ſocial grace, and gift to pleaſe;
' Thy heart to me of ſpotleſs hue appear'd.

' Oft' when thou didſt the tyrant pain diſcloſe,
' Afflicted by parental will, unkind,
' Thy love with me but, dar'd its thoughts repoſe,
' And the true cauſe for which thy health repin'd.

' With fear foreboding ill, I heard thy plaint,
' Studi'd thy comfort with all careful aid;
' But foe to this, the ſoul corroding taint
' Would ſtill with conſtant war thy peace invade.

' So

‘ So gives the ductile ſway, the ſubtile fire ;
‘ So the envenom’d dart the life demands ;
“ Round the pale boſom plays the young deſire,
“ And ſlow conſuming”—thro’ the frame expands.

‘ Alas ! when rigour’s laws, our hearts reprove,
‘ And thus fidelity’s true bliſs control,
‘ Deſponding, forlorn, unpropitious love,
‘ Unnerves the body, but enchains the ſoul.

‘ No balm of peace—the ceaſeleſs rack illumes,
‘ No beam of gladneſs on the wiſhes ſhines ;
‘ In conſtant vigil, care the health conſumes,
‘ And ling’ring death around the life entwines.

‘ A kindly death !—when ev’ry promis’d joy,
‘ And former proſpect, ſinks in harſh diſeaſe ;
‘ Come, Innocence ! thy cordials employ !
‘ And lead the victims hence to endleſs eaſe !

‘ Deplor’d Eliza ! can e’er aught remove
‘ My priz’d remembrance !—no—we cannot part ;
‘ I’ll live to praiſe—regret—thy faithful love,
‘ Till deſtin’d hence, I meet again thy heart.”

GENERAL

GENERAL ANALYSIS

OF PART THE

FOURTH.

Arrival at the acmé of youth, what dangers are then pendent, restriction of the growth of the body, and what effects may happen from some causes, before the balance between the powers of extention and resistance is established.—Dancing mentioned, it's ascendancy, universality, and exhilerating effects.—Admirable beauties, good qualities, and accomplishments of Laura delineated.—Zara's character, and excellencies.—The meritorious praise of Matilda, good wishes, grateful recollection of enjoyment.—With whom dancing most accords, cautions for its use.—Further advice commendatory of moderation, and the avoiding of certain errors—attention to the dictates of nature enforced.—Night fitly appropriated for rest, its sway allures thereto.—An address to evening—Continuation of it, effects experienced, the indulgence of meditation at that time.—Moonlight, its reign praised, contemplative sensations and pleasures experienced by it.—Retirement

in

in advanced night, ſentiments, viſionary pleaſures in ſleep.—Morning how welcom'd, a deſire.—Equal thankfulneſs offered to morn, as at night, a ſuppliant requeſt.—An early excurſion at Rockley, deſcriptive attempt, the ſportman's departure and ſucceſs.—The ſhepherd's flock driven from the fold.—Barrows, the little alteration made in them by time, comparatively mentioned, Barbury's entrenchment—Stoney maſſes, the diſpoſal of their arrangement in the place alluded to, giving reaſon to imagine they were formerly artificially ſited for druidical purpoſes, that ſtate compared with their preſent.–Safety recommended to females, by their right obſervance of nature, and adherence to her requiſitions.—Acts of the weak, often impelled by forcible inclination, contrary to reaſon and rectitude, effects from elated minds, and exertion of body.—Enthuſiaſm, its powers, dangerous conſequences undreaded, may take place from the immoderate purſuit of enjoyment, attendants on exceſs in the peculiar and particular predicament pourtrayed, a cauſe interrupting health, raſhly provoked, event.—The fate of errors.—Further effects and ſymptoms introduced, tendent to hectic or febrile ſtate, certain afflictions and the ſtages of hectic Paroxyſm deſcribed, progreſs of ſigns and diſeaſe, intermiſſion and return of Paroxiſm.—Increaſing alarms, further appear-

 ances.

ances.—Continuance of diſtreſs and danger, augmentation of Phthiſis—The lingering advancement of calamities, frailty and decay, throughout theſe the power of hope.—Emaciation, fixed prognoſtics, indications, from the aſpect and whole body, of approaching fate.—What formerly may have pleaſed the eye and imagination, and which might afford ſatisfaction to the obſervation of the healthful, ſupplies no ſource of enjoyment to the wearied, ſuffering and deſpairing patient.—Reſignation, death arrives not too early for the relief, and felicity of mortality from a wretched and life afflicted ſtate, willing compliance with the exitial demand.

PHTHISIOLOGIA.

PART IV.

NOW youth, by time, led forward on life's way,
Diſplays th' appointed acmé of its day;
And brings the ſyſtem to that ordinance,
From which th' elaſtic tubes no more advance.
When no more yielding to the pulſile force,
They bear extenſion, by the ſanguine courſe,
Then, unſuſpected may a cauſe ariſe,
To give to prediſpos'd diſeaſe ſupplies.
When fickle health might need ſuch kind recruit,
To raiſe the germen to maturer fruit.

But

But near to health is morbid ill alli'd,
And ſlight the fence that does the ſtate divide,
If heedleſsly, or raſhly in a fact,
Born by the torrent of wild pleaſure's act;
The mind beyond the body's powers bold,
Diſdains a rein, and ranges uncontroul'd.
If ardent exerciſe, oft doom'd to blame,
Awakes the danger of the tendent flame,
If wanton ſpurrings urge the crimſon'd tide,
The rules of prudent caution to deride.
Then, fiercely gliding in its ſtrict domain,
Reſiſting bonds the current may reſtrain,
In ſturdy veſſels—whoſe eſtabliſh'd fate,
For the exub'rant flux no more dilate.
Whilſt nought the heart's impulſive force revokes,
Urging the blood with ſwift ſucceſſive ſtrokes.
Augmenting conteſt, oppoſition brings,
Whence fatal evil from the rupture ſprings,
Of the minute, confin'd arterial length;
To furniſh future pains for laviſh'd ſtrength.
Greatly, as ſome obſerve, if heat ſucceeds,
With pow'r expanſile, after winter's deeds.

The

The dance—the giddy ſpirits much incites,
Allures the wiſhes by its gay delights.
Enliv'ning joy ! that nations all revere,
That lives the friend of mirth in ev'ry ſphere !
That univerſally the mind has fir'd,
As if, by nature's free command inſpir'd,
In jocund mood—when being firſt ſhe fram'd,
Vivacious tendency in mortals nam'd.
The luſory of fancy's light-ſtepp'd heed,
When health and vigour animate the deed.
And joyous muſic adds it's ſprightly ſhare,
To glad the heart, and tread on penſive care.
To actuate the body's energy,
Advance its life, and ſhew its liberty.
The ſway of torpid dulneſs to elude,
And wanton in capricious attitude.
Or playful act—in airy mode arrang'd,
By lively judgment's votive wiſhes chang'd.
To bid the agile limbs their gifts devote,
And vari'd motions gracefully denote.
To pleaſe the eye, to captivate the mind,
And ſhew each trait with winning eaſe combin'd.

See! Laura thus, the faſhion'd figure trace,
And thou ſhalt ſee the charms of ev'ry grace.
Whoſe bright attractions pleaſure ſhall impart,
And fix a wonder on the captive heart.
Obſerve her manners, and her mein ſurvey!
And thou ſhalt own admiring fancy's ſway.
See the expreſſive powers of her eyes,
And thou ſhalt know what utterance defies.
Could'ſt thou too, ſee the beauties of her mind,
Thou then wouldſt know what Heav'n complete
deſign'd,
Where e'er ſhe moves, her preſence can enhance,
Each joy experienc'd in the cheerful dance.
When ſhe retreats, ſhe leaves a juſt delight,
Which each one treaſures in the mental ſight,
Fix'd in the hoard of nurtur'd mem'ry's ſtore,
Which time reviews, and ſtill admires the more,
For when departed from the buſy crowd,
I've heard her prais'd, in truths which all allow'd.

Yet, though ſuch tranſports Laura may inſpire,
Zara has charms, which rightly all admire.
Her welcome converſe can each friend ſupply,
And teach the moments happily to fly.

To

To her, attention, ſmiling hearing lends,
And with eſteem to ſweet inſtruction bends.
Aönian ſtrains, wak'd by her touch vibrate,
To raiſe our bliſs, or ſorrows diſſipate.
When dulci-ſonant from the ſmitten chord,
Ariſe thoſe pleaſures muſic can afford.
Or, when in tuneful ſong, ſhe ſwells her voice,
Mortals may love, and Heav'n commend their choice.
Prais'd be the Pow'r! that harmony inveſts,
Which by the ear, the captive heart arreſts.—
Happy muſt he be, boundleſs ſweets him bleſs!
Who ſhall her love with equal love careſs.
To him, a deſart, paradiſe might be,
And teem abundant with felicity.
Unkindly, ſavage manners might give way,
To own the favor of her gentle ſway.
Her ſoothing mildneſs, and her art to pleaſe,
Each adverſe trouble would annul with eaſe.
Her gladſome means would calm the rugged will,
And ſmiles ſpread o'er the brow of rugged ill.

I would arraign too, here, more words thus due,
Few are their train—tho' ſpeaking much that's true.

Deck'd

Deck'd in integrity's pure robes my lays,
Would give Matilda's worth approval's praiſe.
No ſtudied language—Muſe! need be thy care,
If but the fruits of knowledge it declare.
Through day's aſſembled in ſpring-youth's gay train,
I've known her, lovely—friendly—and humane.
And in maturer ſummer's brighter years,
The dut'ous child that aged need now cheers,
Still the warm patron of benevolence,
Diſciple prudent—of her guide—Good ſenſe.
For her—oh, could my wiſhes long inſtil!
What but Omnipotence can here fulfil!
They ſhould for her, a daily grateful ſhare,
Of pleaſure and felicity prepare.
Time ſhould long hover on a tardy wing,
While plenty ſhould for her its bleſſings bring.
All grateful health, adminiſter to eaſe,
And peace reward her with thoſe ſweets which pleaſe.
Whilſt far from her, hours, ſtill with me commence,
Which may to me, her converſe not diſpenſe.
I'll recollect, with ſolace to my mind,
That former time has to my life been kind.
When thought, with gratitude ſhall often own,
The lot I've had, that I to her was known.

Joy

Joy to thy rural form! thy lonely ſeat,
Begirt with hills, within the vale's retreat!
Oft for thee, Villa, ſhall my wiſhes ſay,
And nature's bounties bleſs the night and day:
For there Matilda dwells—and there divulg'd,
To me, has been much ſocial good indulg'd.

Chorea's ſports moſt with young health accord,
When gen'rous ſtrength can rich ſupplies afford;
Which ev'ry lively property impart,
To aid the activeneſs of youthful art.
But ah! be cautious—ye, who much deviſe!
The frequent moments of this exerciſe,
Ye vent'rous many who the wiſh avow,
With prudence learn its pleaſures to allow!
The ſtrongeſt cannot long exceſs endure,
Nor freedom from its dire effects enſure,
Thoſe future pains, which from indulgence ſpring,
And long your hours with laſſitude may ſting.
But chiefly, you! who need important care,
The balm of vigour, moſt with wiſdom ſhare!
Ye fair! for whom I tempt the arduous ſong,
Never the luring paſtime much prolong!

With temperance indulge the appetite,
And taſte in moderation each delight.
Let not the preſent time be ever cloy'd!
Nor future, with repentant thought alloy'd!
May lax fatigue ne'er ſpeak the ſad expence,
Which tells the waſte of life-ſuſtaining ſenſe!
Let not by pond'rous ill, the frame unnerv'd,
Accuſe—that reaſon has from juſtice ſwerv'd!
Ne'er with the lateſt hour, and night's dark ſway,
Waſte your ſupport—the need of coming day!
Let not the warning harbinger of morn,
Obſerve the viſage of a form forlorn!
Or nature's children on your ſports awoke,
Know errors which may ſober blame provoke!
Let them not witneſs what ſhould be repos'd,
Long, ere the wakeful dawning is diſclos'd!
They riſe refreſh'd, and leave the ſop'rous bed,
By morn and health, companions blithe, forth led.
Whilſt you thoſe ſweets, by heedleſs means diveſt,
And liſtleſs diſcontent—eſtrang'd to reſt.

Who ſeek the favours of right health and wit,
Muſt to the voice of nature's call ſubmit.

But

But if you ſlight her, vainly may you woo,
For her attendance, when your wiſhes ſue.
Expect not downy eaſe ſhall be allow'd,
But, as you her diſciples, are avow'd.
Ye! who would "hope to guide your courſe aright,
"Go, ſeek when ſhade proclaims the middle night,
"The houſe of ſleep"—there may you comfort find,
In reſt of body—and repoſe of mind.

Give ſleep to night—and vivify by day,
Is what creation's good examples, ſay,
When ſhades deſcend—and darkneſs on this world,
As from the realms of Erebus is hurl'd,
One gen'ral ſenſe all nature would inſpire,
And ſhed around ſomniferous deſire.
Tranquility, with night, in ſables dwells,
And to the frame ſleep's peaceful meſſage tells.
Allures the mind its loſs to renovate,
And for the light freſh action to create.

Thou faint-ey'd light! to lovely Venus dear,*
Delightſome ev'ning! thy dim garb I cheer!
Advanced image of approaching night,
In whom the feſſile limbs of toil delight!

Soft

* See Greek Idyl.

Soft ſober twilight! nurſe of tender thought!
With gentle, dewy, fertile bleſſings fraught!
With thee! nor orb of day or night I want,
Nor would I on the ſtarry gems deſcant.
For with thy ſhades I often ſlowly tread,
And humble pleaſures in thy aſpect read.

Thou ſolemn ſeaſon! on thy duſky wing,
Repoſe, and ſilence ever with thee bring!
Whether bright luna, or the ſtar of love,
Watch roſcid plains—or unſeen by us, move!
With thee, the clouds hang 'midſt the mantle grey,
Ere other orbs beſtow a friendly ray.
When brighter light retreats from our domain,
And lengthen'd ſhadows ſtretch acroſs the plain.
Reaſon then ſlumb'ring on the mental throne,
Awaking fancy gilds each ſcene alone.
Whilſt on the breezes, whiſp'ring notes, now ſteal,
Like diſtant ſoundings of the ſea's appeal.
As fiercely on the rocky ſhore it laves,
And ſpreads the murmurs of its daſhing waves.
Like mingled voices, which from towns reſound,
Where commerce and the noiſy arts abound.

Oft

Oft have I hail'd thy viſionary hour,
Its magic reign, and right of mimic pow'r.
Oft, have I prais'd, thy pure and ſoothing ſway,
More pleas'd by it, than with the charms of day.
Oft as the buſy world from toil retires,
Shall minds like mine, with thee calm their deſires.
Court thy wan light—now heeding day no more,
Whilſt pleas'rous vot'ries crowded haunts explore.
Far I, from theſe—more happily have ſtray'd,
And thought true peace the tenant of the ſhade.

Or, when the moon, high thron'd in cloudleſs ſkies,
When nought, a vapour, dew or miſt ſupplies,
To veil her albid beauties from the ſight,
Shines the reſplendant luminant of night.
Pleas'd have I view'd her mild and tranquil beam,
On mountain reſt—or tremble on the ſtream.
My ſoul then calm—ſeem'd like the ſeaſon fair,
Releas'd from pain, and ev'ry mortal care.
How ſolac'd then, has been my ſolemn heart,
By ſweets which modeſt ev'ning could impart,
Kind miſtreſs of night's hours! thy humble ray
Attends the trav'ller, on his day-ſpent way;

When

When weari'd nature ſeeks her due repoſe:
And leaves thy gleam each object to diſcloſe.
Whilſt the ſweet ſongſter of the umbroſe night,
Breaks the wide ſilence that inveſts the night.
Deep hid, ſhe warbles, from the ſecret grove,
And cheers the ſteps that with her vigils rove.

But when obſcur'd, the fading ſhadows flee,
Warned, by night! I ſeek my couch with thee.
Giving to Him, to whom for reſt I ſue,
That gratitude, which, is alone his due,
I quit, for ſleep, my half unfiniſh'd theme,
With hopes to meet thee, Clara! in a dream.
Ye ſprites! with fairy wing to me approach!
And waft me by your aid to Clara's couch!
I haſte to meet her, in the airy view,
Till day ſhall bid me wonted taſks renew.

Now, gone, the nightly hours, with moments fleet,
With morn once more, I live my love to greet.
The day again, for her my care invites,
And thus affection for it's Clara writes:—
O may unnumber'd days refreſh my eyes!
With looks on Clara, happily to riſe!

'Tis

'Tis but for that, I moſtly life requeſt,
Depriv'd of that—I bow to Heaven's beheſt!

As ſeeking ſleep—I court the godhead's aid,
In quiet mood—whilſt laſts the nightly ſhade.
With early dawn, ſo would I wiſh to riſe,
And waſt a grateful prayer to the ſkies.
Thanking the Parent of fair health and day,
With joy I view the ſun's firſt riſing ray.
I ever would thus, and have oft, thus roſe,
And left fatigue the conqueſt of repoſe.
Hailing the ſplendour that brings forth the morn,
And bids fair hope all nature's face adorn.
Where'er my limbs may kindly thus recline,
May welcome the protecting hand divine,
Shall my oraiſons—ever ſo be rais'd;
And bliſs, and plenty's donor, ever prais'd!
May ſorrows not the courſe of light attend!
But peace the manſion I dwell in, append!
May ſweet content! may health! may ſolid joy!
The hours of its inhabitants employ!

So pray'd my heart—when with the early dawn,
My footſteps led me thro' the graſſy lawn.

To

To where the Downs' ſhort herbed turf extends,
Which hills and vales connected, comprehends.
O'erlooking thoſe domains, more richly crown'd,
Which tranquil Rockley's villag'd manſions bound.
Where, artful care thy rural ſeat has deck'd,
T' impoſe the hand of nature, and protect.
What vari'd thoughts my muſing boſom fill!
Aſcending, and whilſt on the neighb'ring hill!
From whence bewild'ring ſcenes divert the eye,
In limits, that the viſion'd pow'rs defy.
Which wand'ring round—each object to purſue,
At hand now reſts, or on the diſtant view.
The clouds from off the horizon ariſe,
Diſpers'd by ſol, now ſeek the far-ſpread ſkies.
Upon the wings of air they take a flight,
And leave the hills they reſted on through night.
The valli'd miſts too, like a ſea wide ſpread,
Now haſte to leave their lowly, ſilent bed.
Aurora opens now, the heavenly gates,
And forth the rapid ſteeds of ſun elates.
In vari'd tints light's beams reflected play,
And ſmiling, introduce the ſplendid day.
Forth from his dome the eager ſportſman ſtrays,
Whilſt pleas'd, around, each well train'd dog, him, plays.

Him,

Him, from whoſe bitub'd gun's unerring aim,
The winged tribe no life's eſcape can claim.
Around the ripen'd gifts of Ceres riſe,
In joyous plenty of the year's ſupplies.
A numerous flock—with twitt'rings ſeek to ſhare,
Their claim'd proportion of autumnal fare.

And now begins the labour of the ſwain,
To homeward lead the produce of the plain.
The torpid ſhepherd, bred to hardy fare,
Leads forth his feeding, ſlowly wand'ring care.
Whilſt watchful, near, his ſtrict companion lies,
Or, as his meſſage bids, obed'ent flies.
The willing dog—whoſe heedful act commands,
All, that his Maſter's words, or look demands.
Whoſe daily work, diſtinguiſh'd by light deeds,
But little with variety ſucceeds.
Where, on the graſſy turf his flock he leads,
There, where, his ſteps in thoughtleſs mood now treads,
Far other acts, in paſſed years were fam'd;
By others trod, in martial numbers nam'd.
There, on the plain, now ſtands each circled bed,*
Where ſleep the relics of the honour'd dead.

 There,

* Barrows.

There, all that now remains of them, reſides,
Yet undiſturb'd, in reſt ſepultur'd 'bides.
Far hence removed from annals that can trace,
Traits—that denote them, of the brave or baſe.
Perhaps opponents of ſome hoſtile band,
That rear'd their banners on yond' entrench'd land*.
Where further from the view remotely plac'd,
The works of ancient pow'r, and art, are trac'd.
Whilſt gaudy monuments in work ſublime,
Have moulder'd victims of conſuming time,
Thoſe tombs remaining hoſtile to decay,
Have ages brav'd, and ev'ry boiſt'rous day.

Far, in the weſtern vale's retir'd retreat,
Where, hence, the eye not penetrates their ſeat.
Thoſe ſaxile maſſes—in moſs colour rude,
Upon the earth—in rugged form intrude.
Now in a mode irregular, diſplay'd,
Or, as by rules of antique will array'd.
When ſuperſtition's dark myſter'ous night,
On ignorance, ſpread forth the pagan rite.
A ſpot that, fit, their doctrines to inſtil,
When ſhading trees, o'er grew each neigh'bring hill.
Where

* Barbury (caſtle) ſo called.

Where wond'ring awe might aptly contemplate,
The prieſtly knowledge of the ways of fate.
Whilſt from the altar'd-rocks, expands a beam,
Which from the fire of ſanctity wou'd gleam.
And through each avenue ſhoots forth a ray,
Where near them, ſhone, the brighter god of day.
Ye PILES OBDURATE! whence your former birth?
Now ſinking to the manſions of the earth.
Your weather-beaten forms now lowly riſe,
To meet, ſcarce chang'd, the blaſts of many ſkies.
Whilſt round your hallow'd ſeat, the ſhepherd's heed,
The ſparing herbage ruminating feed.
Or, on your confines, now, the plough and ſpade
By culture's hands upon your ſite invade.
No precepts of tradition hence ariſe,
Nor preſage drawn from well wrought ſacrifice.
Which Druid' minds in cunning forms ſuppoſ'd,
And to the weak in myſtic ſenſe diſclos'd.
Around you hovers oft' the preying bird,
Or the hoarſe raven, on you perch'd, is heard.
The rook induſtr'ous, in his daily ways,
Oft' midſt your lone, and quiet precincts ſtrays.
And near you, oft,' the vagrant ſwallow hies,
Whilſt fleeting far, purſuing food he flies.

Though

Though now, nor yet, companion of theſe lands
His wants, his ſtay, Wilthona's bounds demands.

Avoid, YE FAIR! with thoughful prudence pauſe,
Ere yet ſubjected to—a baneful cauſe.
Which foſters ſickneſs—ſhun the morbid ſnare!
Which tempts to danger, follow nature's care.
She ſmiles to ſee her childrens happineſs,
And find her rules of health, bleſs'd with ſucceſs.
Caſt round your eyes—and let creation ſpeak,
Then bluſh to find your fortitude oft' weak.
See, you! aſham'd!—the rudeſt creature wiſe,
Whilſt you their juſt example oft' deſpiſe.
They, following the laws of wiſdom's plan,
Excel their titled king—vain fickle man.

See, the frail maid—who ſcarcely dares to try,
The rights of exerciſe, beneath our ſky,
Or feel a breeze—yet, let th' illumin'd hall
Beſpeak amuſements—or the nightly ball,
All tendent dangers willing, ſhe defies;
And not a wiſh—as ought to be—denies.
At morn, the night's lov'd auſpices, ſeem far,
The day, too ſlowly, lingers on his car,

To

To bring th' aſſemblage, that ſhe wou'd behold,
In each exceſs—by faſhion's modes extoll'd.
In toil rejoicing, bound in cuſtom's chain,
Such as from which, conſid'rate minds refrain.
Elate, and fluſhed, with imagin'd glee,
She bids her fervor in extremes be free
With gay emotion—whilſt each tranſport grows,
Beats in the pulſe, or on the viſage glows.
Quick from the breaſt the heaved gales ariſe,
And panting reſpiration—quick'ned flies.
No ſuppoſition now the minds alarms,
Loſt, in poſſeſſion of its' preſent charms.
Now is the raſh imagination blaz'd,
As on ideas' lofty ſummit rais'd.
That ſubtle ſpirit, which enflames the will,
And bids the mind it's phrenzi'd thoughts fulfil.
Enthuſiaſm ! no rigid maxims dreads,
But ardour over every effort ſpreads.
Impreſſion ! that the youthful mind receives,
And with the heart of liberty, but lives.
Flame of Genius ! from the realms ſublime,
That lives with early years—and fades with time !
Inſpir'd by thee ! the eager ſoul diſdains,
The conſcious whiſp'rings of enſuing pains.

No

No fears attack, ſuſpicion nought avails,
Till ſad experience the mind aſſails.
As—ſhou'd, thus hurri'd, in this practice bold,
An adverſe ſenſe it's potent force unfold.
Shou'd night's fell damp, or cold depreſſing breeze,
The heated victim in her vent'rings ſeize.
The ſudden ſtroke, in ev'ry miſchief riſe,
Repels the vigour æſtuant of life.
Then ſhrinks the vapour that the ſurface guards,
And rapidly, flies to the inmoſt wards.
The pores declare the errors of exceſs,
And cloſe, in witneſs, of the ſad receſs.
Exceſs! joint compact, of intemp'rate mood,
The foe of eaſe, and ev'ry placid good.
The friend of languor, and its tyrant ſway,
Which, all debility's frail tribe obey.
With blameful habits, hand in hand, it treads,
And to the goal of diſappointment leads.
Deluſive joys! high raiſ'd on pleaſure's brink,
Ye ſoar awhile—and then to ſorrow ſink.
Fatal extreme!—what ſhall the deed appeaſe,
But the dire ſymptoms of a cauſ'd diſeaſe.
Henceforth, it ſteals upon the languid health,
And routs its wholeſome laws, by certain ſtealth.

The

The hopeful ſource of happineſs, is quell'd,
And all it's ſalutary aims expell'd.
So, wounded, falls, what expectation view'd,
As by a ſuing conq'ring foe ſubdu'd.

Such, haſty errors—thoughtleſsly oft' met,
Some have remembered with long regret.
With tears repentant, blam'd th' incautious fault,
Which doom'd their early years to Death's aſſault.
Conteſting in a painful dang'rous war,
With Pneumony—or weeping harſh Catarrh.
Whoſe ſymptoms, pendent on afflicted ſenſe,
Arouſe—and bid a foe, it's deeds commence.
When ſeizing on a Phthiſic form detail'd,
And diſpoſition on that race entail'd.
Hereditary progeny 'fore nam'd,
Of Stamina peculiarly fram'd.

Thus unprotected—vainly, oft' oppoſ'd,
The paths of injury are hence diſclos'd.
Dreadful Hoemoptyſis—and febrile train,
Are baneful leaders to enſuing pain.
In feeble form, and rutile viſag'd hue,
Whoſe conflicts, reſpiration, wou'd ſubdue.

Conſtant

Conſtant in urgings, on the lungs impreſs'd,
With teizing cough—the enemy of reſt.
Burſting the bonds which vital ſtreams attire,
Augmenting ills, with inflammation dire.
Till deſp'rate tokens of the hectic tribe,
Their certain traits, upon the frame inſcribe.
Not e'er beheld, but with a fear forlorn,
Though oft' with all it's flattering wiles long born.
Now burning with Pyrexia's alarm,
Now temp'rate, bidding hope it's nurſtling charm.
Seeming to woo with convaleſcent face,
Whilſt leading on to death, with certain pace.
Now with conſtringing frigid touch it ſhakes,
The pallid frame, which lethal ſenſe partakes.
Then, calid, with the nightly ſhade it treads,
And anxious tumults o'er the ſuff'rer ſpreads.
Triumphant now each paroxyſm aſſails,
With thirſty parchings that no aid avails.
Throughout the looks, the pulſe, the tyrant reigns,
That binds the fev'riſh victim in its chains.
Whoſe triſtful feelings, every day intrude,
Form'd by the finger of inquietude.
Each function is diſturb'd, which health ordains,
And unappeas'd impediments retains.

Scarcely

Scarcely does morn enjoy a kind relief,
Though flatter'd with a wiſh'd quieſcence—brief.
The morn, that ſprings with joy, upon health's ſtore,
Thy proſpects, ſcarcely, dare in thought implore.
To languiſh in a madid dewy bath,
Pour'd by the efflux of each porous path.
Vainly, now, calmneſs, can the day receive,
Though cheer'd by apyrexia's reprieve.
Kind internal! but with inſidious ſmiles!
Which leads to ruin—whilſt its eaſe beguiles.
Scarce known or felt, ſo as to be enjoy'd,
Ere ſoon again, its ſweets are all alloy'd.
Exacerbations, count again the ſcenes,
And daily doom, to former, ſupervenes.
Thus miſeries in morbid ſhape rotate,
And harmonize ſtrict' with th' eventful ſtate.

A fontful ſource, which life cannot diveſt,
Fix'd, tyrannizes in the dolent cheſt.
Rules in the lungs with graſp of might, intenſe,
And iſſues ſanguine-ſputed purulence.
In pantings frequent—coughs' diſtreſſing length,
Malific to the toiling, fainting ſtrength.
Doom'd to its goal, by long, and ſlow decay,
To unrepell'd aſſaults, a waning prey,

With voice raucidinous, and ſinking breath,
So winds along, the ſtream of life, to death.
And num'rous more evinced ſad effects,
The muſe, ineffable, not here elects.

Calamity! what tokens yet ſucceed!
To trace the miſchief of the morbid deed.
The fault'ring corpſe, is led by certain force,
In ling'ring progreſs on its deſtin'd courſe.
A dying lambent flame—ſo life departs,
Averſe to ſuſtenance by medic' arts.
To its laſt ebb, now gliding with decay,
The ſpark now glimmers it's ſupport away.
Fix'd in deſpair—yet HOPE ſtill animates,
And ſoothing confidence in aid creates.
The drooping frame to raiſe—that FRIEND contends,
Like as the trembling drop that yet appends,
Shook by the gales—that paſſing by it, flit;
Unwilling ſtill, its tender hold to quit.
Proud ſon of Phœbus! canſt thou ſtem the ill,
"With all thy boaſted implements or ſkill?
"Or all thy well cramm'd magazines of health?"
Beſtow them here—and crown thyſelf with wealth.

Deflower'd

Deflower'd figure! wreck'd remains, how frail!
What thoughts or care, can now thy life avail!
Weak ſkeleton! of what thy kindred knew,
And lov'd—and what the world cou'd pleaſed view,
And viewing love—and e'er the pleaſure own,
To love thee more, the more, and truly known,
I ſee thy tabid ſtate—emaciate ſhade!
Purſu'd by death—whoſe ſhafts thy life pervade.
Thy haraſs'd breath—and ev'ry ſymptom fell,
Effects how doleful! which denote thy knell.
Each known prognoſtic, in its full extent,
Preſages ſure th' approaching ſad event,
Cadav'rous looks, o'er all thy former, riſe,
Sunk cheeks—deep hollow orbs—and vapid eyes.
Where life but hovers—deſtitute of eaſe,
And ſeems to look for kind, and quick releaſe.
For life alas! no joys for thee retains,
Whilſt deſtitute—thus vital health remains.

Autumn's rich, mellow tints, or ſummer's charm,
May pleaſe—and much the healthful boſom warm.
With morning's dewy feet, enliv'ning ſpring,
May ſtores of gayeſt bloom, or plenty bring.
Or blaſting Winter, riſe with rugged pow'r,
Whilſt ſocial pleaſures bleſs the ev'nings hour.

But

But not for thee—comes autumn's vari'd die,
Nor ſmile the fruits of earth—nor ſhines the ſky,
No more can ſpring thy blighted hopes reſtore,
Or ſummer's ſplendour—give it's bounties more.
Not cheered by the bright-rais'd, ſolar ray,
Expanding flow'rs ſhall deck for thee, the day.
The light that glads each herb or leafy tree,
Beams but a joyleſs influence on thee.
Nor can the gay, domeſtic circle prove,
Thy eaſe—nor hence, thy morbid hours remove.
Far—far—beyond the reach of human art,
Lie the ſore wounds, which now their woes impart.
Scarce can the opiate's aid, with lulling pow'r,
Beguile the vigils of each night's long hour.
For ſenſe, and mem'ry, ſtill thoſe pains avow,
Which cancels ſleep—nor ſcarce relief can know.
The tender cares, the relatives of life,
That ſoothe in youth, the daughter, or the wife,
By death's cold hand, ſhall be relentleſs torn,
Nor ſhall the ſeaſon of thy years adorn.
The wreathe of hope, ſo fair, by fancy wove,
By friendſhip foſter'd, and compoſ'd by love,
Deſtroyed in misfortune's baleful doom,
Here, with thy expectations ne'er ſhall bloom.

No

No eſſay, now, the ultimate deſeats,
Th' expiring mortal, willingly retreats.
" Taught half by reaſon, half by mere decay,
" To welcome death, and calmly paſs away."
In virtue, yet unſtain'd, the mind ſubmits,
Reſign'd—this paſſing world, in peace it quits.
The heart ſtill ſentient of impreſſed thought,
Rich is, with goodly expectation frought.
It's vivid ſentiment does not abſcond,
Though ſtill the habitant of frailty's bond.
Without regret, it yields it's mortal breath,
And ſmiles with reaſon, in a friendly death.
For conſcious innocence, all fears diſpels,
And ev'ry doubt of future bleſſings quells.
Whilſt the tongue fault'ring, ſcarce' to ſound gives birth,
As viſion fades, upon the orb of earth.
The low ſigh'd whiſper, ſeems a wiſh to tell,
That breathes to all—here left, a laſt Farewell.

THE END.

ERRATA

IN THE POEM.

Page	Line	
5	11	for *admired* read *admir'd*
13	8	— *food* read *good*
17	15	— *ſigh* read *ſighs*
29	2	in *Poeonians* delete s
31	8	for *need* read *meed*
37	21	— *varied* read *vari'd*
39	22	— add ' to thoughts and delete the ſequent *comma* after it.
	3	— *ſway* read *ſay*
43	16	— *reſpird* read *reſpired*
45	6	— of the note for *nox* read *mox*
53	1	— *to* read *ſo*
54	4	— *or* read *but*
56	22	after *ſatisfaction* inſert a *comma*
62	3	for *know'ſt* read *know*
63	14	— *the realms* read *thy*
	15	— *which* read *where,*
	16	— *explored* read *explor'd*
65	10	after *deſpair* inſert a *comma*
	21	for *unſullied* read *unſulli'd*
73	16	— *an* read *And*
	19	— *unalloy'd* read *unalloyed*
77	24	— *i* in *Paroxiſm* inſert *y*
83	19	— *rugged* read *froward*
84	3	— *ſtudied* read *ſtudi'd*
87	15	— *ſables* read *ſable*
92	6	— for *impoſe* read *improve*
95	3	in *rocks* delete *s*
97	11	in *minds* —— *s*
101	9	for *internal* read *interval*
102	1	— *raucidinous* read *raucedinous*

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