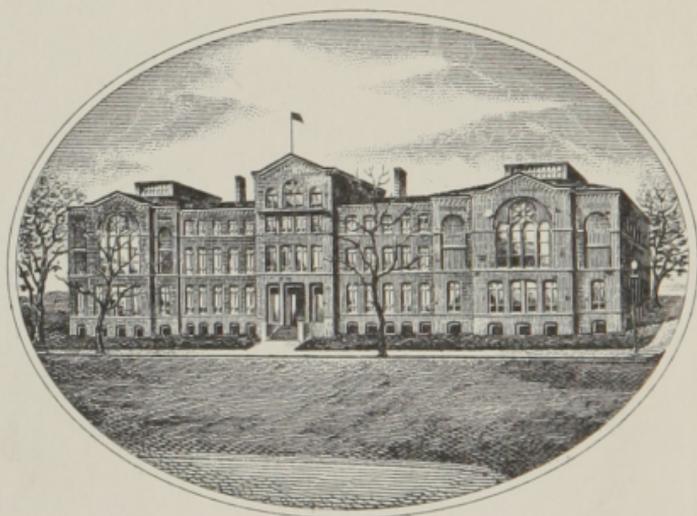


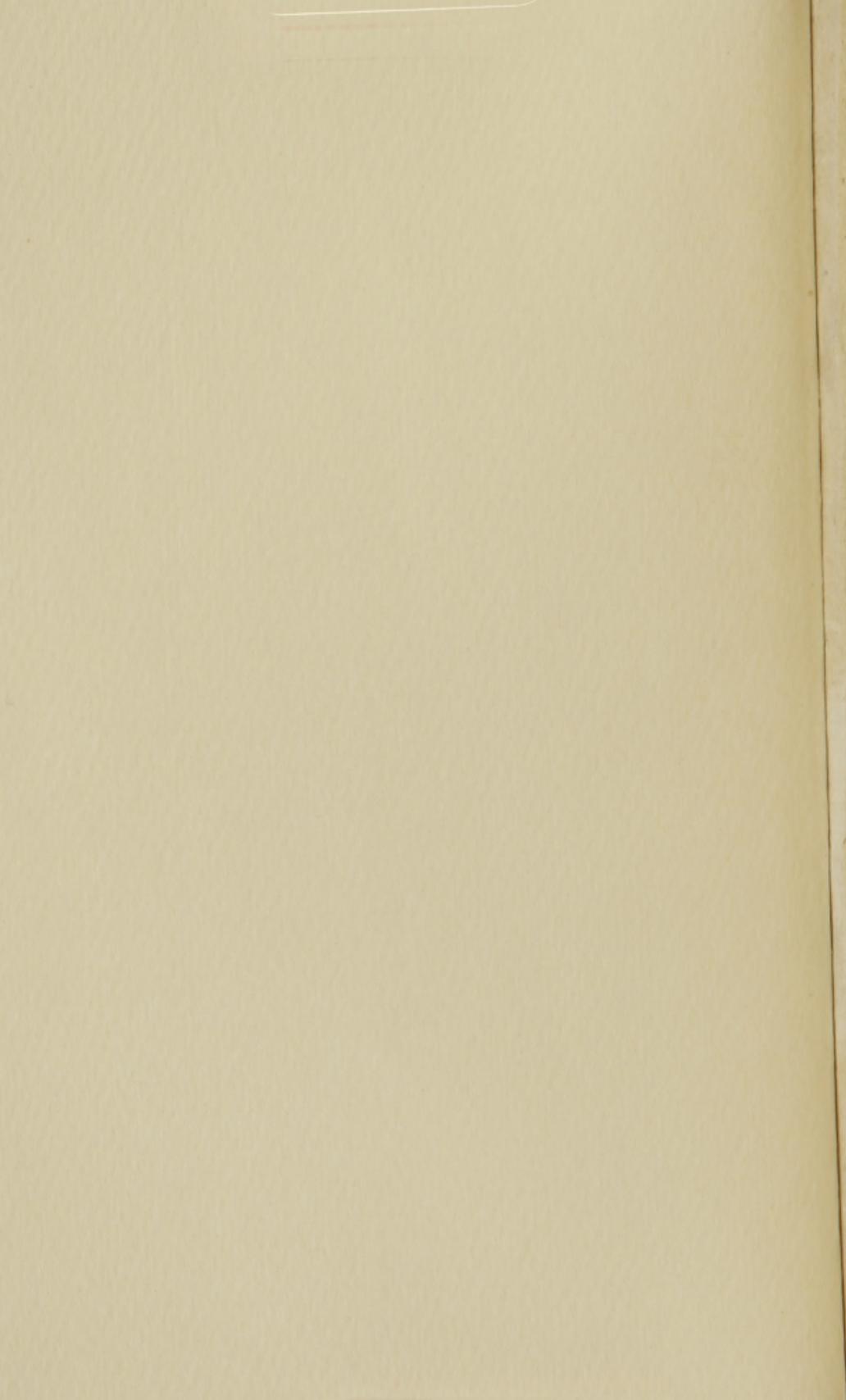


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THE TOWN AND COUNTRY
~~1803~~
FRIEND AND PHYSICIAN.

Or an Affectionate Address on the
PRESERVATION OF HEALTH,

AND THE

Removal of Disease on its first Appearance:

Supposed to be delivered by a Country Physician to
the Circle of his Friends and Patients on his retiring
from Business:

WITH CURSORY OBSERVATIONS
ON THE TREATMENT OF CHILDREN, &c.

Intended for the Promotion of Domestic Happiness,

IN TWO PARTS.

2557
Philadelphia, Pa.

.....Be timely wife:

With *HEALTH* all Taste of *PLEASURE* flies.

Gay.

Philadelphia:

PRINTED AND SOLD BY JAMES HUMPHREYS,
At the Corner of Walnut and Dock-streets.

1803.

District of Pennsylvania,—to wit.

BE IT REMEMBERED that on the ninth day of March, in the twenty-seventh year of the Independence of the United States of America, James Humphreys, 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 Town and Country Friend and Physician; or an Affectionate Address on the Preservation of Health, and the Removal of Disease on its first Appearance: Supposed to be delivered by a Country Physician to the Circle of his Friends and Patients on his retiring from Business: With cursory Observations on the Treatment of Children, &c. Intended for the Promotion of Domestic Happiness. In Two Parts.

—Be timely wise:
With Health all Taste of Pleasure flies. *Gay.*”

In conformity to the act of the Congress of the United States, intitled “ An act for the encouragement of learning, by securing the copies of maps, charts, and books, to the authors and proprietors of such copies during the times therein mentioned.” And also to an act, intitled “ An act supplementary to an act, intitled “ An act for the encouragement of learning by securing the copies of maps, charts, and books, to the authors and proprietors of such copies during the times therein mentioned,” and extending the benefits thereof to the arts of designing, engraving, and etching historical and other prints.”

D. CALDWELL,
Clerk of the District of Pennsylvania.

Advertisement.

TO those who peruse the following Pages it is scarcely necessary for the Editor to say what were his motives in handing them in this plain* and compact form to the Public.—The promotion of domestic comfort and happiness, he flatters himself, will be found so evidently written in every line of them, as will be sufficient to evince his object,—a general circulation and perusal of them; which would not so likely be the case if they were swelled out

.....

* A few copies for such as are desirous of them are done on a fine paper, and may be had bound.

as they might be, and the price proportionably advanced.

The First Part, independent of a few observations, and some alterations arising from locality of expression, is nearly a copy of a late celebrated Publication, intitled “The Villager’s Friend and Physician;” and is from the pen of that worthy Philanthropist, Mr. JAMES PARKINSON, of London.

The Second Part will be found, chiefly, to consist of a selection of short extracts from some other late celebrated publications, on the means of *preserving health* and *prolonging life*; also of some observations and remarks calculated to enforce the precepts and advice contained in the first Part; and to which, it is presumed, it will prove an acceptable and useful addition.

It will be acknowledged by all who peruse the Work, that a general circu-

lation of it must be accompanied with beneficial effects; such as must tend to the promotion of not only domestic but of general happiness. Perhaps no little book extant is better calculated for it; or to answer the purposes of those who are desirous of sowing the germ of Health, Comfort, and Prosperity, among the miserable, by the distribution of cheap and useful books. Perhaps also, there is not a means in the hands of the Affluent, by which solid Comfort can be more permanently, or more easily administered to the infirm and wretched, than in the proper disposal of such books among them; nor is, in general, the gratitude of such for comfort administered, more expressive and permanent, than that which arises out of this source.

PHILAD. COUNTY, *April*, 1803.

TABLE OF CONTENTS.

PART I.

	<i>Page.</i>		<i>Page.</i>
MEDICAL men, their		Inflam. of Gall-ducts	33
anxious cares	2	Dropfy	35
————— inatten-		Jaundice	<i>ib.</i>
tion to their comfort	3	Inflam. of the Bowels	36
Exercise and Labour	4	————— Kidneys	
Drunkenness	8	and Bladder	<i>ib.</i>
Food and Spiceries	12	Spitting of Blood	37
Recreations	14	Bleeding from the Nose	<i>ib.</i>
Bathing	16	Piles	38
Education of Children	17	Fistula	<i>ib.</i>
Reading	19	Rheumatic Gout	39
Changes of Temperature	20	Small Pox	<i>ib.</i>
————— mischiefs from, and		Inoculation & Cow Pox	40
cure	22	Chicken Pox	42
Clothing	<i>ib.</i>	Measles	<i>ib.</i>
Fever	25	Scarlet Fever	<i>ib.</i>
Ague	<i>ib.</i>	Putrid Sore Throat	<i>ib.</i>
Inflamma. of the Brain	26	St. Anthony's Fire	43
————— Eye	27	Purgings	44
————— Ear,		Vomitings	45
or Ear Ach	<i>ib.</i>	Flux	46
————— Tooth		Colic	<i>ib.</i>
or Tooth Ach	28	Ruptures	47
Quinfy, or Sore Throat	29	Apoplexy and Palsy	49
Common Cold	<i>ib.</i>	Falling Sickness	50
Croup	30	Children Teething	51
Inflammation of the		Worms	52
Lungs, Pleurisy and		Watery Head	<i>ib.</i>
Consumption	31	Fainting	55
————— Heart	32	Noxious Vapours	56
————— Stomach	<i>ib.</i>	Drowning and Hanging	<i>ib.</i>
————— Liver	33	Intoxication	57

	<i>Page.</i>		<i>Page.</i>
Poison	59	Profuse Bleeding	61
———Laudanum	<i>ib.</i>	Burns and Scalds	62
———Arsenic	<i>ib.</i>	Fractured Bones	63
———Sublimate	<i>ib.</i>	Whitlow	64
———Aqua Fortis	<i>ib.</i>	Bite of a mad Animal	<i>ib.</i>
———Soap Lees	<i>ib.</i>	Cancer	65
———Hartshorn	<i>ib.</i>	Quacks	66
Wounds	68	Duty to Children	70

CONTENTS OF PART II.

Introduction	72	Service of frequent bathing Infants	94
Genteel Epidemic	74	Cold and tepid Bath their effects	<i>ib.</i>
Dangerous tendency of Quack Medicines	75	Best manner of preparing Baths	95
Anecdote of an Empiric	77	Directions and Cautions how to use the Bath	<i>ib.</i>
Danger attending the precipitate application of the same medicine in different disorders	78	Air Bath	97
Care and proper management of the Skin	79	Picture of a Child whose physical or bodily education has been properly attended to	98
Strong Drinks, evil effects of	82	Cleanliness, a Cardinal Virtue	100
Cleanliness, its importance	83	Rickets cured by cleanliness	101
Domestic Baths	86	Long Life, just value of and means of obtaining it	101
Bathing, its uses	<i>ib.</i>	Account of L. Cornaro	102
Perpetual Youth	87	Moderation, its consequences	107
Bathing, best preservative of Beauty	<i>ib.</i>	Folly of too much care and anxiety after health	108
Great and Minor Cosmetics	88	Conclusion	<i>ib.</i>
Evil effects of	89		
Best Substitutes for do.	90		
Bodily education of Infants	92		

THE
TOWN AND COUNTRY
FRIEND AND PHYSICIAN.

PART I.

MY FRIENDS,

I HAVE devoted nearly thirty years of severe labour of body and mind, to the promotion of your comfort and welfare; and, having been more eager to render myself capable, by study and observation, of performing the duties of my profession, than to wring from you your hard-earned penny, I find myself, at the end of my labours, a poorer man than when I commenced them. Without a hope therefore of making any provision for my latter days, it only remains for me to store up the powers of sustaining the evils of ill-provided age, by desisting from a perseverance

A

in those professional exertions, which exhaust the energies of the mind, and rob it of its fortitude. I have therefore resolved, for the remainder of my life, to devote myself to some rustic employment, convinced that I shall then suffer much less distressful fatigue; for although the labours to which I must submit may equal, or even sometimes exceed, those to which I have hitherto been accustomed, yet being unaccompanied by those mental exertions, and particularly by those anxieties, to which I have been so frequently a prey, my remaining days will pass away, comparatively, as days of indulgence. The husbandman, when his tasks are performed, may suffer from weariness of the body, but his employment has no tendency to disturb his mind. It is not so with the medical man, with however much ability and conscientiousness he may execute the duties of his profession. Aware that the lives of his fellow-creatures depend on the judgment he may form, and on the measures he may adopt, his mind is constantly harrassed with anxiously attending to the event of some distressfully interesting case; whilst after every sacrifice, his professional character is liable, beyond that of every other professional man, to the misrepresentations of those, to whom the inability of comprehending the propriety or impropriety of the measures adopted, is a sufficient warrant for the most cruel and

scandalous imputations of ignorance or neglect.

Nor is this all; recollect with how little consideration for his comfort, is the time, as well as the labour, of a Physician sometimes trifled with. Have you to consult your lawyer, or to employ any other man almost in the neighbourhood, you will require his attendance at that time which may best suit his convenience, but should a trifling rash on the skin, which has hardly excited your attention for a week or two, at last induce you to call for the attendance of your Physician, the application will generally be deferred to the close of the day: nor will the roughest and most tempestuous weather excuse his attendance, which will, in general, be thought necessary to be insisted on *directly*, to give energy and effect to your message; not considering that he who calls wolf unnecessarily, may call in vain, when in real danger.—Excuse these remarks, which may not, at first sight, appear calculated so much for your benefit, as for that of my successor; but you should consider that, in proportion as you manifest a regard for his comfort, you will, of course, render him zealous and interested for your welfare. In general, in proportion as you attend to his convenience, will he be enabled to apply himself to procure you benefit. Thus, when your

message is not sent before he sets off for his usual rounds, you not only give him the trouble of pacing over a mile or two of ground, which he has already trodden; but your summons taking him out of his regular course, perhaps in the midst of the hurry of business, it is far from improbable, that your concerns, from the crowd of various circumstances then engaging his thoughts, cannot obtain that attention, which he may be anxious to give them.

You observe, that I offer to you plain, unadorned truth, but if my address prove useful, I shall be fully satisfied with the portion of eloquence it may contain. To many of you I am indebted for your confidence, and to all of you, for your kind wishes. Accept, in return, with my farewell, the following suggestions, intended to promote your happiness, as well as to enable you to preserve or restore your health.

As most of you are men who benefit society by your labours; gaining your livelihood by the sweat of your brows, you will not be surprised that I commence my instructions, with a few remarks on EXERCISE and LABOUR.

Toil and be strong. By toil the flaccid nerves
Grow firm, and gain a more compacted tone.

Armstrong.

Truly does this author say,

.....By health, the peasant's toil
Is well repaid.

Exercise indeed gives strength to every fibre,
and energy and spring to all the vital powers.
In a word, man is rendered

Robust with labour, and by custom steel'd
To every casualty of life;

For strength is increased by being used, and lost by being too much hoarded. But I need not dwell on the advantages derivable from exercise, to you, who have experienced them whilst engaged in the labours, by which your families are supported. No! to you whose habits are those of industry, some few cautions against the excessive and irregular indulgence of those habits, will be more beneficial. Be assured then, that all violent and long continued exertions, even in your wonted labours, may not only prove of serious injury to your health, but will also lessen, rather than increase, the weekly provision for your family. Remember that the vital powers, the powers by which life is continued, can only be urged to a certain point, without injury. If nature be robbed of due repose now, she must repair the

lofs another time, or fink, overcome, exhausted of the *fine and subtile spirits*:

“Pursued too closely, e’en the gentlest toil
Is waste of health.”

Armstrong.

He who thus inconsistently, from motives of œconomy, extravagantly expends his health, may be said, to labour hard to catch disease. For

He gets little for his pains,
Who sad disease by labour gains.

The All-wise Disposer of all things has decreed the due exercise of our powers to be an inexhaustible source of pleasure; so that man returns to his daily toil, with cheerful alacrity. But excessive exertions take away all zest for work, and no wonder, for if even too much pleasure will cloy, how much more must too much hard work. No! No! Take moderate meals of hard work, and then to it again with a relish for it. Think not, however, I mean to lull you into indolence; far from it.—

Behold the wretch who slugs his life away,
Soon swallow’d in disease’s sad abyfs;
While he whom toil has brac’d, or manly play,
Has light as air each limb, each thought as clear
as day.

Thomson.

Moderate and regular labour coils up the main spring of life, but wild and irregular fallies may break it. He that is steady is ever ready. Regular exercise will demand regular rest.

.....Weariness

Can snore upon the flint, when resty sloth
Finds the down pillow hard.

Watch the steady pace of the sun, let his rising lead you to labour, and his setting to rest, or to rational amusement, for

He who rests and labours by the sun,
His course of toil does fairly run.

Besides, I have one truth to disclose to you, which perhaps you have not discovered. Virtues may have bastards; and therefore industry may become the mother of drunkenness. For nature, urged too far, pants and seeks for rest; but her thoughtless driver spurs her on. The pernicious, the poisonous dram, is swallowed glass after glass, whenever the spirits flag; and thus, he who gets a hard hand, too often gets a parched mouth. This as generally leads to the ale-house, as that does to the house of misery and disease.—Consider a little, my friends, how little you gain by earning six shillings instead of four, when the publican gets one half of your earnings, and physic runs away with the rest.

But let us not pass the ale-house, without a word or two respecting the good cheer it affords. Most of us are pretty well acquainted with the delightful refreshment a glass of ale or spirits yields, when a man is fatigued. Well would it be if we all knew, as well, the mischiefs arising, from taking a little too frequently, what is called *a little drop*, so that we might be sufficiently on our guard against that insidious enemy, the love of drink. This is an enemy against whom you should always be on your guard, for he uses every trick of war: sometimes he comes on by slow and unheeded approaches; sometimes his attacks are open and violent; and oftentimes will he fight under false colours, and whilst he is received as a friend, cruelly deprive those he has deluded of every comfort, and at last of life itself. He, who, being engaged in works of labour, flies to liquor for a spur, whenever nature droops from too great exertion, makes terrible havoc with himself. Nature, before worn down, is now forced and strained by these unnatural efforts; and if these be often repeated, the shattered nerves will show the vast damage they have suffered. Tremblings, sinking of the spirits, sleepless nights, and days of dreadful listlessness will be the forerunners of some deadly malady.

You will perhaps be at first surpris'd at the assertion, but you will, on reflection, I am sure, agree in its being well founded, that the cautious, but frequent sipper, is more expos'd to be overtaken by disease, in consequence of indulgence in his favourite habit, than him who revels openly and unguardedly. The former generally allows the elevation he has experienced from his first sip to subside before he takes his second, and that of the second before he takes his third: thus, gradually infilling the poison into the system, he has not the warning of intoxication to apprise him that, although he exultingly applauds himself for his extraordinary self-denial, the quantity he has sipp'd exceeds that, which taken by his neighbour with less management, has levelled him to the ground, and rendered him the object of our cautious sipper's harsh reproof. The more bold and shameless drunkard finds a monitor, though generally too little regarded, in every drunken bout; the beastly situations in which he is placed by them, and the sufferings which succeed, are not entirely unnoticed:

He sleeps, and waking finds himself undone;
 For prodigal of life, in one rash night,
 He lavished more than might support three days.

Armstrong.

Loud but weak resolves are uttered—such filthy excesses are never more to be committed.

Ah, sly deceiver! branded o'er and o'er,
 Yet still believed! exulting o'er the wreck
 Of *sober* vows!

Drunkennes, my friends, that vice, or rather let me say, that crime which engenders all other crimes, is a baneful curse, wherever it falls. It degrades man below the meanest reptile, renders his sober hours irksome beyond bearing, brings on the most dreadful diseases, and at last places him on a death-bed, the pillow of which it has filled with thorns. Dreadful is this picture, and many of you must feel it's truth. But how, you ask, shall we profit by it? How shall we rid ourselves of such a dangerous foe? Not by trifling with him—not by gentle resistance—not by endeavouring gradually to disengage yourself from his horrid gripe. No, an enemy, so formidable, must be firmly and strongly opposed—not an inch must be yielded to him. Consider if you break not his neck he will break your's, and perhaps the hearts of those who are dearest to you. Call to your aid self-love, as well as regard and compassion for your family, who innocently suffer for your indiscretions. Crave the support of reason and religion.—

Let god-like reason from her sov'reign throne,
 Speak the commanding word—I will—and it is done.

Thomson.

Do not be lulled into a false security, founded on one or two incorrigible drunkards enjoying seeming health, for they own not what they suffer; but judge from a larger scale. Look back to the latter days of all the votaries of Bacchus that come within your recollection, and then you will discover, that in general, the wine-bibber is doomed to the torments of the gout, or of the stone or gravel; the dram-drinker becomes bloated with dropsy, and the swiller of beer stained with jaundice.

.....the yellow fiend
 Ting'd with her own accumulated gall.

I am sure, if you but reconsider what has been said, although you may accuse me of preaching, you will not regard a drunken bout as a trifling matter. Look back but to the last adventure of this kind, and strive to

.....recollect
 What follies in your loose unguarded hour
 Escap'd. For one irrevocable word,
 Perhaps that meant no harm, you lose a friend;
 Or in the rage of wine your hasty hand
 Performs a deed that haunts you to the grave.
 Add that your means, your health, your parts decay;
 Your friends avoid you; brutishly transform'd,
 They hardly know you; or if one remains
 To wish you well, he wishes you in heaven.

Armstrong.

Besides, he who drinks much can eat but little; and strength is never gained by starving; one shilling spent with the baker and butcher is better than ten with the publican. Moderation is indeed always commendable, but there is little fear that the labourer will kill himself with cramming; for hard work and hard fare too often go together, and industry seldom messes with gluttony. Indeed it cannot be denied that

Gross riot treasures up a wealthy fund
Of plagues, but irremediable ills
Attend the lean extreme.

Armstrong.

I am not one of those who can calculate to a grain, on how little a man may keep life and soul together, but yet I cannot refrain from cautioning you against waste, and reminding you that, good housewifery will make one pound go as far as two.

One species of indulgence I must however warn you against—the taking too freely of spiceries with your meals. Mustard, pepper, &c. substances of so fiery a nature, that if applied pure to the skin, would soon excite a considerable degree of inflammation; or which, if blended with milder substances, and applied frequently, would harden the skin, and deprive it of it's healthful sensibility, are taken

into the stomach, with as little caution as though they were as mild as milk, and without considering that effects, similar to those they produce on the skin, succeed to their application to the stomach.

The substances of which we are speaking, taken into the stomach, even in the quantity in which they most frequently are used, render the stomach less sensible to the calls of nature, and less capable of performing it's functions of digesting the food: at length heart-burn, sour risings, painful oppressions and cramps of the stomach, show that, weakness of this organ is produced, in consequence of it's having suffered too much irritation.

The stomach urged beyond it's active tone,
 Hardly to nutrimental chyle subdued
 The softest food. *Armstrong*

You cannot be too watchful against the increase of this practice, for he that gratifies his taste, without the limitation of prudence, knows not where he may end.—He that begins with a grain, may end with a pound. Now my friends, although you may not think it worth your trouble to balk your taste for such a trifle, as you may esteem health to be, at least, let your children have fair play; and do not bring them up the slaves of such evil habits. Let your diet be plain.—He that

breakfasts on milk ; dines one day on animal food, and the other on pudding, &c. and sups lightly on milk, pottage, &c. may with reason hope for health. Therefore

Let temperance constantly preside ;
Your best physician, friend, and guide. *Armstrong.*

But man is not made merely to eat, drink and toil. A spark of intellectual fire is placed by his great Creator in his breast. If this be smothered and extinguished, life passes on dull and cheerless ; but if fanned into flame it's genial influence pervades, and actuates every part of the system ;—

.....from heaven it came,
Oh, prize this intellectual flame !
This nobler self with rapture scan ;
'Tis mind alone which makes the man. *Colton.*

In proportion as the mind is cultivated, the enjoyment of nature's blessings is promoted, and the interest in life is augmented ; and, which is particularly to our present purpose, the opportunities and the range of rational recreations are increased. Know, that amusement is as necessary to health as labour ; and that it is sometimes right

To frame your mind to mirth and merriment,
Which bars a thousand harms, and lengthens life,
Shakspeare.

But moderation in the enjoyment of pleasure is as necessary as in the prosecution of labour. You may if you chuse make an amusement of labour; but never make a toil of amusement. Your amusement should be adapted to the nature of your employment through the day: thus, should you be exhausted by toil, chuse some amusement where skill and dexterity is required, rather than labour; but if your employ in the day should have been accompanied with but little exertion, chuse those sports which call the various muscles into exercise. Take care, however, that your sports bear not on the limbs which work has wearied. Let him whose arms are fatigued with wielding the pick-axe, and the ponderous hammer, amuse himself, when his task is over, with ranging in the fields,

Where sown profusely, herb and flower
 Of balmy smell and healing pow'r,
 Their souls in fragrant dews exhale,
 And breathe fresh life in every gale.
 Here are thy walks, oh! sacred health;
 The monarch's bliss, the beggar's wealth.

Mallet.

Here blooming health exerts her gentle reign,
 And strings the sinews of the industrious swain.

Gay.

Whilst he whose occupations weary his legs and feet, should rather derive amusement from those sports which exercise his arms.

Bathing is a recreation, pleasant, refreshing and highly salutary; fit for him who passes a sedentary life, as well as him who leads a life of labour. By this the skin is cleansed from hurtful matter which may collect on it, whilst the vessels are so strengthened by it, as to be enabled to resist disease. Observe that I here recommend bathing for the prevention, not for the cure of diseases; since our time will neither allow me to specify those numerous complaints which may be removed by it, nor those which prohibit it's employment. I therefore can only say generally, that in health it will prove beneficial, if used when the body is neither chilled nor much heated: but that in diseases depending on any altered structure of internal parts, it can never be had recourse to but with danger.

The amusements to which I have hitherto alluded are those adapted to the summer, when fine weather and long days give the opportunities of an hour or two of day-light for your enjoyment, when labour is over. But in winter, a greater portion of time will be found free from the exercise of business, which want of day-light renders you unable to employ in out-door amusements. This portion of time is too commonly devoted to the ale-house; and this, it is frequently said, because your home can afford you no amusement. But let me

point out an amusement or two, which I am confident, when you have made trial of for a little time, will yield you delight beyond any you have ever experienced, whilst smothering away life in that grave of happiness. Most of you have children, and if you are not devoid of affection for them, pleasures beyond expression will be derived from instructing them.

Delightful task! to rear the tender thought;
 To teach the young idea how to shoot,
 And pour the fresh instruction o'er the mind.

Thomson.

But you may say, that, not having yourself received the advantages of education, you can communicate to them but little instruction. The instruction I however allude to, is such as the most unlearned may communicate. Trace over in your memory the various events of your past life; you will then see how you failed in your aim to do well, and also, why your endeavours sometimes succeeded. Communicate to your children the reflections which these observations create. Shew them the advantages of industry, civility and sobriety; let them see the necessity and advantage of rendering themselves useful to those around them. Place before them particularly the policy of such conduct towards their employers:

since he who renders himself useful to his employer, becomes necessary to him; and creates that attachment of his master, both from interest and for respect for his industry; that, if he engage also his affection by his civility and obligingness, the most advantageous and profitable consequences may follow. Point out to them the evils, which experience has taught you the necessity of avoiding. Put aside all false shame—own your own youthful follies to them.—Shew them the ill effects which followed, and confirm them in the resolution of shunning similar foibles; and, on the other hand, hold out to their imitation those actions which recollection is delighted in recalling. By this conduct, you will not only lead your children into a love of virtuous and industrious exertions, and take away the necessity of employing that correction which may rob you of their love; but you will actually excite their affections, make them love their father as their friend, and perhaps secure for yourself in age, that protection from your child, which you might otherwise have to seek from a workhouse. But to be assured of this, teach them to abhor cruelty to the brute creation; since the child who delights to torment any being, may be brought at last to view the sufferings of even a parent, with feelings, worse than indifference. Be assured—

That all the pious duties which we owe
 Our parents, friends, our country and our God;
 The seeds of every virtue here below
 From discipline alone and early culture grow.
West.

The amusement which books afford, exceeds all others, which can be enjoyed by the fire-side, by those whose days have been laboriously exercised. But should this not be to your taste, or should your youthful progress in learning not have been sufficient to enable you to indulge in this delightful enjoyment; have not to reproach yourself with not having done all in your power, to enable your children to obtain the pleasures and benefits of reading. Consider at how trifling an expense you may procure them this useful and entertaining accomplishment, and that a few pence, a very few pence, weekly employed for this purpose, may better their situation through the whole of their life. By reading they will have their minds stored with precepts, instructive of the preservation both of their health and morals: they will become better members of society, be more confirmed in their duty to you, and be furnished with an inexhaustible source of amusement and reflection for every vacant hour; so that the tediousness of leisure shall not drive them to the ale-house for amusement. In their youth it will afford them amusement and instruction, and in age, comfort.

Nor do I go out of my way when I recommend reading to you; for I recommend it as a medicine, which, by it's effects on the mind, will secure you from the attacks of some diseases which really originate from the mind not being sufficiently exercised; and also, as a remedy which will better enable you to beguile away the dreary hours of confinement, from almost any kind of malady. Nor is this remedy an expensive one, since there is ONE VOLUME, the cheapest in the kingdom, which whether you seek to be interested by the plain facts of history, by the most pathetic descriptions and situations, or by the most marvellous and even miraculous adventures; whether your taste be for plain prose, or for the most sublime poetry: whether in your youth, you search for instructions for obtaining happiness; or in your age, solid and essential comfort, this ONE VOLUME, THE BIBLE, will afford it all.

Remember that, whether at work or at play, whenever the body is considerably heated or cooled, a change of that state must not be effected suddenly. A sudden exposure to extreme cold, when much heated, is so well known to be dangerous, as to require to be only mentioned here for the sake of reminding you. But a greater degree of danger is frequently produced by a practice, the ill consequences of which are not so generally known.

When extremely chilled by exposure to bleak air, and perhaps to freezing sleet; when the blood is driven from the external upon the internal and vital parts, the practice is too common to drink freely of heating and spirituous drinks, and to hover close over the fire. The blood expanding by the heat, still farther distends the vessels in which it flows, it's course being at the same time rendered more rapid by the strong and heating liquors; hence it is forced into vessels into which it ought not to flow, and there excites pain and dangerous disease.

In proof of the propriety of this caution respecting the too suddenly applying heat, after exposure to cold, I must inform you, that if any part of the body be so long exposed to the cold that it has become frozen, and, in this frozen state, be brought near to the fire, a mortification will succeed, and the part will separate and fall off. But if the heat be most slowly restored, first by rubbing it with snow, then with water, then with a dry cloth or flannel, and lastly by allowing it to be exposed to the warm air, it will speedily be restored to it's healthful state.

From what I have said, it may be inferred, that similar caution should be employed in res-

toring the warmth of the whole body, when chilled. The cloathing, if wet, should be changed, and either moderate exercise should be persisted in until the heat is again restored, or the approach to the fire should be gradual. If the exposure has been long and the cold severe, it will be best to go to bed and drink freely of moderately warm barley-water or gruel, by which means heat will be gradually restored, and all dread of disease removed by a free perspiration. He, who wishes to get rid of life in severe agonies, should, when thoroughly wetted and chilled, dry himself by a large fire and toss down a glass of spirits. It may be true, that many of you have done this repeatedly, without having sustained any injury; but that is no reason why you should persist in that which a little consideration must show you is certainly dangerous. This you may be assured of, that there would be less chance of injury from allowing the wet clothes to dry on the back, whilst continuing in exercise, than thus suddenly to expose yourself to heat, and to drink of spirituous liquors when chilled with cold.

The first notice of mischief having been produced, by the too sudden change from one extreme of heat to the other, may not occur until several hours after, but then—

Cold tremors come, with mighty love of rest,
 Convulsive yawnings, lassitude and pains
 That sting the burden'd brows, fatigue the loins
 And rack the joints, and every torpid limb :
 Then parching heat succeeds, till copious sweats
 O'erflow.

Armstrong.

The symptoms, thus accurately described, never occur but when some alarming disease, generally fever, is about to succeed. To prevent this should be your immediate endeavour, for

Prevention is the better cure ;
 So says the Proverb, and 'tis sure.

The means for accomplishing this, are those which have just been enumerated : warm diluting drinks should be taken freely, and even profuse sweating should be promoted by the aid of a treacle posset, or white-wine or vinegar whey, and by breathing under the bed-clothes.

Since injury, from exposure to the inclemencies of the weather, is in a great measure prevented by the due management of the CLOTHING, attention to a few words on this subject may be well repaid. Observe the horse and other cattle, and you will perceive, that as the winter sets in, nature furnishes them

with warmer clothing. Profit by the observation, and adapt your clothing as nearly as you can, to the change of seasons in this variable climate. Take care also that your clothing be regularly disposed, not much thinner in one part than another; for how absurd is it to wrap the body in thick woollen, and to cover the legs with stockings of thin texture. If liable to pains in any particular part, that part indeed may be aided by additional clothing, and particularly by the wearing of flannel next to the skin; but with this, and indeed with every part of the clothing which applies immediately to the skin, the utmost cleanliness is necessary, not only for the sake of comfort, but of health; since there cannot be a doubt that, fever itself may be generated by the filth suffered thus to accumulate.

By an attention to what I have already said, you will be enabled to do much towards the PRESERVATION OF YOUR HEALTH. It is true, you must make some sacrifices; but consider—

Nor love, nor honour, wealth, nor power
 Can give the heart a cheerful hour,
 When HEALTH IS LOST. *Gay.*

I shall now, my friends, offer to your attention, a few words on the DISEASES to which you are most subject, describing to you the

manner in which they begin, and the methods of preventing their farther progress.

Whenever you experience cold shiverings, be on the watch; since there will be the greatest reason to suspect that it is the first symptom of some disease of a dangerous kind. If heat succeeds, lose no time, but immediately go to bed, and employ the means already recommended, to promote a free perspiration, and support it for at least four-and-twenty hours. Should perspiration be not produced by these means, it will then be right to take about twenty drops of antimonial wine, (a remedy you will do well to keep in your house) every hour until the effect you wish is produced. Thus may you check, in the very commencement, diseases that would probably have terminated in death. Should the shivering return, on the second, third, or fourth day, and be succeeded by heat, and then by perspiration, an AGUE OR INTERMITTENT FEVER has taken place, requiring you to take at least three quarters of an ounce of bark, before that period of time in which it made it's second appearance, has again elapsed.

But, if the means recommended have not been employed, or have been employed unsuccessfully, the cold shiverings being followed by considerable heat, and pain in the head,

loins, and limbs, you may be assured that a *FEVER* is establishing itself, which will prove beyond your management and controul. If an acute pain of any part succeeds, with or without the other symptoms, just enumerated, there will be great reason to suspect inflammation is forming, and if these pains do not subside, as the sweat continues, life may be at risk, and may only be saved by timely bleeding and the adoption of vigorous measures.

The degree of danger in these cases must of course depend on the violence of the attack, and the nature of the affected part. Of the former you will, in general, judge, by the degree of pain, and by the magnitude of the other symptoms; and as to the latter, I shall hope, by mentioning the parts affected by different diseases, and the offices they perform, that you will be able to judge of the degree of injury which may be expected.

Know then, that in the head is contained *THE BRAIN*, from which proceed the nerves, which are distributed over the body, and on which every sense, and all power of motion depend. If pain in the head, light-headedness, fever, redness of the eyes, and impatience at viewing much light, or hearing loud noises, succeed to shiverings, *INFLAM-*

MATION OF THE BRAIN OR IT'S MEMBRANES may be feared to exist. This must be followed with death in a very few days, if not opposed by the exertions of some skilful person. Bleeding profusely, blisters, the strictest regimen and proper medicines must be here employed, with that degree of firmness and decision, as cannot be hoped for, but where they are directed by a person of real skill, and where the attendants are impressed with the danger of the smallest deviation from orders.

Redness of the *EYE*, or as it is commonly termed a *blood-shot eye*, shows that INFLAMMATION OF THE EYE has taken place. The little importance which is in general annexed to the term blood-shot eye, has lulled many into a false security, until they have at last been entirely deprived of sight. Extreme pain of the *EAR* or *TOOTH*, show INFLAMMATION of these parts to have taken place. In the former of these cases the application of leeches to the temples, and in the two latter between the cheek and the ear, followed by the application of blisters to the temple or behind the ears, will generally check the progress of the disease.

Prescriptions for eye-waters are so numerous that you may expect one from me—but I

know not one which I can recommend to you to be used on all occasions. For such is the variety of cases in this class, that sometimes applications as cooling as ice, at other times as hot as the eye can bear, are required; nay, sometimes water itself will be too irritating, whilst at other times, applications as pungent as brandy will procure speedy relief. The most safe wash is, perhaps, rose or elder-flower water, without any addition. Conserve of roses, so often applied to the eyes on these occasions, is much more likely to injure the eyes, than to relieve them.

A flannel bag filled with camomile flowers, wrung out of boiling water, then sprinkled with spirits and applied very warm over the ear, and repeated for an hour together, renewing it as soon as cool, will frequently produce very considerable benefit in the ear-ach. In the tooth-ach the same application to the cheek on the affected side will, if patiently persevered in, render much more benefit than the corrosive remedies which are so frequently applied to the inside of the mouth, and to the tooth itself.

This same application will also be in general very useful, if made to the sides of the throat in INFLAMMATION OF THE TONSILS, (two round projecting substances at the

back of the mouth). This disease is known to exist by the enlargement of these with fever, pain, and considerable soreness of the throat, and difficulty of swallowing.

This complaint, best known to you by the name, *Quinsy*, in general, gives way speedily, if by early application, you give the opportunity for bleedings, blisters, &c. to oppose it on the threshold, as it were; otherwise it will rapidly become truly alarming and distressing. The means for procuring sweat should not, in any of these cases be omitted.

Behind the tonsils is situated the *WIND-PIPE*, the upper part of which is slightly inflamed, in what is termed a *COMMON COLD*; this appears to be pointed out by the tickling, which occasions a frequent troublesome cough. This may in general be removed by obtaining a copious perspiration at the commencement of the complaint. By drinking freely of treacle posset, vinegar or orange whey, barley water or gruel; but without having recourse to any considerable increase of bed clothes, or of the temperature of the room. Bleeding in general, is not here necessary. But should tightness of the chest, or pain in the side, or in any part of the breast, or should shortness of breathing come on, you may be assured that you are in that situation, that the farther

attempt to treat this disease without regular advice, will be very likely to occasion it's termination in *Consumption*, and that, on the other hand, proper measures being directly employed, an immediate amendment may follow. When COUGH continues after this disease, believe it to be a circumstance highly worthy of your attention. Consider a little and you will perceive that, a cough is not of itself a disease, it is the symptom or sign of a certain diseased state of the lungs or of the wind-pipe. If therefore it does not yield in a moderate time to sipping barley water, made thick, and sweetened by the addition of figs and raisins; or by occasionally taking some softening mixture, such as a mixture of equal parts of honey and oil, with a little lemon juice, it may be suspected to depend on some serious, diseased state of the lungs; to ascertain and remove which may require more skill than you possess.

THE CROUP, OR INFLAMMATION OF THE WIND-PIPE, or tube through which the air passes to and from the lungs, happens only to children, and is marked by the child's breathing being longer than natural, and accompanied by a particular wheezing sound: a sharp ringing or barking noise also distinguishes the cough, attendant on this affection. In this disease, the life of your child depends on

your immediately obtaining the best aid you can; since he most probably will otherwise perish in a few days. If the attendance of a medical man is unavoidably delayed, and the disease is plainly marked, apply from two to four leeches to the prominent part of the front, and a blister to each side of the neck.

In the breast or chest are contained *THE LUNGS*, which are filled with air, and again emptied, each time of breathing. *INFLAMMATION OF THE LUNGS* is known by shortness of breathing, tightness and slight pain across the chest, with fever. In children this disease may always be dreaded, when their breathing is quicker than natural; especially if accompanied with wheezing, and with increased heat of the skin. Whether in children or in others, this disease never happens without danger; if neglected, its termination will, most probably, be in that most dreadful disease a *CONSUMPTION*. Obtain therefore the best advice directly; but if prevented in this, lose not too much time in waiting, but apply one, two or more leeches to the chest of the child, according to its age. To a grown person, six or eight should be applied; but bleeding freely from the arm, would be preferable, if it could be obtained. When pain of the side occurs, affecting the breathing, accompanied with fever, the com-

plaint is PLEURISY, OR INFLAMMATION OF THE MEMBRANE LINING THE CHEST; the treatment of which and the cautions respecting it, may be taken from what has just been said respecting the preceding complaint. On the left side of the chest is placed the *HEART*, by the action of which the *blood* is driven to every part of the body. When the pain affects that side of the chest, and the beating of the pulse is irregular, suspending it's stroke for a moment or two, INFLAMMATION OF THE HEART itself, or of the PERICARDIUM, the membrane which incloses it, has most probably occurred. In such a case not a single moment should be wasted, but the best assistance should be immediately procured. But if delay necessarily arises, the pain is violent and the patient young, blood may be taken away freely. Under the heart is situated the *STOMACH*, just beneath the ribs on the left side, in this bowel is the food received and principally digested. INFLAMMATION OF THE STOMACH is therefore pointed out by an acute pain in this part, or rather towards the pit of the stomach, accompanied by the vomiting of every substance immediately on being swallowed. What has been just said respecting your mode of conduct, applies exactly to this case. But as the stomach is so irritable and tender, you must be particularly careful that only the most mild

liquors, and those in very small quantities be taken.

On the right side, under the ribs, and stretching across to the pit of the stomach, is the *LIVER*, by which the *bile* or *gall* is formed. INFLAMMATION OF THE LIVER is distinguished by pain in the part, and in the right shoulder. Immediate aid should be here obtained; as by bleeding, blistering, &c. the disease may be removed in it's first stage. To such of you who unhappily injure your constitution by drinking too freely, I must here offer a caution. This disease sometimes comes on very slowly, and without any other warning than frequent, slight pains: when this happens, proper medicines may assist you, if their effects be aided by an exact attention to such regimen as will be ordered; which will most probably comprise the prohibition of spirituous poisons. The gall or bile when formed is stored up in the *gall bladder*, from which, with that which flows directly from the liver, it passes through certain *ducts*, or pipes, into the bowels. INFLAMMATION OF THE GALL DUCTS may be suspected, when the pain is violently distressing, immediately at the pit of the stomach, passing directly through to the back, accompanied by severe vomitings. Here regular advice must be obtained; since, although bleeding is sometimes necessa-

ry, yet it fometimes happens that the disease is caused by hard substances called *gall-stones*, sticking in these ducts, and which bleeding alone might never remove.

By the bye, consider for a moment, how little good, a medicine too often had recourse to in sickness of the stomach (I mean a vomit) can do in the cases I have already enumerated, and in others which occur, where the sickness proceeds not from there being any injurious matter in the stomach, but from the diseased and too tender state of the stomach itself, or from its sympathising with other parts, in disease; from which circumstance, the employment of them must necessarily be succeeded by the actual increase of the complaint.

In the interval, however, before advice can be had, there is one remedy, which from it's safety, may be employed with confidence in this, and in every doubtful case, of extreme pain of any part, where there is not much weakness. This remedy is the warm bath, employed as nearly as possible, over the whole surface of the body. When this is used, great care should be taken that the body be afterwards well dried, and that the patient be laid between blankets. Bear in mind that any large vessel will do for this purpose; and

that it is proper to be employed in every case of inflammation of any important organ.

Inflammation of the liver is sometimes followed by DROPSY; diseases of other bowels will also occasion it. You have here always time to apply for regular aid, therefore attempt nothing unadvisedly. One circumstance you should, however, be apprised of: Your well-meaning neighbours will recommend to you many nostrums for the speedy removal of the water; but these must be used cautiously, lest by producing weakness, the flow of water into the cavities should be increased; and you act as unwisely as him, who widens the breach in the side of a ship, to let out the water, the leak has let in. Nor will you be free from the temptation of employing advertised nostrums, so great are the promises they hold out; but let common sense guide you: here is a disease, which may depend on a diseased state of any of the various bowels contained in the belly, and on a vast variety of different diseased states, and which cannot be removed without appropriate means for these different cases are discovered: how little prospect of success is there then, in employing a remedy thus taken at hazard, and which perhaps, at best, is only proper in one of these widely differing cases! Inflammation of the gall-ducts is frequently accompanied by JAUNDICE; but as

this complaint also accompanies other affections of these parts, and even certain states of the liver, the cause from which it proceeds ought therefore to be enquired into, before any active measures should be employed.

If acute pain should be felt lower than the parts already described, attended with almost constant sickness and obstinate costiveness, INFLAMMATION OF THE BOWELS is to be apprehended, which, unless powerfully opposed, must terminate fatally in two or three days. The best advice must therefore be obtained, as soon as possible. Bleeding and the warm bath being employed in the mean time. Be careful whenever symptoms arise like these, that no heating cordials, spices or spirits, be taken, under the expectation of lessening the pain; since just the contrary effect must be produced by them.

If the pain be felt in the loins, or in a direction from the loins toward the lower part of the belly, with frequent vomitings, INFLAMMATION OF THE KIDNEYS, the organs by which the urine is separated from the blood, or INFLAMMATION OF THE URETERS (the vessels which carry the urine to the bladder) has most likely taken place. If the pain is seated at the bottom of the belly, with great tenderness on pressure, and difficul-

ty, in voiding the urine, it may be concluded that INFLAMMATION OF THE URINARY BLADDER has come on.

In every one of these cases, the most serious and even fatal mischiefs are to be apprehended, if the most powerful means are not early employed. Whilst proper advice is obtaining, and which ought to be sought for with the least possible delay, bleeding and the warm bath may be had recourse to; and remember that here, as in every case of inflammation, these two most powerful remedies must be aided by abstaining from food, and by emptying the bowels by some cooling physick.

Numerous as are the diseases just described, recollect that they may all be produced by the too sudden change from heat to cold and from cold to heat. To this cause, as well as to violent exertions, the abuse of spirituous liquors, and the not proportioning the exercise to the quantity of nourishment, may be also attributed HÆMORRHAGES from ruptured vessels, of which I now shall speak. SPITTING OF BLOOD, in general proceeds from some blood-vessel bursting in the lungs. The important office of this organ I have already pointed out, I have therefore only here to add,

that the smallest appearance of blood, in the matter brought up by coughing, ought immediately to induce you to make application for your life's sake, for professional advice; since if you do not procure it directly, and act with the most rigid adherence to it, that distressful and fatal, but lingering malady, a CONSUMPTION, will almost unavoidably occur. BLEEDING FROM THE NOSE, and BLEEDING PILES, are not indeed so directly fatal, as that bleeding of which I have just spoken; but they are of sufficient consequence, to authorise me to call your attention to them, and to impress on your minds, that every discharge of blood, almost, proceeds from a broken blood-vessel; that there exists a disproportion between the strength of the blood-vessels and the quantity of blood they contain; and that when bleeding has taken place in considerable quantity from any particular part, the vessels of that part are disposed to acquire the habit of thus letting the blood escape, which is also so rapidly formed, as by distending the vessels, to be the more likely again to force it's way. I must just observe here, that although the piles are not in general dangerous, yet, when very painful, great attention must be paid to them; as when neglected, they sometimes terminate in that painful and distressful malady a FISTULA. Should they be very pain-

ful, leeches may be applied to them with great advantage.

From exposure to sudden changes of temperature, proceeds the ACUTE RHEUMATISM, or as it is often called the RHEUMATIC GOUT; known by it's affecting the different joints with red and painful swelling. By promoting a profuse perspiration, by freely drinking warm gruel, &c. aided by a few drops of antimonial wine, this disease may sometimes be removed at it's very commencement. But this not succeeding, be aware that it's continuance for a month, or perhaps longer, may be the consequence of not obtaining that treatment, which can only be pointed out by a medical man of judgment and experience.

The symptoms which I have described as marking the commencement of fever in general, may be considered as those which occur at the beginning of eruptive fevers. Of these the SMALL-POX stands most forward, from it's frequency, and it's fatality, if allowed to occur naturally, as it is termed;—but this would be a fault so censurable, it would be risking a life so unwarrantably, that no one who hears me, will, I hope, ever commit. Impress it on your memory, that one in every ten or twenty has been found to die of the SMALL-POX coming spontaneously, or in the *natural*

way, and but one in two hundred of those who receive it by *inoculation*: and that of those who have been inoculated from the matter of what is termed the COW-POX, amounting now to *many hundred thousands*, not *one unequivocal case* of death has occurred.*

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* In addition to the above very forcible argument in favor of the COW-POCK it should be remembered, that although only one in two hundred is said to fall a victim to *inoculation* for the SMALL-POX, yet the deaths of those who take it by *contagion* from such as have been inoculated, ought surely to be placed to the score of inoculation; as by inoculation it is often brought into a neighbourhood where it did not previously exist. —Nothing of this mischief is to be apprehended from the *non-contagious* Cow-pock.

Several years have now fully demonstrated the complete efficacy of the Cow-pock in *resisting* and *preserving* from the Small-pox. Numerous experiments in every part of the globe must convince every candid mind of the truth of this important fact.

Many little adventitious circumstances are daily to be detected in the first introduction of a new disease, nor can it be expected, that a perfect knowledge of every peculiarity is to be obtained without patient investigation and accurate observation: And this may be regarded as a strong argument of the propriety of retaining this important source of health in the hands of those whose judgments may be confided in, and of not trusting it to those who, ignorant of its *true characteristics*, can never be certain whether they have excited a *perfect* or *spurious* disease. The occasional clamours which have been raised against this invaluable prophylactic, have had

You may conclude the small-pox is coming out, when after the symptoms already mentioned, small red spots appear, just rising above the skin. The number and the malignity of these will often depend on the treatment at first adopted. If the room be considerably heated, the patient kept in bed, under a load of bed-clothes, and plied with heating drinks, such as even white-wine whey, the crop of pustules may be expected to be so great, that the powers of the patient will be exhausted, before they are ripened and cleared off.

When the spots are topped by a little watery bladder, soon after their first appearance, and are cleared off in two or three days, it may be concluded that the disease is the

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their origin chiefly from such cause. Who would not consider that man as stupid, who should trust the cure of a valuable horse to a common hostler, or to an ignorant illiterate blacksmith, when recourse could be readily had to the best informed farrier?—and is not the life of a beloved infant of more consequence than the most valuable horse, especially in the eyes of an affectionate parent?

 A Treatise on the COW-POCK, containing practical observations, and the mode of distinguishing the *true* from the *spurious* disease, may be had of the printer hereof. See advertisement of it at the end of the book.

CHICKEN-POX, OR SWINE-POX, a complaint which seldom requires more than to keep the child within doors, and to prevent it from taking too much exercise.

If the spots hardly rise above the skin, and are more spread than in the former diseases, it is most probable the MEASLES is appearing. This may be more certainly concluded to be the case, if a frequent dry cough, with redness and watering of the eyes, occur at the same time. In this disease, the breathing must be most attentively watched: If this become quickened, there will be the greatest reason to fear *inflammation of the lungs* to be establishing itself, which will not be removed but by the most vigorous measures.

When the skin, instead of being studded with pimples, is covered with a redness, resembling a stain, the disease is most probably THE SCARLET FEVER. If soreness of the throat accompanies it, not a step should be taken until the opinion of some intelligent medical character has been obtained; since the disease may, perhaps, be the PUTRID OR MALIGNANT SORE THROAT, which will demand, most probably, the utmost exertions of even the most able Physician, so to conduct the management of the patient, that he may not sink from the vast exhaustion of the vital

powers, which often takes place. Here wine, cordials, and food, which are poison in the former class of diseases, are absolutely necessary to be strenuously persevered in.

If the eruption of the skin is confined to one part, and, as is most frequently the case, to one side of the head or face, and soon rising in little blisters, the disease is ERYSIPELAS, or ST. ANTHONY'S FIRE. In this complaint evacuations must be employed with caution, since great judgment is necessary to point out whether they will be injurious or not. The application called *Goulard's water*, is often employed here, with much injury, as well as in many other cases of inflammation. The applications in this case must always depend on the state of the pulse, the age, and on the degree of strength possessed by the patient. To point out one mode of treatment which can be adopted with safety, in all the various cases which may occur of this complaint, is utterly impossible. This can only be directed by an observer, possessing sound medical skill. When this disease appears on very *young children*, the loss of the child is only to be prevented by the most skilful exertions. Admit no tamperings, lest you have to accuse yourself of having thereby sacrificed the child of your heart. A disease of the erysipelatous kind sometimes possesses two or three fingers

width of one side of the trunk; this is called the SHINGLES, and from the extreme soreness of the parts, is a very troublesome complaint. It seldom requires much medical aid; but as this will always vary with the constitution of the patient, I cannot, as I would wish, point out any specific mode of treatment fit for general adoption.

With the exception of one or two, the diseases of which I have hitherto spoken are of such a nature, as to depend on too great a tone and on too great a degree of fulness of the vessels. I now shall treat of diseases occasioned, rather by an exhausted and debilitated state of the system.

Profuse DISCHARGES BY STOOL are not only oftentimes not opposed sufficiently soon, but, from a mistaken notion, are sometimes promoted by means employed for the purpose. But so great a degree of exhaustion is suddenly caused, sometimes, by this complaint in very young, aged, or weak persons, that the utmost caution is, in such cases required; and indeed so much experience is necessary to enable you to judge in particular cases, whether this discharge should be checked or promoted, that I can only venture to say, that, in general, it may be promoted, so far as may be done by freely drinking broths of various kinds,

which, at the same time, by affording nourishment, support the patient's strength. But when the extreme parts become cold and the countenance shrunk, unremitting diligence is necessary in the employment of the means already mentioned, with the addition of spiced cordials, mulled wine, &c. in small, but frequent doses, for the purpose of supporting the strength, and also of moderating the discharge.

The complaint just mentioned is sometimes accompanied by violent *vomitings*, and is then termed the CHOLERA MORBUS; here the cautions just given apply with additional force; and the added symptom demands our particular attention. Connecting the idea of some injurious matter remaining in the stomach, with that of vomiting, an emetic is, in these cases, too frequently given; by which the diseased action of the stomach is not only unnecessarily, but dangerously increased; that motion by which the contents of the stomach should be pushed onwards, being exchanged for that by which it's contents are thrown back; and this kind of action being extended to the bowels, the contents of those nearest to the stomach, are also this way discharged. Great care is therefore necessary in the management of this complaint. If the purging ceases and sickness directly comes on, a table spoonful of tincture of senna, or Daffy's elixir

as it is called, may be successfully used. Sometimes medicines of an opiate kind will be demanded: but to determine as to the propriety of employing these, an attentive consideration of all the existing circumstances is required.

When discharges from the bowels, consisting chiefly of mucous or slimy matter, sometimes coloured with blood, are frequently passed, griping pains of the bowels, particularly about the navel, being also suffered, the disease may be concluded to be the BLOODY FLUX. The treatment of this disease differs so materially from that which the symptoms will seem to point out, that I find it necessary to apprise you, that it depends very much on accumulated pieces of excrement retained in the bowels; and that no astringent medicines, nor even opiates, will give lasting relief, until this matter is removed, by mild laxative medicines, such as manna, castor oil, &c. Should these means fail, trust yourself not too far, lest by allowing the disease to establish itself, you render it's removal difficult, or even impossible.

Extreme pain of the bowels, with a sensation of tightness and contraction round the belly, without stools, and not with much vomitings, distinguish COLIC. The bowels may

be, in this case, fomented with flannels wrung out of hot water, and warm clysters, or a decoction of camomile and poppy-heads may be given. Farther directions I cannot presume to give, except, that as this disease may depend on widely different causes, and may be easily confounded with inflammation of the bowels, the best advice must be directly procured, and all heating means desisted from, lest inflammation be increased or excited.

If the above symptoms occur, and especially with vomitings, to those who have the smallest swelling from a RUPTURE AT THE GROIN, NAVEL, or indeed at any other part of the belly, their life is lost unless this be reduced, that is, returned, or the stricture taken off at the part at which it passes out of the belly. This may be attempted by the patient himself, with properly applied pressure, the knees being separated and drawn up, and the head and upper part of the trunk being placed low. If he fail in his attempt, it should be considered, that every moment's delay increases the difficulty of effecting the cure; that his life absolutely depends on his procuring the aid of the really skilful; and that if this be not speedily done, an operation will be necessary, which, although not so painful as apprehension imagines it, might as well be avoided. I should be happy to impress on your minds

the important truth, that this dreadful evil is, at first, not only a very trifling one, and capable of being kept so, but even of being entirely removed, by the use of a proper *truss* on it's first appearance. Indeed, since the complaint must of necessity be increased by exertion, without a truss, and this to an enormous size, he who discovers that he has the misfortune to be afflicted with a rupture, known at it's commencement by a small swelling appearing in the groin, ought not, let his temporary inconveniences for want of his usual earnings be what they may, to employ himself in any kind of laborious exertion, until this useful instrument is obtained, and so applied, as entirely to prevent the gut from passing out; for if this is not accomplished by it, it will be of no benefit, but may occasion more mischief. It is true it will be expensive, but it is also true, that as it may save his life, he ought not, if he cannot obtain it from his own pocket, to disdain to entreat the assistance of his employer, or of his rich and benevolent neighbour.

I should be very happy if it were in my power to furnish you with instructions, by which you might be enabled to act with promptitude and success in all cases of sudden emergency; but this is not to be done. I will, however, endeavour to furnish you with such principles of conduct, as may, at least, prevent

you from doing mischief in such cases, and as may even, sometimes, happily enable you to stay the departing life of a fellow-creature.

You may perchance, witness the afflicting situation of one who, in a moment, has been deprived of all sense, laying insensible to all ordinary attempts to arouse him, and snoring as in a deep sleep; this you may conclude to be a case of APOPLEXY. This state is frequently succeeded, and even accompanied by, a deprivation of the powers of moving the limbs on one side, the limbs falling as though without life; this affection is termed PALSY. Now both these diseases may depend on two very different states of the system, which you must be apprised of; lest, whilst you endeavour to remove, you unfortunately employ those means, which will immoveably fix the disease. When the unhappy subject of this malady is not far advanced in years, has indulged in indolence, and what is termed good living, and has his face evidently swelled and uncommonly florid, you may conclude that the blood-vessels are full, even to bursting, and that life is only to be saved by immediate bleeding, and other evacuations. But when the countenance is shrunk and fallen, the patient stricken in years, and a martyr to hard labour, hard fare, and distress, the blood may be supposed to flag, rather from weakness of

the powers which should urge it, than from it's existing in too great quantity. Consequently here, evacuations will directly aggravate the disease; and relief is only to be obtained by means of warm cordials, and plentiful nourishment; beginning however with small doses of each. Should the patient have made any efforts to vomit, or the fit have seized him immediately after a plentiful meal, it will be proper to procure the emptying of his stomach, by the means of some emetic medicine, or by irritating the upper part of the gullet with the fine end of a feather. In every case of this kind, take care that the patient, whilst carrying to his chamber, and whilst in his bed, be placed nearly in a sitting posture, and that neither his neck-cloth nor any other cause, hinders the circulation of the blood through the neck. Nor should, in those cases where fulness of blood exists, any irritating substances, such as snuff, smelling salts, &c. be applied to the nostrils, but with the greatest caution.

You may sometimes witness the melancholy condition of one who having suddenly fallen in an *EPILEPTIC FIT*, or a fit of the *Falling Sickness*, as it is sometimes termed. This you may know to be his malady, if he fell suddenly senseless, every part being agitated with severe convulsions, whilst his lips are covered

with froth, which is constantly working out of his mouth. Here let your first service be that of placing him on a bed, or some soft substance, to prevent injury from the violence of his struggles, which should also be restrained, sufficiently to accomplish this intention. Should he have just taken a considerable quantity of fruit, or other vegetable matter, or have drank too freely of spirituous liquors, or have shown signs of sickness in the intervals of the convulsions, get an emetic into his stomach as soon as opportunity offers; and frequently, after the first casting from his stomach, the convulsions will cease and not return. But should the face become swelled, and assume a florid or even a crimson hue, bleeding will be necessary, to be performed immediately.

Children are sometimes affected with fits resembling those just described, which, in general, precede some eruptive fever, or are produced by the distension of the stomach by indigestible food, or by the newly formed teeth stretching and irritating the inflamed membrane which encloses them. The dividing this membrane by the common operation of lancing the gums, as it is termed, is the only certain mode of procuring relief in the latter case. If the stomach be distended with improper food, relief will be obtained by giving

a gentle emetic. In each of these cases putting the child into a warm bath, will be likely to prove beneficial.

This affection may be produced by the irritation of WORMS in the bowels ; the presence of which may be suspected when, although a considerable quantity of food is taken, the child is thin, pale and weak, and particularly if there be frequent pains of the bowels, and itching at the fundament. Now although the medicines in these cases might be easily procured, yet I am averse to prescribe any, lest by employing them improperly, you may do mischief instead of good, especially as you have always time for application to professional skill. This caution arises, from the symptoms I have mentioned often proceeding from weakness, from other causes, and being, therefore, likely to mislead you.

The disease which I shall next speak of is often, in it's first stage, mistaken for the effect of worms. DROPSY OF THE BRAIN, or *Watery Head*, may be suspected when a child appears uncommonly heavy and dull, complains of pain in the head, has it's sleep disturbed with alarming dreams, reluctantly moves it's head from the pillow, or attends to surrounding objects ; and is affected with frequent sickness and slight fever. To distinguish

this disease in that early stage to which the above symptoms belong, requires such skill as you cannot possess ; therefore, here you must not trifle, but on the appearance of symptoms resembling those I have mentioned, consider there is no other alternative, you must either apply directly to the most respectable professional man, or to some charitable institution. To pretend to recommend particular remedies in this case, would, you must see, be in me a presumption full of mischief.

This complaint is frequently occasioned by the falls on the head, which children are exposed to on first going alone. Guard their heads, therefore, at this time, with the old-fashioned head-dress for children, a quilted stuffed cap, or pudding. I am sorry to be obliged to add another cause of this malady, severe blows on the head, inflicted in the correction of children. Parents too often forget the weight of their hands and the delicate structure of a child. You must excuse the digression—It was but yesterday I passed the cottage of one you all know to have always neglected his children ; I heard the plaintive and suppliant cries of a child, and rushed into the cottage ; there I saw the father, whose countenance was dreadful, from the strong marks of passion and cruelty which it bore, beating most unmercifully his son, about ten

years old. The poor child's countenance would, one would have supposed, obtained mercy from the most obdurate; it was shrunk up with dread and terror; the most earnest and humble supplications proceeded from his lips, whilst his eyes were fixed with horror on the impending instrument of his chastisement. I stopped the brute from proceeding in his violent outrage, asking what was the crime the boy had committed, and found he had not finished the task of work he had set him. Ah, John, I exclaimed, consider how you ever neglected your children; you have never troubled yourself to give them good advice, nor refrained from setting them bad examples. The crimes of the children of such a parent must be on his head; you merit correction, and not he, for you never showed him what it was to be industrious. Expect not duty from a child, if you have not done yours towards him. Duties are required of parents as well as of children; and although an undutiful child may be termed a monster, know, that the worst of monsters is an *undutiful parent*. The wretch growled at the interruption he had suffered; and I need hardly say, manifested no compunction or regret, at his cruelty.

What I have told you, is not foreign to the purpose of our meeting; for, not only do I

believe the disease I have spoken of may be brought on by undue correction, but I have seen most dangerous diseases occasioned by the terror thus excited in the mind of a child. Let reason and parental tenderness weigh with you; and, in justice to the little offending trembler, before you correct your child, correct your own anger; and if you would wish to be respected as a father, inflict no more suffering on him who has no one else to look to for protection, than is really necessary for his future welfare.

Violent affections of the mind, loss of blood, and various other causes produce FAINTING, or a deprivation of sense, and almost a suspension of the circulation for a time. The principle of conduct just recommended in apoplexy, of avoiding the use of stimulating means, has been transferred to this case, and so far extended, that it has been recommended not to interfere with any active measures, but to wait until nature, of herself, again resumes her actions. This advice must be received with considerable caution; for although it may be very proper not to harass and exhaust the patient by numerous or violent irritations; yet, in very weak persons, if the suspension of the actions, on which life depends, be permitted long, their restoration

may not be effected, and death, from their total cessation, may ensue.

When the symptoms, by which fainting is known, appear, the means likely to produce a recovery should be directly employed. Pungent volatile substances, such as smoaking rags, burnt feathers, hartshorn or smelling salts, should be held to the nostrils; the body should be placed rather in a laying posture, fresh air should be freely admitted, and a very few drops of cold water be sprinkled on the face. By these means a recovery will, in general, soon be effected. So important is the admission of fresh and pure air in these cases, that it should not be allowed to stagnate round the patient, but should be kept in motion by the action of a fan.

The treatment just recommended is also proper in those cases where the appearance of death has been produced by exposure to NOXIOUS VAPOURS, especially to those of BURNING CHARCOAL.

When the external appearances of death have taken place in consequence of DROWNING, life has been restored by assiduous exertions. Fail not, therefore, of giving every possible aid, should the distressful opportunity offer. In this case, let the wet clothes be

first entirely taken off, and the body thoroughly dried by rubbing with cloths. This friction is then to be continued for the purpose of exciting warmth, and particularly over the belly, chest, and limbs: and after a little time, the warmth of the body should be still farther promoted by placing it in a moderately warm bath of water, sand, ashes, or any other matter, most readily obtained. The treatment of those cases where apparent death has succeeded HANGING, need not be particularised, as it will vary in no material circumstance from that of the former, except that when the countenance is swelled and florid, a small quantity of blood should be taken away, and the head raised as in apoplexy. But in every case where attempts are made for the restoration of the actions of life, the exertions should be persevered in for an hour or two before you cease your efforts.

Where death appears to be likely to follow INTOXICATION from the drinking of spirits, endeavour, in the first place, to obtain a discharge of the poison from the stomach, by an emetic, or irritating the back of the gullet, and by washing the stomach, by pouring down large portions of warm water. Nor should the object of your attention be now left; since after the first effects of the poison have passed off, such a state of extreme weakness may

follow during sleep; as may, unless great care be taken, end in death. If therefore, after having been allowed to sleep a little time, the breathing becomes laborious, the pulse low, and the hands and feet cold, he should be aroused for a minute or two, and made to swallow a spoonful or two of warm broth, or beef tea, and occasionally about thirty drops of *sal volatile*, or twice as much of *lavender drops*, in a table-spoonful of water; whilst the circulation is kept up by rubbing the limbs with warm flannels. Another circumstance demanding attention is, the throwing up of the contents of his stomach during sleep, when, from the state of insensibility in which his feelings and powers are shrouded, although they may be forced into his mouth, he will not be enabled to expel them, and may thereby perish from suffocation. Besides these reasons against deserting a person in this state, there exists another: if left to himself, the head may fall into such a position, as by bending the neck too much, may occasion death, by directly preventing the passage of air into the lungs. On this account, never content yourself with putting any one in a state of intoxication *alone* in a carriage, for the purpose of conveying him to his home; lest, when he arrives there, his family find him a breathless corpse; the motion of the carriage being very likely to throw the head into that position,

from which the mischief just pointed out, may be likely to proceed.

The treatment of THOSE WHO HAVE SWALLOWED LAUDANUM OR OPIUM, with the intention of destroying themselves, is founded exactly on the same principles as that which I have just laid down for those who have taken profusely of spirits, &c.

When ARSENIC, SUBLIMATE, AQUA FORTIS, or any substance known to be of an *acid* nature is taken, by any one, ignorant of the dreadful torments they occasion, for the horrid purpose of destruction, your endeavours must be aimed at correcting it's nature and washing it away. The first intention will be accomplished by getting down any of the following substances; ley of wood ashes, mixed with water to that degree, as upon tasting, will appear may be swallowed without injury; chalk, magnesia, or, particularly where *arsenic* or *sublimate* has been taken, solution of what is termed liver of sulphur, which may be had from the apothecaries or chemists. The second intention may be fulfilled, by copiously drinking of warm milk, or until this can be obtained, of warm water.

Should SOAP LEES, OR SPIRITS OF HARTSHORN be taken by mistake, or for the dread-

ful purpose already noticed, their destructive qualities may be corrected by drinking water, to which vinegar is added, in a proportion allowing it to be drank, washing the stomach with warm water or milk.

I will now endeavour to inform you of the measures which will be proper for you to adopt in some of the more *common accidents* to which you are liable, so that a life may not be lost from the hurry and confusion which arise in the moment of misfortune, when the mind is not prepared with any principles on which to act.

In WOUNDS made by cutting instruments, first restrain the bleeding, then bring the parts as nearly as possible, into their natural situation, and retain them there by slips of sticking plaister and bandages. If you employ such applications as Turlington's balsam, let them not run within the wound, but apply it on the outside on a piece of lint, merely to form a varnished covering to defend it from the air. Be not deceived by the pretended extraordinary virtues of many family salves; a mixture of bees-wax and sweet-oil melted together, will form as useful a composition as any, for the accidents which generally occur in a family.

When PROFUSE BLEEDING is produced by an accident of this kind, consider, that a life may be saved by the firmness and calmness you may be able to command, and the soundness of the principles on which you act. In the first place impress on your mind, that this flow of blood does not proceed from the whole of the cut surface, but perhaps from one or two points only. The part should therefore be washed, and if these points can be discovered, a little dossil of lint may be applied to, and confined on them, by the pressure of the finger, until, upon trial, it appears that the bleeding is stopped. But if it cannot be thus stopped, and the blood jumps out by pulses, it becomes necessary to prevent the blood from passing into the part, until the opened vessel is safely closed. This, in the upper limb, will be done by a round pincushion, or any thing of that form, and degree of hardness, being applied to the middle part of the inner side of the upper arm, over which may be tied a piece of strong tape, leaving room to introduce a piece of stick, with which the tape may be tightened by twisting, until the bleeding stops, a piece of stiff leather or folded cloth being placed underneath, to prevent the skin from being injured by twisting the ligature. In the same manner should the tourniquet, as this apparatus may be called, be applied to the hollow part, on the inside,

and about the middle part of the thigh ; by which the bleeding from any part of the limb below this may be checked, until proper assistance can be obtained.

BURNS AND SCALDS, followed with such pain and disagreeable circumstances when treated with oily applications, may be rendered, even when extensive, of very little consequence, by immediately drenching the part with almost any cold fluid, such as water, beer, vinegar, spirits, &c. continuing their application with fresh cold liquor, until the part no longer suffers pain on omitting it. A strong brine seems particularly useful on these occasions ; but an application which should be kept ready in every family for this purpose, since it appears to be more efficacious than any other, is made by laying sliced potatoes and salt, layer upon layer, and bottling the liquid which runs off.

Now let us suppose you have found a person laying on the ground, speechless, rendered so by violence. In such a case, do not hastily endeavour to raise him from the ground, but first search whether any of the limbs are broken, lest in raising him the injury be increased, the ends of the broken bone being forced through the flesh and skin. If the thigh or leg be broken, attempt not to raise him un-

til you have provided some mode of conveying him to his bed, remembering that being laid on two or three boards nailed together, a door or a shutter, and thus conveyed by two or four men, he will suffer much less injury than if conveyed on any kind of carriage. If the arm be broken in the upper part, let it be supported in a sling at the wrist, allowing the elbow to droop; if in the lower part, let the arm be supported in a sling, with the palm of the hand turned to the body. If the person continues senseless, the head has probably received some serious injury, demanding great care in his removal, and the immediate attention of some experienced surgeon.

If after a blow, by a fall, or otherwise, on the side, considerable pain is felt, and the breathing rendered difficult, you may be assured almost, that it is a case of FRACTURED RIB, requiring, on your part, immediate application to a surgeon, and strict attention to his orders; and, on his part, the utmost skill and care. Free bleeding and absolute rest will be demanded in this case, which very frequently terminates fatally from want of being treated from the first, with that decided firmness it demands. Nothing is more frequent than to see persons after an accident of this kind, exposed to the air, and even endeavouring to follow their usual occupations:

whereas the most strict confinement to the house or bed ought, in these cases, to be adhered to.

Frequently will a most severe pain in the extremity of the finger take place from WHITLOW, after some very slight wound in that part to which it can hardly be attributed; when the pain increases much, and seems deeply seated, the loss of the joint or of the finger, may be the consequence of not obtaining early assistance.

The best means, I believe, of checking the progress of this very painful complaint, is to apply two or three leeches to the end of the finger, and afterwards to hold the finger in spirits or vinegar, made as hot as can be borne. If this fail, poultices must be applied until a surgeon can be obtained.

The dreadful consequences of THE BITE OF A MAD ANIMAL induce me to urge your attention to the following. Carefully avoid the dog, or any other animal, which manifests disease by peevishness, a low'ring fallen look, watery eye, and dribbling from the mouth; although it should continue to eat and drink as in health. But in none of these cases destroy the animal, on the appearance of these symptoms, but confine it securely; so that should you afterwards hear of any one's ha-

ving been injured by it, the real nature of it's disease may be ascertained.

Should unhappily any one be bitten, when all circumstances concur in proving the animal to have been mad, which inflicted the wound, procure the removal of the bitten part as soon as possible. The mode of performing it, the extent of the operation and other circumstances, render it necessary that this should be done in the most cautious and skilful manner.

That most dreadful malady the **CANCER OF THE BREAST**, always begins with an exceedingly small kernel, which, in that state, may be removed with a degree of pain infinitely less than is apprehended. Immediately therefore on the appearance of such a kernel in the breast, let it's nature be ascertained, by one whose opportunities of information are such, as will render you confident in his opinion, and by that be guided; considering, that it is highly preferable to undergo a few moments pain, and obtain relief to your mind, than to suffer the gradual increase of a disease, which must become daily more painful, and at last must terminate in death.

Be assured, that for this disease there is no remedy known. Medicines, which have been reported to have been used with success by

Quacks and others, have had the fairest trial by Surgeons of the first abilities, but have been found unsuccessful. Notwithstanding this, cruel, daring, and I may, with the strictest propriety say, murderous Quacks, are hourly pretending to cure this disease. I speak of them in language thus strong, because the mischief they occasion is not merely by employing improper means; but by deluding their unhappy patients into so firm a reliance on their nostrums, that they are induced to put aside all ideas of the removal of the diseased part, and to allow it, whilst deceived into a daily expectation of it's cure, to degenerate into that dreadful state, which art possesses no power to alter, and in which, even it's removal becomes unsafe to attempt.

I have, it is true, placed a dreadful host of diseases before your eyes, but wishing not to alarm but merely to warn you, I believe, that I have used no false colouring. I have, I declare, consulted your welfare, although I may have injured the pecuniary interests of my profession. Indeed, I am far from advising you to be always running to the Physician; but when you are seized by a malady which threatens either the immediate loss of your life, or the wasting it by a gradual and painful decay, I urge you to lose not a moment, but to apply directly to the man of judgment and experi-

ence. Avoid, for your life's sake, the ignorant Quack, who deals out advertised nostrums. I am fully aware that, on this subject, you will attend to what I say, with no small degree of suspicion; but, I trust, that before I conclude, you will acquit me of any improper motives, and see the folly of relying on such means.

I will not here insist on the fact, that most nostrums owe their celebrity to the arts and tricks of their Proprietors; and, that their virtues are more than equalled by the medicines commonly employed in similar cases; but will observe to you, that mercury and bark, two medicines which approach the nearest to what is in general meant by a specific, would often fail in their curative effects, were they not aided, and indeed even corrected, by other medicines, according to the circumstances occurring in different cases. How narrowed then must be the scope of yielding benefit, of those nostrums which are employed in the same form, and the same mode, in all the different stages of a disease, in every constitution, in all the varying habits of body, occurring, in the same person, at different times; and in all those cases where the intermixture of other diseases, may render the greatest caution necessary in the use of any powerful remedy.

I must also intreat you to attend to the difference of the principle which actuates the Proprietor of Nostrums and the fair Professors of the healing art. The former, and we will take for granted, that his nostrum is in itself valuable, acts on this principle, that the public good, which might be augmented by the divulging of his secret, shall yield to his individual emolument : The latter, considering it to be their bounden duty to lessen the sufferings of their fellow-creatures to the utmost of their abilities, seek every opportunity of making as public as possible, every discovery in the healing art ; being guided by this principle, that the consideration of individual emolument should never prevent the universal knowledge of any means of lessening the agonies of suffering humanity. On this principle are the numerous medical societies and periodical publications established, these having for their grand object the immediate and extensive propagation of every important discovery in the healing art.

Shun then

The potent Quack long versed in human ills,
 Who tortures first—the victim—whom he kills :
 Whose *murd'rous* hand a drowsy Bench protect ;
 And whose most tender mercy is neglect.

Crabbe.

Not less necessary is it to shun the *ignorant Empiric* who assumes the character of the regular Practitioner, and dares to sport with the lives of his fellow-creatures, by dispensing medicines in the most critical cases, without a knowledge of the first principles of science.

But how, you say, shall you make the distinction between him who really possesses the requisite knowledge, and him who assumes the appearance of wisdom? I acknowledge, I am here at a loss to answer you. But I am satisfied that an attention to the following advice, will often yield you an useful direction for your choice. Avoid the man of coarse, bold, and assuming manners,

“ All pride and business, bustle and conceit.”

Not only in such will you be least likely to find sympathising tenderness; but, from his vulgarity you may conclude, he has not had that education which is necessary for the foundation of true medical knowledge. In a word, seek one who is not merely termed a *regular*, but one who has been in fact, regularly taught the healing art; whose manners promise tenderness, and whose habits ensure you his care and attention.

But I think I hear some of you say, that through the hardness of the times, you cannot afford to make application to a professional character of repute. Then, rather than submit to be tortured by ignorance, make immediate application, in spite of the silly suggestions of a false delicacy, to one of the numerous Charities which the provident benevolence of the public, or of individuals, has prepared for the mitigation of the sufferings of their fellow-creatures. Here you will obtain those comforts and that attendance, which your own family, however great and affectionate their zeal, may not be able to yield you ; and here the same judgment may be exercised to procure you relief, as is employed for the most affluent. But should none of these most excellent institutions be within your reach, do not suffer delay to deprive your family of a life which is their's, but make your case known, without reserve, to your rich neighbour, and fear not a repulse—benevolence is the characteristic of your countrymen.

One word more respecting your children, and for the present I have done. Consider it as your first duty to see that your child is not robbed of that food which nature has provided for it in the breast of it's mother. Should the mother be tempted for a sordid bribe, to

transfer to another her child's inestimable right, let her consider, that when she sells the food of her child, she perhaps also sells it's life.

Your next duty is the promotion of your child's happiness. As health is necessary to happiness, your watchfulness over it in this respect is indispensable; since by delay, neglect, or ill-placed confidence, disease may be so fixed in it, as to render it miserable all the rest of it's days, and even to rob you of it at once. Not less necessary to it's happiness is the regulation of even it's infant passions, and the teaching it to distinguish accurately between right and wrong.

Consider the sacred trust which thus devolves to you, and carefully fulfil this delightful duty. Permit not an unbounded indulgence, lest your child acquire such a disposition, as may be a fruitful source of wretchedness to it and you, and render it odious to all around you. But, on the other hand, exercise the important privilege of correction with mercy. Contemplate the countenance of the poor child who suffers frequent and severe chastisement; observe every feature contracted by habitual terror. The most innocent action is performed with alarm and dread. It hardly reco-

vers the shock the system has sustained by one series of sufferings, before a fresh series begins. When this is the case, rely upon it the life of that child is iniquitously shortened, and the parent is guilty of murdering his child by almost incessant torments.

END OF PART THE FIRST.

THE
TOWN AND COUNTRY
FRIEND AND PHYSICIAN.

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PART II.
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MY FRIENDS,

HAVING already in the preceding part advised you as your Friend and Physician to the best of my judgment and abilities, on those matters which appeared to me most immediately connected with your welfare and comfort, I have now but little to add. In doing this I will however take the opportunity it offers, of enforcing by a few remarks, one or more of the subjects I have already touched on, and which appear to me of the utmost importance to your comfort and well-doing.

We apparently live in an age, when every branch of human knowledge is reduced to a popular system; when, in short, the sources of

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information are open to both sexes, and persons of every rank. An improvement, which is so conspicuous, must ultimately be attended with the most desirable and extensive effects.

But with the progressive increase of refinement and luxury, a certain weakness and indisposition, whether real or imaginary, has infected society in the character of a genteel epidemic. It cannot properly be called a disease, but rather an approximation to an infirm state, which almost involuntarily compels man to reflect upon the relative situation of his physical nature, to acquire correct ideas of health, disease, and the means of prevention or relief, and thus imperceptibly to become his own guide.

Every individual of the least penetration now claims the privilege of being his own physician:—it is not unfashionable to form a *certain* system concerning the state of our own health, and to consider it as the criterion, by which we may judge of ourselves and others, of patients and their Physician.

We frequently undertake the charge of prescribing medicines for ourselves; and the natural consequence is, that we seldom are able to tell whether we are healthy or diseased; that we trust as much, if not more, to our-

selves than to the Physician, who is only sent for occasionally ; and that we cannot conceive him to be perfectly free from the systems of the schools, from self-interest, or professional motives. Thus, by an acquaintance with medical subjects, which, of itself, is laudable, not only the skill of the Physician is frequently thwarted, but the recovery of the patient unhappily retarded, or, at least, rendered more difficult.

Although there is but one state of perfect health, yet the deviations from it, and the genera and species of diseases are almost infinite. It will hence, without difficulty, be understood, that in the classes of medical remedies there must likewise be a great variety, and that some of them are even of opposite tendencies. Such are both the warm and cold bath, considered as medical remedies. Though opposite to each other in their sensible effects, each of them manifests its medical virtue, yet only in such a state of the body as will admit of using it with advantage.

It is evident, from these premises, that an universal remedy, or one that possesses healing powers for the cure of *all* diseases, is, in fact, a non-entity, the existence of which is physically impossible, as the mere idea of it involves a direct contradiction. How, for instance, can it be conceived, that the same re-

medy should be capable of restoring the tone of the fibres when they are relaxed, and also have the power of relaxing them when they are too rigid ; that it should coagulate the fluids when in a state of resolution, and again attenuate them when they are too viscid ; that it should moderate the nerves in a state of preternatural sensibility, and likewise restore them to their proper degree of irritability when they are in a contrary state.

However, the belief in an universal remedy appears to lose ground every day ; and has been long exploded in those classes of society, which are not influenced by prejudice, or tinged with fanaticism. But it is still sincerely to be regretted, that we are inundated with a flood of advertisements in almost every newspaper ; and that the lower and less enlightened classes of the community are still imposed upon by a set of privileged impostors, who frequently puzzle the intelligent reader to decide, whether the impudence or the industry, with which they endeavour to establish the reputation of their respective poisons, be the most prominent feature in their character.*

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* “ Most of the Nostrums advertised as *cough drops*, &c, says the worthy Parkinson, in his *Family Admonitions*, are preparations of opium, similar to the parego-

In those diseases, which, in every instance, depend upon the same cause, as in agues, the small-pox, and measles, the possibility of specifics, in a limited sense, may be rationally, though *hypothetically*, admitted. But in other maladies, the causes of which depend upon a variety of concurrent circumstances, and the cure of which, in different individuals, frequently requires very opposite remedies, as in the Dropsy, the various species of Colic, the almost infinite variety of Consumptions, &c. &c. a specific remedy is an imposition upon the common sense of mankind. Those who are but imperfectly acquainted with the various

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ric elixir of the shops, but disguised and rendered more deleterious by the addition of aromatic and heating gums. The injury which may be occasioned by the indiscriminate employment of such medicines, in this disease (Catarrh) may be very considerable; as is well known by every person possessing even the smallest share of medical knowledge.

“Prithee, Doctor,” said an old acquaintance to a celebrated empiric, who was standing at his door, “how is it that you, whose origin I so well know, should have been able to obtain more patients than almost all the regular-bred Physicians?” “Pray,” says the Quack, “how many persons may have passed us whilst you put your question?”—“About twenty.”—“And pray, how many of those do you suppose possessed a competent share of common sense?”—“Perhaps one out of twenty.”—“Just so,” says the Doctor; “and that one applies to the regular Physician, whilst I and my brethren pick up the other nineteen.”

causes from which the same disorder originates in different individuals, can never entertain such a *vulgar* and *dangerous* notion. They will easily perceive how much depends upon ascertaining, with precision, the seat and cause of the complaint, before any medicine can be prescribed with *safety* or advantage: even *life and death*, I am concerned to say, are too often decided by the *first steps* of him who intrudes his advice upon a suffering friend.

The following instances will show the danger attending the precipitate application of the same medicine in similar disorders. A person violently troubled with the colic took a glass of juniper spirits, commonly called Hollands, from which he received some temporary relief, as the indisposition proceeded from flatulency. Another person, who found himself attacked with similar pains, was induced, by the example of his friend, to try the same expedient; he took it without hesitation, and *died in a few hours*. Nor is it surprising that the effects of the cordial were fatal in this case, as the colic was owing to an inflammation in the intestines.—A third person was afflicted with a colic, arising from poisonous mushrooms which he had inadvertently swallowed; the immediate administration of an emetic, and after it some diluted vegetable acid, restored him to health.—A fourth person had an attack of this malady

from an *encysted hernia*, or inward rupture. An emetic, which relieved the former patient, necessarily *proved fatal* to the latter; for it burst the bag of enclosed matter, poured the contents into the cavities of the abdomen, and thus speedily terminated his existence.

From what has been premised, it may be confidently asserted, that a *Nostrum*, or an universal remedy, is as great a *desideratum* as the philosopher's stone. The absurd idea of an universal medicine can only obtain credit with the weak, the credulous, or the ignorant.

If these abuses of medicine be of consequence, how much more so are certain manners, habits, and customs, which the united efforts of the Faculty will never effectually remove or suppress, unless assisted by the female guardians of helpless infancy? That I may not be misunderstood with respect to the real intention of a few words to the fair sex, I beg leave previously to observe, that the following remarks apply chiefly to certain classes of the community, among whom a due degree of attention is but seldom paid to the *skin* of their offspring.

We often hear people complain that *their SKIN is uneasy*; a complaint which, I fear,

is but too prevalent among those who give themselves little trouble to inquire into its origin.—But how is it possible, I hear many persons ask, that the *skin*, which is a mere covering to the body, to shelter it from rain and sunshine, can have such an influence over the whole frame ?

The *skin* unites in itself three very essential functions. It is the organ of the most extensive and useful sense, that of *touch* ; it is the channel of *perspiration*, the principal means which Nature employs to purify our fluids ; and, through the most admirable organization, it is enabled to *absorb* certain salutary particles of the surrounding atmosphere, and to guard us against the influence of others of an injurious tendency. For this purpose, innumerable nerves and vessels are dispersed throughout the *skin*, which are in the continual act of feeling, and, at the same time, of secreting any volatilizing noxious particles, and absorbing those which contain vital principles. It has been proved, by accurate calculations, that the most healthy individual daily and insensibly perspires upwards of three pounds weight of superfluous and impure humours. It may, therefore, be confidently asserted, that no part of the body is provided with so many important organs, by which it is connected with almost every operation performed in animal life, as the *skin*. By this

organization we are placed in immediate connection with the surrounding atmosphere, which particularly affects us through the *skin*, and exerts its influence on our health. We further feel, directly through that medium, the qualities of the air, heat, cold, pressure, rarefaction, &c. and, hence, we experience, at least in their influence, other much more subtle and less known qualities, of which I shall only mention the electric and magnetic fluids.

Important as the *skin* is to external life, it is no less so to the internal economy of the body. By the proper exercise of this organ many diseases may be suppressed in their early stages, and those which have already taken place may be most effectually removed. No disease whatever can be healed without the *co operation of the skin*. The nature and constitution of this organ most certainly determine either our hope or apprehension for the safety of the patient. In the most dangerous inflammatory fevers, when the prospect of recovery is but gloomy, a beneficial *change of the skin* is the only effort by which Nature almost overcome, relieves herself, and ejects the poison in a surprising manner, frequently in the course of one night. The greatest art of a Physician, indeed, consists in the proper management of this extensive organ, and in re-

gulating its activity where occasion requires. To mention only one circumstance : it is well known to those who have experienced the beneficial effects of a simple blister, that its stimulus, like a charm, has frequently relieved the most excruciating pains and spasms in the internal parts.

Cleanliness, flexibility, and activity of the *skin*, are, according to the observations premised, the principal requisites to the health of individuals, as well as of whole nations. But, instead of contributing to its improvement, we generally pay very little attention to it, except to the *skin* of the *face and hands*, which are too often made the *fallacious* index of health. I am convinced, however, that most of the patients and valetudinarians, who take so much pains to refresh and fortify the *internal* parts of the body by invigorating potations,

• O madness, to think use of strongest wines,
And strongest drinks, our chief support of health.

Milton.

seldom, if ever, pay any regard to their *external* surface ; an object of equal importance, and, perhaps, standing in much greater need of corroborants than the former. Hence it happens, that the *skin of convalescents* is observed to be particularly relaxed and obstructed ; that they are liable to continual Colds up-

on the least change of temperature; and that every day of their recovery renders them more subject to relapses.

CLEANLINESS is a principal duty of man, and an unclean or filthy person is never completely healthy. It is better to wash ourselves ten times a day, than to allow one dirty spot to remain on the skin. On a place where impurities are suffered to clog the pores, not only insensible perspiration, but likewise the absorption by the skin is entirely suppressed; and, if the whole body be, as it were, covered with a varnish, formed of perspirable matter, it is impossible that a person in such a state can possess sound blood, or enjoy good health.

Believe me, the lady, the man of fortune, and the ill-fated man of letters, all require *more active* exercise than they actually take, which alone can promote a free perspiration, and enliven the surface of the body; but, by their indolent habits, the whole machine is in a languid state, and the *skin* becomes contracted and debilitated.

The husbandman, it is true, labours diligently; and though, by perspiration, *his skin* preserves more life and activity, it is neither kept sufficiently clean, nor prevented from being obstructed by perspirable matter. The artist and manufacturer carry on their pur-

suits in a sedentary manner, and in a confined impure air : The voluptuary and the glutton do not suffer less than the former, as they impair the *energy of the skin* by excesses of every kind, and take no precautions to preserve it's elastic texture.—Our usual articles of dress, flannel excepted, are not calculated to promote a free perspiration ;—and the free use of liquors, contribute greatly to *relax the skin*. If we add to this list of predisposing causes our inconstant climate, which at one hour of the day braces, at another relaxes, the *surface* of the body ; alternately heats and cools it, and, consequently, disturbs its uniform action ; it will be easily understood, that the *skin* must, for these reasons, be almost generally vitiated ; and that it really is a leading source of many of our indispositions.

When the sensibility of the *surface* is impaired ; when the myriads of *orifices*, that are designed for the continual purification and renovation of our fluids, are obstructed, if not closed ; when the subtle nervous texture is nearly deprived of its energy, so that it becomes an *impenetrable coat of mail*, is there any reason to wonder, that we are so often harassed by a sense of constraint and anxiety ; and, that this uneasiness, in many cases, terminates in a desponding gloom, and, at length, in complete melancholy ?—Ask the hypochondriac, whether a certain degree of cold, paleness,

and a spasmodic sensation in the *skin*, do not always precede his most violent fits of imbecility? and, whether his feelings are not most comfortable when the *surface* of his body is vigorous, warm, and perspires freely? In short, the degrees of insensible perspiration are to him the surest barometer of his state of mind. If our *skin* be disorganized, the free inlets and outlets of the electric, magnetic, and other matters, which affect us at the change of the weather, are inactive. Thus, the origin of extreme sensibility towards the various atmospheric revolutions is no longer a mystery; for, in a *healthy surface* of the body, no inconvenience will follow from such changes.— If we farther advert to those acrimonious fluids, which, in consequence of an *imperfect state of perspiration*, are retained in the body, and which affect the most sensible nerves and membranes, we shall the better comprehend how cramps and spasms, the torturing pains of the Gout and Rheumatism, and the great variety of cutaneous diseases, have of late become so obstinate and general.

The just proportion of the fluids, and the circulation of the blood, are also determined, in no small degree, by the *skin*; so that if these fluids become thick and languid, the whole momentum of the blood is repelled towards the interior parts. Thus a continual plethora, or fulness of the blood, is occasioned;

the head and breast are greatly oppressed ; and the external parts, especially the lower extremities, feel chilly and languid.

May we not infer, from what I have thus advanced, that the use of Baths is too much neglected, and ought to be universally introduced? It is not sufficient, for the great purposes here alluded to, that a few of the more wealthy families repair every season to watering-places, or that they even make use of other modes of bathing, either for their health or amusement. A very different method must be pursued, if we seriously wish to restore the vigour of a degenerating race. I mean here to inculcate the indispensable necessity of *domestic baths*, so well known among the ancients.

BATHING may be considered as an excellent specific for alleviating both mental and bodily affections. It is not *merely a cleanser of the skin*, enlivening and rendering it more fit for performing its offices ; but it also refreshes the mind, and spreads over the whole system a *sensation of ease, activity, and pleasantness*. It likewise removes stagnation in the larger, as well as in the capillary vessels ; gives an uniform, free circulation to the blood ; and preserves that wonderful harmony in our interior organs, on the disposition of which our health and comfort so much depend. A person fa-

tigued, or distressed in body and mind, will derive more refreshment from the luxury of a lukewarm bath, and may drown his disquietude in it more effectually, than by indulging in copious libations to Bacchus.

The wish to enjoy perpetual Youth is one of the most predominant and pardonable. Though it cannot be rationally asserted, that bathing will confer continual youth; yet I will hazard an opinion, that it has a very uncommon and superior tendency to prolong that happy state: It preserves all the solid parts soft and pliable, and renders the joints flexible.

It is no less certain, that bathing is one of the best preservatives of Beauty; and, that those nations, among whom it is a prevailing practice, are usually the most distinguished for elegance of form and freshness of complexion.

A moderate desire to improve and beautify the *surface* of the body is far from being a frivolous pursuit.

I have had frequent opportunities to observe, that the desire of Beauty, when not inordinate, may prove the source of many virtuous and laudable pursuits, and that it may be greatly instrumental to the preservation of

health. I am also persuaded, that this desire is often pursued by methods not the most proper; and that, from not having a just knowledge of beauty, females make many valuable sacrifices, not only of things essential to *health*, but sometimes of *life itself*. Instances are not uncommon of young persons attempting to bleach their skins, and beautify their persons, by avoiding the open air, using a mild and weakening diet, or even abstinence from food, sleeping too long, warming their beds, &c. &c. But, alas! the event does not answer their expectation; they lose both health and bloom!—Eating chalk, drinking vinegar, wearing camphorated charms, and similar destructive means, have been resorted to by other more silly adventurers, but with no better success. Those I have last enumerated may be called the *minor cosmetics*: others of a more formidable nature I almost hesitate to mention, as they are, unquestionably, the most deleterious substances with which we are acquainted. *Mercury* and *lead*, manufactured in various forms, are, unhappily, ingredients too common in many of our *modern cosmetics*, whether they consist of *lotions*, *creams*, *powders*, *paints*, or *ointments*. That these substances can be communicated to the circulating fluids through the *skin*, as well as by the stomach, requires, I should suppose, no further proof after the doctrines already advanced on this subject. *Lead*, if once introduced into

the system, though in the smallest proportions, cannot be removed by art ; and never fails to produce the most deplorable effects, such as palsy, contraction and convulsion of the limbs, total lameness, weakness, and the most excruciating colics. Besides these more obvious effects, the frequent external use of lead and mercury, in cosmetics, occasions cramps in every part of the body, faintings, nervous weakness, catarrhs, tubercles in the lungs and intestines, which occur either separately or together, according to the different circumstances, till at length, a Consumption, either pulmonary or hectic, closes the dreadful scene.—

The secret venom, circling in her veins,
Works through her skin, and bursts in bloating stains ;
Her cheeks their freshness lose, and wonted grace,
And an unusual paleness spreads her face. *Granville.*

Beauty of complexion, the subject under consideration at present, is but another term for a *sound and healthy skin* :—a pure mirror of the harmony of the internal parts with their surface ; or, if I may be allowed the expression, “ *it is visible health.*”

There subsists so intimate a relation between our interior and exterior vessels, that almost every error or irregularity in the organs within, shows itself first on the surface of the body, particularly on the face.—How often are we struck with the countenance of a person, who

thinks himself in perfect health, but whose illness, the result of some morbid cause concealed in the body, justifies in a few days, the serious apprehensions we entertained at our last interview. Nature has wisely ordained, that the first appearance of internal irregularities should be indicated by the countenance; but to what use do we generally apply this index? We refuse to avail ourselves of her beneficent intimation; and the continued use of pernicious substances, instead of promoting the object we have in view, ultimately tarnishes and impairs that Beauty which we meant to adorn and preserve. We imagine it in our power to improve the skin without attending to the purity of the fluids, though it is indebted to them for its very existence; and yet we should smile at a person, who attempted to cleanse an impure tongue by constantly scraping it, when a disordered stomach was the real cause of that impurity.

From the tenor of the preceding observations, I hope for indulgence when I venture to pronounce every cosmetic, the composition of which is kept a secret from the public, to be false and fraudulent ware. The three great, and really effectual, SUBSTITUTES FOR COSMETICS, which I would recommend, are the following. *First*, due attention to *insensible perspiration*; an important process, by which Nature, if duly assisted, will not fail to expel

all acrimonious or useless particles: By this, too, the surface of the body will be kept in a constant atmosphere of softening exhalations; a species of volatile vapour-bath, which is the most efficacious mean of preserving it soft and pliant, and of animating it with the Colour of Life. The next circumstance to be attended to is the *purity of the fluids*; this depends equally on a free *perspiration* and a vigorous state of *digestion*. The third requisite to a fair, healthful complexion is an *uniform* distribution of the fluids; or, in other words, a *free and unrestrained circulation of the blood*; as the very purest fluids, when profusely propelled to the face, are productive of disagreeable consequences, such as unnatural redness, flushings, tumid appearances, &c. of which ladies who lead a sedentary life are so apt to complain.

To these three general observations I think it may be useful to subjoin a few particular injunctions relative to the *refinement of the skin*, as connected with a state of *good-health* — Carefully avoid all *immoderate* dancing; as the sudden alternations of heat and cold not only impair the general state of the *skin*, but are likewise very detrimental to *Beauty*. — Abstain from the too frequent and too copious use of heating liquors of every kind, particularly punch and strong wines. There is scarcely any thing which is, in my opinion, more de-

structive to the bloom of youth and manhood than this *liquid fire*, which fills the blood with inflammable particles, propels it towards the face, parches the skin, renders it spotted, and lays the foundation of that incurable disease, which is sometimes figuratively called *copper in the face*. Neither sugar nor any additional ingredient, to gratify the palate, can deprive these liquors of their noxious qualities, inso-much, that even the most agreeable of these seductive drinks is attended with considerable danger.

Avoid, likewise, the *excessive use of hot drinks*, such as coffee, chocolate, and tea.

Here I cannot impress upon the attentive reader, in terms sufficiently strong, the following truth: *That a healthy stomach only can produce healthy and uncontaminated fluids*; and that two-thirds of what we call acrimony, or sharpness of humours in the system, proceed from a languid stomach and irregular digestion.

The *physical education*, or in other words, the *bodily treatment* of INFANTS, on which depends so much their future health and comfort, forms unquestionably an object of such importance as would be criminal to omit a few short instructions respecting it. The great disproportion subsisting between healthy and diseased children, together with the deplorable

mortality which occurs among the latter, too plainly evince, that their *bodily* welfare is not sufficiently attended to.

So long as the nursing of children remains exclusively in the hands of common midwives and nurses, it is rather a matter of surprise that so many infants should survive the age of childhood. We ought, therefore, above all things, to inquire into the monstrous prejudices prevailing in this essential part of domestic management, and thus make the first step towards their eradication.

From the difficulty of discovering the true cause and seat of the complaints of children, especially if accompanied with any particular symptoms in the excretory vessels, it is very usual to administer a *gentle laxative* or *emetic* upon the slightest occasion.—It would lead me too far to examine, in detail, the many bad consequences resulting from so absurd and detrimental a practice. I cannot, however, forbear to remark, that, by dealing constantly in aperient medicines (a strange infatuation among the poor) the future diseases of the child assume a particular character of the *gastric* kind; for the juice of the stomach, which serves to concoct the food, is thus vitiated. As the operation of laxatives is in a manner mechanical, by impelling the fluids, and particularly those of the mucous kind, towards the

stomach and bowels, and causing them to accumulate in a greater degree than usual, it will be easily understood, that, by the frequent repetition of this stimulus, the gastric juice will be rendered unfit to effect the proper solution of food in the stomach.

Frequent *bathing*, in infancy, is a powerful means of counteracting and suppressing the disposition to stomachic and bilious complaints, which, at present, are uncommonly prevalent among children and adults, and are frequently accompanied with diversified nervous symptoms. By a *proper* use of the bath many infantile diseases may be safely prevented; catarrhs suppressed, or greatly mitigated; teething rendered easy; and the whole physical condition of the child considerably improved, from the efforts of Nature, to throw off malignant humours by the pores.

An erroneous notion too much prevails, that the good effects of bathing are principally to be ascribed to the *cold bath*. The use of any bath, indeed, whether cold or warm, that is, the stimulating impression excited by the water, is, of itself, an excellent tonic, serving to brace and invigorate the whole system. The cold bath however belongs to the class of *heroic remedies*, and in its sudden and powerful effects nearly resembles electricity. The lukewarm bath, on the contrary,

produces an uniform revolution and salutary purification of all the fluids. For these reasons I consider the *tepid bath* as in every respect preferable, since it may be used somewhat cooler for thriving children, or warmer for those of a weakly constitution, and the requisite degrees of heat be regulated according to the increasing age and strength of the child. In summer, the water of the bath ought to be exposed the whole day to the rays of the sun, which will impart to it an agreeable and congenial warmth. Rain or river water is the most proper for this purpose; but if it be necessary to use spring or well water, it should be previously softened with a small quantity of boiled water, in which a quarter of an ounce of soap has been dissolved, with the addition of a little bran or oatmeal; or if milk can be obtained, it will be a still more useful ingredient. I would particularly recommend not to boil the *whole* quantity of the water to be used for bathing, as it would in that case be deprived of its aerial constituents, which are not without their importance in the bath.— During the first weeks and months the child should not be suffered to remain in the bath longer than five minutes, and the time may be gradually increased to a quarter of an hour. During the whole process of bathing the body should not remain inactive, but be gently rubbed with the hand. It is of consequence to attend to the point of time when the child is

taken out of the bath; for, in almost every instance, where warm bathing disagrees with the child, it will be found to arise from neglect in not wiping and drying the body, with sufficient expedition, at this particular period. Hence, it is highly necessary to keep warm clothes in readiness, in which the child should be wrapped up, and dried, the very moment it is taken out of the bath. Every one in the habit of bathing must have observed, that the evaporation of water on the skin excites penetrating and uncomfortable sensations of cold; and there is an astonishing difference of temperature between actually being in the water, and having water on the skin after quitting the bath. If, therefore, a child, from want of due precaution, be kept for several minutes with a naked, wet body, it will be liable to contract a cold, the more dangerous in its consequences, as it immediately succeeds a state in which the body has been warm and the pores open.

It should be farther observed, that bathing, immediately after a meal, or with a full stomach, is highly improper, if not dangerous, both in children and adults; nor is it advisable, in rough weather, to carry a child into the open air too soon after bathing. The most proper time for using the bath is the evening, when the child can be removed to bed as soon as it is completely dried.

To the frequent bathing in water I would particularly recommend another species of bath equally indispensable, which I will call the AIR-BATH, or the daily enjoyment of fresh air. This is usually considered as a promenade, or walk of pleasure; and, as children cannot judge of its great utility, and the weather is not always favourable for excursions, parents are sometimes guilty of unpardonable neglect, in confining infants for whole days and weeks together within their rooms. But if air be essentially requisite to animate the most subtle powers of man, it follows, that it is as necessary to the organs of life as food and drink; and that its salutary influence on the constitution does not so much depend on the state of it, with respect to pleasantness and serenity, as on its freshness and constant renewal. Hence, I would impress it on the reader, as a rule not to be violated, *to let no day elapse without affording the child an opportunity of imbibing the salubrious qualities of fresh air.*

Persons unaccustomed to reflect on this subject, can scarcely conceive what salutary effects the simple means here recommended, namely, the early habit of *washing, bathing, and daily airing*, produce on the constitution and physical formation of the child. The habit of body, growth, and appearance of children, properly educated in this respect, will be totally

different from those who are reared, like foreign plants, in a hot-house.

To point out still more forcibly the peculiar advantages attending the regimen here recommended, I will exhibit a picture of such children, not taken from fancy but authorised by facts, and agreeable to the experience of many modern observers.

1. A child, whose physical education is properly attended to, becomes more hardy and less affected by the vicissitudes of climate and weather.
2. Its body is straight and robust; its limbs are uniformly muscular, and well proportioned.
3. The stages of evolution, in its different organs, take place in regular succession—no power, no capacity, outstrips another, its teeth do not appear too soon, nor at irregular periods; the child does not begin to walk too early nor too late; and the same order is observable with regard to its speaking. Even the mental faculties expand themselves more regularly; that is, not too rapidly, but after the most important bodily changes have been effected. Every period of its progress to maturity comes on in a natural and gradual manner, so that the child, in a physical sense, lon-

ger remains a child; he does not mature into manhood before he has completed the proper term of youth; and thus every stage, as well as the whole career of his existence, is considerably prolonged.

4. By this treatment the circulation of the fluids, and all internal motions, particularly of the lungs and intestines, together with the usual evacuations, are beneficially promoted. Of no less advantage is the bath to those children who are subject to habitual costiveness; a distemper which cannot be too much guarded against, not only during the age of childhood, but also throughout life:—while infants accustomed to the bath and fresh air are scarcely ever known to suffer from this complaint.

5. The texture of their muscular flesh becomes solid, the colour blooming, and the body neither appears tumid and spongy nor parched and meagre. The complexion is lively and fresh; and the disposition to rickets, so common in children is in them imperceptible.

6. Neither are such children as enjoy the benefit of the Bath *properly* administered,* af-

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* I say *properly* administered, for if the means above stated are expected to produce their full effect, it

fectcd by that excessive sensibility and diseascd irritation of the nervous system, which, in many instances, so fatally degenerates into spasms, fits, and convulsions. The irregularities, in early life, are chiefly instrumental in bringing on that pitiable state, in which some unhappy persons, through the whole of their lives, are little better than *loco-motive, nervous machines*, or passive beings, that exist apparently for the sake of *seeing only, not for acting*.

7. Diseases of the skin, eruptions, catarrhs, coughs, obstructions of the first passages, &c. seldom attack a child when *properly* treated; and if they do, their duration will be short, and the *crises* easy and natural.

Lastly, CLEANLINESS, in domestic life, is one of the cardinal virtues, and an essential requisite to the proper physical education of children. Indeed, I cannot help remarking, that this is, perhaps, the *only* province of parental care, in which we *never* can do *too much*. For this end, we ought not to neglect the article of

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should not be forgotten, that the *whole* management of the child ought to correspond and keep pace with the preceding practice. Without due attention to this circumstance, *constant* washing and bathing may not only prove of little service, but may, in some instances, be productive of mischief.

linen, as the frequent change of it is of more consequence than many parents may suppose. A child is much more liable to perspire than an adult; the natural effect of which is, that its linen is more readily soiled and rendered unfit for wearing. I would, therefore, advise all parents, who can afford it, to give their children clean, dry linen *every day*. An undoubted proof of the utility of this practice is, that instances have occurred of children being cured of the rickets, when, from the first appearance of that complaint, they have been daily furnished with clean linen, well dried, and occasionally smoked with juniper berries, frankincense, or other fragrant substances, in order to expel the moisture which is absorbed by linen. But, if a clean change cannot be conveniently procured every day, the night-shirt, as well as that of the day, ought to be regularly dried,

Men, in all ages, have set a just value on LONG LIFE; and in proportion to the means of enjoyment, this computation has been felt in a greater or less degree. If the gratification of the sensual appetite formed the principal object of living, the prolongation of it would be, to the epicure, as desirable as the prospect of a life to be enjoyed beyond the limits of the grave is to the moralist and the believer.

In the Old Testament the Promise of a LONG LIFE is held up as one of the most important sources of consolation; and, conformably to the principles of Christianity; a patient continuance in well-doing, or, in other words, a long life, rich in good works, can best insure the hope of a more happy state in a future world. Hence the wish of a speedy termination of our existence in this world is one of those eccentricities, into which only persons deprived of reason are liable to be drawn, either from extreme anxiety or the want of fortitude. The desire of longevity seems to be inherent in all animated nature, and particularly in the human race: it is intimately cherished by us throughout the whole of our existence, and is frequently supported and strengthened, not only by justifiable means but also by various species of collusion.

A memorable instance is to be found in the Noble Venetian, LEWIS CORNARO, whose history illustrates this agreeable and instructive truth, that a mode of life and diet *properly adapted and regularly persisted in*, will atchieve great things; and that a frame, disordered, and even reduced to the brink of the grave, may yet be re-established, and preserve its health and vigour for a great number of years.

CORNARO had been a professed epicure and libertine, till he entered into the fortieth year

of his age. His constitution was so far reduced by the colic, rheumatic pains, fevers, &c. that his physicians, at length, assured him that he could not survive much longer than two months; that no medicines whatever could avert this catastrophe, and that the only possible means of preserving his life would be a regular adherence to a frugal diet. He punctually followed this advice, perceived symptoms of convalescence within a few days from the commencement of his plan of reformation, and, after the lapse of twelve months, was not only completely restored, but found himself in a better state of health than he had ever been during any period of his life. He resolved, therefore, to confine himself to a still more parsimonious regimen, and to take nothing but what he judged to be absolutely requisite for his support. Thus, during *sixty* years, he confined himself to exactly twelve ounces of food a day (bread and other nourishment included), with thirteen ounces of beverage. It should be also observed, that, during this long period, he carefully avoided violent heat, cold, passions, and extremes of every kind; and, by rigidly and uniformly adhering to this moderate diet, not only his body but his mind also acquired so determined a tone, that no common incidents could affect them. At a very advanced age he lost a law suit, which involved pecuniary concerns of great importance, and on account of which

two of his brothers died of broken hearts ;— but he still retained his usual health and tranquillity. His carriage was accidentally overturned, and dragged along by the horses ; in consequence of which his arms and legs were dislocated. He caused them, however, to be reduced again, and, without taking any medicines, was, in a short time, restored.

The following is a striking instance of the dangerous effects attending the slightest deviation from long custom and habit :—When CORNARO had reached his eightieth year, his friends prevailed upon him to add a small portion to his daily quantum of food, alleging that his advanced age necessarily called for additional support. Although he was not convinced by this argument, being of opinion, that, with the gradual decrease of strength, our powers of digestion are likewise impaired ; and that we ought to diminish rather than to increase our food, in proportion to the decay of Nature ; yet he yielded to the solicitations of his friends, and increased his food from twelve to fourteen, and his drink from thirteen to sixteen ounces. “ Scarcely,” to quote the words of our dietetic veteran, “ had I proceeded in this new mode of living for ten days, before I found my spirits visibly affected ; a fretful, peevish temper succeeded to my former cheerfulness and gaiety, so that I became a burthen to myself and others. This

change of temper was followed by symptoms still more alarming. On the twelfth day I was attacked with a pain in my side, which continued for twenty-four hours together, and soon after found myself oppressed by a fever that raged, with unabating fury, for thirty-five days, so that my life was, at times, despaired of. By the blessing of God, however, on returning to my former regimen, I recovered from this thock, and now enjoy, in my eighty-third year, perfect health of body and serenity of mind. I can mount my horse without assistance; I can climb steep precipices, and but lately I wrote a comedy abounding with traits of innocent mirth and raillery. When I return home, after being engaged in my private affairs, or from attending the councils of state, I feel inexpressible satisfaction in the company of my grand-children, eleven in number, whose education, amusement, and songs, are the comfort of my age. I frequently join them in singing, as my voice is now stronger and clearer than I ever knew it to be in my youth, and as my happiness is not disturbed by the complaints, the moroseness, and melancholy humours, so frequently the lot of intemperate old age."

In this happy frame of body and mind, CORNARO attained to his hundredth year; his virtuous and memorable example, however, has hitherto had but few imitators. He

found, by *actual observation and experience*, that a strict and uniform regimen, or a regular daily allowance of food and drink, was the best method *he* could pursue for the purpose of prolonging his life. He did not wish, however, to be understood, nor does it follow in general, that this or any other precise portion of nutriment is to be held out as a proper standard, by which *all persons* are to regulate *their* diet. His advice, that we should take no more food than what is absolutely necessary to our subsistence, may be thus explained; namely, that the restoration of strength, derived from supplies of nutriment, ought to bear an exact proportion to the losses sustained by the body. He, for instance, who spends little of his time in bed, and much in the open air, takes frequent exercise, is constantly employed in some laborious occupation, makes long journeys on foot or horseback, or the like, will feel himself refreshed and strengthened after partaking of a plentiful meal and cheering beverage; and such a repast is even indispensable to him to recruit the sources of his muscular strength and activity.—If, on the other hand, a person who lounges away half of his time in bed, or upon the sofa, were to consume a quantity of food equal to the former, he would, no doubt, feel himself heavy and uncomfortable. Yet here, too, the consequent loss of strength may vary in degree, in different sedentary persons.

MODERATION, in every respect, ought to be the first and leading maxim of those who wish to live long, and enjoy health. Extremes, in the most opposite things, frequently border on each other. The greatest joy may occasion the most acute pain; and, on the contrary, moderate pain is often accompanied with feelings, not altogether disagreeable. The highest animal gratification, indeed, is closely connected with disgust, and it is difficult to avoid the latter, after the enjoyment of the former. Hence, prudence enjoins us to restrain violent sensations and affections, before they have attained the highest degree, and become ungovernable.

A vigorous and persevering method of inuring ourselves to the unavoidable difficulties and diversified accidents of life, is of greater importance to the preservation of health than any dietetical precepts whatever. Man is capable of undergoing all the vicissitudes and inconveniences of air, weather, and climate; he can digest any kind of food if his stomach has not been wantonly indulged; and he can sustain the severest bodily exercise and labour, without paying too minute attention to time or regularity, when his employment or duty renders exertion necessary. But he who, from his infancy, has been treated with extreme tenderness, or who, after having been previously accustomed to a hardy mode of life, is

seized with the whim of bestowing too much care on his health, will suffer from the most trivial hardships, and catch cold at every change of the air; every heavy or high-seasoned dish will be oppressive, and the smallest deviation from the rules of temperance will indispose him. Yet, by the same rules, every healthy person will learn, that the grand secret of preserving himself in that state, consists principally in the art of moderating his desires and enjoyments. We may thus arrive at the knowledge of such things as are *generally* conducive to the welfare of the body; and more than this ought not to be expected. Rules of health, *universally* applicable to the state of every individual, are not discoverable in nature; nor can they be derived from any experimental knowledge we possess of corporeal objects.—The best general precept is, that every one study himself and his own particular constitution; that he choose and regulate his mode of life accordingly; and that he rationally make his own experience his guide in whatever he finds most suitable and convenient.

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