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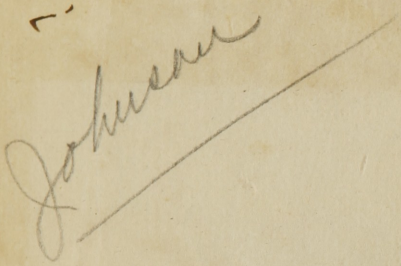

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TO THOSE WHO ARE IN HEALTH:

WITH

AMPLE DIRECTIONS TO NURSES AND OTHERS, WHO ATTEND THE SICK, WOMEN IN CHILD-BED, &c.

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BY

ROBERT WALLACE JOHNSON, M.D.

THE SECOND AMERICAN EDITION, CORRECTED—WITH AN INTERESTING APPENDIX FROM "THE DUBLIN HOSPITAL REPORTS."

PHILADELPHIA:
PUBLISHED BY ANTHONY FINLEY,
NORTH EAST CORNER OF CHESNUT AND FOURTH STREETS.
A. Small, Printer.
1819.

Eastern District of Pennsylvania, to wit:

BE IT REMEMBERED, That on the thirty-first day of October, in the forty-third year of the Independence of the United States of America, L. S. A. D. 1818, Anthony Finley, of the said district, hath deposited in this office the title of a book, the right whereof he claims as proprietor, in the words following, to wit:

"The Nurse's Guide, and Family Assistant; containing Friendly Cautions to Those who are in Health: with Ample Directions to Nurses and Others, who attend the Sick, Women in Child-Bed, &c. By Robert Wallace Johnson, M. D. The Second American Edition, corrected—with an interesting Appendix from "the Dublin Hospital Reports."

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D. CALDWELL,
Clerk of the Eastern District of Pennsylvania.

PREFACE

TO THE FIRST AMERICAN EDITION.

IT is with great satisfaction the Editor presents to the Public, the following valuable requisite for a sick room. It is not to one description of persons alone it will prove useful, but to every class of Society. As long as sickness is a concomitant of humanity, so long will this, or some work of a similar nature, retain its estimation. Its value

may not be perceived by persons in health, but when sickness finds access to some beloved friend, this little treatise will be regarded with pleasure. The qualifications and duties of a Nurse, (so essential to the welfare of the sick), are here detailed, by a man, whose long experience in the practice of physic, amply qualified him to pen them. The prescription of medicine and of diet belongs exclusively to the Physician; the administration of them is committed to the Nurse. Her qualifications therefore should be great, to be entrusted with such a charge, on which, perhaps, the life of a patient may depend. How few are qualified need not be told!—How few understand the preparation of the various articles of diet recom-

mended to the convalescent! These are condensed in this excellent little manual, whose utility will be most appreciated by those, whose situation about the sick, best qualifies them to judge. The Physician who orders the various articles of diet, is frequently ignorant, as well as the family, of the mode of preparing them; but by means of this treatise, one uniform method will be attained, which is of vast importance; and ignorance will no longer be a cloak for omissions.

Some parts of this little treatise may be regarded as unnecessary, such for instance, as that which reprobates the use of stays, as this fashion does not now exist; but, as we see similar fashions again rising into existence,

the Editor thinks it right to retain it, as bearing testimony against their future introduction, to the destruction of hundreds of the loveliest portion of the Creation.

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CHAP. I.

Of our Persons.

The greatest blessings that Man can enjoy in this world, appear to be a native right form of Body,—a good state of Health, and a salubrious and sufficient supply of every necessary to support the innocent comforts of Life.

Through our state of action here, we are often subjected to impressions and sensations apparently very repug-

nant to our Nature and Interest;—yet, by exercising properly that degree of reason which is given to us by our Creator, all, or most of those evils, become alleviated, and many of them are entirely warded off. On the contrary, should we incautiously admit some Habits or Customs, although at first appearing very harmless, yet in process of time they are found to produce very pernicious effects;—let us, therefore, be as watchful and cautious as we can, of every thing that is likely to become a custom or habit, and, to this purpose, we shall begin with a few particulars to be observed respecting our persons, and in the power of every one of us to perform.

The surface of our bodies should ever be kept as clean as possible from

all filth, putrid or infectious matter, by water ablution, &c. In the course of every week, or two, at farthest, the hard crust, or horny scales which usually gather on the feet, should be carefully scraped off, and the nails cut so short as to become even with the ends of the toes. The best time to perform this is just before going to bed, and as every person knows that warm water, soap, and bran, are to be used in this operation, and the feet well dried and kept warm afterwards, no more need be said on this occasion.

Although these little matters, here described, may seem very insignificant to some persons, yet, if neglected to be used, let them remember their errors when they become crippled by

rheumatic pains, accumulations of gouty matter, corns, long nails, &c.

Our Breath is the next thing to be considered. When it becomes fetid, it is not only noxious and offensive to ourselves, but more so to others who either lie, sit, or stand near us. It may arise from diseased lungs, or even from the teeth, without any fault in the person's conduct so afflicted. But in general we are the cause of it, by neglecting to clean away from the gums and teeth, the remains of every meal, and not duly washing our mouths. We may cause it also by overloading our stomachs with aliments, especially those which either go soon into fermentation, or a high state of putrefaction.—This I have observed to be the case, as it appeared

to me, from the steams arising from those, who, but a little time before, seemed much satiated with such food; and from being so well acquainted with their constitutions, as not to believe that any fetor could arise from either their teeth or lungs.

However, as this nuisance of a horrid fetidness of the breath, generally arises from our own indolent and nasty dispositions, let us use the best means we know of to remove it. As a leading hint to this end, I shall beg leave to relate the simple and easy method that I have used for myself above sixty years, and recommended to others, wherever I could use the freedom. It is simply this, the observance of cleaning my teeth well, immediately after each time of eating,

from any such parts of the food, as remained or lodged in the grooves formed by the joining of the teeth, or hollow spaces near their roots, and the gums, by means only of a goose quill, cut shelving, and not so sharp at the point as to hurt the gums; and now and then I have cleaned the teeth with cream of tartar, so as to prevent any scurf or extraneous substance adhering to them.

About forty years ago it became a professional practice to clean teeth with powders and liquids, kept as secrets,—to scale, as it was called, the teeth,—to make and place artificial ones,—and to transplant natural ones from one person to another. I presume we should allow every endeavour for improvement to be laudable;

but as our efforts often run from one extreme to the other, so they did in this; for, instead of being satisfied with such an easy and safe method as that of mine, above described, they introduced the practice of rubbing the teeth often with materials, in order to make them white, that soon destroyed the natural enamel, and then the substance of the tooth itself.*—Some evils also arose from transplanting, that afforded sufficient reason for totally discontinuing the use of that practice.

* The very best dentifrice which can be employed, is the powder of charcoal, and Peruvian bark, in equal quantities. The former is a powerful preventive from putrefaction, and the latter is useful from its tonic property. It is easily made, and is not expensive.—Am. Ed.

In addition to what has been said by the respectable Author of this treatise, we may be allowed here, to call the attention of parents to the necessity of *daily* employing the fine-tooth comb on their childrens' heads; not merely to preserve them from the annoyance of vermin, which may be taken from their playmates or schoolfellows; but also, to prevent sores and other inconveniences that may occur from an accumulation of the dandriff, which, uniting with the perspiration from the head, forms a compact crust, not easily removed, and which, eventually, obstructs the perspiration, and often gives rise to eruptions behind the ears, &c. and sometimes even to more dangerous evils.—Am. Ed.

CHAP. II.

Of our Dress.

Our dress should ever be kept as clean and dry as possible, for, by neglect in this, a fetidness, if not putrefaction, will take place; mephitic air, and the miasms of several infectious diseases will be collected, and retained, and even cause a malignant atmosphere around the person, so as not only to endanger his own life, but that of others who come near him. It is no wonder, therefore, that fevers

of a malignant nature happen often in camps, prisons, or any other houses or rooms where many people either sit or sleep together, especially as the steams arising from both their bodies and clothes, must there be very powerful.

We should likewise observe to cover our bodies equally, and thicker or thinner, according to the weather or climate where we are. How ridiculous now appear men of almost every age with bald heads, a thick roll of muslin or linen about their necks, some, with two under, and as many upper vests, yet with thin breeches, stockings, and shoes, or boots!—all subjecting themselves to diseases of different kinds!—O, brave fashions! you are very good friends to physic,

&c. &c.—The use of garters is also pernicious, as thereby the actions of the tendons and blood vessels are confined and injured.

But what requires more serious attention is, to avoid wearing any kind of dress tight about the neck; for, by such a custom, the reflux of the blood and other fluids from the head will be obstructed; consequently the brain may become inflamed, and so much injured as to cause mania, apoplexy, &c.

But, while we are thus paying attention to ourselves, let us not be so unfriendly as to forget the dress of the Fair Sex. The great variety of ingenious taste and splendour displayed in their caps, hats, bonnets, robes, and

jewels, deserve our admiration as well as encouragement, so far as is consistent with their circumstances and departments in life. But, when we consider some other parts of their dress, it gives us real pain, instead of pleasure, to behold their unhappy situations, usually brought on by their vain mothers and teachers; for although they are known to have been born with the most beautiful and perfect shapes, yet, unsatisfied with this great kindness of nature, the young lady, even in her growing state, is put into a coat of armour,*—the spine of her back is confined from its growth and natural movements, by a steel fetter, called a monitor,—her chin is held

* What is here so warmly urged against stays, is equally applicable to the present *detestable* and *destructive* fashion of wearing *corsets*, by which so many of our young ladies are *hurried into eternity*.—Am. Ed.

up by a prop of steel also,—and the stays usually stiffened with whalebone, encompasses her thorax and upper regions of the abdomen.

What are the consequences?—Not any shapes superior or even equal to those of Nature, as the vain parent expected, but on the contrary, worse ones; and what is really melancholy, an injured constitution, the bad effects of which often continue through her life. Now, seeing these consequences may arise from an officious and imprudent application of art;—let us take a view of some of Nature's operations in the case before us, when left to herself. In order to these, we observe the spines of all children before birth are curved like the segment of a circle, the hands and knees ap-

proaching each other; and that after birth, to the usual state of maturity, Nature being still employed to unfold herself, the spine, especially the upper part of it (the lower part towards the loins making a little curve in an opposite direction), does not become straight of itself in many instances, yet by exertion of the person himself, aided by instruction, his body becomes upright, as may be seen daily amongst military men.

We learn, also, from the testimony of those who have visited the nations of almost every part of this globe, that, excepting where stays, and such things as above described, are used, there is scarcely a woman to be found, either distorted, crooked, afflicted with a cancer in the breast, or an umbilical rupture, &c. Now, as it is too true that

such cases do frequently occur in this country, it behoves us to know, how far the apparatus above described can be concerned in producing them.

We have taken notice of the position and curvation of the spine in the embryo as well as in the infant state (see, if you please, plate V. fig. 13 and 14, in my System of Midwifery), while Nature is unfolding herself; and which, in some cases, is not effected till the age of maturity: a full liberty for the natural growth and movements of the body has been hinted at also, and the rareness of deformity in those nations where art is least used. Now, take one child, for instance, that has a bulging out of one shoulder more than the other, (generally caused by the nurse having usually carried her on

one arm, or suckled at one breast); another child who stoops or bends the head, and upper part of the spine forward; another child who is perfectly well formed and upright; and upon each of these (for the latter according to the present fashion is not excused), place the coat of armour before mentioned, consisting of stays, and steel monitor on the back, and the steel prop under the chin; we will suppose now that the mother applies the stays to keep the child's body straight, and to fashion it as she wishes it to be;—the monitor (as it is called), is also to bring the bulged shoulder square with the other, and hold the spine upright at the same time;—that the chin prop is to keep the head up;—and that, in respect to the last or third case, those means are only used to prevent the

child's going out of her original right natural form.

All these particulars having been premised, let us now attend to the effects of the application, of such an apparatus, (improperly by me called a coat of armour, because, as it may appear hereafter, the body is not defended from injury by it). The stays make a compressure, as before observed, upon the thorax and upper part of the abdomen, the lateral expansion of those parts, accordingly as Nature requires in her growing state, is hereby counteracted,—the circular cavity of the thorax, naturally formed by the ribs with the sternum and the spine, is confined in its proper expansion, and generally becomes spheroidical, consequently one shoulder, and

the breast opposite to it on the other side, projects or bulges out;—the external muscles also are not only checked in their growth, but thrown out of their natural line of action, so that they must act according to such altered and confined directions. The heart, lungs, liver, stomach, and, in short, the whole viscera, must sustain a check upon their expansion, and the natural circulation of the fluids through them.

It may be observed here, that under this use of stays, and the previous conduct of nursing, the projections of one shoulder and the opposite breast, as above stated, generally take place;—the monitor and chin prop are then called in for assistance, and when applied, the anterior side of the whole

spine, (commonly called the back bone,) and muscular and tendinous parts of the body also, are put upon the stretch to be brought to a straight line, and this even before nature can be unfolded: and, if the confinement about the shoulders is not carefully attended to at the same time, a stop is put to this intention of extension, the anterior sides of the spinal joints are opened by the efforts of such extension, and the protuberances on the posterior side of the vertebræ coming to approach or rest, each one upon the other, may readily slip aside, and throw the whole of the spine from the straight line attempted, and force it into lateral and opposite curvatures from side to side, as often may be seen. How far the particulars here described can be admitted as causes

for the frequent distortions of body appearing amongst the women of our country, we shall leave the public to judge, and turn next to the adult state, through which the use of stays is still continued, to the hurt of thousands.

That women, as well as ourselves, may, by custom, become insensible of impressions which, in their effects are injurious, the continued use of stays is a proof.—By their compressure on the upper part of the thorax, the glandular substance of the breasts become too often so affected as to end in a confirmed cancer.—By their compressure below the breasts, hysterics may be produced; and in married women, or those who have borne several children, umbilical ruptures, procidentia uteri, quandoque ani, each of

which, although not curable, by either medicines or bandages, yet can be relieved, to the ease and comfort of the patient, by leaving entirely off the use of stays. For these many reasons recited, I most solemnly protest against the use of all stays and of every other stiff or hard substance worn upon the thorax and abdomen of women.

This bold protest may probably be thought very assuming in me, who have received many civilities from the fair sex, am still in their favour, and would be exceedingly miserable by the loss of it;—but should they retort a little, as I think they may, and ask me 'what they should wear?' I would advise them, for the sake of their ease, convenience, and safety, to wear vests, like those called riding habits, which

dress well becomes women of all ranks. Such ladies as attend the court, assemblies, concerts, &c. may easily, instead of the upper vest, be adorned with gowns, and other splendid attire, suitable to that degree of distinction which belongs to them.

But, whilst thus expressing my good wishes to the Ladies, I must not forget to caution them against the use of all manner of paints on their faces, such being not only pernicious to their health but character also!—as the appearance of such may give reason for an impeachment of their chastity, which, once lost, can never be regained.

CHAP. III.

Of Things to be observed respecting the Diet taken in our State of Health.

HAVING said what was intended concerning the external mode of treating our bodies, we shall now observe some things respecting the use and abuse of aliments, beginning with the manner still practised in treating infants.

It is greatly to be lamented that many thousands of children seem to be lost

by overcharging their stomachs with food at one time (whether by breast-milk or any other aliment it matters not); a sufficient interval to allow the digestive powers to complete their office is not duly attended to, consequently, another quantity of food, too much for the capacity of the stomach and other digestive organs, is added, before the former is digested. This inconsiderate method being often repeated, the child must be either destroyed soon, or, having so strong a constitution as to sustain such forcing, his stomach and other primary digestive organs will become so enlarged, as to admit of a greater quantity of food at a time, and so on, till, by habit, he becomes a mere glutton. Should the frame of his body bear all this forcing, as he grows up, the ap-

petite will coincide with the custom, and he will, probably, not only become a jolly fellow, in eating very copiously, but in drinking too; and to such excess, that a fever of the high inflammatory kind, will, most likely, take him off very speedily.

But, supposing not so bad an event, and that his constitution is still so very firm, as to bear several more such shocks with impunity, as probably he may think, yet great mischief must take place; for, his digestive powers and organs having thereby been brought repeatedly on such violent stretches as to impede their natural actions, and all the fluids also disturbed in their timely and natural secretions, circulations, and excretions, a portion of the earthy or indigestible

parts of the food taken, must accumulate, and even concrete, as very commonly happens, in the liver and gall-bladder, to cause a jaundice, &c. in the kidneys and urinary bladder, so as to form stones there; and such other earthy parts as are conveyed by the capillary vessels to the surface of the body, will be there collected, on the hands and feet, so as to form (what is called) a real gout.

The strong man's case having been brought thus far, he is usually congratulated by those about him, and often advised to drink brandy, or some other strong liquor, to keep the gout out of his stomach, and being used to live well, he readily follows their advice; till finding himself grow very feeble, the stomach palled, the body

wasting, the hands and feet crippled, he then sends for the doctor, although, most likely having before detested the thoughts of physic.—But, alas! the proper time of taking it is past,—the disease is confirmed,—the whole constitution is quite broken,—the powers of medicine, or any other means which the most able physician can prescribe, are now not sufficient to save him.—Whereas, had his application been made at first, the cure might have been easily effected.

By the short description above given, without much physiology, I have reason to hope, it appears that a native good constitution may be ruined, by admitting and following ill habits in the mode of living. It has long appeared to me, from strict in-

quiry into the cause and nature of our diseases, that most of them are of our own creation. I say most of them, for there are malignant fevers, and other disorders which arise from some peculiar bad quality in the air, in different seasons of the year, and in different countries, that it is not in human power to prevent, and, at best, very difficult to cure.—There are diseases also, called hereditary, as for instance, scrophula, the king's evil, and gout; but as these originate from our own errors in general, they may be eradicated in a few generations, by good management. That they do originate from our own errors appears from adding some other impure humours to those above described, and the diseases produced by this combination being not so easily cured, as

in simple, gouty, and scrophulous cases.

But confining ourselves to the former very fashionable disorder (although the king's evil is still to be attended to), I shall beg leave to mention an idea that occurred to me, and has been mentioned many years by me wherever I could do it consistently, viz. that the gout appeared to me to originate from eating and drinking too much, and at the same time, neither using exercise nor work in proportion; it was therefore curable, as well as other diseases, by the use of timely and proper means.

The strong man's case, as I have called it before, and indeed all others arising from a plethora, give indica-

tions of their own cure, by early bleeding, purging, and other evacuants judiciously advised, and administered according to the age, the habit of the body, and other circumstances of the patient; and by these simple means, the gouty fit will, in general, be soon removed. After this is obtained, the patient must lessen the quantity of his diet, from that which he had before accustomed himself to. He should keep his body well and equally covered, not omitting to wear woollen stockings next the skin, with any other sort over them, and his shoes or boots should have very thick soles.

The approach of another fit is generally indicated by a want of appetite, a fuller and quicker pulse than usual in its natural state, several darting

pains in different parts of the body, and then increasing on the parts formerly affected. There is usually also, a stiffness or confinement of motion through many of the external muscles and tendons of the body, all or most of which symptoms give him notice enough to send in time for medical assistance. But as some have imbibed a violent fear of, and prejudice against bleeding, that is very difficult to be overcome, (and yet, without the prudent use thereof, and of the other means above hinted, I am convinced the gout cannot be cured),—let me, therefore, request him not to be afraid of the means advised by his Physician.

While I am enforcing these few hints, which I hope may be for the good of others, I shall beg leave to

mention my own case, and the treatment thereof, which I have reason to believe saved me from a consumption, in the former part of my life, and from being crippled with the gout in the latter part of it; especially, as a brief history of the means used, may lead to the cure of other persons threatened with such disorders.

I never heard that any of my ancestors were troubled with the gout; no seeds of it, therefore, can be supposed to have remained with me. From my youth I was subjected to coughs and defluxions from my lungs, but usually without fevers.—When about the age of twenty-six, my cough and excretion of mucus increased very greatly, and my body became wasted so much in the course of two years,

that I began to reconcile myself to that awful close of life which seemed to approach me;—nay, when walking throu h the streets of the town where I resided, I often heard the people behind me say, "Ah, poor man, he is not long for this world!"

I had bled sometimes from the arm, and taken medicines by the advice of my medical teachers, and several other eminent practitioners; but the cough, and spitting of a mucus, sometimes tainted with blood, continued, though I do not remember to have observed any purulent matter. In my studies, having met with an author, (I think Doctor Dover) recommending bleeding in very small quantities, and frequently, in consumptive cases, I took the hint, and bled myself from four to

six ounces at a time, in four weeks running, alternately from each arm, and finding my lungs greatly relieved, I repeated the operation in this manner twice the next month, to six ounces at a time. I continued, also, the use of the pectorals advised me, and took an aperient once or twice a week. By these means I found myself gradually relieved, and therefore persevered in bleeding myself, about eight ounces at a time, once every month, during the space of twelve years, and for four years afterward about the same quantity every six weeks; amounting in the whole to, as nearly as I could calculate, twelve gallons, between the twenty-sixth year of my age, as before mentioned, and that of it at forty-two. —After this time, to that of my fiftieth

year, I bled only about six times in the year.

During all this time, I went through great fatigue of body and mind, in every branch of medical practice, yet my health recovered, the cough and defluxion gradually abated, and quite left me, excepting when I caught cold, which I was much subjected to by being called often out of bed, at night, to attend in cases of midwifery, a part of my medical practice.

Finding my health thus recovered, I indulged more freely in eating and drinking (though never to excess) and in the use of a carriage exercise instead of others. Ere long I felt wandering pains through the muscular parts, which soon fixed on one hip with such

violence, that I could neither turn in bed, nor bear the weight of the clothes on the part affected. Convinced that my case was of the inflammatory kind, I bled, and took an aperient; but the pain still raging and descending to the knee, I sent for my late valuable friend Doctor Lewis, who, being convinced, also, that the case was as I had thought, advised me to be bled again and take cooling medicines. I must observe here, that my blood was at this time sizy, in which state I had not seen it before. I was bled again; in about ten days the pains, which were still excessive, extended to the other side, and soon afterwards both hands and feet began to swell, upon which the pains in the hips and knees grew more tolerable, and a gouty redness appeared on the fingers and toes, which con-

vinced the Doctor, and another friend, a Physician, and myself, that the case was now reduced to a real gout;—it was, therefore, treated as such, and I recovered perfect health.

I have had slight attacks since that fit, but by bleeding at the first onset, and the use of a few medicines, my health has always been restored in about a week's time; excepting an attack near six years ago in Scotland, when at a gentleman's house, situated high, on the south side of two rivers, which united a little towards the east of it; and though it was a strong stone building, yet I felt it remarkably cold, during my stay there, in the months of November and December. In this situation I lived most plentifully in

respect to diet, &c. but had not my usual degree of exercise.

Here I was seized in a similar way to my first attack, only that the gout appeared sooner on my feet and hands.—I began with taking blood from my arm, as usual, and found it sizy;—then took such medicines as I thought my case required, by which means I grew daily better;—but the first day that I could get on shoes, very urgent business calling me to return to my home at *Brentford*, although the ground had been covered very deep with snow for some time, and there was a frost, I set out in the latter week of December, travelled day and night, excepting part of one day, and arrived at home the first of January, 1788, so exceedingly ill, that

I almost despaired of recovery. By uneasy sensations and pains which I felt over all the body, and great inability of muscular motion, I concluded that the extreme cold which I had undergone must have prevented the excretions of the gouty matter, and fixed it so as not to be removed. Notwithstanding this dilemna, I bled myself again, to the astonishment of several medical practitioners, as well as of my own family, and finding the blood sizy, as I expected it must be, I left off the use of wine and every other fermented liquor for some weeks. My diet consisted of boiled meats, weak broths, puddings, vegetables, water, and rennet whey; and for medicines, such as I had used before.

I have no doubt the above treatment will appear very strange to some, and, indeed, I should not have ventured to recommend it to others,—lest, not meeting with the success I hoped for, much censure most likely would have fallen upon me.—However, I survived all those trials, and have not been confined by the gout since. But, on account of frequent overcharges of blood and mucus, oppressing my lungs, by receiving what is called cold, I have been obliged to bleed three or four times every year since my fiftieth year, before mentioned, the whole amount, from my twenty-sixth year, being as near as I can calculate, equal to *twenty gallons.* I hope, therefore, the candid reader will forgive me in declaring here my thankfulness to God, for bringing me

on this 25th of May, 1793, in the seventy-third year of my age, and in better health than that I usually enjoyed in the early part of life.*

* The venerable and respectable Author of this little treatise, is, it is believed, yet living and in perfect health.—The above observations may serve to eradicate the foolish and unfounded prejudices against blood-letting:—for although much harm may have been done by its indiscriminate employment, we should not object to the use of a remedy, from evils arising from its abuse.—Am. Ed.

CHAP. IV.*

Directions to Nurses.

As it is the Physician's business to heal the sick, it can hardly be supposed, that any endeavour which conduceth to health, can either be deemed a thing below him, or unworthy of public acceptance; I venture therefore again, on a subject, which, so far as I know, has never been attempted

* This Chapter cannot be too closely attended to by every person who is interested in the welfare of the sick.—Am. Ed.

by any other person, though it is twenty-six years since the first edition of this work was printed.

What I mean principally, is a collective view of such things as ought to be undersood by those whose office it is to nurse the sick: An office, which, if well known, and rightly performed, is most certainly of great benefit to mankind, how trifling soever it may appear; on the contrary, when it is either neglected, or badly executed, the most fatal consequences often arise. To prove the truth of these assertions, I shall only appeal to every sensible Phyician, whether, when the plan prescribed by him hath been punctually observed, he has not commonly seen the disease either yielding readily to the remedies, or

terminating in its usual period, without any mysterious or difficult symptom arising through the course of it? Whereas, on the contrary, when his plan hath been altered, as for instance, when the medicines have not been taken at the appointed times, when improper diet has been given instead of that directed, when the air in the room, and many other circumstances, have not been properly attended to, whether he has not then known the disease to be aggravated, and frequently diverted from its natural course (if I may be allowed the expression), so that new symptoms have arisen, and very often a new disease, which adding force to the former, the power of medicine hath been resisted, nature has been overcome, and death has ensued, even in cases, where, if

no such errors had been committed, there was the highest probability of the patient's recovery. This is what I apprehend few will deny; the mistakes indeed are commonly concealed artfully by the nurse, who is too often imprudently influenced and supported by the patient: Horrid indiscretion! I must tell them, that the latter sports with no less than life; and the former, not only with that, but character and conscience also. For these reasons, I could wish the heads of families would deign to peruse this work with serious attention; not only because they will be forewarned of dangers, but being enabled also to judge (when sick) how they are treated by their nurses, they may know how to reward them accordingly, as

their office hath been well or ill discharged.

Before we go farther upon this subject, it may be necessary to observe, that none should be nurses, unless they are possessed of the following qualities, *viz.* honesty and fidelity; without which, they will not only injure others, but themselves also.

Sobriety is also essential. To be intoxicated with liquor is a disgrace to every woman, but unpardonable in those who are intrusted with the lives of others. Let nurses be aware of this shameful vice, and never give way to it, even though at one time they may be exhilarated with joy, and at another time depressed with care and fatigue; if they do, they will not only

endanger the patient, but infallibly lose their characters, (almost as effectually as if void of the above virtues) which once lost, may never be regained, though their future maintenance may depend entirely on a good name. The more equal and cheerful they are in their dispositions the better, provided always that they keep their proper distances; and never incommode the patient with idle chitchat, disagreeable subjects, or any thing that can occasion sudden surprise.*

They must learn to be very quick and expert in the execution of their office, yet without bustle or noise; the track may be easily kept when

* This caution is of the highest importance! an excessive and indiscreet loquacity is sufficient to overbalance every other qualification in a nurse.—Am. Ed.

once got into, and the objects to be attended to are but few, as, for instance, those which are comprehended in the following chapters.

CHAP. V.

Of Things to be observed relating to the Chamber.

It being a well known fact, that the life of every animal depends as much on air as on diet; and its health also, as much on the goodness of the former, as on that of the latter;* care therefore should be taken, what sort of air and rooms we usually ei-

* Thus it was expressed in my first publication; since which time, the great benefit of breathing pure vital air, has been so fully pointed out by the learned and most indefatigable Doctor Priestley, and some other very eminent philosophers, as to confirm my ideas on the subject. To their writings I think it my duty, therefore, to refer the reader.

ther sit or sleep in, but more especially so, when confined by sickness.

Hot climates require such rooms as are high and spacious. In this country one sixteen feet long, fourteen broad, and ten high, is reckoned a good size, particularly for a bed-chamber; the length and breadth being more or less, the ceiling ought never to be lower: if higher, or coved, the better, as thereby the foul air will have space to ascend, and make way for an influx below of that which is fresh and pure.

It should be kept as clean as possible from every sort of mephitic air, or putrid matter. If it is situated so as to receive the rays of the sun some hours every day, the better.

The bed should never be placed between the door and the chimney, if it can be avoided; for in this situation, the air on the side next the fire will be rarified, and that from the door will come with so much force upon the bed, as to endanger the patient: a screen therefore in such cases must be so placed as to prevent the cold air from rushing directly upon the bed. Even supposing no fire, yet if the bed is thus situated, the air in most rooms will pass so forcibly towards the chimney, as to affect the patient; though not so much as in the former case; yet it is not advisable to stop up the chimney-place.*

Whenever a fire is required, it

* In many of the diseases to which we are liable, it would be far preferable to place the bed in the middle of the chamber. Am. Ed.

should be kept equally up; though in a weaker or stronger degree, according to the nature of the disease, the season of the year, and state of the weather. The room being brought to a due heat, should never cool suddenly, nor the fire be permitted to go entirely out; for the air must be kept always in a state as sweet and temperate as possible: This seldom or never can be so well known by the patient as by others. The nurse, in this respect, must be directed by the medical person who attends; and in his absence by her own senses, or by those of others, who coming from the open air, will be sensible if any thing in the room is offensive or disagreeable.

When the foul air is to be changed,

or the room cooled, the door must be opened awhile, and if that be insufficient, a window also; during which time the patient must be so covered, or screened, as the torrent of cold air come not violently upon him.

If the disease be the small-pox, and the weather very hot, it is often needful to keep a window open day and night during the whole course of the disease; but in this case the nurse must take care that the patient doth not lie in a violent stream of air, by keeping either the door or another window open at the same time, unless it be for a minute or two, when the smell in the room becomes extremely powerful. In short, be the disease as it may, the air in the room should never be tainted with any smoke,

dust, putrid or offensive smell, if they possibly can be avoided.*

The floor now and then must be sprinkled with lavender-water or vinegar, especially before it is swept; but it must be washed with great caution during the month of child-bed, and in the course of a fever, unless the patient is able to be removed into another room, till it is perfectly dried.

A daily change of roses and some other herbs, as, for instance, lavender, sweet-marjoram, sage, thyme, balm, mint, southernwood, rue, feverfew, &c. may be placed in the room, and

* As far as respects the Small-pox, it is to be hoped the preceding remark may be soon rendered altogether unnecessary by the invaluable introduction of the Vaccine. If the small-pox is however unfortunately introduced, there is no reason for not opening all the windows in hot weather.—Am. Ed.

such as are most agreeable smelled to by the patient. When faint, some lavender-water, or the steams of warm vinegar, may be applied to the nose; but smelling salts, as they are called, and volatile spirits, such as those of hartshorn, &c. must be used with caution, for they are often pernicious.

If the nurse deviates from the above plan, it ought to be by the advice of the Physician, who, knowing the case, it may be reasonably supposed, will direct what is most suitable for the cure.

It is a misfortune to the poor, that the ceilings of their houses are generally very low, and that they are often obliged to have several beds in the same room; but what is worse (though

usually owing to their own sloth and dirty disposition), their linen being foul, and other filth being suffered to remain in the room, the air becomes tainted with the putrid steams: so that if a person falls ill, suppose of a fever, in itself not malignant, yet, by giving hartshorn-spirits, or Venice-treacle, &c.* in order to force sweats, as is too often the case, the disease is not only increased, but often changed so much, that it becomes at last a putrid or malignant, and frequently an infectious fever. For these reasons, the sick person's room should be kept very clean, and as few sleep in it as possible. People surely may be cleanly, though ever so poor.

* This practice is become nearly in disuse, since my first publication.

The floor should also be sprinkled with vinegar, or strewed with herbs, as before directed; by which precaution, the infection will probably be nipt in the bud, and hence many lives saved, which otherwise would fall a sacrifice.

CHAP. VI.

Of what is to be observed concerning the Bed, and Shifting the Patient.

§ 1. Of the bedstead there is little to be said, but the posts should be high that the tester may allow an ascension of the foul air.

It is extremely needful to have the bed and bedding always as clean as possible, and the newer they are the better; for old ones contract a putridity not only from the stagnated air

which they contain, but from the exudations of those persons who have lain in them.

Silk or worsted curtains imbibe a humidity, which, together with the dust, occasions mustiness; such therefore as can be washed, whenever they are not clean, are certainly the best, as for instance, those which consist of linen or cotton, or of both.

§ 2. Some people (sick or well), accustom themselves to have the curtains drawn. This is a pernicious habit, for the air being thus confined, becomes replete not only with what is expired from the lungs, but likewise with a portion of the effluvia from the rest of the body: hence, in a short time, they draw in a considerable part

of the excrementitious particles of their own bodies.*

The air thus contaminated, is so noxious to a person who comes from the fresh air, that upon opening the curtains, when visiting such patients, I have often been almost suffocated. I therefore wish that people would adopt such a method as the following, namely, to pin the curtains close to the head of the bed; and from thence, when the weather is warm, to extend them downwards to near the middle, and when it is cold, to the feet-posts only, without any opening on the sides, by which means the air will not come directly upon the person's head, but

* This article is worthy of the most serious attention, especially in a sick chamber. Miliary fevers, &c. are less frequent now, in consequence of this pernicious custom being less prevalent.—Am. Ed.

gradually round, to afford a supply of fresh, and at the same time, to permit an escape of that which is foul.*

Every feather bed should have one mattress over, and another under it; for without this precaution any person may become faint and languid. Let the mattresses be made with clean horse hair, or with straw, as other materials may become fœtid or putrid.

§ 3. The bed, at the begining of an illness, should be made as smooth as possible, but always higher at the head than at the feet; and clean linen, (not

* The atmosphere of a chamber of persons in health becomes so contaminated, as to be disagreeable to any one entering it from the fresh air; how much more so then must this be the case, when sickness tends in various additional ways to destroy its purity!—Am. Ed.

such as has once been used,* of which some have a mighty notion, but such as is well dried) must be laid upon it; the patient then may go into it, and being covered with such a quantity of clothes as accustomed to when in health, the curtains must be drawn only as before directed.†

Facts evince it, that light is conducive to health as well as to life; it is therefore an error (as I humbly conceive) to darken bedchambers, especially those of the sick. If indeed, the patient is light-headed, or delirious, the fewer objects that are presented

* This practice of prefering linen once used, is now, I hope, quite discarded.

† If curtains are used at all, it would certainly be preferable never to draw them lower than to the middle of the bedstead. All the advantage they afford of keeping out the cold, or rather of retaining the heat, is better attained by additional covering.
Am. Ed.

to his view the better; or if his eyes are affected, as in the small-pox, measles, &c. the light must then be obscured; but in other cases its rays should be freely admitted.

§ 4. In cases of women in labour, when the bed is to be got ready for delivery, it must be first prepared as above directed, and then the following linen added, namely, take two sheets, double them lengthways, lay them one above the other across the bed, over the under sheet, and tuck in their ends on each side, below the bedding. Or, instead of these, take one sheet, fold it twice, stitch a tape to each corner, then lay this sheet across, upon the under sheet, and tie it tightly to the bedstead on each side by the tapes. In this manner the bed must

remain after the delivery. But to keep it perfectly clean during that operation, the following conveniences must be added also:

℥ 5. Place a basil skin* upon the cross sheet, and over it two sheets four times folded, one upon the other, the uppermost with its end hanging over the right side of the bed; upon these the patient must lie, and over her another sheet being laid across, below the upper sheet, with that end which is towards the right side of the bed turned back over the coverings and pinned, every thing then will be kept clean and in proper order. If the weather be hot, or the labour violent, the upper coverings must be ac-

* This is a species of leather; a piece of oiled silk will answer as well.—Am. Ed.

cordingly lessened, until the operation is ended.

℥ 6. When the patient is delivered and has rested awhile, she must be dressed with the suitable apparel; the sheet which lay across above her, and those which were doubled below, together with the basil skin, must be taken away, and then she will remain very comfortably, in the clean linen with which the bed was before prepared.

After this time she may remain in bed till the beginning of the third day, and then be taken up in the following manner:

Before she rises, the room must be in a moderate degree warmed, and a

chair placed by the side of the bed, with a blanket or quilt over it; she then must be taken up, with the linen in which she lay, and being covered up, either sit in the chair, or, if faint, be laid back as before directed, till the bed is prepared anew, and her dress also changed as occasion requires. This being done, she must repair to bed, and continue there till the fifth day, when she may dress, and sit up about an hour, or more, every day, if no illness forbid it; but if she is feverish, she ought not to be taken up even now, unless by consent of the Physician who attends, for as he can judge of the case, he will know if it may be done or not.

After the first week, (no indisposition forbidding) she may rise every

day, and sit up longer, or lie upon a couch for a while, and then sit up again.

During the first three weeks she should avoid the fatigue of many visitors as much as possible, and those whom she receives ought not to stay long in the room, lest thereby she be incommoded.*

§ 7. Whenever a sick person is taken up till the bed is made, the above method should be observed, be the disorder what it may, unless it is a fracture in some part of the lower limbs; if so, the surgeon must be present, to take care that the bones are

* This advice is highly important; many women suffer extremely, and even induce dangerous and fatal illness, by exerting themselves prematurely.—Am. Ed.

not disturbed, and the callus consequently not injured.

It is of great moment to the sick, to have their linen shifted so often, that it may never become foul or offensive.

I shall here repeat a remark which I made in the first publication of this work, respecting the small-pox; it is as follows:

"There is a custom remaining "among the common people, in res- "pect to the small-pox, which is real- "ly to be lamented, it is this: they "will not shift their linen till the pus- "tules are dried. Whoever will give "themselves but time to reflect, must "be convinced, that no disease, (pu-

"trid fevers excepted) requires more "cleanliness in nursing than the small-"pox, especially the confluent kind.

"I must own, that in such cases, I "have used all the arguments in my "power, to enforce the necessity of "admitting the fresh air, and of shift-"ing the linen, &c. yet sometimes the "obstinacy (I cannot help calling it "the cruelty) of nurses, nay, some-"times that of the neighbours also, "has been so great, as to prevent "their complying; and to my farther "mortification, I have in such cases "known the patient sink, and even "die, under the influence of the mor-"bid steams arising from his own "body, and the filthy clothes around "him; whereas, if he had been kept "clean, and the pure air admitted as

"advised, I have been perfectly con-
"vinced, in my own mind, that he
"must have done well. I cannot,
"therefore, but heartily wish that
"this preposterous and detestable
"custom may be speedily exploded."

Since the above remark it gives me great pleasure to find, now, that the admission of fresh air, frequent change of clean linen, and, in short, every other sort of cleanliness in the chambers of the sick of every description, are better attended to than before.

CHAP. VII.

Of Diet for the Sick.

The health of the human body having a great dependence upon the quantity and quality of the blood and juices, and it being plain that all those aliments which preserve and maintain a just temperament, and a due quantity of these, are beneficial to health, whereas such as have a contrary tendency, are to be reckoned unwholesome; a particular regard is therefore to be had to the choice of our diet, even whilst we are in perfect health,

The prevailing fashion at present is, to make one repast consist of a variety of dishes. This mode, whilst observed with moderation, is laudable, for such a meal will digest sooner, and with less uneasiness to the stomach, than one consisting only of one dish; even supposing the quantity eaten is not quite so much as that of the former. And moreover, there is reason to believe (as I was long ago informed by an ingenious friend,* who has made many experiments upon living animals relative to digestion) that the chyle is always the same, let the substance from which it is produced, be either vegetable, or animal; that when it appears to be in any respect different, it is owing to its being mixt with such substances as are in-

* Mr. John Hunter.

digestible in the stomach, such as the juice of madder, &c. and that every thing that goes perfectly through the digestive fermentation, constantly produces a substance that is alike in all parts.

But then we must suppose, that the materials which constitute each of these meals, are not spoilt in the dressing; that is to say, that neither by a dissimilar commixtion, nor by the action of the fire, they are rendered either acrimonious, or totally effete, hence improper for nutrition; for I am apt to think, that this happens too often, even in the most fashionable method of dressing victuals.

If we take but a cursory view of the present state of cookery, we shall

find that many of those dishes which are reckoned the most elegant, consist of above twenty articles, some near forty, and many of them, though very incongruous and insignificant, extremely expensive; nay, an incredible quantity of the most wholesome food is often destroyed in the production of one trifling article, which, when obtained, serves for little else, than to render some heterogeneous farrago (though agreeable to the palate) more improper for nutrition.

Can we reflect on all this, and not wonder how the opulent, whom we may suppose to be the most reasonable part of the community, can be thus imposed upon; not only in being made the instruments of enhancing the price of provisions, especially now,

when its exorbitancy is still so justly complained of; but in habituating themselves to the use of such aliments as are better suited for the maintenance of diseases than for that of life.

Whoever indeed is nice in the gratification of his palate, may enjoy some pleasure whilst he feeds on these delicacies, which consist, usually, first, of a great variety of animal kinds, and are then succeeded by different pastries, confections, and fruits; but then let me ask him, do they not often tempt him to exceed the bounds of moderation, by eating so copiously, that he soon finds his intellects are obscured, that his stomach is oppressed, and that his whole body is indisposed? Has he not known some of his acquaintance who have com-

monly fared so luxuriously, either die apoplectic, or linger on with gouty pains, &c?

In short, though it cannot be supposed that this exuberant way of eating (which prevails remarkably, even now, amongst the middle ranks of people), has been introduced, by either any particular person or nation, with a design to hurt us, yet this observation, I presume, may be made upon it, viz. that there was never a custom better suited to enfeeble, and at last to destroy, the constitutions of British subjects, even at the expense of their own fortunes.

A volume might be written, and very usefully too, upon this head, but leaving it to some splendid pen, I shall

return to the purpose intended, namely, to describe the preparations of such aliments as are most proper for the sick; with an intention that the nurse (who ought to be the cook with respect to this part of diet), may have rules to go by; and that the Physician or medical person who attends, may not only have a monitor to assist him, in some respect, in choosing such as are suitable to the case before him, but that the preparation itself may be rendered more certain than it too often happens, when verbal directions are given only.

In preparing of all kinds of aliments, it is essentially necessary to be very cleanly, but more especially in that for sick people, whose stomachs are often so greatly weakened

and disordered by the disease, as to put the Physician to his utmost invention in finding out by way of diet, what is agreeable to the natural powers, and suitable to the case.

The nurse, therefore, must not only be cleanly in her person, as observed before, and in the materials which she uses, but she must take care that the vessels in which they are dressed, are either silver or iron, or if copper, very well tinned, and kept as perfectly clean as possible.

SAGE-TEA.

Take of

The leaves of green sage, plucked from the stalks and washed clean, half an ounce;

Loaf sugar one ounce;

Outer rind of lemon-peel, undried, a quarter of an ounce;

Boiling water, two pints.

Infuse them in a deep vessel for half an hour, and then strain off the tea.

When the sage is dried, it must be used in a less proportion than that above.

In the same manner teas may be made of balm, rosemary, southernwood, &c. the lemon-peel being omitted, or not, and the sugar lessened or increased, as occasion requires.

ROSE-TEA.

Take of

Red rose-buds, the white heels being taken off, half an ounce;

White-wine vinegar, three spoonsful;

Double refined sugar one ounce;

Boiling water, two pints.

Infuse them in a white stone or porcelain vessel, well covered, for two hours, and then strain off the tea.

When the roses are dried, a quarter of an ounce will be sufficient.

OATMEAL-TEA.

Take of

Oatmeal one handful;

Boiling water, one gallon.

Mix them in a deep pan, and when they have stood about half an hour,

or until the meal is subsided, strain off the tea.

BRAN-TEA.

Take of
Bran, fresh ground, two handsful;
Common treacle, one spoonful;
Boiling water, six pints.
Mix them well, and when they have stood covered, about three or four hours, strain off the tea.

LINSEED *or* FLAX-SEED TEA.

Take of
Linseed, whole, one ounce;
Double refined sugar one ounce and a half;
Lemon-juice, two ounces;
Boiling water two pints.

Infuse them in a stone or porcelain vessel, for some hours, and then strain off the liquor.

An ounce of liquorice shaved, may sometimes be used instead of the sugar.

MALT-TEA.

Take of

Ground malt, one pint;
Boiling water, three pints.

Stir them well together, and let the mixture stand, close covered, for three hours, after which strain off the liquor.

CAMOMILE-TEA.

Take of

Camomile flowers, one handful;
Boiling water, one gallon.

When they have stood covered up about half an hour, strain off the tea.

If the drinking this tea is to strengthen the stomach, it must be made stronger, as for instance, about a quarter of an ounce to a pint.

WHITE-WINE WHEY.

Take of
New milk, two pints;
Water, one pint;
White-wine, one gill.
Put the milk and water into a sauce-pan, well tinned, and set them upon a clear fire, and when they begin to boil, throw in the wine. Boil them about fifteen minutes, during which time as the curd, or cheesy

part collects, take it off with a spoon, and if the whey is not clarified enough* with this quantity of wine, add a spoonful or two more; then boil it a little longer and skim it, by which means, it will become sufficiently fine, and then it may be poured into a basin for use.

When it is to be made weaker, it must be boiled longer, that is, till the spirituous part of the wine flies off. But when it is to be made stronger, or when it is to be prepared with sorrel juice, cyder, or cream of tartar, &c. directions will be given accordingly by the Physician who attends.

* Or it may be clarified thus, beat the white of an egg, let the whey cool, mix them together, boil them for a minute or two, and then strain off the whey through a cloth.

VINEGAR WHEY.—Am. Ed.

Is made in the same manner as the wine whey, using vinegar instead of wine.

TREACLE POSSET.—Am. Ed.

Take of

Milk one pint, put it on the coals till it just begins to boil, then add two or three table spoonsful of treacle, or molasses, stirring the milk as it is poured in. When mixed it is fit for use.

LEMONADE.

Take of

The outer rind of fresh lemon-peel, about one drachm;

Lemon-juice, one ounce;

Double refined sugar, two ounces;
Boiling water, a pint and a half.
When they have stood in a stone or porcelain basin, about ten minutes, strain off the liquor.

ORANGEADE.

Take of
The fresh outer rind of Seville orange, one drachm;
Orange-juice, two large spoonsful and about one half;
Double-refined sugar, one ounce, and about three quarters, or enough to make it of an agreeable sweetness;
Boiling water, one quart.
When they have stood in a white stone or porcelain vessel, about ten minutes, strain off the liquor.

THE EMPERIAL DRINK.

Take of
Cream of tartar, one drachm;
The outer rind of fresh lemon or orange peel, half a drachm;
Loaf sugar, one ounce;
Boiling water, two pints.
When they have stood in a white stone or porcelain vessel about ten minutes, strain off the liquor.

OXYCRATE.

Take of
White wine vinegar, four spoonsful;
Virgin honey, an ounce and a half;
Spring water, one quart.
Mix them together in a white stone or porcelain vessel.

If honey disagrees with the patient,

this drink may be sweetened with sugar instead of it.

BARLEY WATER.

Take of

Pearl-barley, two ounces;

Water, two quarts.

Wash the barley first well with some cold water, then pouring on about half a pint of water, boil it a little while, and this water, which will be coloured, being thrown away, put the barley into the quantity of water above directed, first made boiling hot, boil away to half, and then strain off the liquor.

BRAN DECOCTION.

Take of

Bran, newly ground, two handsful;

Water, three quarts.

Boil till only two quarts remain; then strain off the liquor, and add to it a quarter of a pound of the best honey.

BUTTERED WATER, *or what the Germans call* EGG SOUP.

Take of

Water, one pint;

The Yolk of an Egg;

Butter, the bigness of a small walnut;

Sugar, enough to make it agreeably sweet.

Beat up the yolk with the water, and then add the butter and sugar.

Stir it all the time it is upon the fire; when it begins to boil, pour it to and fro between the saucepan and mug till it is smooth and well frothed, and then it will be fit to drink.

WATER GRUEL.

Take of

Oatmeal, two large spoonsful;

Water, one quart.

Mix them well, and boil them about ten or fifteen minutes, stirring often; then strain the gruel through a sieve, and add sugar and salt enough to make it agreeable to the taste. When it is designed as a meal, dissolve in it a little butter, and then add bread and nutmeg as occasion requires.

RICE GRUEL.

Take of

Ground rice, two ounces;

Cinnamon, a quarter of an ounce;

Water, four pints.

Boil them above half an hour, the

cinnamon being put in near the latter end of the decoction; then strain the gruel through a sieve, and add of double-refined sugar, (sugar of roses, or syrup of quinces), enough to make it agreeable to the patient's taste.

When this is to be used as a meal, the rice must be boiled above an hour, in only a quart of water, with half the quantity of cinnamon thrown in towards the latter end of the decoction, and then wine added, as occasion requires.

WHITE CAUDLE.

Take of

Oatmeal, two spoonsful;
Water, one quart;
Mace, two or three blades;
Three or four cloves.

Mix them well together, boil them about fifteen minutes, stirring often, then add a few slices of the outer rind of a lemon; when the mixture has boiled about fifteen minutes, strain it through a sieve.

As it is used, add to it white wine, grated nutmeg, and double-refined sugar, enough to make it agreeable to the patient. Toasted bread is to be added likewise, as her appetite requires.

BROWN CAUDLE.

Boil the gruel as above, with three spoonsful of the oatmeal, then strain it, and add a quart of good mild ale; boil it again, and then as it is used, add toasted bread, nutmeg, and sugar, as before directed.

Some approve of a little wine in this also, but then less ale must be used in the first composition. Others like a few slices of ginger, some Jamaica pepper, or both, with the above ingredients, but if the patient is feverish these had better be left out.

PANADO.

Take of

Bread, one ounce;

Mace, one blade;

Water, one pint.

Boil them without stirring, till they mix and turn smooth, then add a little grated nutmeg, a small piece of butter, and sugar enough to make the mixture agreeable.

When butter is not approved of, two spoonsful of wine may be used in its stead.

SAGO.

Take of

Sago, one large spoonful;

Water, about three quarters of a pint.

Boil them gently, stirring often, till the mixture is smooth and thick; then add two spoonsful of wine, a little nutmeg, and sweeten it to the taste.

SALOP.

Take of

Salop, finely powdered, a tea spoonful;

Water, half a pint.

Mix the salop well in a cup of the water, then add the rest, and put the mixture into a saucepan, set it over a clear fire, and keep it con-

tinually stirring, till it acquires the consistence of a jelly; add to it a large spoonful of wine, a little nutmeg, and sweeten it to the patient's palate.

THE WHITE DRINK.

Take of

Burnt hartshorn, prepared, two ounces;

Gum Arabic, an ounce and a half;

Water, three pints.

Boil the water away to a quart, and then strain.

Wine and sugar may be added, as occasion requires.

RENNET WHEY.

Take of

New milk, one quart;

Rennet, a large spoonful.

Put the milk into a saucepan, and when it is a little more than milk warm, mix the rennet with it; keep it on the fire in a gentle degree of heat, till the curd, which as it separates from the serous part and collects, is taken off with a spoon, and then the whey will be fit for use.

The rennet is prepared thus: Take a calve's bag, with the curd in it, (that is the duodenum replete with congealed chyle) pick the hairs entirely out, and wash the curd, and likewise the bag, very clean with water, then put the curd into the bag again, with near half a pound of salt, and let them stand in a clean glazed pan about a week; then take three pints of water and one pound of salt, boil and skim until the liquor comes to two pints,

set it by, and when it is cold, pour it upon the bag in the pan. When it has stood thus about a week longer, the brine or liquor (now called rennet) will be fit for use, and keep good for several months,

N. B. Whoever has not an opportunity of making this, may obtain it from the pastry-cooks, who generally prepare it right, and keep it by them.

THE VULNERARY DRINK.

Take of

Ground-ivy, colts-foot, and liquorice, each one ounce;

Elecampane, half an ounce.

Boil them in four pints and a half of water, to four pints, and then strain off the liquor.

THE PECTORAL DRINK.

Take of

Common barley and raisins stoned, each two ounces;

Liquorice root, half an ounce;

Water, two quarts.

Boil the water first with the barley, then add the raisins, and afterwards near the latter end of the boiling, the liquorice. The decoction then will be fully completed, when one quart only of the liquor will be left after straining.

ELDER-BERRY SYRUP.—Am. Ed.

To a pint of the juice of the berries add a pound of the best Muscovado sugar, and boil it until it becomes a syrup, carefully taking off the scum as long as any rises.

One or two table spoonsful of this syrup added to a pint of water makes a wholesome pleasant beverage.

SYRUP OF TURNEPS.—Am. Ed.

Pare and slice the turneps, placing brown sugar between every slice; let them stand a few hours and the syrup will collect.

This simple syrup has been found very useful in coughs.

OATMEAL FLUMMERY.

Take of

Oatmeal (or grits), what quantity you please; put it into a broad deep pan, cover it over with water, stir them well together, and when they have stood about twelve hours,

pour off the water so long as it runs clear, that is, till it comes to the mealy part; then pour on a larger quantity of fresh water, mix, and let them stand twelve hours more; then pour off the clearest part of this also, and repeat the process again about twelve hours afterwards. When the oatmeal has been thus macerated about thirty-six hours, the clear water being poured off and thrown away, the thick or mealy part must be strained through a hair sieve, and put into a well tinned saucepan; this being done, let it be well stirred while it boils, upon a clear fire, until it acquires a thick consistence; it is then to be taken off the fire, and poured into dishes, and when cold turned out upon plates and

eat with milk, or rather with wine and sugar, or cyder and sugar.

POTATOE FLUMMERY.

Take of

Potatoes, one pound.

Boil them gently in a sufficient quantity of water, till they are brittle or tender; then take them out of the water, and peel the skins entirely off. When this is done, add salt enough to season them, mash them well, and put them into a saucepan again, with a quarter of a pint of milk and two ounces of butter; warm them a little, during which time let them be well mixed, and beat fine and smooth with a spoon. The mixture then, which may be called flummery, will be fit for

use, and may be eat either by itself, or with bread.

BREAD SOUP.

Take

The upper crust of a roll, the drier the better; cut it into pieces, and put it into a saucepan, with a pint of water, and a piece of butter about half as big as a walnut; boil them well, every now and then stirring and beating them, till the bread is mixed; then season the soup with a very little salt, and pour it into a basin.

SOUP MEAGRE.

Take of

Butter, half a pound;

Put it into a deep stew-pan, place it

upon a gentle fire till it melts, shake it about, and let it stand till it has done making a noise; have then ready six middling onions peeled and cut small, throw them in, and shake them about. Take a bunch of celery, clean washed and picked, cut it in pieces about an inch long, a large handful of spinage, clean washed and cut small, a little bundle of parsley chopped fine, shake all these together, in the pan for about a quarter of an hour, then sprinkle in a little flour. When they are stirred again, pour into the stew-pan two quarts of boiling water, then take of the dry hard crust of bread broken into pieces, one handful; of beaten pepper a tea spoonful; of mace three blades, beat fine; put these into the

mixture and boil them gently half an hour: take all now from the fire, beat up the yolks of two eggs and stir them in, then add a spoonful of vinegar, and the soup will be fit for use.

The vinegar may be left out if it disagrees with the patient, or is inconsistent with the medicinal plan observed in the cure.

GREEN PEASE SOUP.

Take of

Young green pease, half a pint;

Two large cabbage lettuces, washed clean and cut into slices;

Three middling sized onions, cut also into pieces;

Beaten black pepper, a tea spoonful, or more if required;

Water, one quart;
Salt enough to make it agreeable.
Put all these into a saucepan, and set them upon a gentle clear fire; cover the saucepan, and let them stew a full hour, then add two ounces of fresh butter, mixed up with flour: stir all well together, and when they have boiled about fifteen minutes longer, the soup will be well prepared.

This soup may happen to be too flatulent for a stomach which is very weak; but when the valetudinarian begins to recover health, especially before animal food is to be allowed, it will in some cases be found useful as well as agreeable, for which reason it is inserted here.

MUTTON BROTH.

Take of

A loin of mutton, one pound;

Water, three pints.

Put them into a saucepan, and set it upon a clear fire, throw in a little salt, and as the scum rises take it carefully off with a spoon; then add a little onion, if there is no objection to it, and two blades of mace. Boil till the meat is very tender, then take it out, pour the broth into a basin, and when cold, skim the fat part which is congealed on the surface, entirely off; after which a part of the broth may be warmed and given to the patient as often as needful. A little boiled rice may be added here occasionally.

MUTTON BROTH, *either with* BARLEY *or* RICE.

Take of

Scotch barley, or rice, two large spoonsful;

Water, one quart.

When they have boiled for half an hour, pour the water entirely off, and add three pints of fresh water, one pound of lean scrag of mutton, and a little salt. Boil again, and take the scum off as it rises; this being done, throw in one onion of a middling size, two turneps sliced, and a little parsley; then having boiled till the meat is tender, the broth will be fit for use.

If the rice is washed before it is boiled, the water need not be changed afterwards.

BEEF BROTH.

Take of

Lean beef, as clear of fat as possible, a quarter of a pound;

Water, a pint and a half;

Salt, sufficient to season it.

When it begins to boil, skim it for five minutes, then add about two blades of mace, and continue the boiling ten minutes longer, which being done, the broth may be poured into a basin for use.

CHICKEN BROTH.

Take

A middling sized chicken, divide it into two parts, take the skin and fat entirely off, put one half into a saucepan, with a quart of water,

seasoned with a little salt; as the scum rises take it off, then add a blade or two of mace, and a crust of bread, and when boiled about three quarters of an hour in all, the broth will be fit for use.

ANOTHER WAY.

Take

The fleshy part of the legs of a chicken without skin, fat, or bones; put it into a small saucepan with a pint and a half of water seasoned with salt; boil, and as the scum rises, which will not be much, take it off; then add a blade of mace, a little bundle of parsley, and a crust of bread; when they have boiled about half an hour, the parsley may be taken out, and the broth will be fit for use.

EEL BROTH.

Take

Six small eels washed clean, and the skin stript off; cut them into pieces about an inch and a half in length, put them into a pint and a half of water, with a little salt; when they begin to boil, take off the scum as it rises. This being done, add two blades of mace, six whole pepper corns, and a little parsley, then let them stew about half an hour, and the broth will be fit for use.

This is placed here instead of viper-broth. The Physician will direct when it is proper to be taken.

BOILED CHICKEN.

Take

Thin slices of bread, pour upon them some of the chicken broth as before

prepared, and then lay the chicken as then boiled over them.

Let this be eaten without any other sauce.

When the appetite is more recovered, and the case permits, it may be dressed as follows:

Take

Half a chicken, wash it clean from the blood, and put it into a saucepan with a quart of boiling water, seasoned with a sufficient quantity of salt. As the scum rises, take it off, and when the chicken has been boiled about half an hour, it may be laid upon a plate, over such sippets as above directed, and the lean parts of it eaten either with those, or with parsley and butter sauce.

STEWED CHICKEN.

Take

A good chicken, and half boil it, then lay it upon a pewter or silver dish, cut off the wings and legs, separate their joints; then take off the breast bone, and if enough of liquor does not drain from the fowl, add a few spoonsful of the broth. Put in a blade of mace and a little salt, cover the whole up close with another dish, set it over a stove, or chafing dish of coals, let it stew till the chicken is enough done, and then serve it up hot to the table, in that dish in which it was stewed.

N. B. Rabbits, partridges, and moor-game, may be dressed the same way.

BOILED PIGEON.

Take

One pigeon, drawn, skinned, and washed very clean; boil it in a sufficient quantity of milk and water, that is, about half a pint of each, for fifteen minutes. When thus prepared, it may be taken out, and eat with the following sauce.

Take

The liver parboiled, bruise it fine, with a little parsley boiled, and finely chopped; melt some butter, and mix a little of it first with the liver and parsley, then add the rest, and pour the whole upon the pigeon.

A PIGEON *stewed in Paste.*

Take

A pigeon drawn and washed clean, season it with pepper and salt, inclose it in puff paste ; tie the whole in a cloth, that the paste does not break, and then boil it in water an hour and a half. When the bag is untied, and it is put upon a plate, a little gravy sauce may be used with it; or if that is not agreeable, let it be eaten with the gravy only which is contained in itself and the paste.

BOILED PARTRIDGE.

Take

One partridge, drawn and washed very clean, put it into a saucepan with a quart of boiling water, sea-

soned with a little salt; take off the scum as it rises, and let the boiling continue about ten or fifteen minutes, by which time the partridge being done enough, may be eaten with the following sauce:

Take
The crumb of a French roll;
Water, half a pint;
Pepper, about six corns;
A piece of onion, if no objection to it;
And a little salt.
Boil it to a smooth consistence, then add about the bigness of a walnut of butter, and when mixed it will be ready for use.

BOILED FLOUNDER.

Put the flounder into a stew-pan, with a sufficient quantity of boiling water,

seasoned with a little salt; take off the scum, and continue the boiling about ten minutes; then take the flounder out, and when it has lain awhile upon a fish-plate to drain, it may be eaten with parsley and butter sauce.

BREAD PUDDING.

Take of

Crumbs of bread, about half a pound;

New milk, about three quarters of a pint.

Pour the milk boiling hot upon the bread, and let it stand about an hour covered close up; then add the yolks of two eggs, well beaten; a little grated nutmeg; about a spoonful of rose-water; a little salt, and sugar also, if agreeable; beat the bread well, and mix the whole to-

gether with a spoon. Tie it then close up in a clean linen cloth, and when the water boils, put it in; boil about three quarters of an hour, then take it out, lay it upon a plate, pour over it some melted bûtter mixed with a little mountain wine, if there is no objection, and sprinkle a little sugar over all.

BREAD PUDDING *without Eggs.*

Take

A French roll, pour over it half a pint of boiling milk, cover it close, and let it stand till it has soaked up the milk, tie it then up lightly in a cloth, and boil it a quarter of an hour. When it is laid upon a plate pour a little melted butter over it. If there is no objection, some mountain wine may be mixed with the

butter, and the whole sprinkled over also with powdered sugar.

BATTER PUDDING.

Take of

Flour, six spoonsful;
Milk, one pint;
Salt, half a tea-spoonful;
Beaten ginger, nutmeg, and tincture of saffron, each a tea-spoonful.

This pudding may be eat as the preceding, with a little melted butter, wine, and sugar.

When eggs are allowed, the yolks of three, and the white of one, must be beaten well together, then mixed with the above ingredients, and boiled about an hour.

RICE PUDDING.

Take of

Ground rice, one ounce and a half.

Put it into a pint of milk, and let it boil till it is pretty thick, stirring it all the time; then pour it into a pan; stir in a quarter of a pound of sweet beef suet, chopped very fine, and two ounces of sugar. When it is cold, grate in half a nutmeg, and beat up three eggs, with a spoonful of sack. Mix all well together, and pour it into a dish, first rubbed over with a little butter, and then bake it.

RICE PUDDING *without Eggs.*

Take of

Rice, two ounces.

Boil it in a pint of milk, stir it that it does not burn; when it begins to be thick take it off, let it stand till it is a little cool, then mix well in, two ounces of butter, half a nutmeg grated fine, sugar enough to make it agreeably sweet; pour it into a proper dish, first rubbed over with a little butter, and bake it.

APPLE PUDDING.

Take

Three middling sized apples, pared, and cut in quarters, with the cores taken out; lay them in a good puff paste of about half an inch in thickness. When the paste is closed up, tie it tightly in a cloth, put it into boiling water, and when boiled an hour, take it out, put it upon a

plate, open it at the top, and then put in a little butter, and sugar enough to make it agreeable to the palate.

POTATOE PUDDING.

Take of

Potatoes, one pound.

Boil them and take the skins entirely off, then beat them in a mortar; mix in four ounces of melted butter, tie the whole up in a cloth well floured, and boil it again for about half an hour; when it is turned out, and laid upon a plate, pour some melted butter, mixed with two spoonsful of white wine, and one spoonful of orange juice, over it. A little powdered sugar also may be sprinkled over all.

TAPIOCA JELLY.

Take of

That fine vegetable substance, called Tapioca, two table spoonsful, or in weight one ounce.

Mix it with one pint and a half of pure spring water; and, when it has stood cold an hour, then boil it about an hour, with a clear gentle fire, stirring it well, until it is dissolved and becomes transparent. Near the end of the boiling, add two tea-spoonsful of lemon juice, a little of the peel, one tea spoonful of common salt, and sugar sufficient to suit the taste; strain it off through a sieve, add three or four spoonsful of white wine, a little nutmeg finely grated, mix well, and then it will be fit for use.

Should wine be disagreeable to the patient, milk may be used in place of it, especially for children.

Tapioca, as appears to me, is a gummy exudation of some tree, although, the only account of it yet obtained from the Brazils, whence it is imported to Lisbon and London, is, that it is a root.

However, when prepared as above directed, it is both an agreeable and nutritive aliment.

ARROW ROOT.—Am. Ed.

Take of

The powder a large tea spoonful; mix it in a gill of sweet milk, and pour the mixture into near a pint of boiling water, stirring it for a few minutes, when it will be fit for

use. Sweetened with loaf sugar it is an agreeable nutriment for children afflicted with complaints of the bowels.

If made with a larger proportion of the powder and milk, and seasoned with nutmeg or cinnamon, it is adapted to the diseases of the stomach and bowels in adults.

BLANC MANGER.

Take of

Isinglass sliced, one ounce.

Infuse it in cold water twelve hours, pour the water off, and then put the isinglass into a quart of new milk, with three or four of the common laurel leaves fresh gathered; set it upon a clear fire, stir it very often until the isinglass is dissolved, and then strain it through a hair

sieve. Add of double refined sugar, enough to make it agreeably sweet, and two spoonsful of orange flower water; these being well mixed, when it has stood about a quarter of an hour, pour it into proper cups, first wet. When cold turn it out upon plates, as it is to be used, and stick into it some small pieces of blanched almonds. It may be eaten with sugar and wine, &c.

HARTSHORN JELLY.

Take of

Hartshorn shavings, half a pound;
Water, three pints;
White sugar-candy in powder six ounces;
Mountain wine, a quarter of a pint;
Orange or lemon-juice, one ounce;
Boil the hartshorn with the water, by

a gentle heat, in a silver, or well tinned vessel, till two parts are wasted; strain out the remaining liquor, add to it the other ingredients, and boil the whole over a gentle fire, to the consistence of a soft jelly.

If half a pint of this jelly is dissolved in a quart of barley water, it makes an excellent drink in some cases; but when neither wine nor acids are to be allowed, the following method may be used.

Take of

Hartshorn shavings half a pound;
Barley-water, four quarts.
Boil away to half, then strain, and add sugar enough to make it of an agreeable sweetness.

CALVES-FEET JELLY.

Boil two calves-feet in one gallon of water till it comes to a quart, then strain it, and when it is cold skim the fat entirely off, and take the jelly up clean; if there is any settling at the bottom leave it. Put the jelly into a saucepan, with a pint of mountain wine, half a pound of loaf sugar, the juice of four large lemons, and the white of six or eight eggs, beat up with the whisk; mix all well together, set the saucepan upon a clear fire, and stir the jelly till it boils. When it has boiled a few minutes, pour it through a flannel bag till it runs clear. Have now ready a large China basin, with some lemon peel in it cut as thin as possible, let the clear jelly

run upon them while warm, and from these it will acquire both an amber colour and an agreeable flavour. Afterwards it may be poured into glasses.

ISINGLASS JELLY.

Take of

Isinglass, one ounce;
Water, one quart;
Cloves, a quarter of an ounce.

Boil to a pint, and then strain the liquor through a flannel bag, upon four ounces of double refined sugar, and one gill of mountain wine. When they are well mixed pour the jelly into glasses.

CHAP. VIII.

Of administering Diet.

In the cure of diseases, experience proves how much depends upon the proper choice and administration of diet.

We see one series of disorders, wherein the appetite, either from a bad habit, or from some morbid affection, craves such things chiefly as have a tendency to heighten the disease.

Another series, in which the patient's whole fabric being fully engaged, and struggling with the disease in order to conquer it, the stomach, (till in that conflict nature gets the better), loathes every kind of aliment, except such as is fluid, and that only which consists of pure water alone, or such as is mixed with some vegetable ingredient; nay sometimes, even this too, as for instance, when the stomach is either diseased in its substance, or is loaded with morbid humours, or when the disease has vanquished nature, &c.

And we see, in a third class, the stomach not affected, but dispensing with all kinds of food; yet these being taken indiscriminately, the disease is

not only nursed, but the medicines, which usually are the most efficacious in curing it, are rendered entirely ineffectual.

To give a particular explanation of those diseases, and of the effects mentioned, is not my business here; they are so very well known to every proficient in physic, that it may reasonably be concluded, whenever a Physician directs a plan of diet, he first considers the past and present state of the patient, the state of the disease, and the qualities of the medicines which he prescribes.

It behoves the patient therefore to regard his rules, the nurse to see them punctually observed, and both, to be

cautious how they deviate from them; as fatal consequences may sometimes arise, from what may seem to have been but a trifling variation. The diet which is chosen, must be prepared either as directed in the preceding chapter, or as the Physician shall order; who, judging of the case before him, will make such alterations as he finds needful.

In most diseases, especially in the small pox and putrid fevers, the patient's mouth should be well washed, before any thing is taken into the stomach; and the cleaner it is kept in the intervals, the better.

The stomach must never be oppressed with much at a time; about

half a pint is enough, and that should be repeated only as nature indicates. This will generally be known by the patient's desire of, or dislike to it. I say generally, for in some cases where there is great weakness, insensibility, or both, the patient may not be able to give such indications. And there are other cases, (especially fevers which terminate badly), where the patient's thirst is insatiable. In either of these exigencies, the nurse must proceed with discretion; that is, in the former, she must rouse the patient every hour or two, and give a cup-full, or half a pint of such drink as directed; and in the latter, she must be cautious, and allow but sparingly, till the physician or apothecary can be consulted.

It is a vulgar error, and a very common one too, that a sick person is to be supported by rich broths, by jellies, or by solid meat itself. The outcry is, that the Doctor will starve him. Hence the relations (I must not call them friends) combine; the nurse (I am sorry to say it) becomes sometimes a confederate; a nourishing and comfortable thing, as it is called, is soon invented; the deadly mess is dressed, and the unhappy patient is crammed in opposition to appetite, even though it may happen, that his constitution shudders at it! What is the consequence? It is this, such broths and jellies (allowing them sometimes to be relished) do not nourish, but serve to increase the febrile heat, which, perhaps at this time is too great already;

and the chylopoietick organs being not yet able to digest any solid food, if meat is eaten, it must remain in the stomach and intestines, and oppress them, till, at last corrupting, the disease is heightened by this new addition of heat and putrefaction.

Nurses take care! If you indulge relations, at the expense of the patient's life, how will you satisfy your conscience afterwards?

When you are obliged to act by yourselves, you are justifiable in acting to the best of your judgment; but, when a physical person is concerned, whom you see watchful of every step which nature takes, and ready to give the necessary aid as soon as indicated,

you may certainly rest satisfied with only such as he allows; even though after the disease is conquered, and the appetite begins to crave, he directs you to give but sparingly for several days.

There are mistakes also with respect to lying-in women, which I cannot but take notice of, as for instance: First, It is often urged that the good woman may have some chicken even the day she is delivered; and some who have a very athletic constitution will take it too, and yet get off with impunity. But then, how often do we see women, after such repasts, seized with a fever, faintings, violent disorders in the bowels; then with a purging, and sometimes with other symp-

toms which are still more dangerous! Solid meat therefore should never be eaten before the third or fourth day, and then but very sparingly, till after the milk fever subsides, and the bowels have been duly relieved from indurated fæces. Secondly, those who do not suckle the child, are commonly debarred from drink during the milk fever, whereby the blood not being duly supplied, the milk (if not the whole fluids,) becomes thick and viscid, and forms obstructions in the breasts, &c. which often prove troublesome, if not dangerous. As in the former cases, so in these, it is always best to be directed by the medical person who attends.

The attentive perusal of the preceding instructive chapter, is strongly recommended to the consideration of every person concerned in the welfare of the sick.—Am. Ed.

CHAP. IX.

Administering Medicines.

THE whole world hath seen, and still must be convinced, how much the cure of diseases depends upon a right choice and administration of medicines; it is also well known, that the former wholly, and the directory part of the latter, belongs properly to him who has made physic his study as well as profession, and therefore not to be treated of here:

But, as the executive part of the latter is left commonly to the nurse, and sometimes to the patient, a few cautions (it is presumed) may be offered, which, errors arising either from neglect or whim, and committed every day, render necessary.

We may reasonably allow (as was observed with respect to diet) that the Physician will consider carefully, first, whatever relates to the disease, the constitution, &c. of the patient; secondly, the nature and powers of the medicines he prescribes; and thirdly, the most elegant form or manner of composition, in which they can be given. It therefore may as reasonably be concluded, that those medicines should be taken punctually according to his directions, and not

altered without his knowledge, for every trifling symptom that may arise in the course of the disease, or for such whims as may arise in the patient's fancy. If there is any material change expected to happen before his next visit, he will commonly give notice thereof, and directions how to act accordingly; but whether he does or not, he ought always to be consulted before his plan is altered; for cases may happen, wherein if but one medicine is neglected, it can never be administered again properly, and consequently the patient may either be lost, or greatly injured.

There are circumstances with respect to some persons, and symptoms attending some diseases, which cannot be omitted here, seeing, that the for-

mer subject those persons, especially when sick, to great difficulty in conforming to the requisites of cure; and that the latter give them mistaken notions; as for instance, some people are unfortunately prompted, or permitted in their youth to indulge certain fears and apprehensions, especially the fair sex, who, being thus enslaved to such, are thereby subjected to hystericks, and miscarriages, &c. Others being bred up with strong prejudices, and an excessive like or dislike of certain things, cannot be persuaded to comply with what is thought the properest method of cure, namely, a particular regimen, bleeding, vomiting, blistering, &c. and thus their lives are often endangered, if not lost. Or if they survive, the cure is not only procrastinated, but the future part of their

lives often rendered very miserable, by some consequent disease remaining fixed in the constitution.

The symptoms which give birth to mistaken notions, are such as follow:

First, retchings and vomitings, which are variously produced, as for instance, from pregnancy; from the miasma of sundry fevers; from diseases in the substance of the stomach itself, or some other of the viscera, with which that organ simpathises by means of nerves; from morbid humours accumulating within it, and vellicating its inner coat so much as to bring on spasms; or from errors in eating and drinking, &c.

These complaints, arising from the above causes, are very common, and sometimes continue awhile after the stomach has been properly washed; so that the medicines prescribed, though ever so good, or so well adapted, are nauseated, and sometimes rejected. This to the Physician is no ways strange, for having investigated the disease, he discovers the cause; but not being so well known to the patient, and to the attendants, a prejudice arises directly against the medicines, which being taken for the cause, the remainder of what was ordered is condemned and set aside. What is the consequence? Why it commonly happens, that on the next visit the Physician finds the disease to be less alleviated than he expected,

nay, perhaps worse, than if no medicines had been taken at all; and to his farther mortification, he often perceives either the patient, the attendants, or both, disgusted so much with him, that he experiences more difficulty in curing their distempered minds, than in removing the disease for which he was employed.

Secondly, When acidities, or other bad humours affecting the first passages, are to be gradually corrected or altered, it is not unusual for a commotion, and then a flatulency to arise, and occasion an uneasiness in the stomach, &c. immediately after each dose of the medicine is taken. Now, although these proceed neither from an error in the prescriber, nor in the medicine, but are effects medically

produced till the humours are corrected and expelled, they both nevertheless suffer commonly the same censures as hath been observed in cases of retching and vomiting.

Thirdly, Through the course of many diseases, particularly fevers, it commonly happens, that the patient hath little or no inclination to eat, till nature has gained the victory. But this not being rightly understood by either him or his attendants, an outcry is made, that he will never have an appetite whilst he takes medicines. Hence the remonstrances of the Physician are over-ruled, and the remedies are discontinued; yet the appetite doth not recover, nor does the case grow better, but rather worse. The reason is obvious, if they would

but only observe, that as the disease is cured, the appetite in consequence will revive.

Fourthly, as the cure of diseases which are very stubborn, hence tedious, requires usually a long course of medicines, even of those whose operations can be known but obscurely, if at all, by the patient, he is therefore out of humour, and becomes either irregular in the use of the remedies, or leaves them entirely off. Besides, the disease being still uncured, he quarrels with his Physician, (though perhaps he has been conducted by him through the most difficult stages of his illness), and not uncommonly sends for another, who, if not so honest as to undeceive him, enjoys

the honour which was due to the former.

It is too common a case for some persons to be very soon prejudiced with the conduct of others, and even for trifles, to mistrust their abilities wholly; sometimes not scrupling to go so far as to reproach them unfairly, though their character (which is a jewel of much value to a medical man) may be injured by it. But setting this aside, it is here wished that they would befriend themselves, by attending to the truths above hinted; and steadily persevere in the use of such means as are offered, for the sake only of their own lives and future healths.

By these observations, I do not

mean to skreen any unskilful or improper use that may be made of medicine, or to raise it into higher esteem than what it deserves; on the contrary, it is my real opinion, that he who knows his business best, will make it his constant care to heal with fewest medicines; and will always be most ready to resign his patient to diet alone, so soon as he knows it can be done with safety.

The use of clysters is often of great moment, and as their administration is commonly now resigned to the nurse, it behoves her therefore to be very expert in this part of her office; for if she is not, the patient is not only disgusted, but is often injured. For these reasons she ought always to have in readiness an armed pipe, the

point of which should be made smooth, and as free as possible from any edge or roughness, that may cause pain or uneasiness.

As to the operation, if she is not perfectly skilled in it, she may do it in the following manner:

The bed being prepared with a sufficiency of cloaths to keep it dry, the patient must be placed on the left side across it, with the knees forwards, and then covered decently; the clyster being likewise prepared, and brought to that moderate degree of heat, called milk warm, must be poured into the bladder, and secured, by tying the opening; which being done, and the pipe anointed, the whole must be placed in the bed, near to the patient. The nurse now must pass the

point of her left fore finger (the nail being cut short) close to the anus, or a little within it, and then slide the pipe along this finger, till the greatest part of it is entirely introduced. In doing this the pipe must be directed a little backwards, taking care not to push it against any part so much as to cause pain. When thus introduced, its outer end must be held fast with one hand, whilst with the other she takes hold of the string, and pulls out the cork; when this is done, the bladder must be grasped with both hands, and the contents forced up, keeping the pipe in its place at the same time. When the clyster has been pressed out of the bladder, the pipe must be withdrawn, and that directly, especially if there ensues a forcing; the patient must get upon the chair, and assist himself, as occasion requires.

Some use a syringe for this purpose, with a flexible leather tube fixed between the cylinder and pipe; by which means it is rendered so convenient, that the patient may use it himself.

There is also another syringe invented, with two such tubes, each of which is supplied with a value in opposite directions, so that when one pipe is placed in the fluid, and the other in the anus, a large quantity may be thrown up; nay, I have known above a gallon thus injected, in order to reach the part of the intestinal tube which was obstructed. This syringe is very useful, but as it should be employed only by a skilful surgeon, a farther account of it here would be needless.

And, moreover, there is an instru-

ment with a flexible tube, &c. for conveying the fumes of tobacco into the intestines; which operation belongs properly to surgery also.

The following prescriptions for CLYSTERS, it is presumed may be found useful, as the ingredients are generally at hand, or are easily to be procured; and it sometimes happens, that the attendants upon the sick are quite ignorant of their composition. It is to be understood that these are intended for Adults.

AM. ED.

CLYSTERS.

1.

Take of

Molasses, half a gill;
Olive oil or castor oil, one or two table spoonsful;
Salt, a table spoonful;
Water, half a pint; mix.

2.

Gruel, half a pint to a pint;
Salt, one or two table spoonsful:
Oil, the same; mix.

3.

Water, one pint;
Oil, two table spoonsful;
Salt, a table spoonful; mix.

4.

Camomile tea, half a pint to a pint;
Oil, one or two table spoonsful;
Glauber salts, from one to two table spoonsful.

5.

Infusion of senna leaves, half a pint to a pint;
Oil and salt, of each a table spoonful.

6.

Milk, half a pint to a pint;
Oil and molasses, each a table spoonful.

7.

Warm water alone; a pint will make a tolerable clyster, or mixed with two table spoonsful of salt.

The following Account of the treatment for SCALDS and BURNS, accidents which so frequently happen in families, must prove an acceptable appendage to this little useful Family Book. Experience proves it for superior to scraped potatoes, lime water, and many other common applications. It is extracted from the PHILADELPHIA MEDICAL MUSEUM, under the direction of JOHN REDMAN COXE, M. D. to whom the Public, and particularly Parents, are much indebted for the publication. He recommends, for the sake of sufferers in such cases, that the liniment be kept constantly prepared, and at hand. For a particular detail respecting its effect, the Editor begs leave to refer to the Museum.—AM. ED.

Scalds and Burns.

APPLY, immediately, linen wet with spirits of turpentine, and repeat, as it dries.

If the burn is bad, after applying

the above, prepare a liniment as follows.

Take common rosin as much as you please. Melt it with about a fourth of its size of hog's lard or mutton suet, or fresh butter, and then add as much spirits of turpentine as will make it, when cold, of the consistence of thick honey. Apply this pretty freely on rags, to the parts burned, even if the skin is off. If blisters have risen, snip them and let the water out first.

If spirits of turpentine are not at hand, use spirits of wine, brandy, whiskey, &c. If applied warm, it willbe preferable.

APPENDIX.

Additional Instructions for the Nurses of a Fever Hospital.

[The following Instructions for Nurses are taken from a Medical Report of the Hardwicke Fever Hospital, by J. Cheyne, M.D. F.R.S. &c. published in the first volume of the "Dublin Hospital Reports."]

1. The nurses are not only to conform, in every respect, with the regulations established for the government of the house, but are also to instruct the visitors and patients in such things as relate to their conduct.

2. When a patient arrives in any of the wards, the deputy, or assistant nurse must wash his face and neck, hands and arms, and feet and legs, with soap and milk-warm water. The nurse shall then give him an hospital shirt and night-cap, put him to bed, and have his clothes, without delay, sent to the woman whose business it is to see them purified. She shall then carry the label, which belongs to his bed, to the porter, that the name of the patient, the number of days he has been sick, and the date of his admission, may be written upon it with chalk.

3. When a patient is admitted after the visit, the nurse shall give him, as soon as he is settled in bed, one or two of the common purgative pills,

according to his age; and in three or four hours after, if he has not had a stool, she shall give him one or two table-spoonsful of the common purgative mixture. The mixture must be repeated every three hours, until his bowels are moved.

4. At the first visit the nurse shall report to the physician the number and nature of the stools, the condition of the urine, the appearance of the skin, with respect to spots, pimples, or purple blotches, sores, bruises, or inflammations, the existence of vermin or itch, and every other thing which may throw light on the nature of his disease.

N. B. Patients from the Lunatic

wards, and children, must be stript naked and examined.

5. At every succeeding visit, the nurse will also report the nature of the patient's stools and urine, more especially with respect to any deficiency in either. If the stools or urine contain blood, matter, or slime, they must be preserved in the water closet, that the physician may inspect them.

6. The nurse shall daily examine, with her hand, the bellies of all females and children, and report any unusual fulness or tenderness about the stomach or bladder. She shall also daily examine the backs of all patients who are in a stupid state, who

have been long ill, or who have purple blotches on any other part of the body, that she may report the first appearance of fretting of the skin, or discolouration about the back or hips. In such patients, she shall pay particular attention to the appearance and warmth of the feet. She shall report any shivering fit or perspiration, which may have taken place between the physician's visits.

7. It is the duty of the nurse to pay great attention to the state of the patient's mouth. She shall frequently supply him with drink, when he is not able to assist himself, and take care, when he is, that the vessel from which he drinks is placed commodiously within his reach, and is never empty; and when his tongue and gums are

covered with a brown or dark crust, she must have them wiped with a bit of fine flannel, moistened with salt and water, two or three times a day; or if this cannot be accomplished, she must put a thin slice of lemon, without the rind, in his mouth. The patient is often unable to swallow, from the dry and shrivelled state of his tongue; before offering him drink, the nurse shall put a tea-spoonful of lemon-juice and water into his mouth, after which she must wait a minute or two, until the scum upon his tongue is softened, and then he will often drink with ease.

8. When, during great derangement of mind, a patient insists upon leaving his bed, the nurse must endeavour to calm him; or if that should

fail, she may speak with authority, but she is not, on any account, to use forcible restraint. She must wrap his legs in a blanket, put on his bed-gown, and permit him to sit on his bed, or even to go to the fire, till the violence of his derangement shall abate. When indulged in this manner, he will, in general, soon return to his bed of his own accord. Patients, in fever, have perished in consequence of a struggle with their attendants, who, from a mistaken sense of duty, have endeavoured forcibly to detain them in bed, when they persisted in their efforts to leave it; whereas, had they been humoured, no injury would have arisen, provided they had been sufficiently covered.*

* Shortly after I took charge of the hospital, in several instances, the maniacal paroxysms of fever, with determination to

9. In the event of any sudden attack of pain, vomiting, purging, hic-

the brain, was aggravated by coertion, and hence I was led to give the above directions. The following excellent passage will be found in Grant's chapter on the Synochus Putris. "As soon as the delirium comes on, the pain subsides, or at least the patient does not complain of pain, or seem to feel any; but replies in a hurried manner, when asked how he does, that he is very well; according to the observation of a French physician, "Quand le malade repond, je me porte bien, ce seul mot suffit, ill n'est pas plus à lui." "When the patient answers that he "is very well," this alone convinces me that he is no longer himself." In all these cases, the patient endeavours to get out of bed, to sit up, or even to walk about from one room to another; but unhappily the attendants are solicitous to confine him to bed, and to load him with bed-clothes: nay, he is frequently kept struggling for two or three days together, with two strong people lying upon him continually. Now, to prevent all this misery, I know no method equal to what is here recommended; namely, let the patient have his clothes put on, and be placed in an easy chair; let his head be shaven, washed with vinegar, and covered with a linen cap. When he is tired of the erect posture, let him lie along on a couch, or upon the bed, with his head high. Let his diet be cooling, and his body kept open by clysters, repeated occasionally. Let this method be persisted in till his delirium goes off; or till the pulse subsides, and he seems exhausted; then, perhaps he will begin to doze, or slumber on his chair, which will do him no harm. When the tongue is moist, the body open, the pulse soft, and the patient seems sinking, then, and not till then, let the head be covered with a blister, give him amphor julep with spiritus mindereri and diaphoretic antimony. After these operations, if he is inclined to go into bed, let

cup, stoppage of urine, frenzy, fainting, or convulsions, taking place in the absence of the physician, the nurse must immediately procure the assistance of the apothecary.

10. When the nurse perceives any sudden increase of illness, she must, without loss of time, send for the apothecary, and also for the clergyman of the persuasion to which the patient may belong.

11. The patient's face and hands are to be washed with milk-warm water, every morning, by the deputy-

him lie down; and if he should remain quiet, or fall asleep, or even if a sweat should come on, let him remain in bed. But if, notwithstanding, the violent delirium should return, let him be taken up and treated as formerly. By this method, I have recovered a great number of people when I was suffered to conduct them; and I do believe some have perished by an opposite treatment, that might have been saved.

nurse. And when he is no longer able to assist himself, his head, when shaved, his face, breast, hands, and arms, must be frequently sponged with vinegar and water.

12. The sheets and the shirts or the shifts must be changed at the stated periods appointed by the matron. When a bed is unsettled, or a patient's head uncomfortably low, or when his feet are pushed from under the bedclothes, he must be raised in bed, and the bed, bolster and clothes shook up and smoothed. Before the patients are settled for the night, the beds are all to be smoothed, or made by the deputy-nurse, and clean utensils placed by the bed. At all times, wet or dirty sheets or bedding are to be removed without loss of time. No foul

or dirty linens are to be left in the wards or closets.

13. Before the convalescents go to bed for the night, the sheets, blankets, and quilts, are to be thrown back for a couple of hours, that the sheets may be exposed freely to the air.

14. When the patients are unable to reach the water-closet, the close-stool is instantly to be emptied, and the floor between the beds sprinkled with vinegar.

15. The prescription book must be conveyed by the nurse to the apothecary, immediately after the physician's visit. She must not receive any medicine from the shop, which is not properly labelled and directed.

16. When a patient has an allowance of wine, porter, or punch, one of the printed labels, setting forth the quantity, must be hung upon the wall over his bed.

17. When a death takes place, before nine o'clock at night, or after six in the morning, the nurse shall immediately go to the apothecary, and obtain an order for a coffin.

18. The corpse, with a skreen drawn round the bed, is to lie untouched for two hours after death; it must then be removed, without further delay, to the dead house.

THE END.

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