

Photocopy of p. [273]-276
supplied from the
Library of Congress.

ARMY MEDICAL LIBRARY

WASHINGTON

Founded 1836



ANNEX

Section

Med. Domestic

Number

353874

C. C. Durham

Book

22-2

Bought of Mrs. Green
Lump.

Price \$1.75

Oct 31. 1888

C. C. Durham.

Shelby.
N.C.

WRIGHT'S

FAMILY MEDICINE,

OR SYSTEM OF

DOMESTIC PRACTICE.

CONTAINING THE IMPROVEMENTS SUGGESTED BY

AN EXPERIENCE OF FORTY YEARS.

BY

ISAAC WRIGHT

OF TENNESSEE.

Printed at the Office of Henderson, Johnston, & Co.

MADISONVILLE, TENN.

J. F. GRANT, Printer.

.....

1833.



Entered according to act of Congress in the year 1833, by Doctor Isaac Wright, in the clerk's office of the District Court of the United States for the District of East Tennessee.

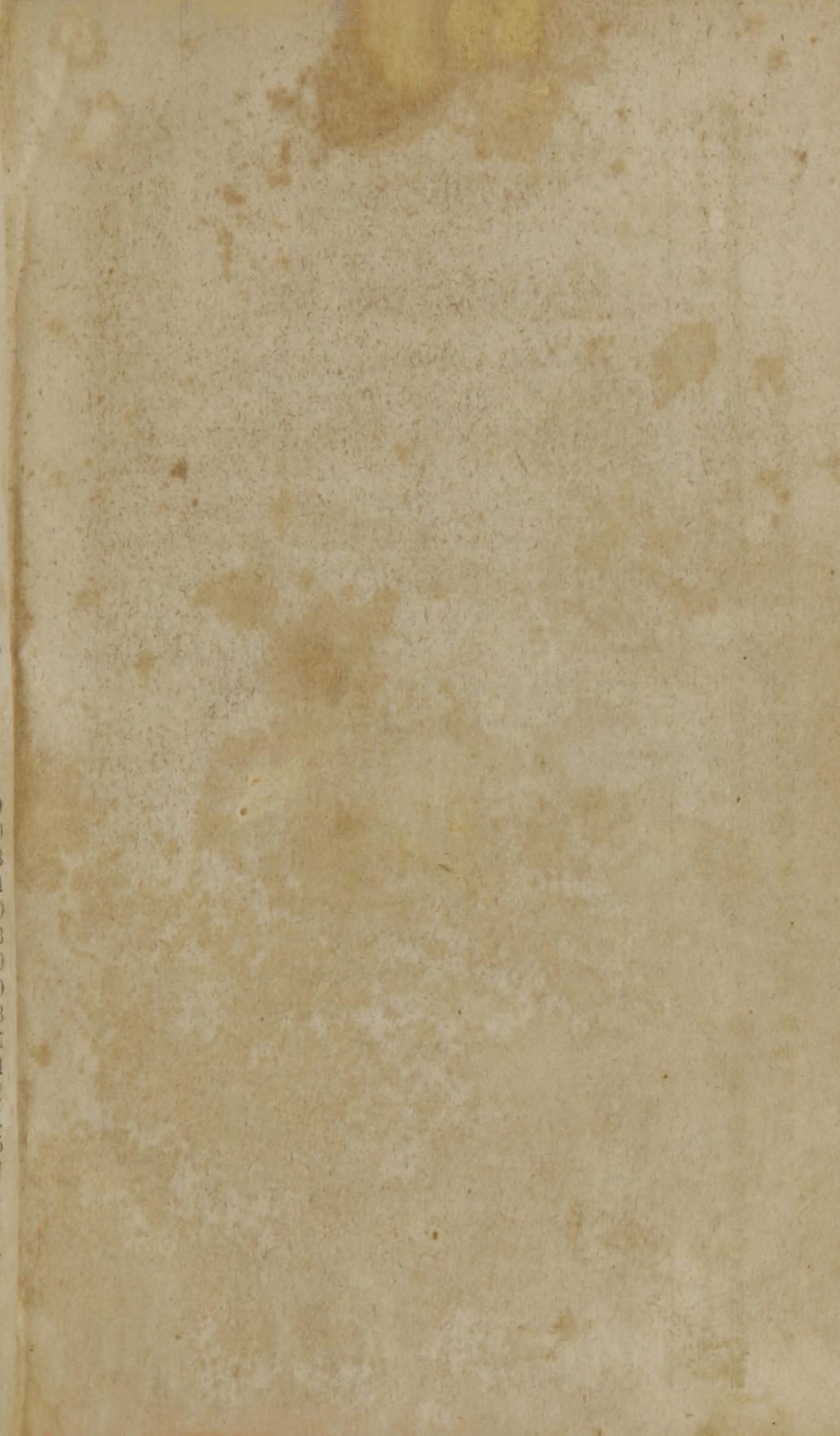
WM. C. MYNATT,
Clerk of the District of East Tennessee.

INDEX.

| | | | |
|-----------------------------------|-----|----------------------------------|-----|
| Anger, - - - - - | 2 | | |
| Air, - - - - - | 54 | of the shoulder, - - - | 236 |
| Ague and Fever, - - - - - | 67 | of the ribs, - - - | 235 |
| Abscesses, - - - - - | 230 | of the neck, - - - | 235 |
| Appetite, want of, - - - - - | 157 | of the jaw, - - - | 234 |
| Apoplexy, - - - - - | 155 | Dropsy, - - - - - | 226 |
| Asthma, - - - - - | 154 | of the brain, - - - | 194 |
| Appendix - - - - - | 267 | Dispepsy, - - - - - | 136 |
| Burn, for a, - - - - - | 231 | Dysentery, - - - - - | 131 |
| Broken bones, - - - - - | 237 | Diabetes, - - - - - | 121 |
| Bruises and sprains, - - - - - | 233 | Diarhoea, - - - - - | 118 |
| Blood letting, - - - - - | 229 | Diseases, knowledge of, - - - | 60 |
| Bites of poisonous animals, - - - | 175 | Ear ache, - - - - - | 248 |
| musketoes, - - - - - | 175 | Eruptions of children, - - - | 199 |
| Bloody Flux, - - - - - | 133 | Erysipelas, - - - - - | 198 |
| Bilious Colic, - - - - - | 113 | Eye, - - - - - | 172 |
| Bleeding at the nose, - - - - - | 125 | Epilepsy, - - - - - | 162 |
| Consumption, - - - - - | 87 | Exercise, - - - - - | 52 |
| Clothing, - - - - - | 50 | Fistula in Ano, - - - - - | 224 |
| Childbed, management of, - - - | 216 | Felon, - - - - - | 175 |
| Children, diseases of, - - - - - | 187 | Fingers, bitten, - - - - - | 174 |
| management of, - - - - - | 184 | Flatulencies, - - - - - | 168 |
| Convulsions, - - - - - | 192 | Fear, - - - - - | 24 |
| Cholera Infantum, - - - - - | 189 | Food, - - - - - | 48 |
| Cachexy, - - - - - | 146 | Fevers in general, - - - - - | 64 |
| Cough, whooping, - - - - - | 194 | prevention of, - - - - - | 63 |
| Croup, spasmodic or inflamat'y, - | 188 | inflammatory, - - - - - | 68 |
| chronic, - - - - - | 187 | Nervous, - - - - - | 74 |
| Clap, or Gonorrhœa, - - - - - | 177 | Scarlet, - - - - - | 79 |
| Cramp, - - - - - | 65 | Miliary, - - - - - | 80 |
| Costiveness, - - - - - | 156 | Bilious, - - - - - | 82 |
| Cholera Morbus, - - - - - | 117 | Gleet, - - - - - | 179 |
| Chicken Pox, - - - - - | 85 | Gout, - - - - - | 142 |
| Colic, - - - - - | 111 | Gravel, or suppression or diffi- | |
| Cleanliness, - - - - - | 57 | culty of urine, - - - - - | 123 |
| Cough, - - - - - | 156 | Grief, - - - - - | 29 |
| Cold, - - - - - | 107 | Glossary, - - - - - | 273 |
| Chalybeate pill, - - - - - | 263 | Hernia or Ruptures, - - - - - | 225 |
| Caustic vegetable, - - - - - | 263 | Hydrocephalus, - - - - - | 194 |
| Dislocations, - - - - - | 234 | Hydrophobia, - - - - - | 176 |
| of the thigh, - - - - - | 237 | Hypochondriac affections, - - - | 171 |
| of the elbow, - - - - - | 236 | Hysteric Fits, - - - - - | 169 |
| | | Hicup, - - - - - | 164 |

INDEX.

| | | | |
|----------------------------------|-----|---------------------------------|-----|
| Head-ache, - - - - - | 134 | Rheumatism, - - - - - | 144 |
| Heart-burn, - - - - - | 158 | Religion, - - - - - | 31 |
| Intemperance, - - - - - | 40 | Shoulder, dislocation of - - - | 236 |
| Itch, - - - - - | 247 | Sprains, (see bruises,) | |
| Incubus, or Night Mare, - - - | 166 | St. Anthony's Fire, - - - - - | 100 |
| Inflammation of liver, - - - | 115 | Scald head, - - - - - | 196 |
| bladder, - - - - - | 115 | St. Vitus' Dance, - - - - - | 196 |
| kidneys, - - - - - | 113 | Seminal weakness, - - - - - | 180 |
| intestines, - - - - - | 110 | Spirits, low, - - - - - | 169 |
| stomach, - - - - - | 109 | Swoonings, - - - - - | 167 |
| lungs, - - - - - | 85 | Scrofula, - - - - - | 151 |
| diaphragm, - - - - - | 98 | Sore throat, - - - - - | 150 |
| brain, - - - - - | 102 | putrid, - - - - - | 150 |
| Jaundice, - - - - - | 141 | Sudden changes, &c. - - - - - | 46 |
| Legs, cutting off, (see mortifi- | | Scurvy, - - - - - | 147 |
| cation,) | | Spitting blood, - - - - - | 128 |
| enlarged without ulcers, | 222 | Stomach, inflammation of, - - - | 138 |
| Labor, - - - - - | 208 | Sleep, - - - - - | 57 |
| Locked jaw, - - - - - | 160 | Stool, evacuation by, - - - - - | 42 |
| Liver, inflammation of, - - - | 115 | Sore Eyes, - - - - - | 104 |
| Love, - - - - - | 5 | Thrush, - - - - - | 197 |
| Mortification, - - - - - | 238 | Teething, - - - - - | 190 |
| Menses, suppression of, - - - | 218 | Tetanus, (see locked jaw,) | |
| Mumps, - - - - - | 105 | Tooth ache, - - - - - | 135 |
| Modesty or diffidence, - - - | 36 | Ulcers, indolent, - - - - - | 221 |
| Measles, - - - - - | 98 | sloughing, - - - - - | 221 |
| Mateira Medica, - - - - - | 251 | fungous, - - - - - | 220 |
| Night Mare, (see incubus.) | | in swelled limbs, - - - - - | 220 |
| Nose, stoppage of, - - - - - | 199 | inflamed, - - - - - | 219 |
| bleeding at, - - - - - | 125 | Urine, - - - - - | 43 |
| Perspiration, - - - - - | 45 | obstruction of, - - - - - | 181 |
| Pregnancy, - - - - - | 205 | bloody, - - - - - | 130 |
| Pins, swallowing of, - - - - - | 177 | incontinence of, - - - - - | 123 |
| Pox, - - - - - | 182 | Vomiting, - - - - - | 20 |
| Poisons, - - - - - | 173 | blood, - - - - - | 129 |
| Palsy, - - - - - | 159 | Vegetable Unguent, - - - - - | 263 |
| Piles, bleeding and blind, - - - | 126 | Venereal diseases, - - - - - | 177 |
| Palate, falling of, - - - - - | 106 | Wounds, - - - - - | 231 |
| Pleurisy, - - - - - | 94 | Wen, - - - - - | 231 |
| bastard, - - - - - | 97 | White swelling, - - - - - | 241 |
| Pulse, - - - - - | 41 | scorbutic, - - - - - | 245 |
| Passions, of the, - - - - - | 1 | Women, diseases of, - - - - - | 201 |
| Quinsy, - - - - - | 148 | Worms - - - - - | 140 |
| Ruptures, (see Hernia.) | | in children, - - - - - | 192 |
| Rickets, - - - - - | 195 | Whitlow, - - - - - | 175 |

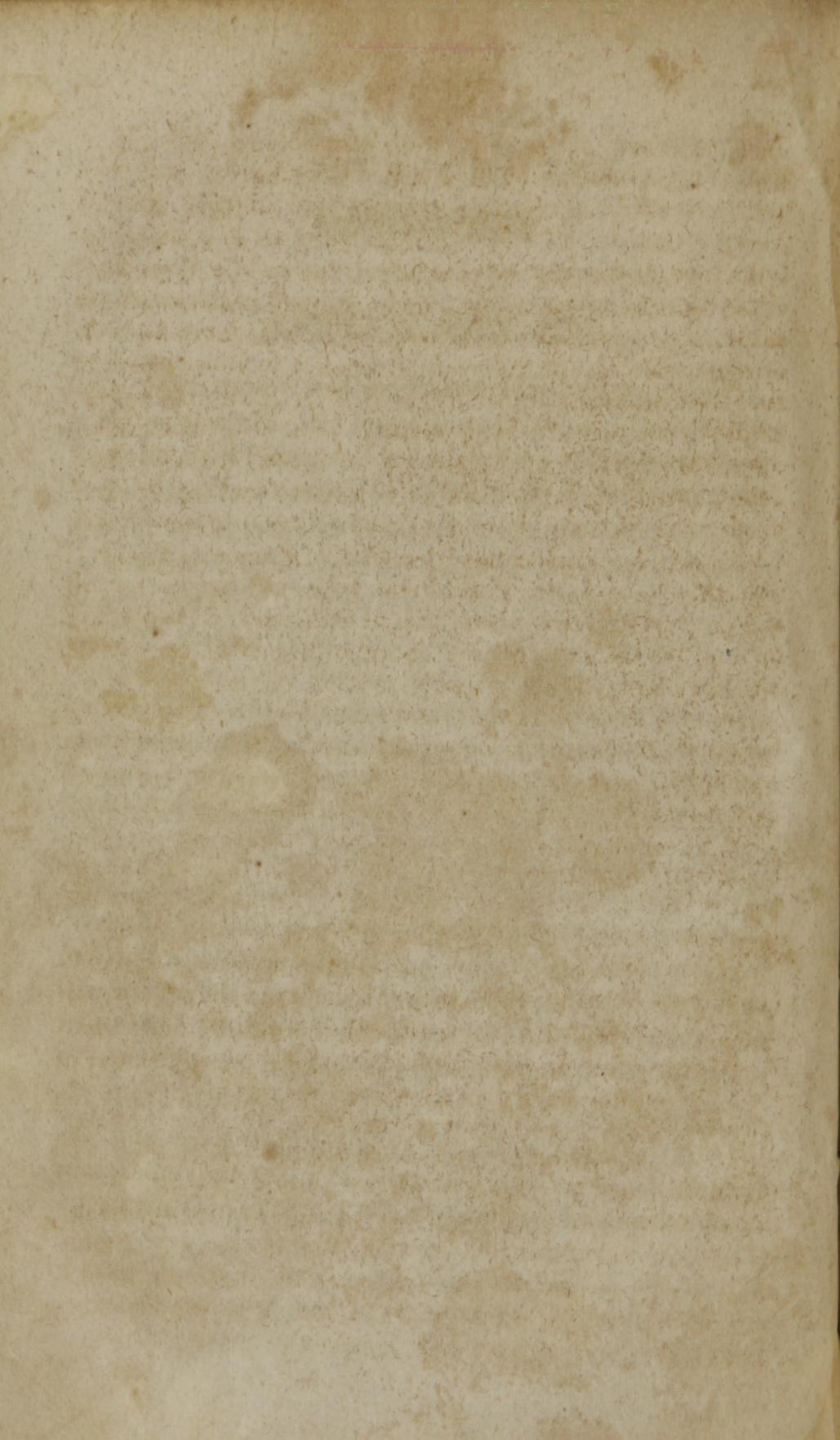


DEDICATION.

TO THE LADIES.

WHILE many have inscribed their works to the rich and powerful, to the honored and the illustrious, be it my humbler, less ambitious but delightful task, to dedicate this effort of my old age to diffuse medical knowledge and alleviate the severity of disease, to the fairest, dearest portion of creation; to those who contribute so much to our comfort, who are entrusted with the care of the rising generation, who give children their earliest notions, can instil into their minds the proper principles, and help them to form those habits by which they may avoid what is noxious, preserve themselves from the contagion of disease, and go far toward securing to themselves the blessings of long life and continued health. If the present publication shall aid them in these benevolent objects, shall contribute, by the information it contains, to their comfort or that of their relations; if it shall remove a prejudice, lighten a burden, or assist in easing them of a single pang, the author will feel himself amply rewarded for his labors and lucubrations, for his unremitted enthusiasm in the study of the human system, and his continued efforts to apply for the alleviation of pain, the removal of disease and the restoration of health, the most salutary and efficacious combinations of medicine.

ISAAC WRIGHT.



INTRODUCTION.

IN presenting my "practice" to the public, I am sensible that I expose myself to the animadversions of the critic, and by committing my system to paper, run the risk of diminishing whatever reputation I have got by the cures I have performed. For such is the fastidious nature of public taste, that it is more easily pleased with common place thoughts, decked in the flowing drapery of a fine ornamented, style than with plain practical sense, unaccompanied with these fascinating decorations. All I can say is, that I have endeavored to express myself clearly and intelligibly in common language; and if I have succeeded in avoiding ambiguity and giving my meaning with perspicuity, the great object of my desire has been fully attained.

Within the last fifteen years considerable efforts have been made to diffuse among the common people a knowledge of the general principles of medicine.—Much has no doubt been done; but much yet remains to be accomplished. Information of this kind is highly beneficial and every reasonable effort to diffuse it should meet with encouragement. By disseminating this species of knowledge, many lives may be preserved before a physician can be called in, and many diseases may be so arrested in the incipient stages of their career, as to be within the control of medical skill when it can be obtained. Besides these general benefits to the community, a minor consideration is not to be entirely pretermitted. Information on the subject of medicine will enable the people to distinguish the man of practical science and wisdom from the ignorant pretender and the assuming quack; and I shall think my book not without its beneficial results, if it shall guard them against the follies of superstition, the fears of ignorance, or the destructive ravages of heartless, unrelenting empiricism.

My plan has been to divulge my own peculiar practice and medicines. But I have not confined myself strictly within that precise boundary. Hoping that my book will be generally useful, I have usually given the practice of other physicians as well as my own, and thus attempted to render this volume an epitome of practice on the prominent points of medical science. Another reason also urged me to the adoption of this course; such is the peculiarity of the different constitutions, that what will effectually cure in one instance may fail on a second experiment. A variety of remedies is, therefore, of inestimable value to the dilligent and successful practitioner.

Doubtless many will be as much astonished at the simplicity of my remedies as at their wonderful efficacy. Let all such remember that, altho it is easy now to make an egg stand on end, since Columbus has shown how to do it; yet until he set the example, so simple an exploit puzzled the ingenuity and wisdom of the whole court of Spain. This, therefore, instead of being an objection is really a recommendation of my system. For the great object of every physician should be to assist the struggles of nature, and when he has accomplished this, he has done all that should be expected from the most consummate medical skill.

On occasions of difficulty I have employed all the common sense as well as the medical knowledge I possessed in order to give immediate and effectual relief.

Indeed it cannot be too often inculcated both upon the community and the faculty, that common sense and practical wisdom are the surest directors in overcoming difficulties and administering medicine with efficacy; and that physician, however learned, however showy and fascinating, is always to be dreaded, if not despised, whose prescriptions in reality violate the dictates of sound reason, enlightened by experience. Indeed I freely confess, if I have had any success or gained any reputation as a physician, it is to be attributed to my exercising my professional knowledge in obedience to

the suggestions of sound reason and practical sense. And I have always been inclined from my infancy, to prefer the shrewd designs of native ingenuity, to the bungling devices of learned conceit and overweening pomposity, arrogance and vanity.

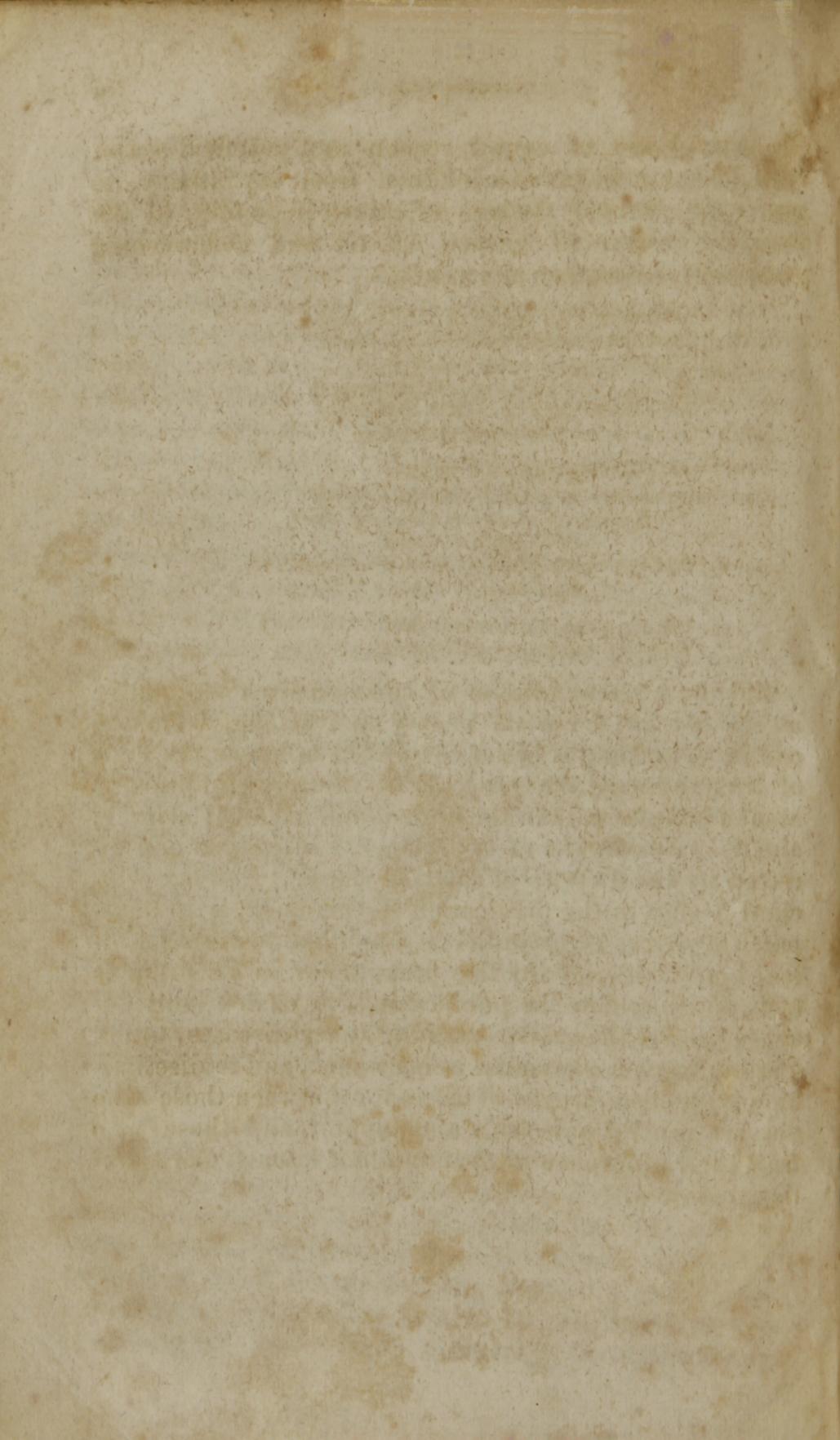
“Whats a’ your jargon of your schools,
Your Latin names for horns and stools,
If honest nature made you fools!

What sairs your grammars?
Ye’d better taen up spades and shoals
Or knapping hammers:

A set o’ dull conceited hashes,
Confuse their brain in College classes,
They gang in *stirks* and come out *asses*,
Plain truth to speak;
And syne they think to climb Parnassus,
By dint of Greek.

Gie me a spark o’ nature’s fire,
That’s a’ the learning I desire.”

But tho a great admirer of common sense and native ingenuity; yet I am no enemy to learning. On the contrary, nothing is better calculated to lessen the evils of life, to retard the progress of disease, and promote human happiness than the diffusion of medical science, aided by the results of experience, and guided and directed by the dictates of common sense. And my principal design in the publication of this book, is to dissipate the errors of prejudice and opinion, to diffuse medical knowledge, to aid the practitioner in his arduous task, to illuminate the public mind, to enable individuals to protect themselves from ordinary diseases, to determine when a physician is necessary, and to discriminate with some degree of accuracy between those who deserve general patronage and support, and those who from their ignorance or destitution of talents, merit public execration.



THE PASSIONS.

MAN is a complicated machine: his soul and body mutually affect each other. The influence of the passions on the human frame has therefore long been observed, and sometimes remarkable cures have been accomplished by operating only on the mind—by soothing the tempest within, speaking peace to the soul and brightening its prospects. To restore tranquility and diffuse contentment and serenity often exercises the ingenuity of the practitioner, in order to give his medicines a fair opportunity of having their accustomed efficacy. How mind and matter reciprocally act on each other, is a mystery which we leave to be developed by the contemplations of the literary loungeur, or the researches of the profound philosopher; and though we may be unable to explain it, as it is not our design, nor within the scope of this work, to engage in unprofitable metaphysical speculations, yet it will be useful to observe the results produced from this mutual sympathy and intimate union, and draw the water of wisdom from the wells of experience.

A

ANGER.

Make no friendship with an angry man, and with a furious man thou shalt not go, lest thou learn his ways and get a snare to thy soul. *Solomon.*

ANGER is a disease of the mind, a temporary insanity. Persons addicted to it are too frequently induced by the irritation of the moment, to perpetrate acts of the most alarming and outrageous character. Whence come wars and fightings and contentions and murders and assassinations? Do they not proceed from animosity nourished and cherished into malignity, hatred and revenge. This is the passion which has raised up nation against nation—which has destroyed millions of the human race, and desolated whole countries. The philosopher and the philanthropist will hail with equal joy the period when the sword shall be beat into plow shares, and the spear into pruning hooks—when war shall cease to be waged, and peace universally prevail. Beneficial as such a state would be in a political and public view, in private life the extirpation of anger and diffusion of placability would no less essentially promote the health, increase the contentment, prolong the lives and advance incalculably the felicity of the human race. Few can contemplate with complacency, the ravages produced by ebullitions of irascibility. It renders the person subject to it a torment to himself, a disagreeable companion, a burden and a blot in society; yet it is a comfortable reflection, that this passion has often been controlled and even entirely subdued. Even Achilles, the fiercest and most fiery of the Grecian heroes, though notoriously wronged and insulted, submits to the order of his superior commander, and resigns without a struggle his fair Briseis. Thousands have, on particular occasions, shown equal forbearance and moderation. Convince a man that whenever he yields to paroxisms of passion, he is exposing himself to the ridicule and contempt of the world, and he will soon impose restraints and counteract and rule and regulate his untoward propensity. Besides the indecorum of anger, when

frequently indulged, it operates with the force of a spasm, and sometimes with the fatality of an apoplexy. When its outbreakings are not so violent and convulsive, they seriously detract from the "weight of character and worth of substance" of the individual so possessed—inflict continual pain upon those who happen to be his associates, impair imperceptibly the health of his constitution, bring on fevers, derange the vital functions, and hasten and facilitate the approaches and attacks of death. Whether, therefore, we consult personal respectability, or individual comfort, or long life, or the unclouded possession of our faculties, or usefulness and satisfaction in fulfilling our reciprocal duties, for all these purposes it is important to cultivate an imperturbable serenity of temper.

Every passion grows by indulgence. Anger when unrestrained, is apt to degenerate into cruelty. Irascibility is often prolific of evil deeds. It poisons social intercourse, destroys domestic happiness, spares not in its paroxysms age or condition, friends or relations, but violates unceremoniously, all the suggestions of conscience and all the ties of nature. Thus many an individual, without profit to himself, or the smallest possible advantage, degrades and disgraces his own character, fills up the measure of his own misery, "plants a thousand thorns in the human heart," and by his inflammatory temper and frenzied conduct, gives us a faint prelibation of the horrors, contortions and agonies, which await those who are

Hurled headlong flaming from the ethereal sky,
With hideous ruin and combustion down
To bottomless perdition; there to dwell
In adamant chains and penal fire.

"When a man has once suffered his mind to be thus viciated, he becomes one of the most hateful and unhappy beings. He can give no security to himself that he shall not, at the next interview, alienate, by some sudden transport his dearest friend, or break out upon some slight contradiction, into such terms of rudeness, as can never be forgotten. Whoever converses with him, lives

with the suspicion and solicitude of a man that plays with a tame tiger, always under a necessity of watching the moment in which the capricious savage shall begin to growl.

It is told by Prior, in a panegyric on the Earl of Derset, that his servants used to put themselves in his way when he was angry, because he was sure to recompense them for any indignities which he made them suffer. This is the round of a passionate man's life; he contracts debts when he is furious, which his virtue, if he has any, obliges him to discharge at the return of reason. He spends his time in outrage and acknowledgment, injury and reparation. Or if there be any who hardens himself in oppression, and justifies the wrong because he has done it, his insensibility can make small part of his praise or happiness: he only adds deliberate to hasty folly, aggravates petulance by contumacy, and destroys the only plea which he can offer for the tenderness or patience of mankind.

Seneca says, "Alexander had two friends: Clitus and Lysimachus; the one he exposed to a lion, the other to himself; he who was turned loose to the beast escaped, but Clitus was murdered, for he was exposed to the unrestrained and ungovernable ferocity of an angry man. If I was desired (says he,) to describe cruelty and revenge, I would draw a tiger bathed in blood and ready to leap at its prey, as emblematic of those horrid passions." Many instances of cruelty are recorded in history. Amestris, queen of Persia, having learned that the king Xemes, her husband, was attached to his brother's daughter, had adopted, though without foundation the opinion that her mother was privy to the affair, and encouraged the amour. This suspicion excited in her a higher animosity against the parent than the girl and the queen determined to revenge. It was the custom that on the king's birth day, a request of whatever nature, when made by the queen must be granted, and she waited impatiently the return of that anniversary; and when it came, she desired the death

of the mother, who was innocent of any crime and ignorant of the king's attachment.

Xemes endeavored to save the life of his sister, but the queen was inexorable and not only demanded her death, but gratified her rancorous hatred by the indulgence of the most remorseless cruelty. As soon as the unhappy victim was delivered over to her wrath, by her command her lips, nose and breast were cut off and cast out to dogs, and the mangled sufferer was compelled to look on while these parts of her own frame were consumed by the voracious animals.

When Cicero, the great Roman orator suffered decapitation, his head was brought to Anthony, whose wife Fulvia took it, stabbed it several times, then tore out the tongue, and with the malice of a fiend pierced it with her bodkin. To show the evil effects of this passion, we need only allude to the thousand barbarities committed during the French revolution under the name of patriotism, through the indulgence of anger, degenerating into cruelty and whetted by the continued gratification of its ferocious and insatiable appetite.

LOVE.

In peace love tunes the shepherd's reed,
 In war he mounts the warrior's steed;
 In halls in gay attire is seen.
 In hamlets, dances on the green;
 Love rules the court, the camp the grove,
 And men below and saints above,
 For love is heaven and heaven is love.

Love is among our most delightful sensations. It is the tie that links together man and woman, and unites them in mutual good offices and endearments. It softens and cheers and refines and prepares for the endurance of trouble, and for enjoying the blessings of life. The poet has with his usual enthusiasm described the happiness of successful love. He spoke from experience.

"If heaven a draught of heavenly pleasure spare,
 One cordial in this melancholy vale,
 'Tis when a youthful, loving, modest pair,
 In other's arms breathe out the tender tale,
 Beneath the milk white thorn that scents the evening gale.

Opposition to the schemes of lovers often produces disease. A physician whose name was S—— visited the family of a widow for several weeks. When the old lady discovered that his object was to court her daughter, being opposed to the match, she debarred him from the privilege of coming to her house. He had however, visited it often enough to gain the affections of the girl. Deprived of his company and conversation, and abandoned to her own ill fancies, she was soon seized with a fever. The widow called in another physician, the usual remedies were prescribed, and the accustomed attention paid; but "who can minister to a mind diseased?" Instead of improving her malady, became more inveterate; she grew worse and worse, and finally her life was despaired of. As soon as this report reached the ears of Doctor S——, he repaired to the house. He entreated that he might see the girl, and assured the mother he could cure her. With great reluctance, and after considerable persuasion, he was admitted. He entered into conversation with the young lady, told her not to despair, that good fortune would attend their mutual affection and perseverance; that her mother's objections would at last yield to their wishes and they would yet be married with her approbation.— After raising her spirits and reviving her hopes, he retired. On the next day he returned and enquired how she was; her mother informed him she was better. "Did'nt I tell you, (said he) that I could cure her." He was then permitted to visit her daily until her health was restored. He was, after that event, forbid to enter the house. But they had been prudent enough to anticipate this prohibition, and to provide for it. Their intercourse was still continued, but clandestinely. A friend was sometimes procured to hand her a letter. The old lady however, was astute in detecting these contriv-

ances, and often caught them at their tricks. Some acquaintance who was familiar at the house, having been entrusted with an amatory epistle, was informed by the old lady of the means resorted to to keep up a communication between them. She vented her maledictions unsparingly on those who would thus interfere. Her friend concurred in all her denunciations, and said that if he were to undertake a commission of that kind, he would act openly and above board. After the lapse of a short time he offered the girl a book; the old lady suspected the stratagem, took the volume in her own hand, opened it and found the letter it contained. She then upbraided him with his duplicity, and reprobated his conduct in the strongest terms. He nothing daunted, smiled at her impatience, vexation and reproaches, and told her that in love as well as in war, all stratagems were fair; and that in all affairs of the heart, the majority would favor the courtier who had succeeded in gaining the affections of his intended spouse.

When other expedients failed, the lover would come to consult the old lady in some difficulty in his practice. She was in truth a woman of sense, and had some medical skill. The doctor often consulted her, and often followed her advice. This flattered and gratified her, and sometimes he thus gained an interview with the daughter.

At length, amid all their difficulties, they had concluded to bring the affair to a connubial termination. As it was respectful to ask the concurrence of the mother, her consent was desired. She told the Doctor, she was still unwilling, and that if he expected to get any property with Polly, he would find himself mistaken, as although her brothers and sisters had been comfortably provided for by her father, yet her negroes had all died, and she was literally worth nothing. "Madam, (said he,) property is not my object; I never enquired what she was worth. It is your daughter, and her alone that I want." The consent of the mother was still withheld; but having consulted a friend, he advised her

that it would be disgraceful to suffer her child to marry at a neighbor's house; that by continued opposition she would throw the taint of suspicion on the reputation for good sense which she had hitherto sustained among her acquaintances; that she ought now to give her consent, prepare for them a decent supper, and let them be married at her house. She took his advice, and the nuptials were consummated at her own house. The match was a fortunate one; they lived happily together; the hated doctor overcame the rooted enmity of his mother-in-law, and this bargain proved to be the best one of a matrimonial kind which had been made in the family.

During the reign of Napoleon, it was discovered that a Hollander was preparing at Leipsic, to publish a memorial on the ambitious policy of the Emperor. This manuscript was represented as being uncommonly well written, calculated to produce irresistible conviction, and the most dangerous consequences to the interests of the monarch of France.

The police soon apprehended the author, stripped him, searched his clothes, his house, his furniture and beds, but the manuscript could not be found. He was offered his price for the production, but he denied that he had ever written any thing against the emperor. But the officers were not to be deceived. At length it was mentioned that a few days before the arrest of the Hollander, an intimate friend came to visit him; that they entertained the same opinions of the emperor, and that in all probability the manuscript had been confided to him.—This hint was sufficient. It was eagerly enquired “where is this man to be found?” He lives in the environs of Prague in Bohemia. His name is Schustler—what is his rank of life?—he is only a private citizen, but rich; a man of about forty, a little above the common size, but well shaped; he has been a widower about two years, and has an only child, a daughter, about four years old. What are his pursuits and

his predominant passions?—he is fond of study, and of the fine arts, and particularly attached to women.

“If he is remarkably fond of the ladies, I am sure of him,” said de M——, the agent of the French emperor, with exultation. De M—— immediately returned to Paris. Nothing could be more desirable, and nothing more easy to a widower in the vigor of life, and strongly attached to the fair sex, than to introduce him to the acquaintance of a young and beautiful woman, possessed of the most fascinating charms and accomplishments. His plan was quickly conceived, and his measures immediately taken.

Among the nymphs of Paris, there lived a young and beautiful woman. In early youth she had lost her parents, who were very respectable. They left her in possession of a fortune, which, had her desires been moderate, would have been amply sufficient to have satisfied them. But an unrestrained passion for expensive luxury, and an excessive love of play, produced her ruin. Nature had lavished on this female all her bounties; her attractions, whether of person or taste or talents, were perfectly irresistible. What added greatly to her attractions, was her seeming unconsciousness of possessing them. To her personal charms and seductive manners, was superadded an intimate knowledge of all the intrigues of high life and refined society. Her extravagance had reduced her to a state of dependence; she was therefore applied to on this occasion to proceed to Prague, entrap the amorous Dutchman, and if possible, procure the desired manuscript. As the part to be acted required superior skill and adroitness, she was promised a large salary and a liberal reward, should she secure the information.

No person in the world could have been found better fitted for this undertaking than this young woman.— Besides her other accomplishments, she possessed a perfect knowledge of the German language, which she spoke with great ease and fluency.

After receiving her instructions from de M——, she took a passport in the name of Bridget Adelaide Saulnier, representing herself to be a young widow travelling into Germany for her health.

Her secret instructions were as follows:—

“You will immediately proceed to Prague, in Bohemia. On your arrival you will secretly obtain a knowledge of the residence of M. Schustler, and all the information in your power respecting him. Under the pretext of enjoying a pure air necessary to your health, you will express a wish to live in the country, and take your measures so as to obtain lodgings as near as possible to his residence. To effect this object, you may pursue any course in your power—spare no expense. The management of the rest is left to your own sagacity and discretion.”

On her arrival at Prague, Mademoiselle D——s had no difficulty in obtaining all the information she wished for, and immediately purchased a house near the residence of M. Schustler.

Scarcely was the lovely spy established in the neighborhood, before an opportunity occurred to commence her operations. Amongst other things, she found out that he was in the habit of going very often to Prague, and she took her measures accordingly. Her domestics consisted of one man and a woman. She bought, for her own use, two beautiful horses, and few riders were more dexterous, or more skilful than herself, in all the arts of horsemanship.

One day when she knew that M. Schustler was gone to town, she mounted her horse, and accompanied by her servant, set out with the view of meeting her neighbor, as he should be returning home. As she descried him at a distance, pretending to be overcome with the heat of the weather, she alighted and reclined on the grassy turf by the road side, with the bridle of her horse dangling on her arm, and her veil artfully drawn over her face. As if alarmed at the noise of the approaching carriage; she suddenly sprang up like one

terrified by some unexpected danger. Her horse was actually afrighted, and started back some paces, when the gallant M. Schustler, alarmed for the lady, threw himself from his carriage and ran to her assistance. At this moment the fair enchantress withdrew her veil, and displayed to the wondering eyes of the German the most captivating charms. At the sight of so much beauty, he gazed in silent admiration. For some moments he was unable to speak. At length recovering from his surprise,—“Pardon me madam, (said he) if I have undesignedly disturbed your repose, I should regret the accident most sincerely, had it not offered me the opportunity of beholding your charms, than which, heaven itself has never produced any thing more lovely.

“What you call disturbing my repose, (said the fascinating beauty) is of no consequence. As to the very civil expressions you have been pleased to use, permit me to observe, that you are still young, and that I very well know how to estimate them.

As she said this, she very gracefully remounted her horse. The German, afraid of losing sight of her, seized the reins, and exclaimed:

“Why will you be so cruel, as thus suddenly to deprive me of the pleasure of gazing on your charms? If my intrusion is disagreeable to you, I will instantly withdraw; but if you are not reluctant to oblige me, have the goodness to inform me who is the angel whom I have the honor of addressing.”

“The *real gentleman*, (she replied,) can never permit himself, in any way, to offend an unprotected female. It is very natural you should wish to know who I am. Know then sir, that I am a French widow, who have occupied for the last two days a mansion in this neighborhood.”

“What, madam! are you then the purchaser of Mons. I——’s house?”

“Yes sir, that is the name of the person from whom I bought it.”

“Thank heaven! we are near neighbors. From my

window I can enjoy the view of your residence. How unfortunate madam, that I have not yet had the happiness to visit you!"

"In truth sir, (she replied, with a fascinating smile,) the loss of time is not a matter of regret to either of us, for my house is hardly yet furnished. But I will candidly confess that, as in a country residence, nothing is so desirable as respectable society and good neighbors, I am gratified by the hope of becoming better acquainted with you." She then saluted her enraptured victim with an enchanting smile, and disappeared.

M. Schustler was in a transport of joy. He was half frantic with the excess of pleasure this accident had afforded him, and his confident anticipations of the future happiness he should enjoy in the society of the lovely Saulnier.

Early the next day, he paid a visit to his captivating neighbor. On seeing him leave his house, she placed herself at her piano, resolved to make use of every stratagem, and all the means of seduction to secure her prey.

"Madam, (said he, on entering,) yesterday I was charmed with your beauty, and now the delightful tones which I hear thrill me with ecstacy."

"Scarcely four and twenty hours have passed, (continued M. Schustler,) since I first beheld you; and if any cause whatever should compel me to relinquish the favorable sentiments with which you have inspired me, I hardly know whether I should have fortitude enough to survive the disappointment."

As he said this, madame Saulnier, who was resting on her piano, experienced a feeling which was undefinable; for, till now, her heart had been a stranger to such emotions. In her perturbation, she knew not how to reply. The language she had heard, and the unaffected sincerity with which it was uttered, produced an agitation in her bosom which it had never before felt. Her eyes were instantly fixed on Mons. Schustler. Never had she seen a man whom she so much admired.

Her heart already confessed him the most engaging and the most accomplished of his sex.

“Come sir, (said she, in the tone of captivating sweetness,) you shall remain and breakfast with me—you have delighted me to an excess, amounting almost to pain. How much do I regret that our acquaintance had not been formed at an earlier period.”

During breakfast the conversation turned on the delights of friendship. On taking his leave, M. Schustler said to her, “if you are not displeased with the acquaintance of one who feels for you more than a common interest, I will presume, madam, to solicit the happiness of receiving you at my house at this hour to-morrow.”

“Your invitation sir, is so flattering, and its manner so persuasive, that I cannot refuse to accept it.”

Left alone, madame Saulnier began to examine the state of her heart, as regarded her new lover. She often said to herself, as she has since acknowledged,—“*I came hither a treacherous seducer, and lo I am myself seduced.*” The change she underwent in consequence of her new attachment was as sincere and permanent as it was sudden. She became ashamed of the part she had been bribed to act, and of the odious commission with which she was charged. “I will not consent to be the instrument of deceiving this generous and noble minded man. I will to-morrow disclose to him *who I am, and what I have been.*”

She was received by Mons. Schustler as if she had been an angel sent from heaven. She had fully resolved to open her whole heart to her amiable neighbor in the evening, but when the moment arrived, her resolution failed. For two months, did the lovers remain in this perplexing state of uncertainty. At length the impurity of M. Schustler produced an enlancement.

Eight days after, she received the hand of M. Schustler at the altar. The commission with which she had been charged by the French government remained as yet unexecuted. She spoke of the author of the manu-

script, and of his arrest, as a circumstance which had come to her knowledge by mere accident.

“What! (said her husband,) have you then heard of my friend’s misfortune? I too was exposed to the most imminent danger by that cursed business. It was to me he confided the fatal manuscript only a few days before his arrest, but on the first intimation of his seizure I committed it to the flames.”

His wife made no further enquiries—she immediately wrote to the principal agent concerned in her mission, acquainting him with the circumstances, and assuring him that his imperial majesty might make himself perfectly easy in regard to this affair—she had ascertained that the memorial had been destroyed, and the emperor had nothing to fear.

Love when unsuccessful sometimes degenerate into disease. Among the light minded, frivolous and fastidious, those who have but little solidity and soberness, lively fancy, strong passions, and long indulged superciliousness and pride, disappointment brings on a temporary insanity; sometimes it manifests itself by despondency, sighing, incapability of sleeping, perpetual loquacity or habitual taciturnity concerning the beloved object; or by a preference for retirement and solitary meditation. An “eternal attachment” in fashionable life through the instability and levity of the “beau monde,” does not commonly last longer than three weeks. Love is frequently indicated by increased attention to dress and neatness; by awkwardness in the company, or blushing at the mention of the beloved object. The diseases produced by “hope deferred,” by the despondency of disappointment are fever, indigestion, hysterics, hypochondriasm and distraction. Desperation sometimes adopts the expedient of suicide, but the remedy is worse than the disease.

‘Let the aspiring youth beware of love,
Of the smooth glance beware; for ’tis too late,
When on his heart the torrent softness pours.
Then wisdom prostrate lies, and fading fame

Dissolves in air away; while the fond soul
Wrapt in gay visions of unreal bliss,
Still paints the illusive form; the kindling grace;
The enticing smile, the modest seeming eye,
Beneath whose beauteous beams, belying heaven,
Lurke searchless cunning, cruelty, and death;
And still false warbling in his cheated ear,
Her syren voice enchanting draws him on
To guileful shores and meads of fatal joy!

It is related by Plato that Empedocles was present at the dissection of one who *died of love*. His heart was combust, his liver smoky, his lungs dried up, inso-much that he verily believes his soul was roasted through the vehemency of his love.

Parents are often guilty of great cruelty in forcing their children to marry for money. We will give an example. A young lady and gentleman had, from the purest motives, entered into a matrimonial engagement. He had an ample competency to support them. But her mother, who had felt the severities and inconveniencies of poverty, regarded riches as the supreme object of desire. About this time her kinsman, a young man from a different state, with the reputation of being rich, came to visit the old lady. Her daughter, besides possessing good sense and agreeable manners, was adorned with the finest form and the most attractive face. As a novelist would say, she was bewitchingly handsome.— Her appearance enraptured the stranger. As soon as this circumstance reached the mother's ears, her love of wealth superceded every other consideration. She was anxious for an infraction of the first contract, that she might marry her daughter to the new and opulent suitor. Her utmost influence was exercised, but the daughter resisted her importunity, and pleaded her primal engagement, and her affections being placed on another. When their kinsman was about to return home, the old lady went with him a day's journey, and compelled her daughter to accompany them. She was still determined to accomplish her intention, and to form the desired connection with her opulent relation. The daughter was forced on the floor that the ceremony

might be performed; when asked if she would take this man for her husband, she said no, and declared her attachment to another whom she was bound to by agreement and affection. Notwithstanding her strenuous opposition, she was somehow married to this man of fortune. She went home with him, always professing that she loved her former paramour and him alone.— They lived unhappily. He was jealous; she was discontented. Contrary to her mother's expectation, she found her husband to be as poor as he was mean spirited. She lived in penury, pined away in discontent, and in a few years died of melancholy and despair. Her first wooer was surprised and shocked at her irresolution and instability—sunk under his disappointment—lived a life of despondency, and was brought to an early and premature grave.

In the selection of a companion for life, good habits, good temper, good sense and good character should be estimated more than wealth or beauty. Men are more apt to be fascinated by personal appearance than women; neither ought a sound constitution, if we would properly appreciate health and comfort, to be entirely disregarded. It is better in this respect to imitate Judge Breckenridge, and marry a country girl, who can with agility and ease spring over a fence, who is possessed of a good constitution, native sprightliness, sense and ingenuity, than to form a connubial connection with a wealthy city lady, who is weakly, debilitated, nervous, knows not what it is to be in health or spirits, and who is an encumbrance and burden on her husband for life. We do not, therefore, entirely approve the old woman's advice to her son:

“Any wife may turn out ill,
But, Ned, the money never will.”

We would suppose that the cash might be spent. But we deem money alone an inadequate consideration for a matrimonial engagement; yet there are those who, by their practice, seem to think differently, and for their

benefit, we will offer the following poetical apology, believing that in such contrasts prudence will not overlook the means of comfortable subsistence and support.

Away with your witchcraft o' beauties alarms,
The slender bit beauty you grasp in your arms;
O gie me the lass that has acres o' charms,
O gie me the lass wi' the weel stockit farms.

Your beauty's a flower, in the morning that blows,
And withers the faster, the faster it grows;
But the rapturous charms of the bonnie green knowes,
Ilk spring they're new deckit wi' bonie white yowes.

And e'en when the beauty your bosom has blest,
The brightest of beauty may cloy when possest;
But the sweet yellow darlings wi' Geordie imprest,
The longer ye nae them, the mair they're carest.

Notwithstanding the humor of the poet, marrying for money is an offence against nature, and shows a narrow, contemptible, grovelling soul. Such matrimonial connections are generally unproductive of comfort and satisfaction. Affection founded on reason, and cemented by mutual concession and habitual kindness, is the only bond of union that can secure happiness. Mere personal beauty, however admired, constitutes but a small share of the stock of connubial felicity. Homely people have not only loved each other ardently, but have lived together with the most uninterrupted harmony and satisfaction. Indeed I am inclined to think young persons are prone to ridicule, with too much severity, as if it were a crime, coarseness of feature. Anecdotes of this sort are very current.

A gentleman seeing another whose face was rather of a homely cast, said to him, "Mr —, you ought to take saffron constantly, for if the ugliness should strike in, it would inevitably kill you." We have heard another anecdote of a similar character.

A gentleman riding up to a tavern, was accosted by some loitering son of Bacchus with the question, "stranger, dont your face ache mightily?" "No, what makes you ask so foolish a question?" "O it looked so ugly I thought it must hurt you."

Such are the prejudices existing against homeliness of features; a prejudice which philosophy and reason have hitherto in vain united to extirpate.

“Rest mortal, ere you take a wife,
 Contrive your pile to last for life;
 Since beauty scarce endures a day,
 And youth so swiftly flies away;
 On sense and truth your passion found,
 By decency cemented round;
 Let prudence with good nature strive,
 To keep esteem and love alive.
 Then come old age when e'er it will,
 Your friendship shall continue still;
 And thus a mutual gentle fire,
 Shall never but with life expire.”

That there are bad husbands and bad wives, we suppose will be admitted, and none will deny that it requires no talents to torment. As to making either men or women faultless, we have one objection to it, it is not founded in truth. We believe many a man who is in every other respect clever, who pays all his debts, performs the common duties of society with perfect regularity, and is distinguished by his good sense, his liberality and his public spirit, indulges all his evil passions at home and among his family. Many a wife too makes her house too uncomfortable and hot for her husband by exercising her tongue too freely, the only weapon which we are assured by Washington Irving, grows sharper by use.

There lived in London so peevish and morose a husband, that his wife, though of the most amiable and obliging disposition, could never please him. He made it his constant practice to contradict every thing she said, and to be out of humor at every thing she did. If she brought him white bread to table, he would have brown, if she cut crust he would have crumb. In short, there was no such thing as pleasing him, and her life was one continued scene of noise and anxiety.

One day after dinner he went to market, bought a brace of pike, and coming home, delivered them to the

maid with orders that they should be dressed for supper. The cook brought the fish directly to her mistress, who asked her what sauce her husband had directed. Sauce, madam, replies the girl, he never said a word about sauce, but ordered them to be ready by seven o'clock and then went out. O fie! girl, says the mistress, how could you be so careless as not to ask him? We shall all be undone. If we wait till he comes home for fresh orders, the kitchen will be too hot to hold us. Should I boil them he will have them roasted; in short, whatever way I dress them, he will be dissatisfied; I shall have words enough and perhaps the marks of his conjugal affection to show for months. Well madam, says the maid, take my foolish advice for once. The pike are fine fish, cut them in large pieces; dress some one way and some another. This plan was approved and executed without delay. At this instant the painter came in with her husband's head which he had been employed to alter. She taking it from him, called to the maid, here Ruth, says she, put this head by, and do not let your master see it until after supper, for if it should not be right he will not eat a morsel of fish.

Scarce were all things adjusted when in comes Mynheer Morose. Well wife, cries he, is supper ready? All ready, my dear, said she, in an obliging manner and with all imaginable cheerfulness. What have you got? said he, the fish you brought home this afternoon, she replied. Well, and how have you dressed them pray? To please you I hope, said she, I have boiled them, my dear. Then eat them yourself quoth he, I will have none of your boiled fish, not I. How then would you have them my dear, says the wife. Fried said he. Away she flies, and brings him in a moment a plate of fried fish. He picks a mouthful or two, and begins to open. Take your fried fish yourself—I will have some stewed. There then, said she, bringing him another plate, there is some stewed for you, my dear.

I will have none stewed now I think of it, let your maid eat them, I will have some roasted. Then have them roasted, if you please child, said she, there they are for you. This will not do, I must have some broiled. Once more I am prepared for you, there they are broiled. Our capricious gentleman, finding that there was no room for complaint, grew outrageous and threw the plates about the house—he would have none of her broiled dabs, not he. In the name of goodness what would you have my dear, said the wife. Not knowing what else to say, he answers a fool's head; upon this she ran for his own head which the painter had brought home, and throwing it down on the table, why there it is, said she, if you will have it. There was something in all this so droll and so appropriate to the purpose, that the morose husband, nettled as he was, could not forbear laughing; and taking the whole matter into consideration, he acknowledged that his wife had always endeavored to please him, and therefore he determined to alter his conduct for the future; and he ever afterwards behaved towards her with prudence and discretion, and treated her with decency and good manners.

Whenever I see a new married couple more than ordinarily fond before faces, I am taught to consider them as trying to impose upon the company, or themselves, either hating each other heartily, or consuming that stock of love in the beginning of their course, which should serve them through their whole journey. Neither side should expect those instances of kindness which are inconsistent with true freedom or happiness to bestow. Love, when founded in the heart, will show itself in a thousand unpremeditated sallies of fondness; but every cool deliberate exhibition of the passion only argues little understanding or great insincerity.

Choang was the fondest husband, and Hansi the most endearing wife in all the kingdom of Horea; they were a pattern of conjugal bliss; the inhabitants of the country around saw, and envied their felicity; wherever

Choang came, Hansi was sure to follow; and in all the pleasures of Hansi Choang was admitted a partner. They walked hand in hand wherever they appeared, showing every mark of mutual satisfaction, embracing, kissing, their mouths were forever joined, and to speak in the language of anatomy, it was with them one perpetual anastomosis.

Their love was so great, that it was thought nothing could interrupt their mutual peace; when an accident happened, which, in some measure, diminished the husband's assurance of his wife's fidelity; for love so refined as his, was subject to a thousand little disquietudes.

Happening to go one day alone among the tombs that lay at some distance from his house, he there perceived a lady dressed in the deepest mourning, (being clothed all over in white,) fanning the wet clay that was raised over one of the graves with a large fan which she held in her hand. Choang, who was early taught wisdom, in the school of Lao, was unable to assign a cause for her present employment, and coming up civilly demanded the reason. Alas! replied the lady, her eyes bathed in tears; how is it possible to survive the loss of my husband who lies burried in this grave; he was the best of men, the tenderest of husbands; with his dying breath he bid me never marry again until the earth over his grave should be dry; and here you see me steadily resolved to obey his will, and endeavoring to dry it with my fan. I have employed two whole days in fulfilling his commands, and am determined not to marry till they are punctually obeyed, even though his grave should take up four days in drying.

Choang who was struck with the widow's beauty, could not, however, avoid smiling at her haste to be married; but concealing the cause of his mirth, civilly invited her home, adding that he had a wife who might be capable of giving her some consolation. As soon as he and his guest returned, he imparted to Hansi in private, what he had seen, and could not avoid ex-

pressing his uneasiness, that such might be his own case, if his dearest wife should one day happen to survive him.

It is impossible to describe Hansi's resentment at so unkind a suspicion. As her passion for him was not only great, but extremely delicate, she employed tears, anger, frowns and exclamations, to chide his suspicions; the widow herself was inveighed against; and Hansi declared she was resolved never to sleep under the same roof with a wretch, who, like her, could be guilty of such barfaced inconstancy. The night was cold and stormy; however, the stranger was obliged to seek another lodging, for Choang was not disposed to resist, and Hansi would have her away.

The widow had scarcely been gone an hour, when an old disciple of Choang's whom he had not seen for many years, came to pay him a visit. He was received with the utmost ceremony, placed in the most honorable seat at supper, and the wine began to circulate with great freedom. Choang and Hansi exhibited open marks of mutual tenderness, and unfeigned reconciliation; nothing could equal their apparent happiness; so fond an husband, so obedient a wife, few could behold without regretting their own infelicity. When lo! their happiness was at once disturbed by a most fatal accident. Choang fell lifeless in an apoplectic fit upon the floor. Every method was used, but in vain, for his recovery. Hansi was at first inconsolable for his death: after some hours, however, she found spirits to read his last will. The ensuing day she began to moralize and talk wisdom; the next day she was able to comfort the young disciple; and on the third, to shorten a long story, they both agreed to be married.

There was now no longer mourning in the apartments; the body of Choang was now thrust into an old coffin, and placed in one of the meanest rooms, there to lie unattended until the time prescribed by law for his interment. In the mean time Hansi and the young disciple were arrayed in the most magnificent habits; the bride wore in her nose a jewel of immense price, and her

lover was dressed in all the finery of his former master, together with a pair of artificial whiskers that reached down to his toes. The hour of their nuptials was arrived; the whole family sympathized with their approaching happiness; the apartments were brightened up with lights that diffused the most exquisite perfume, and a lustre more bright than noon day. The lady expected her youthful lover in an inner apartment with impatience; when his servant approaching with terror in his countenance, informed her that his master was fallen into a fit, which would certainly be mortal, unless the heart of a man lately dead, could be obtained, and applied to his breast. She scarcely waited to hear the end of his story, when, tucking up her clothes, she ran with a mattock in her hand to the coffin where Choang lay, resolving to apply the heart of her dead husband as a cure for the living. She therefore struck the lid with the utmost violence. In a few blows the coffin flew open, when the body, which, to all appearance had been dead, began to move. Terrified at the sight, Hansi dropped the mattock, and Choang walked out, astonished at his own situation, his wife's unusual magnificence, and her more amazing surprise. He went among the apartments, unable to conceive the cause of of so much splendor. He was not long in suspense, before his domestics informed him of every transaction since he first became insensible. He could scarcely believe what they told him, and went in pursuit of Hansi herself, in order to receive more certain information, or to reproach her infidelity. But she prevented his reproaches: he found her weltering in blood, for she had stabbed herself to the heart, being unable to survive her shame and disappointment.

Choang being a philosopher, was too wise to make any loud lamentations; he thought it best to bear his loss with serenity; so mending up the old coffin where he had lain himself, he placed his faithful spouse in his room; and unwilling that so many nuptial preparations should be expended in vain, he the same night married the widow with a large fan.

As they were both apprised of the foibles of each other before hand, they knew how to excuse them after marriage. They lived together for many years in great tranquility, and not expecting rapture, made a shift to find contentment.

FEAR.

THE love of life, though given to render us cautious in the preservation of ourselves, sometimes degenerates into unmanly fear, and instead of warding off anticipated evils, brings on the very calamities which are so much dreaded. The timid are more liable to the assaults of disease than the resolute and bold. Indeed, death itself often results from the indulgence of unreasonable fear. The practice of frightening children and grown persons is often productive of the most deleterious consequences. Nurses sometimes are guilty of sitting up bugbears to alarm the children placed under their care. An instance occurred a few years ago that should not be forgotten. A nurse who wanted to enjoy herself in the absence of her mistress, set the child up in a bed and placing a scarecrow at the foot of it, retired to participate in her own amusements and pleasures. When the mother returned home, she found her child sitting up in the bed, pale, cold, stiff and lifeless. It had been frightened to death.

A young woman had boasted of her resolution and bravery, and that she could not be intimidated. She had been sometime abroad; on her return home, though in fine spirits, she complained of weariness, said she would retire to rest, and in the morning she would be fit to enjoy the society of her friends and relations. Her brother had fixed a skeleton in her bed, so that when she opened the curtains, it fell upon her. He waited in an adjoining apartment to learn the effect of his trick. She shrieked aloud: he rushed into her

room, to cheer and strengthen and comfort her, but found the foam issuing from her mouth, and that her affrighted spirit had taken its final flight.

We have heard of a soldier, whose fear brought on a fever in one of his limbs that had been blistered, mortified, and he died. Fear is said to operate on the hair and make it rise; sometimes it turns it gray, and sometimes causes it to come out. The fear of death, when persons are sick, often gives the disease a fatal termination. Such should recollect an observation, in which we do not doubt there is great truth, "that it is less distressing to die than to think on death." We believe many individuals in this life suffer more agony from a painful disease, than they do when finally arrested by the king of terrors. How is the patient tormented when a cancer seizes him in the breast and eats into his vitals! He endures many deaths. Fear is worn off by habit. The soldier who has been engaged in numerous conflicts, is proportionably freed from terror. Occupation prevents the mind from succumbing to the fancies of an unreasonable timidity. Children are often afraid in the dark. By proper treatment, by encouragement and due instruction, their unfounded fears may be overcome.— Persuasion and argument should be used rather than force, and thus the suggestions of fancy may be gradually subdued. Fear sometimes conquers the obstinacy of disease. A person who was afflicted with rheumatism, lying in bed and unable, as he believed, to rise or walk, has been known, upon an alarm that the house was on fire, spring from his bed, fly to the window and climb down with the greatest alacrity and activity.— Fear also, where it is overwhelming, sometimes produces a total inability to act. A woman having dreamt that she was consumed in the conflagration of the house where she then lodged, was so confounded and confused with the alarm of fire when she was awakened from her repose, that through excessive fear she swooned away, and was thus literally burnt up, although every other individual in the house escaped. Thus by exciting her

fears, her dream became the means of its own fulfilment and verification. Fear, as we have said, may be often mitigated by instruction. In this way, children learn the futility of the goblin stories with which their infant ears are filled by their nurses. The dread and diffidence of public speaking has sometimes, we are assured, been overcome by swallowing a dose of laudanum. Peter the Great, cured his fear of water by frequently plunging into it, and thus by perseverance, conquered his native repugnance to that element.—Wine, tea or spirits are recommended as tending to remove the spell. Vinegar, spirits of hartshorn or lavender drops, applied to the nostrils are said to be salutary in dispelling a sudden terror. One passion may be counteracted by another. Fear of life may be overcome by the dread of disgrace, or the love of honor.—Fear may be alleviated or banished by remembering the brilliant achievements of a brave man. Patriotism would warm at the sight of a field of battle where a victory was obtained. In our country Peter Francisco has long been justly celebrated for his personal prowess and gigantic strength. Accident threw him in the way of a straggling party of Tarleton's troops. One of them demanded his watch and silver shoe buckles. He refused to give them up, and when the British soldier stooped down to take them, Francisco, being unarmed, seized the hilt of his sword as it stuck up, drew it out and dispatched him at a blow. He killed two more who were near, and kept the rest at a respectful distance. By these evidences of his bravery, and by the suspicion he excited that American troops were at hand to afford him assistance. The contemplation of the dauntless intrepidity of so gallant a soldier is well fitted to dispel fear from the mind of the most timid warrior, and awaken in him a sense of honor and the love of glory.

We hope we shall be pardoned for relating another instance of American intrepidity. About the year 1782, six or seven Wiandot Indians crossed over to the south

of the Ohio river, fifty miles below Pittsburg. They had been in the habit of making these incursions and retreating and recrossing the river before they could be overtaken. On this occasion they found some old man in one of the houses they were plundering, and had killed. A party consisting of six or eight was raised to pursue, and among them were two brothers, Adam and Andrew Poe, both active and athletic men. The party followed on all night, and in the morning discovered as they approached the river, signs of the Indians. By an uncommonly large track, they ascertained a principal warrior in the tribe of extraordinary size and strength, was one of the company. The white men pursued in a body with the exception of Andrew Poe, who fearing a surprise, separated himself from his associates and took up the bank of the river, intending to fall suddenly on the savages. He had not proceeded far before he discovered their rafts. He went partly down the bank that he might descry who composed the party. He found that the large Indian and a small one were alone together, holding their rifles in their hands. He took aim at the large one, but his gun snapped. The Indians turned at the sound. Poe was too near to retreat. He had not time to make ready and take aim again. He sprung suddenly upon them, caught the large Indian by the clothes on his breast and the small one round his neck. They all fell together, but the white man was uppermost. While he was endeavoring to hold down the large Indian, the small one slipped his neck out of Poe's grasp and ran to the raft for a tomahawk, and by many mock blows endeavored to deceive his adversary. Poe's unremitting vigilance, however, saved him. He averted his head by a sudden movement, and received on his wrist the meditated wound, which crippled, though it did not entirely disable his hand. In this critical movement, by a violent exertion he broke loose from the large Indian, snatched up a rifle and dispatched the small one as he was coming up the third time with his

tomahawk. The large Indian now gathered Poe by the shoulder and leg, and hurled him in the air, along the shore. Poe immediately arose; a new and more desperate struggle ensued. They rolled into the water, and each endeavored to drown the other. Poe at length grasped the Indian by the tuft of hair on his head, and held it under the water. Fate seemed now to have given the victory to the white man. The Indian pretended to be drowning. Poe relaxed his grasp, and the savage instantly sprung upon his feet and renewed the contest. They were carried by the stream into deep water, and had, for the preservation of their lives, to separate and swim for the shore. The Indian being the most expert in water, reached the land first. He seized a rifle, (which happened not to be loaded,) to shoot his antagonist, but Poe, seeing his danger, remained in the river, intending to evade the bullet by diving. At this perilous juncture, Andrew Poe arrived. Hearing of his brother's critical situation, he left his party, who, with the loss of three men had killed all the Indians but one. Supposing Adam in the water, with his wrist bleeding, to be a savage, one of the white party, not far in the rear of Andrew, fired at him and wounded him in the shoulder. Adam called out to his brother to kill the large Indian, but his gun had been discharged and not reloaded. The contest was now between the Indian and Andrew, which should load first. The Indian, having put in powder, and hurrying to force down the ball, drew out his ramrod with such violence, as to throw it some yards into the water. While he ran to pick it up, Andrew gained an advantage and shot the savage as he was raising his gun to take the deadly aim. Thus was this struggle fortunately terminated.

GRIEF.

GRIEF is an appendage of mortality; when indulged to excess, it is injurious to health. It spreads a gloom over the spirits, weakens the appetite, promotes indigestion, relaxes the nerves and depresses and debilitates the whole system. It often ruins the constitution, and the unrestrained indulgence of violent, lasting grief, is as unwise as it is pernicious. It is a querulous dissatisfaction with the order of nature, with the plan upon which Providence governs the world. To moderate our grief, to bear our misfortunes with firmness and fortitude, and accommodate ourselves to our mortal condition, evinces more magnanimity and wisdom than continual gloom and lamentation. It is more consonant with the dictates of reason and common sense, and promotive at the same time of health and happiness.—Cheerfulness is essential to preserve the natural vigor of the body. Thus those who live to an old age are most generally blessed with great hilarity of disposition and equanimity of temper.

To those who are prone to grieve excessively, we would recommend for their imitation, the example of the sorrowing widower of Rhode Island. If they cannot reach his complacency of temper, yet the endeavor to equal it may assist them in conquering their excessive despondency. His clergyman having called to condole with him in his grief, and to impress upon him the sinfulness of murmuring, was answered by the afflicted mourner in these words “I am quite resigned, says he, I have brought myself to entire submission to the will of Providence in the death of my wife, I have no murmurings, no fault to find at the stroke—on the whole, I believe I am glad of it.”

Affliction, it should also be remembered, is the school in which the virtues are acquired, in which great characters are matured. It is a kind of gymnasium wherein men are trained for hardier exertions and severer conflicts. The warrior, however he may be applauded in

the "full tide of successful experiment," is never greater than when he rises superior to the calamities and distresses which beset him.

And more true greatness, Cato exiled feels,
Than Cesar with a Senate at his heels.

Xenophon, the Grecian commander, gained immortal honor by conducting successfully the retreat of the ten thousand. Marshal Ney was no less conspicuous in the disastrous campaign against Russia. By his "prowess after the retreat from Moscow, although enduring the greatest personal suffering from a malignant dysentery, he preserved, during several weeks, a division of thirty thousand men, with a train of ten thousand sick and wounded, against an army of one hundred and fifty thousand Russians and Cossacks, by a series of the most consummate manœuvres that ever were conceived and executed since the study of military tactics has engrossed the genius of man, so that when he joined those who had escaped with the emperor Bonaparte, his reappearance was regarded as next to a miracle, himself and his corps having been given up for lost."

In cases of grief unreasonably indulged, physicians would recommend doses of opium as affording temporary relief. Tears alleviate the pains of despondency and woe. Company and the conversation of friends, are often highly consolatory. Attention to business, reading amusing books; occupation of any kind will soon mitigate the pangs of a too lively sensibility.—Philosophy and reflection on our situation in this world, and that sooner or later we must all pass "that bourne from whence no traveller returns," are well suited to reconcile us to the inevitable separations which must occur in this life.

RELIGION AND SUPERSTITION.

RELIGION is a subject with which a physician, as such, has but little to do. But whenever it has a tendency to produce disease, his advice and aid may become necessary. Leaving, therefore, to the divines the inculcation of pious doctrines and duties, I hope I shall be excused for attempting to make a distinction between religion and superstition. An elegant writer has under the representation of a dream, delineated their true character.

“Methought I was in the midst of a very entertaining company, and extremely delighted in attending to a lively conversation, when on a sudden I perceived one of the most shocking figures imagination can frame, advancing towards me. She was dressed in black, her skin was contracted into a thousand wrinkles, her eyes deep sunk in her head, and her complexion pale and livid as the countenance of death. Her looks were filled with terror and unrelenting severity, and her hands armed with whips and scorpions. As soon as she came near with a horrid frown and a voice that chilled my very blood, she bid me follow her. I obeyed, and she led me through rugged paths, beset with briars and thorns, into a deep solitary valley. Wherever she passed the fading verdure withered beneath her steps: her pestilential breath infected the air with malignant vapours, obscured the lustrue of the sun, and involved the fair face of heaven in universal gloom. In the midst of this tremendous scene, my execrable guide addressed me:

“Retire with me, rash and unthinking mortal, from the vain illurements of a deceitful world, and learn that pleasure was not designed the portion of human life.—Man was born to be wretched; this is the condition of all below the stars, and whoever endeavors to oppose it, acts in contradiction to the will of heaven. Fly then from the fatal enchantments of youth and social delight,

and here consecrate the solitary hours to lamentation and woe. Misery is the duty of all sublunary beings, and every enjoyment is an offence to the Deity, who is to be worshipped only by the mortification of every sense of pleasure and the everlasting exercise of sighs and tears.'

“This melancholy picture of life quite sunk my spirits, and seemed to annihilate every principle of joy within me. In this sad situation, I espied on one hand of me a deep muddy river, whose heavy waves rolled on in slow, sullen murmurs. Here I determined to plunge, and was just on the brink, when I found myself suddenly drawn back. I turned about and was surprised by the sight of the loveliest object I had ever beheld.—The most engaging charms of youth and beauty appeared in all her form; effulgent glories sparkled in her eyes, and their awful splendors were softened by the gentlest looks of compassion and peace. At her approach the frightful spectre, who had before tormented me, vanished, and with her all the horrors she had caused. The gloomy clouds brightened into cheerful sunshine, the groves recovered their verdure, and the whole region looked gay and blooming as the garden of Eden. I was quite transported at this unexpected change, and reviving pleasure began to glad my thoughts, when with a look of inexpressible sweetness, my beauteous deliverer thus uttered her divine instructions:—

“‘My name is Religion. I am the offspring of TRUTH and LOVE, and the parent of BENEVOLENCE, HOPE, and JOY. That monster from whose power I have freed you, is called SUPERSTITION; she is the child of discontent, and her followers are FEAR and SORROW. Thus different as we are, she has often the insolence to assume my name and character, and seduce unhappy mortals to think us the same, till, at length, she drives them to the borders of despair, that dreadful abyss in which you were just going to sink.

“Look around and survey the various beauties of the globe, which heaven has destined for the seat of the human race, and consider whether a world thus exquisitely formed could be meant for the abode of misery and pain. For what end has the lavish hand of Providence created such innumerable objects of delight, but that all might rejoice in the privilege of existence, and be filled with gratitude to the beneficent author of it? Thus to enjoy the blessings he has sent is virtue and obedience; and to reject them merely as means of pleasure, is pitiable ignorance or absolute perverseness. Infinite Goodness is the source of created existence; the proper tendency of every rational being, from the highest order of raptured seraphs, to the meanest rank of men, is to rise incessantly from lower degrees of happiness to higher. They have each faculties assigned them for various orders of delights.’”

“What, (cried I,) is this the language of Religion? Does she lead her votaries through flaming paths, and bid them pass an unlaborious life? Where are the painful toils of virtue, the mortifications of penitents, the self-denying exercises of saints and heroes?”

“The true enjoyments of a reasonable being, (answered she mildly,) do not consist in unbounded indulgence or luxurious ease, in the tumult of passions, the languor of indulgence or the flutter of light amusements. Yielding to immoral pleasures corrupts the mind, living to menial and trifling ones debases it; both in their degree disqualify it for its genuine good, and consign it over to wretchedness. Whoever would be happy must make the diligent and regular exercise of his superior powers, his chief attention, cultivating inward rectitude, and expressing good will to his fellow creatures. Whoever has been guilty of voluntary excesses must patiently submit both to the painful workings of nature and needful severities of medicine in order to his cure.”

Mankind are too much inclined to superstition, and it will prevail, notwithstanding all the ridicule that can

be thrown upon it. We have heard of an old man, who in the excess of his fervor exclaimed, I am going to die, and I am glad of it, for God will speedily visit this world with pestilence for three crying sins: singing Watts' hymns, eating pork contrary to the law of Moses, and setting up the lightning rod.

There has always been among mankind a desire to pry into futurity, and a belief among the multitude in the art of conjuration, fortune telling and prophecyings. Those who can credit such things may, but we think those prophets are most to be relied on who bring to pass the events they predict. We cite the following instance as an evidence of the strength and unreasonableness of human credulity.

There lived a schoolmaster in a certain village who found a particular satisfaction in the study of astrology, or the art of telling by the position of the stars things to come. His prophecying about the weather proved to be more true than what was commonly put down in the almanacs, for which reason the villagers reported him to be a fortune teller. The nobleman to whom the village belonged, hearing of the abilities of the schoolmaster sent for him; the schoolmaster accordingly made his appearance one morning very early, before the nobleman was out of his bed. I have been told, said the nobleman that you pretend to be a fortune teller. The schoolmaster answered he had never done the like, but as he was a lover of astrology, it so appeared *now* and *then* that certain things came to pass, as he by the aspects, conjunctions and influences of the heavenly bodies had prognosticated; but the nobleman who was an *ignoramus*, understood nothing of these words. Hear me, said the nobleman, in a passion, if you do not answer me four questions I am going to ask, you shall be treated as an impostor. 1st. You are to tell me where the centre of the earth is; 2d. How much I am worth; 3rdly what I think; and 4thly what I believe. The schoolmaster wanted to get clear of all this by telling the nobleman that it was God alone that was able to search the

hearts of men and disclose their thoughts. But the nobleman insisted on having the above questions answered. The schoolmaster seeing he could not disengage himself, requested the favor of having one day's time allowed him that he might consult his books. This being granted, the schoolmaster made his respects and departed. On his way home he met a miller who lived in the same village. The miller perceiving him look much dejected, asked him what was the matter. The schoolmaster related all that had passed between the nobleman and himself. The miller laughed heartily at it, but at the same time promised to take the affair on himself; for, said he to the schoolmaster, as you made your appearance before the nobleman in a dark bed chamber so early in the morning, it was impossible for him to take a strict observation of your face; as for me, he don't know me at all; it will therefore be very easy for me to represent your person after I have dressed myself in your clothes; as for his questions I shall, no doubt, be able to answer them completely. The schoolmaster very willingly consented, as he knew the artful miller was better able to satisfy the demands of the nobleman than himself. Accordingly the next morning the miller dressed himself in the schoolmaster's clothes, and with a cane in his hand, repaired to the nobleman's house, and let him know that the schoolmaster was come in obedience to his orders, to answer his queries. The nobleman ordered him immediately before him, and asked him whether he really thought himself capable of answering his interrogatories; the miller said he would stake his life for the performance. Well, said the nobleman, where is the centre of the earth? I will not only tell you, said the miller, but show you the very spot, if you will follow me. They both, therefore went into an adjoining field; and after the miller had measured the ground a while with his cane, he stuck it in the earth. Here sir is the very spot, said the miller.—How will you prove that, says the nobleman. Have you it measured, replied the miller, and if it fails one

inch I will forfeit my life. The nobleman knew it was out of his power to have it done, and therefore dropped that query and came to the second, which is, how much he was worth. The miller answered, our Savior was valued at thirty pieces of silver, and as he was undoubtedly worth more than you, I hope you will not take it amiss, if I value you at twenty nine pieces of silver. You are right my friend, says the nobleman; but let us hear what I think; that will be somewhat heavier for you. Not at all said the miller; I would lay any wager that you think more on your own interest than on mine; that is very true, says the nobleman; but what say you to my fourth query. Do you know what I believe? O yes, said the miller, you believe that I am the schoolmaster, is it not so? I certainly do, said the nobleman; but you are mistaken sir, replied the other, for I am the *miller* of the village; so saying, he made a low bow to his honor and departed.

MODESTY.

MODESTY is to females an ornament that brightens their virtues and beauty, and gives them a more seductive attraction. It prevents the intrusions of rudeness, maintains delicacy of character, promotes refinement and increases the pleasures of society. But when modesty degenerates into bashfulness, it produces painful and distressing consequences. The misfortunes of a bashful man often accumulate upon him in proportion to his diffidence, as the following tale narrated by the sufferer himself will fully show.

My father was poor, but having a fondness for learning, determined to send me to college, and give me a good education. Being very diffident, I was retired in my habits, and did not associate much with the students, and retained, notwithstanding my education, my rustic habits. After obtaining my diploma, I returned home.

In a short time my father died, and a rich uncle, worth thirty thousand pounds, who both bequeathed to me their property. This changed my condition. I purchased an estate in the country in a fashionable neighborhood, and my company, considering my uncouth manners, was wonderfully courted by the surrounding families, especially by those who had marriageable daughters. After many pressing solicitations, and many excuses and refusals on my part, I at length determined to conquer my timidity and accept an invitation to dine with a gentleman whose open, easy manners, left me no room to doubt of a cordial welcome. Sir Thomas Farenheit is a baronet worth two thousand pounds a year, living near me whose estate joined mine. He has a wife, two sons and five daughters all grown, unmarried, and dependent on their father. At my first entrance, as I was ushered into the library room, I summoned up all my fortitude and made my bow to lady Farenheit; but unfortunately in bringing back my left foot, I trod on the gouty toe of Sir Thomas, who had followed close at my heels to be my nomenclator to the family. This incident filled me with confusion; the baronet's politeness, however soon dissipated my concern.

The cheerfulness of her ladyship, and familiar chat of the girls, insensibly led me to throw off my reserve, and I ventured to join the conversation. Seeing in the library a Xenophon in sixteen volumes which, (as I had never before heard of such a thing) greatly excited my curiosity, I rose up hastily to examine what it could be. Laying my hand on the first volume, I pulled it forcibly; but lo! instead of books, a board, which by leather and gilding had been made to look like sixteen volumes, came tumbling down and pitched upon a large ink stand on the table under it. In vain did Sir Thomas assure me there was no harm done. I saw the ink streaming on the Turkey carpet and attempted to stop its progress with my cambric handkerchief. In the height of this confusion it was announced to us that

dinner was ready. My face was burning like a fire brand from my recent disaster. I advanced into the dining room, was seated as desired betwixt Mrs. Farenheit and her eldest daughter, and was just beginning to be comfortably cool, when an unlooked for accident rekindled my blushes. I was requested to carve a fowl; through my awkwardness, hurry and trepidation, when I attempted to stick my fork in it, it bounced out of the plate and fell on the floor. I should have utterly sunk under this misfortune, but the old gentleman, to relieve me, remarked it would be well to kill the chickens before they were brought to the table. I now sat down, endeavoring to recover myself. Having set my plate of soup too near the edge of the table, in bowing to Miss Dinah, who politely complimented the pattern of my vest, I tumbled the whole scalding contents into my lap. In spite of an immediate supply of napkins to wipe the surface of my clothes, my black breeches were not stout enough to save me from the effects of this sudden fomentation, and for some minutes my legs and thighs seemed stewing in a boiling cauldron. But I firmly bore my pain in silence and sat with my lower extremities parboiled amidst the stifled giggling of the ladies and servants. I will not relate the blunders I committed during the first course in helping others to the various dishes around me, now oversetting a sauce boat, knocking down a salt seller, or tumbling a turkey into a lady's lap; let me rather hasten to the second course "where fresh disasters overwhelmed me quite."

I had a piece of rich sweet pudding on my fork, when Miss Louisa begged to trouble me for a pigeon that stood near me; in my haste, scarce knowing what I did. I whipped the pudding into my mouth, hot as a burning coal. It was impossible to conceal my agony; my eyes were starting from their sockets. At last, in spite of shame and resolution, I was obliged to drop the cause of torment on my plate. Sir Thomas and the ladies all compassionated my misfortune, and each advised a dif-

ferent application. One recommended oil, another water, but all agreed that wine was best for drawing out the fire; and a glass of sherry was brought me from the side board, which I snatched up with eagerness; but oh! how shall I tell the sequel? Whether the butler by accident mistook, or purposely designed to drive me mad, he gave me the strongest brandy, with which I filled my mouth, almost flayed and blistered; totally unused to every kind of ardent spirits, with my tongue, throat and palate, as raw as beef, what could I do? I could not swallow it, and clapping my hands upon my mouth, the cursed liquor squirted through my nose and fingers like a fountain over all the dishes; and I was crushed by bursts of laughter from all quarters. In vain did Sir Thomas reprimand the servants, and lady Farenheit chide her daughters; for the measure of my shame, and their diversion was not yet completed. To relieve me from the intollerable state of perspiration which this accident had caused, without considering what I did, I wiped my face with the ill fated handkerchief which was still wet from the consequences of the fall of Xenophon, and covered all my features with streaks of ink in every direction. The baronet himself could not support this shock, but joined his lady in the general laugh. In an agony of confusion, I sprung from the table in despair, but my misfortunes were not yet ended; for a rent in the table cloth caught on a button of my coat, and I drew dishes, provisions and whatever else was on the table after me. Knowing that misfortunes alone awaited me, I extricated my button, seized my hat, rushed out of the house, sprung on my horse and raised a canter. Unfortunately as I was moving down the lane at a rapid rate, I discovered two dogs close by the road side fighting with great fury. My horse scared, and in spite of all my efforts, tossed me with great violence into a large muddy pond hard by. My hat flew off in the water, and raising with considerable difficulty, all bemuddled and bespattered, I had to wade through the pond to regain my hat.

After I had extricated myself from this catastrophe, I found to my sorrow that my horse had made his escape, and thus with my clothes wet and muddy, my character ruined, mortified by the irretrievable disgraces and misfortunes which had befallen me, I plodded on home, determined not again to trust myself in the company of the ladies, and to make no further efforts at gentility.

INTEMPERANCE.

THIS subject has recently attracted so much attention and called forth so much declamatory reprobation, that nothing new remains to be said. Temperance and exercise are the parents or preservers of health. Whatever disturbs the state of the solids and fluids, disorders the animal economy and occasions diseases. Moderation in eating as well as in drinking, must be observed by all who wish to arrive at old age and enjoy the vigor of health.

It would be easy to speak at length of the multiplied evils which walk in the train of habitual intoxication; but as I do not find Solomon erroneous, I will barely take the liberty of quoting his animadversions on this subject. "Who hath woe? who hath sorrow? who hath contentions? who hath babbling? who hath wounds without cause? who hath redness of eyes?

"They that tarry long at the wine; they that go to seek mixed red wine.

"Look not thou upon wine when it is red, when it giveth its color in the cup, when it moveth aright. At the last it biteth like a serpent and stingeth like an adder. Thine eye shall behold strange women and thine heart shall utter perverse things. Yea, thou shalt be as he that lieth down in the midst of the sea, or as he that lieth upon the top of the mast. They have striken me, shalt thou say and I was not sick; they

"I felt it not; when shall I awake?
 have beaten me and I have not grieved;
 I will seek it yet again."

THE PULSE.

THE physician derives great information as to the condition of his patient from knowing how his blood circulates. This is ascertained by feeling the pulse. The heart by contracting and expanding, and sending the blood through the arteries produces the beating of the pulse, which gives information as to the state of the body. But experience is necessary ere the practitioner can unerringly determine by this criterion the condition of the patient. A few general directions may assist the inexperienced to form correct conclusions. The pulse beats with different degrees of celerity in person of different ages and temperaments.—Children under the age of seven years have a quicker pulse than when they become older. In infancy it varies from ninety to one hundred and twenty in a minute. In adults, a healthy pulse is from sixty five to eighty. It is quicker in women than men. The velocity of the pulse is also augmented by stimulus, by a plentiful meal, by exercise, or even by any mental agitation. In persons of a hysteric disposition, it is often raised to great celerity by trifling occurrences. It beats quicker in the sanguine than in the melancholy, in the young and vigorous than in the old and declining. If the pulse appears weak from being strongly pressed, the blood will recover and strike more fully; if it is really so, it will more slowly regain its former force.

Good health is indicated by a strong, firm, regular pulse; a tendency to disease is manifested, if the pulse strikes like a stretched cord; If at the same time it is augmented in frequency, it shows the presence of inflammatory action. A pulse that beats with apparent but not real firmness, is sometimes mistaken for a hard pulse. If its pulsations are sharp but transient and not strong, and its relaxations rapid, it is sometimes called the throbbing pulse, and where there is much inward irri-

tation, it often continues. A small pulse is so denominated from the lightness of its percussions. By a compression of the brain, the pulse sometimes sinks as low as fifty or sixty. Considerable irritation exists in the system, and danger is to be apprehended when the pulse rises to 90 or 108 in a minute. In fevers it is frequently as high as 120 in a minute.

A pulse that intermits its operations, it is an evidence of debility and is ominous of disease; sometimes it is attributable to an organic affection: sometimes to fullness of the stomach and intestines, and frequently to mental agitation. In fevers a pulse softer, fuller, & slightly slower, is a favorable symptom; but the contrary, when it is quick, weak, irregular and occasionally intermitting.

EVACUATIONS BY STOOL.

EVACUATIONS at proper times are promotive of health. When costiveness prevails, it depraves the humors; when the bowels are afflicted with preternatural laxity, sufficient nourishment is not given to the body. Either extreme should be avoided; and the health of the system, will in general be preserved by a punctilious regard to diet, exercise, and sleep. Where these are properly attended to, a reasonable hope may be entertained, that the constitution will be preserved in unimpaired vigor.

Irregularity in eating and drinking, crowding the stomach with a variety of rich food, and a multiplicity of liquors must necessarily affect the state of the body and bring on disease. Excesses of any kind, whether indulging the appetite, too liberally, or restraining it too rigidly, will be hurtful. Luxurious living often results in dysenteries; and too strenuous an abstinence in constipation of the bowels. Both should be avoided.

The operations of nature cannot generally be reduced to a mathematical precision. What evacuations

are necessary to health we need not pretend accurately to determine; but we may say, that long continued costiveness, tho' it may produce no immediate injuries, is to be dreaded and avoided, as it will in time be inevitably dangerous. Where, however it prevails, it is far safer to remove it by exercise than by medicine. A frequent resort to drugs, debilitates the intestines, weakens the powers of concoction and destroys the constitution. Diet also, will often remove costiveness. The person who is subject to it should eat nothing of an astringent or inflammatory tendency, and should not be too warmly clothed.

On the contrary those who are liable to attacks of dysentery, should eat food of a strengthening nature, such as wheat bread, eggs, cheese, and rice boiled in milk. They should drink red-port, or claret wine, or brandy and water in which toasted bread has been boiled. Perspiration should be promoted, as habitual laxity proceeds sometimes from the imperfect evacuation of the fluids through the pores of the skin; the feet should be kept warm and flannel worn next the skin.

URINE.

PHYSICIANS have long since determined that so many things vary the appearance of urine, as to render any opinion formed from inspecting it of but little value. Hence the quackery as well as absurdity of water doctors, who pretend to judge of diseases by their skill in uroscopy. The quantity of urine is also very much dependent on the different kinds of nourishment received. Diseases are sometimes prevented and sometimes cured by a free discharge of urine; every obstruction, therefore, to so salutary an evacuation ought to be shunned with the most sedulous caution. Its secretion and escape are diminished by habitual indolence, by sleeping on warm soft beds, by eating dry and heating food,

and drinking astringent and stimulating liquors. Where symptoms of the gravel appear or the urine is suspected to be deficient in quantity, the means and processes which tend to lessen its accumulation should be evitated.

The urine, where it is not duly discharged is imbibed again into the fluids. By remaining too long in the bladder, it has a tendency to thicken and coagulate and in time to form stones and gravel; a disease of the most troublesome and painful kind, and to the attacks of which the indolent and luxurious are much more exposed than the active and temperate.

The undue retention of the urine has brought on incurable disorders. False delicacy ought never to be encouraged where it interferes with life or health. It is said Judge Haywood, so long the ornament of the bar and the bench in Tennessee, owed his death to this cause. The straining and extra distension of this urinary membrane weakens its activity, renders it paralytic and unable to perform its functions by retaining or properly expelling the urine. The calls of nature ought to be promptly regarded; delays are often dangerous. We have heard of a young lady who, by procrastination, in a similar emergency, lost her life. She refused to obey the invitation of nature. The distention of her bladder was so great that it burst, and she died immediately. Delicacy, we think, should not be carried to quite so great an extreme; life and health ought to be a little more justly appreciated.

Urine may also be too abundant. It may be increased by liberal potations of weak watery liquors, by the too free diglutition of alkaline salts, by stimulating the kidneys or by diluting the blood. Hence originate bodily debility and emaciation.

PERSPIRATION.

PERSPIRATION is one of the means taken by nature to relieve the body of its superfluous humors. While this operation is carried on perfectly, the body is not apt to be seized with disease; when it is obstructed, the frame does not long remain sound and free from malady. Because we often perspire without knowing it or attending to it, we are less prone to observe when it is obstructed.

Many maladies are remembered to have originated in colds which have not met with timely attention.

The mutability of the weather and sudden changes in the air occasion colds. Such sudden alterations in the temperature of the atmosphere are frequent in our climate. They sensibly affect perspiration and cause rheumatisms, agues and fevers. If you would avoid the evils of these accidental and sudden changes in the air, if you would fortify your body against the caprices of the weather, accustom yourselves daily to breathing the open air; do not suffer yourselves to become delicate and sickly by confinement within a warm room and thereby augment your liability to rheumatic attacks, colds, coughs and diseases of the breast.

Wet clothes are also unwholesome, and should never be worn when it can be avoided. Their moisture hinders perspiration, is absorbed into the system, and occasions disorders in the most robust constitutions. Wet clothes should be changed as soon as possible for dry ones; where this cannot be done, exercise should be taken continually, until they become dry. Fatal effects are often experienced by those who are so indiscreet as to sleep in wet clothes. Wet feet should also be avoided. When wet clothes are put off, it is prudent and will sometimes prevent the catching of a cold to wash the feet in whiskey and dry them before the fire. Night air often occasions colds. In summertime evening dews and cool nocturnal breezes are almost too

pleasant to be resisted. Nevertheless, this pleasure, if indulged in, must be enjoyed at the risk of health; in marshy countries, the peril is still more imminent, and often causes fevers, quinsies, and other afflictive and disastrous disorders. Damp beds are highly pernicious; they obstruct perspiration, fill the system with cold, originate the most dangerous diseases, and seriously affect the stoutest constitutions. Where beds have not been used for a considerable length of time, the linen should be well aired and rendered perfectly dry, so as to obviate any evil consequences. Deliberately to place a traveller or a friend in a damp bed, is a practice that deserves severe censure, as it is often the cause of diseases that terminate fatally. Damp houses are also dangerous. Hence the impropriety of moving immediately into new habitations as soon as they are finished before the plastering is dry; while the smell of paints combines with the dampness to render it insalubrious.—
Scouring rooms and sitting in them before they are dry, will usually be attended with the same baleful consequences.

SUDDEN CHANGES FROM HEAT TO COLD.

SUDDEN changes from heat to cold produce obstructions in perspiration. Exercise will heat the system, augment the circulation of the blood and increase perspiration; the sudden exposure to cool air at such times is apt to produce colds and coughs. As it is difficult always to avoid becoming too hot, care should be taken to cool gradually. Laborers should, when they have finished their work, put on their clothes, select a dry and comfortable place to rest their wearied limbs, and sleep where they will be unexposed either to the heat of the sun or the coldness of night air.

Drinking cold water when too warm is extremely deleterious. Many persons have thus in summer time

lost their lives. Thirst when great is a very painful sensation, and it requires considerable fortitude to resist effectually its solicitations. Every one knows the imprudence of permitting a horse to drink liberally of cold water when in a high state of perspiration, or after violent exercise. The consequences, where the animal is immediately dismissed from service, or returned to the stall, are highly injurious and often fatal.—Why should we not be equally careful of our own health as of the comfort of our beasts?

The thirst may be allayed without drinking large quantities of cold fluid. Eating an apple, chewing acid plants, holding water in the mouth until it becomes warm, and then ejecting it, and taking another draught, will assist more in quenching the intensity of the thirst than filling the stomach with large quantities of cold liquor. A few mouthfuls of bread eaten with a few sups of water will also mitigate the paroxysm of thirst. Where too much water has been drunk when a person is too warm, a glass of brandy and exercise will aid in preventing its deleterious effects. The ordinary consequences of such imprudence is the contraction of violent colds, fevers, quinsies, and sometimes a total stoppage of the vital functions, terminating in immediate death. It will be judicious also when in a state of high perspiration, to avoid eating too liberally of raw fruits and sallads.

The practice of sitting in warm rooms, drinking hot liquors, and then rushing out into the cold air, is often the cause of colds, coughs and inflammations. When a room is hot, it is injudicious to open a window and sit exposed to the gelid breezes. One part of the body is cooled too quickly, while the rest remains surrounded by the heated atmosphere. It is better to move out in the open air than to remain in this situation. Where rooms are ventilated, no person ought to suffer the cool wind to blow directly upon them. Houses will be rendered unhealthy by keeping them too warm. It softens and debilitates the constitution, makes it more sensible to

the cold air; and less capable of resisting its injurious influences; besides, the atmosphere when too much heated, loses its elasticity, and is less fit for respiration. The lungs become weakened by breathing it, and more exposed to consumptions and other diseases.

Finally, for the preservation of health, too strict and punctilious a regularity should not be observed. Occasional deviations will by no means be insalubrious.— Customary food should not be refused. So much irregularity may be indulged as will not render a single deviation from a certain routine in living, strange, inconvenient or dangerous. Food should be taken according to appetite two or three times a day. Amusements which please the fancy and exercise the body should not be neglected. The mind should be kept engaged; some useful employment should be industriously followed; cheerfulness and hilarity of disposition cultivated; and by these means, the best provision will be made for preserving a sound mind in a healthful and vigorous body.

FOOD.

ATTENTION to food is essential to health. It would, however, be impossible to specify within the limits assigned to us, the effects of every kind of diet, or to designate the quantity or kind of food which will be most beneficial to different constitutions. A few general directions is all that can be expected.

Diet may not only change the constitution, but it has been known to cure diseases, and it has this advantage over medicine, that it is not disagreeable to take.— To prescribe a precise quantity would be improper, as different constitutions require different proportions of sustenance. The best direction is to be moderate as to quantity, and let the food be plain and simple; and it is generally allowed that eating of a single dish at a meal is more healthy than indulging in a great variety. Food

may be kept until it becomes unwholesome. The tendency of animal substance is to deterioration and putrefaction; when this process has commenced, they become offensive to the smell and injurious to the constitution. It is a suggestion of reason and common sense, as it was an injunction on the Jews, to eat nothing that is infected or dies of disease.

Our health is often affected by the health of the animals we eat; for fowls or beasts whose habits are gross, who eat voraciously, and do not take exercise, are more difficult of digestion than those that are fattened either not so speedily or under more favorable circumstances. For good air and exercise are necessary to the perfect concoction of food, and the purity of the juices. Every unwholesome practice ought to be avoided. Cattle ought to be driven hard, and killed while they are in a fever of heat. The arts which have been used by butchers to give their meat an appearance of uncommon fatness, or to make it weigh well in consequence of the blood remaining in it, ought to be severely reprobated. Too much animal food, without an intermixture of vegetables, is apt to taint the system with scurvy. Hence seamen, from living long on salted provisions are often visited with this malady. Milk and vegetable diet in such cases are highly salutary.

In regard to food, experience must be consulted.— For what is agreeable to one palate and constitution is injurious to another. A diet composed of a proper mixture of vegetable and animal substances, will probably be found most nutritious and salubrious. A watery aliment relaxes and debilitates the frame; where the sustenance is too dry, it makes the solids stiff, and the humors viscid. Rich sauces, high seasoned provisions, where a variety of ingredients are intermingled tempt to voracity, to overload the stomach, and tend to produce dyspepsy.

The liquid portion of our food should be specially regarded. Pure water is of the utmost importance to health, and is without any peculiar color, taste, or

smell. Where it is saturated with other substances, it communicates diseases, and is sometimes impregnated with poisonous qualities. Water may be purified by filtration, by adding alum pulverized in the proportion of one ounce to twelve gallons. Vinegar, acids and powdered charcoal are also efficacious in preventing or checking putridity. Boiling or distilling is also recommended.

Excess even in drinking water weakens the constitution. As to tea and coffee, different sentiments have been entertained by different physicians. Where they are used with moderation, not made too strong, and in reasonable portions, they seldom do harm. But where they are drunk in large quantities, very strong, and upon an empty stomach, it is not at all wonderful if they should affect the nerves and produce wakefulness.—Coffee has been known to remove a pain in the head, to vivify the spirits and promote digestion. Tea likewise is stimulating, and where drunk excessively will be injurious. Chocolate is wholesome and very nourishing, though it sometimes disagrees with those who are debilitated. Cider, when properly made, when clear and pure, is both a pleasant and salutary beverage. If it is still fermenting, has not been made out of sound fruit, or has not been properly managed, it is not so desirable. When good, it is very healthy; it corrects the bile in the human system, and not only prevents, but sometimes cures diseases. We have known an instance of its settling a weak stomach, dissipating the bile and restoring health and strength when all other medicines in the apothecary's shop had failed.

Experience evinces that flesh gives more strength and nourishment than vegetables; it is also more healthy, and is sometimes recommended in cases of dispepsy as easy of digestion.

Our system requires, in order to its maintenance in the greatest vigor a salutary admixture of wholesome flesh, with a due portion of vegetable sustenance.—Young animals, as their flesh is tender and delicious to

the palate, afford the best and most nutritious food.— Regard must always be paid to circumstances. In winter the appetite may be more freely indulged. In summer stricter temperance, and a lighter diet are required. The laborer needs more substantial aliment, and in larger quantities than the idler. Severe exercise can only be sustained by strong and substantial diet.

Persons whose constitutions are weak, ought to avoid eating food that is difficult of concoction. Their aliment should be nutritious, and they should be scrupulously careful in taking a sufficiency of exercise. Those that are full of blood, and those that are inclined to obesity should not indulge in rich food. They should abstain from fat meat; they should not drink rich wines. They should live on bread and vegetables, and satisfy their thirst from the limpid stream. Fat persons should live principally on coffee, tea and light diet; take considerable exercise and little sleep. Animal food is most congenial to the stomach of those who are troubled with acidities; acid vegetables are most proper for those who are harrassed with alkaline eructations.

Too much uniformity in diet is not desirable, as it might render the least deviation dangerous. Nature has provided a great variety of aliment, and health is promoted by occasional changes. To eat slowly is a good rule. By this mode the food is duly prepared by mastication, and the stomach is gradually distended.

In youth as well as old age, the diet ought to be light and nourishing; in the vigor of life more substantial food may be used for the refiction of the body. All extremes are to be deprecated. Long fasting should be avoided; and after the pains of starvation, a full meal is apt to be attended with serious peril. Regularity in meals, and moderation in eating, are well calculated to prolong health. Experience will discover to individuals what best agrees with them, and custom will often reconcile the stomach without injury to what in itself may not be entirely salutary.

EXERCISE.

EXERCISE is essential to the preservation of health. The farmer who labors for his support is generally blessed with a sound constitution, a great portion of health & happiness. Industry therefore, while it furnishes sustenance and affords occupation, promotes the necessary secretions and invigorates the frame. Hence the agriculturist lives to a good old age in the enjoyment of his mental and corporeal faculties.

In younger years, while the vigor of health remains unimpaired, no rules are necessary to preserve the hardy frame, except that extraordinary labors and inglorious dangers should not be needlessly braved. The strong need not to be nursed with the arts of sickly and debilitating effeminacy. The laborer often endures the inclemency of winter, the sultry heat of summer, and exposure to rain and storms without sensible inconvenience. "He shall not be afraid for the terror by night, nor for the arrow that flieth by day, for the pestilence that walketh in darkness, nor for the destruction that wasteth at noon." His habitual industry and temperate meals, give him a robustness and strength that protect him from every casualty of life.

The love of industry is a native instinct implanted in children and young persons. It is a principle bestowed for the promotion and preservation of health. Exercise strengthens and confirms the solids and promotes digestion. Those who neglect it, must expect to feel the languors of relaxation, general debility, dyspepsy and disease. Inactivity is the cause of glandular obstructions. Exertion will commonly prevent this malady, and sometimes cure it. Health is seldom injured where the kidneys, liver and other glands perform their respective offices; and in obstructions of this kind exercise is the surest remedy, though it will not always remove the complaint.

All those who are the victims of indolence must expect to labor under the inconvenience of weak nerves. Open air and continued activity brace and strengthen the tendons and give health. Ease and affluence bring on nervous disorders which poverty and labor will dissipate.

Those who are valitudinary must take exercise if they would become sound; those who are in the possession of health must, if they would preserve it, lead a life of activity. Exertion is necessary to perspiration and perspiration to corporeal sanity.

It is a wise provision of Providence, that mankind are compelled to labor for sustenance; their health is prolonged and their happiness increased by it. Those whose circumstances do not require them to toil daily for a living, should nevertheless, take so much exercise as will give to their bodies durability and strength.—Hunting and the chase are very amusing and healthful sports. To those who do not relish diversions so laborious and fatiguing, fishing or gardening may be more pleasing. A morning walk at all times, except in wet and foggy weather, is exhilarating and bracing. Riding is also a very salubrious amusement. Every one in taking exercise should consult his own taste; for unless the mind is gratified, the body will be but little benefitted.

The custom of sleeping late in the morning is very unhealthy. Lying in bed until eight or nine o'clock is customary among the inhabitants of towns. Besides the waste of time occasioned by it, they lose the benefit of the bracing energies of the pure morning air. Exercise then is most salutary when the body has been refreshed by "tired nature's sweet restorer balmy sleep." Those who spend their mornings in active diversions, walking in the open air or riding, will find their spirits cheered, their body strengthened and their appetite renovated. Where exercise cannot be taken in the open air, it should not be dispensed with, but active amusements within doors should be substituted. Those

diversions should be preferred which most employ the whole frame. Riding on this account is found by many to be very healthy; but people should ascertain what best agrees with their constitution and adhere to it.— Exercise should never be prolonged until it produces fatigue, for then it is injurious and weakens the body.

The lazy are troubled with despondency, pains in the stomach, dispepsy and flatulencies, and instead of applying to exercise for relief, they are in general but too fond of seeking by medicine the removal of their complaints. The indisposition to motion augments by indulgence. Nature unvitiated cannot easily be restrained from activity and exertion; but habit conquers these strong propensities, and in many becomes so wedded to ease that they cannot be persuaded to take exercise, to free them from low spirits, dispepsy, the gout, or more terrible and almost incurable maladies. Mr. Jefferson recommends hunting and riding, and to his young friends to take a great deal of exercise, and on foot. Health is the first requisite after morality. Indolence, besides its deleterious consequences to the human frame, introduces its victims into the paths of vice; for the mind must be employed, and if not engaged in useful occupations, it will be meditating mischief, anticipating chimerical evils, afflicting itself with imaginary diseases or disseminating miseries among mankind. Idleness is the inlet to all vice, while industry wards off temptation, occupies the mind agreeably and usefully, diffuses contentment, is the best protector of virtue and conservator of health and longevity.

AIR.

HEALTH, activity and cheerfulness are owing principally to wholesome air. The atmosphere is contaminated by impure substances; it becomes saturated with their noxious qualities, and in this condition communicates contagion to the human frame. The influence of the

air being less palpable often inflicts an injury before it is suspected. Air may be too moist or too dry. Where it is too moist it weakens the elasticity of the solids, relaxes the constitution, and inclines the body to agues and dropsies. When it is too dry, the lungs become rigid and with difficulty perform their operations; and fevers and inflammations may be anticipated.

The air is corrupted by breathing; hence towns and cities are not so healthy as the country. It is also filled with smoke, sulphur and other noisome exhalations; hence the fatality of cholera in large cities, and hence where pains are taken to purify the atmosphere, by removing filth of every sort, and cleansing the streets, the attacks of this pestilence are less severe and destructive. The free circulation of air also depurates it. Jails, from the confined state of the air within them, are often the cause of disease. Not only are the prisoners attacked with fever, but the infection is communicated to the adjacent inhabitants.

Houses are often rendered unhealthy by being too close and tight. They should be opened every day and ventilated. Bad air is also generated by cellars, mines and wells. Its noxious qualities frequently prove immediately destructive. There was an instance lately of four out of five men perishing by imprudently venturing into a cave in East Tennessee. Their lights went out and their death followed; the fifth individual was rescued at the imminent peril of three other men who had the intrepidity to venture in and save him.—Bed rooms also should be well ventilated.

Corrupted air should be avoided by those in delicate health. It is peculiarly deleterious to those who are suffering from asthma and consumptions. It is injurious to the melancholy and desponding; to the nervous and hysterical. Those who are in any way diseased, will find it important if possible, to breathe a pure atmosphere. It is more beneficial than medicine. It renovates the constitution and sustains health when all other means have failed.

A high situation, where the air has free circulation, purified by continual breezes, and so far removed from towns or cities as to be uncontaminated with their contagious atmosphere, is most favorable to the restoration of health when lost, or to preserve it in its full vigor. Low damp situations, near marshes, lakes, or stagnant pools are unwholesome. Standing water corrupts the air by its putrid exhalations, and produces the most violent and destructive diseases. Wherever persons are compelled to reside in low marshy countries, generous diet, the strictest attention to cleanliness and the selection of the driest situation to be found, are among the best means of palliating the attacks of disease.

The rooms of the sick should not be kept too hot, fresh air should be admitted. The most judicious plan is to open a window in an adjoining apartment, and thus introduce gradually and imperceptibly the pure element into the room of the valetudinary. Sprinkling the floor with juice of lemon, vinegar or any vegetable acid will also purify the air. Limekilns generate an atmosphere that it is extremely dangerous to breathe.

As respiration corrupts the air, it might be supposed that in time the atmosphere would all become contaminated. But the Author of all things has provided for its renovation. It has been discovered that trees and plants in day time generate a pure air, or correct what is impure. Thus by an admirable provision of wisdom, animals and the vegetable kingdom mutually produce the air necessary to the nourishment and support of the other.

Air when not too dry nor too moist, supports the frame in health, and diffuses contentment and cheerfulness over the mind. The constitution also suits itself to the air to which it has been accustomed, and breathes it with impunity, although it may be in itself impure.—Such is the force of custom. Sudden changes are therefore injurious. But the infected air of a city may with safety be exchanged for the salutary atmosphere of the country.

CLEANLINESS.

CLEANLINESS is a great preservative of health. It clears the skin of impurities and promotes perspiration. Cleanliness will sometimes cure cutaneous diseases.—It prevents the communication of infection. In towns it should be the object of public attention, as many diseases owe their origin as well as virulency to the neglect of it. The multiplied ablutions enjoined on the Jews, though intended to represent inward purity, were well calculated to preserve health and prevent the communication of disease.

Cleanliness, though not a virtue in itself, approaches that character. It is necessary to decency.—It affords personal satisfaction and comfort, and is one means of rendering a man acceptable in society. Frequent bathing braces the body and vivifies the spirits, and without cleanliness neither health nor respectability can be long maintained. Cleanliness, as it is an evidence of gentility, so it is an appendage to it. It is regarded as necessary by the higher ranks of society, and is an ornament to every class. As it is praiseworthy among those who enjoy health, it is still more important to those who are afflicted. In towns and cities it must be regarded to prevent the diffusion of contagion, or the contamination of the atmosphere. It should be observed with the greatest scrupulosity and appreciated almost as a virtue.

SLEEP.

THE human frame is curiously constructed. It needs continual reparation. When wearied it sinks down to repose and is refreshed; as an exhausted stream is recruited by shutting the flood gate until the water accumulates, or as a time piece that has run down, must be wound up to prevent it from stopping.

Different persons require different periods of repose. The young may take as much sleep as they please.— Six or seven hours, (and none should exceed eight,) have been considered a sufficient time for rest to those who have attained maturity. Too much sleep, like every indulgence when it becomes excessive is injurious, it relaxes the nerves, debilitates the body and lethargises the mind.

The fashionable mode of living in cities is well calculated to wear out life speedily. The night was given to us that we might rest. Those therefore who turn night into day counteract nature, and must in time experience the baneful consequences of their bad habits. Besides the excesses which are so common in cities, setting up till two o'clock and sleeping until ten in the morning are enough to ruin the best constitution. Sleep may be rendered more refreshing by taking exercise regularly every day; by abstaining from strong tea and coffee, by eating a light supper and going to bed with a cheerful, contented mind.

Exercise may be so severe as to hinder sleep, but the active and laborious seldom complain of suffering wearisome nights, or of disturbed, agitating and unrefreshing repose. The industrious, while they are blessed with an appetite that gives the highest zest to their food, enjoy the luxury of sweet, sound and renovating sleep. "Weariness can snore upon the flint." Distress of mind is a great preventative of repose; the young, the gay and the happy "may steep their senses in the forgetfulness of sleep, but he flies from wretchedness and lights on lids unsullied with a tear."

Uneasy rest, frightful dreams, the night mare and apoplexies are the consequences of sleeping immediately after eating a hearty substantial meal.

Walking and talking in sleep are diseases; sometimes moderate exercise, vegetable diet, mild purgatives, and blood letting will be found efficacious remedies; and sometimes a change of air, a dose of laudanum or a glass or two of wine.

Bed rooms should be large and well aired every day. Too much clothes overload and heat the body and enervate the system. Feather beds are in summer time not so healthy as cooler modes of sleeping. The weak and debilitated may indulge in longer periods of repose than the healthy and robust. Bonaparte, it is said, limited himself to four hours in his young years; Curran, to six and a half, and Alfred, the great to six.

Different constitutions require different degrees of rest, and as children need nine or ten hours, those who do not let their hours of repose exceed eight, cannot perhaps be justly charged with excessive indulgence.

CLOTHING.

CLOTHING should be suited to the climate. It should not be too warm in summer, nor too cold in winter. It is prudent to put on warm clothes early in the fall, at the commencement of cold weather, and to continue to wear them until late in the spring. By adopting this method the catching of colds would in a great measure be prevented.

The dress ought not to be too tight and confining, and every attempt to give a good form by clothing is not only foolish in itself but absolutely pernicious. It often injures the health, and deforms the body. Tight lacing obstructs the motion of the bowels and stomach, the free play of the lungs and heart, and retards the wheels of life in the performance of their vital functions. The effects of perseverance in this destructive practice are deformity, bad health, coughs, fainting fits, indigestion & consumptions. Indeed instances have occurred of those who have drawn themselves so tight as to drop down dead and never resuscitate.

Young persons need not be so warmly clothed as those who have passed the meridian of life. The weakly and those who are approaching the borders of

old age, will find it advantageous to wear flannel. It promotes perspiration, prevents injuries arising from sudden changes of air and tends to hinder the diffusion of contagion as well as to restore to health the weak and valetudinary.

Tight garters and bandages obstruct the circulation of the blood and hinder the part so bound from receiving its due portion of nourishment. Tying the neck handkerchief too tight is still more dangerous, obstructing the progress of the blood from the brain, and producing head ache, vertigo and apoplexy.

THE KNOWLEDGE OF DISEASES.

THE knowledge of diseases is necessary to their cure. Some physicians pretend to be guided by experience, and others by reasoning alone in their prescriptions. The union of observation with the deductions of theory will probably be found to lead to the safest conclusions. A medical education should be united with experience. Those who have been accustomed to wait on the sick, acquire considerable skill in discovering the symptoms of diseases, and in applying the appropriate medicines.

Experience alone should not be depended on, because the longest life may be spent without having an opportunity to examine all the different diseases and ascertain their symptoms. The memory is also defective. Theory too needs to be illuminated by experience. How but by examination can we learn the structure of the human body? When a foundation is laid by facts, why may not reason be useful in medical as well as other enquiries? The union therefore, of experience and observation with the deductions of reason and the suggestions of scientific theory affords the best security against the intrusions of error. By reading the works and observations of others, we may, in some measure, be said to add their experience and wisdom to our own, and thus to enlarge and enrich our resources.

Reading and study however, should not make us disparage or lightly esteem the benefits of experience. Every disease is to be known by its peculiar symptoms, and the sagacity of the physician will be exercised in discriminating by their appearances the different maladies to which we are exposed. The symptoms of one disease often bear a near affinity and resemblance to another, and call forth the exercise of experience and sagacity to distinguish to what malady they belong.— By marking these characteristic symptoms, the difficulty of determining on diseases will be diminished, and the physician may attack them with comparative certainty of success.

Regard should always be paid to the age, sex and constitution of the patient, as well as his temper and manner of life. There is great dissimilarity in the nerves and fluids in youth and old age. Of course diseases in patients who have just entered upon life, and those who have reached the borders of the grave require different treatment. Females have diseases peculiar to themselves, their system is more tender and irritable and demands greater caution.

Some constitutions are peculiar, and require a peculiar treatment. It would be injudicious to treat the hardy and robust in the same manner as the tender, delicate and sickly. Diseases may also be aggravated by peculiarity of temperament. Mental maladies will paralyze the beneficial operations of medicine and protract the continuance of disorders. Grief, solicitude, fear and fretfulness not only distress the mind, but prey on the body. On such occasions it is desirable and necessary to mollify these mental asperities, to soothe and tranquilize, to divert and animate and cheer. After quiet has been restored to the mind, medicines, if requisite, will have their accustomed effect. The climate, diet and mode of living should also be regarded. The same diseases do not attack those who dwell in high and low countries, nor have they equal violence in the salubrious mountainous regions as in marshy situations.—

The temperate and abstemious escape many maladies to which the luxurious and dissipated are exposed.—The simplicity of country life and activity of agricultural employment is more favorable to health than the impure air and sedentary occupations of a city. Some businesses dispose to particular diseases; the patient's manner of life and employment should be known, as it would be unwise to give the same medicines to the sedentary and laborious, even when attacked with the same disease.

Enquiry should also be made as to the nature of the malady, whether its duration has been long or short;—whether it is accidental or constitutional; whether it originates from a sudden change of diet or mode of living, or from any other cause. The state of the body should also be ascertained, and how the animal functions are performed, to what disease the patient is most liable, and whether he entertains a particular horror for any particular medicine.

Diet also must not be neglected. It will often accomplish as much as medicine. Very erroneous opinions prevail with respect to food. Many individuals gorge their friends when sick with delicious and rich provisions. This is wrong. It overloads the stomach, already weakened by disease, and tends to give vigor to the malady, and to strengthen and confirm every unfavorable symptom. Abstinence itself is no bad medicine and will be effectual in removing slight attacks.

In pleurisies, peripneumonies and other inflammatory fevers, thin gruels, watery infusions of mucilamatory plants will be highly beneficial, and sometimes accomplish more than the best medicines. In slow nervous or putrid fevers, unattended with inflammatory symptoms, where the patient needs to be strengthened, he will derive great benefit from cordials, nutritious food and generous wine. Those who are troubled with low spirits and pypochondria may substitute with advantage to themselves, substantial aliment and generous liquors for cordial and carminative medicines. Vege-

table food is a sovereign remedy in scorbutic affections. Even the consumption may be retarded in the rapidity of its ravages by a milk diet.

The benefits to be derived from fresh air is by no means to be contemned. The prejudices against it are beginning to subside. In all cases of fever attended with preternatural heat and excessive action in the blood vessels, it is highly to be commended and in many other diseases, it is unquestionably salutary in its tendency. Exercise is also important; it often cures in consumptions and glandular obstructions when medicines are ineffectual. The cold bath is also, when the solids are relaxed held in considerable esteem as a remedy.

Cleanliness also contributes not only to the preservation, but likewise to the restoration of health. It often mitigates the severity of affliction, and is necessary for the comfort of the patient as well as his liberation from the contagious influence of disease.

PREVENTION OF FEVERS.

To obviate the attack of disease is preferable to curing it. By taking proper precautions, the causes of fever may be guarded against or removed.

On visiting a warmer climate, if sickness be prevalent, precautionary measures should be adopted. The system should be cleansed by drinking molasses and water, or by taking every other night for a short period a purgative medicine. If the habit is plethoric, a few ounces may be taken, and every unnecessary exposure to the heat of the sun or the insalubrity of the night air will be highly imprudent. At the same time the strictest temperance should be observed. Disease may also be brought on by cold bathing when very warm, by excessive drinking or by the sudden obstruction of a copious perspiration.

In warm climates, cold moist air is unhealthy; its evil effects may be neutralized by good fires, and by accommodating the dress to the sudden mutations of the atmosphere. Cleanliness, at all times praiseworthy, is essentially laudable in warm countries as a preventative of inveterate and fatal diseases.

Wearing flannel next the body has also been much applauded as preserving the skin soft, promoting gentle perspiration, as absorbing excessive moisture in the day time, and at night preventing the evil effects of cold damp air.

Good wine is also in warm climates beneficial in preserving health. It stimulates circulation, promotes secretions and excretions and invigorates the body.

Temperance both in eating and drinking is also conducive to health, and should be religiously observed. A glass of the infusion of columbo, or camomile or cold water on an empty stomach will assist the digestion of the weak and debilitated.

FEVERS IN GENERAL.

FEVERS are among the maladies which often attack the human race, and with a fatality proportioned to their frequency. An impure atmosphere, excesses of any kind, irregularities in living, strong excitement of the passions and exposure to uncommon heat or extraordinary cold marsh effluvia are among the causes to which fevers have been attributed. These diseases are distinguished by a variety of symptoms, as accelerated pulse, augmented heat, disinclination to eat, a general relaxation and imbecility of the whole frame, languor, listlessness and weariness. The accession of a sudden fever is preceded by a disagreeable feeling of unusual chilliness, an indifference to food, a ponderosity about the heart & nausea of the stomach. Sometimes a pain in the head is felt. Fever is not perhaps strictly a disease,

but symptomatic of one, as smoke is a sure prognostic of the existence of fire. Nature has so formed our bodies that they will instinctively endeavor to throw off every impediment to health, every nauseous matter that would injure and infect and destroy. It is judicious therefore to watch her efforts, and assist them. Where symptoms of fever appear, a little care in keeping within doors, avoiding exposure, drinking warm and salutiferous teas, and washing the extremities in hot water, have warded off the danger and prevented an attack. Formerly, whenever fever appeared, it was usual to smother the patient in a warm room and prevent the approach of healthy air. Time however, has detected these errors; and a pure atmosphere, as it is essential to the preservation of the natural vigor of the body unimpaired, is now deemed necessary to restore and resuscitate, and is freely admitted into the chamber of the diseased. Hence too in the present day, when the uneasy sensation of thirst is intense, it is deemed proper to assuage it by water and diluted drinks. The lassitude of the patient and his indisposition to activity point out the need and importance of rest to aid the constitution in its exertions to overcome the disease. How often has the life of the way worn traveller assailed by fever on his journey, been periled and sometimes destroyed by his solicitude to reach his own habitation.

Other precautions are to be observed. The mind of the patient must, if possible be kept serene and tranquil, undisturbed by anxiety, and unagitated by momentary excitement or the ebullitions of passion.— Food too, until the fever is subdued, is prejudicial, and will but strengthen the malady, without yielding to the patient the desired nourishment and support. Still more egregious is the folly at such a time, of filling the stomach with diet highly seasoned, with stimulating cordials & wine or inflammatory liquors. Where however, the patient is inclined to despondency or his strength is greatly impaired, efforts ought to be made to restore nature, and stimulating medicines ought to be

employed, and the mind rendered contented, and quiet by presenting the hopes and anticipations afforded in his case, and such other consolations as ingenuity, expediency and candor may suggest.

As nature tends to free us from disease, so she often indicates the cure. Hence the propriety of attending to her monitions; what the patient ardently desires will often be found to be the salutary medicine that will expel from his system the poison that is wasting it, redeem him from present suffering, restore his exhausted energies and renovate his health. But prudence ought to be exercised, as it will no doubt often be impolitic, and sometimes dangerous to indulge every whim of a sickly imagination. When the patient is freed from the fever and convalescent, he should be careful to be very temperate in his diet, and not even to satisfy the cravings of his appetite, as indulgences of this kind have brought on a relapse, which has resisted the efficacy of medicine, dissappointed the fond hopes of anxious friends, and brought the imprudent sufferer prematurely and precipitantly with sorrow down to the grave.— Where the restraint upon the appetite is rigidly enforced, the fever can generally be broke and the patient relieved in four or five days.

In inflammatory fever the action of the heart is excited and accelerated, and the blood assumes a livelier hue and becomes firmer and more compact. There is another sort of fever, where the head and nerves are affected, where the energy of the heart is weakened and the whole system is oppressed and debilitated.— Injury to the body sometimes produces fever which is more or less violent according to the degree of local injury inflicted. When the part then affected is restored to sanity, the fever will most generally be destroyed. As low marshy countries are most frequently visited with fever, the impure air produced by stagnant water and the rotting of animal and vegetable substances, are thought often to originate this species of disease. However various and minute our remarks on the causes and

symptoms by which this complicated malady may be described, much will still depend on the dictates of experience, the perspicacity of the discerning and the suggestions of reason and common sense.

THE AGUE AND FEVER.

THIS fever is also called an intermittent. This disease proceeds from the effluvia of stagnant water, from eating too much fruit or trashy food, from exposure to evening dews, sleeping on damp ground, watching, indulging depressing passions or drinking spirituous liquors intemperately. A predisposition to this malady is given by whatever debilitates the solids, obstructs perspiration, impoverishes the blood or impedes the circulation. The symptoms are a pain in the head, weakness, weariness, coldness in the extremities, shiverings and shakings. By degrees the ague subsides and the fever succeeds, the burning heat now becomes as violent as the sensation of cold had been intense. Afterwards a sweat breaks on the patient and thus the paroxism ends.

TREATMENT.

The usual course is to cleanse the stomach with a dose of salts, of senna & manna or calomel or an emetic. If the pulse be full & hard, manifesting an inflammatory tendency, bleeding will be requisite. After the system has been thoroughly purified, the Peruvian bark is the customary medicine, and its effects are highly salutary. If the bowels are swelled, that symptom should be alliviated or removed before the bark is administered.

My treatment is to give an emetic of tartar, followed by ten grains of calomel. After these medicines operate a strong decoction of dog wood bark should be prepared, of which the patient should drink freely, on

the days and mornings previous to the attack. When the disease becomes protracted and refuses to yield to any other treatment, I have cured with the tincture of wild ipecacuanha. The tincture is prepared by taking as much of the roots as you can hold in your double hand, whether dried or green; bruise it, put it in a bottle and add a quart of whiskey. Of this the patient should drink three or four times a day as much as his stomach will bear, and continue it until he obtains relief, cleansing the stomach according as above directed.

INFLAMMATORY FEVER.

THIS fever most frequently attacks the young and vigorous, who live freely, are full of blood and whose tendons are strong and elastic. Its attacks are most frequently in the spring and fall. This fever may be caused by repletion, by over heating the body, by drinking liberally when heated of cold liquors, by exposure, sleeping in the sun, high living, partaking too freely of ardent spirits, the indulgence of strong passions, sudden obstructions of perspiration, the retention of customary evacuations or repulsion of eruptions.

A feeling of uneasiness followed by chilliness ushers in this complaint, pains in the head and back, a florrid countenance, a full pulse, restlessness, great heat and insatiable thirst are also among the symptoms. The skin is dry, difficulty of breathing is felt with nausea of stomach, the tongue is black, the eyes inflamed. The disease is always considered particularly dangerous when attended with dilerium, laborious respiration; starting of the tendons, hickup, cold clammy sweats and an involuntary discharge of urine. Delay in this disease is often attended with fatal effects, and relief should be sought before the strength of the patient is exhausted.

In this disease it will be necessary to abstain from substantial diet, and to drink principally diluted liquors, water gruel, clear whey, rice water, arrow root, balm tea and apple tea. This may be acidulated with lemon juice, or jelly of currants. Orange whey, made by boiling an orange sliced in milk and water, until the curd separates, may also be drank. Cream of tartar or vinegar may be substituted for the orange, while boiling a few spoonfuls of white wine may be added.

A palatable drink may be made by boiling an ounce of tamarinds with two ounces of stoned raisins and two or three figs in three pints of water until it is reduced to a quart. This is to be used in case of costiveness.— These liquids may be drunk a little warm. Care must be taken not to over load the stomach of the patient. They should be used more moderately at first and with more freedom afterwards, to aid in removing the disease.

The patient's room should be kept of a proper temperature, and not allowed to become too warm. Fresh air should be admitted into his chamber, but so cautiously as not to run any risk of giving him cold. His bed should not be too heavily clothed. Too much covering is oppressive, augments the fever, wearies the patient and will not aid in producing perspiration.

The food in this malady as we have before hinted, must be light and in small quantities. Panada, or light bread boiled in water, with a little salt and sugar added to render it agreeable, may be allowed. Roasted apples with a little sugar or toasted bread with jelly of currants may also be eaten.

If the patient is strong enough to endure it, sitting up a little every day will be beneficial. It will hinder the blood from posting with such rapidity to the head, and diminish the fever and delirium. But the patient's strength ought not to be exhausted in this way, nor should this posture be assumed when he is inclined to perspiration. He should then lie down in his bed.

Vinegar, juice of lemon, or vinegar and rose water, with nitre dissolved in it may be sprinkled in his chamber. It will have a refreshing and reviving effect, particularly in warm weather. A decoction of figs in barley water, or a mixture of water and honey with a little vinegar may be used to wash the patient's mouth; and if his head is affected, his feet and hands should be bathed repeatedly in luke warm water.

The mind of the sufferer should be kept easy and cheerful. Every thing that disturbs, should be prohibited; company, noise or even too much light. His nurses should be few, his wishes consulted, his caprices gratified where they are not positively hurtful, and every exertion made to satisfy him.

TREATMENT.

In fevers, where the pulse is full, hard and quick, bleeding will be necessary, and it should be performed as soon as the inflammatory symptoms are discovered. The quantity of blood should be proportioned to the strength of the patient and the virulence of the attack. If, after the first act of phlebotomy has been performed, the pulse becomes fuller and more frequent, it is an indication that the bleeding was proper. In such cases the practice of some physicians is to bleed two, three or four times at the distance of twelve, sixteen or twenty four hours from each other. But I have never found this necessary. When the fever is high and the heat great, a drink may be made of forty drops of the dulcified spirits of nitre, two ounces of common water, an ounce of rose water and half an ounce of syrup or a piece of loaf sugar, and may be given to the patient every three or four hours when the fever is high, to allay its paroxisms; when its violence is moderated, this draught need not be administered oftener than once in five or six hours.

When the fever rages, and the head is affected with great pain or delirium, the application of leeches to

the temples has been advised, where from the state of the pulse the use of the lancet is forbidden.

I have usually preferred laying cloths, steeped in vinegar and water on the forehead or temples. This application often alleviates the pain considerably.

If the patient inclines to puke, this indication of nature should be aided by giving luke warm water or camomile tea.

If constipation of bowels prevails, it may be relieved by administering daily a clyster of milk and water with a little salt and a spoonful of sweet oil or fresh butter. If the patient should still be costive, a tea spoonful of cream of tartar or magnesia alba may be thrown into his drink. He may also eat boiled prunes, roasted apples and tamarinds.

Where the head is much affected and depletion has been sufficiently pursued, aperient and diaphoretic medicines, a dose of calomel, of senna and manna or of salts may be given. Cathartics will be beneficial to the head, and should be repeated every day or two while the feverish action continues.

Sweating medicines are generally very salutary in continued fever. The efficacy of the warm bath may be tried. Sometimes washing the feet in——water moderately heated, drinking liberally of balm, ground ivy or flax seed tea with a little nitre added, and covering up in bed will have the desired effect.

Diaphoretics, it is said, should not be resorted to until phlebotomy and aperient medicines have in a great degree reduced the arterial action and general excitement; and in this species of fever, perspiration ought to be solicited rather by simple measures, than by violent means. The object is to abate heat, intenerate the skin, remove delirium and solicit repose; but even when they bring on sweating in fevers, stimulating, heating and inflammatory medicines are too often injurious.—Perspiration also when confined to the upper parts of the body may be rather michievous than beneficial.

Artificial heat is sometime employed to produce perspiration. Hot bricks, dipped in water or vinegar, and environed with flannel may be put to the feet, to the arm pits or between the thighs of the patient while lying in bed, are well calculated to bring on a copious perspiration. The warm bath is also used for this purpose. In regulating its heat the individual's feeling should be consulted. It ought to impart to him an agreeable sensation of warmth. These applications, though usually successful, are not uniformly so. In the scarlet and nervous fever, they would be improper, would increase the heat, aggravate symptoms and fail to excite sweating. In these diseases, the efficacy of the cold bath should be tried.

Sometimes during the course of this malady, difficulty of breathing is felt, or severe pains in the head, or stupor or delirium. A blister on the part affected is the proper remedy, and will most probably give speedy relief. When the pulse is sinking and the extremities cold, blisters on the legs and stimulating poultices on the soles of the feet and palms of the hands will be highly serviceable. These applications restore the circulation, lessen morbid accumulations and induce sleep.—Purgatives often dissipate the milder symptoms of congestion, and where they have been employed, blisters are often subsequently indispensable.

In this disease the want of sleep sometimes brings on delirium. Refreshing repose is frequently obtained by giving the patient a strong tea made of hops, or even by placing a pillow of this herb under his head, or by administering the camphorated powders of julep. Camphor is particularly recommended as inspiring calmness and serenity, and affording temporary ease.

Hemorrhages are of frequent occurrence, and can be restrained but with difficulty. Where the pulse is full and hard, and the head ache has been violent, the usual prescription is bleeding, or if it happen at the close of the fever and is accompanied with faintness, antiseptics are generally employed. Palpitations of heart,

arising from a superfluity of blood, and manifested by a flushed countenance is also a troublesome symptom. The lancet is the usual remedy, or if it proceeds from the state of the bowels and stomach, evacuants may be used with efficacy. Sometimes it originates from debility and shows that stimulants are necessary.

Where the fever is kept up by debility solely, barks may be given; and if it does not increase the heat, if the patient breathes easily and sleeps well, it is evidence that it is the proper medicine; but if the effects are injurious, if restlessness and difficulty of respiration ensue its administration, it must be discontinued.

If in about ten or twelve days the pulse moderates, the tongue becomes moist, and the sediment from the urine has a redish cast, it prognosticates a favorable termination of the attack. But if at this period the patient's whole system appears frustrated, if his pulse sinks, his spirits flag, his respiration attended with difficulty, stupor, trembling and twitching of the nerves, a fatal result is to be feared. In such a case, blisters to the head, ancles or inside of the legs and thighs will be necessary, and cataplasms of vinegar, mustard and wheat bread should be applied to the soles of the feet, and cordials to revive and support the patient should be given, such as negus, sago gruel with wine in it, or strong wine whey.

When the patient begins to recover, he should observe the strictest regimen in order to prevent a relapse. The food should be sparing and not too nutritious. Many by negligence in this respect forfeit their lives. The patient should carefully avoid the too free indulgence of his appetite in eating or drinking, should not fatigue himself by taking too much exercise or spending too much time in company.

His stomach may be strengthened by an infusion of bark in cold water. The mind should be kept easy, and business and study should be intermitted until the recovery is complete. After the patient's strength is pretty well restored, a gentle laxative will be beneficial.

Those who follow laborious employments should not return to their occupations until their spirits are recruited and their health perfectly restored.

NERVOUS FEVER.

FEVERS of this description have increased much of late years, owing to a variety of excesses, but chiefly to the great change in our manners of living.

CAUSES. Nervous fevers are frequently brought on by grief, fear, loss of sleep or intense study. Unripe fruits, damp unwholesome air or living on poor diet often produce this malady. It is most common in rainy seasons, and most fatal to those who live in low houses, and where a proper attention to cleanliness is wanting.

Persons who lead a life of dissipation are most frequently liable to it. Salivations also or excessive use of other strong medicines may bring it on. Damp clothes, great fatigue, great irregularities in diet.—Too little as well as too much food may produce it. Nothing tends so much to preserve the body in a healthful state as a regular diet and a good conscience, nor is any thing more calculated to bring on diseases of every kind than irregularities and continued dissipation.

SYMPTOMS. Great weariness, loss of appetite, low spirits, frequent sighing, a great depression of mind are the first symptoms—then succeeds a dryness of the tongue, quick, low pulse, chills and fevers alternately, frequently patient's desire to drink water, but often in the beginning of the disease they do not complain of much thirst.

Next the patient is affected with pain in the head, giddiness, sickness of the stomach, quick pulse, difficulty of breathing, oppression of the breast, slight aberrations of the mind.

REGIMEN. Keep the patient cool and quiet, the stiller the better, motion fatigues and noise alarms him.

His mind ought to be soothed and comforted, a good nurse always valuable, is particularly so in this complaint.

DIET. The patient must not be kept too low, his strength must be preserved by a nourishing diet, and his spirits recruited by a generous use of cordials, to this end his panada, gruel or what ever he takes, ought to have a portion of wine mixed with it. Wine whey, dried apple tea or lemonade is a very pleasant and appropriate drink.

Great care must be taken not to overload the patient, either with liquors or clothes. His food must be light, and though taken in small quantities, may be administered often, as the great object is to keep up the strength of the patient until after the crisis of the disease has passed.

Where there is much sickness of the stomach it will be advisable to give the patient a gentle vomit. This will cleans the stomach, promote perspiration and rouse the dormant faculties of the patient.

The material matter is to regulate the symptoms so as to prevent them from going to either extreme. In inflammatory fevers, where the blood is thick and the circulation quick, bleeding may sometimes be necessary, but nervous fevers require cordials and something to strengthen decaying nature, bleeding in general is highly improper; but if the inflammatory symptoms run high the lancet cautiously used will be of the greatest utility.

Blistering is very beneficial and may be used always with advantage. A blister applied to the back of the neck where the patient is delirious, is of great service, and ought to be repeated while the insensibility continues, or indeed until all danger is over.

Blistering is of great use in this disease.

Where the patient's habit of body requires it, an injection may be given of milk and water with a little sugar, to which may be added a spoonful of common table salt. A repetition will be necessary if the first has not the desired effect. Two stools a day will

not be too many unless they weaken the patient.

Should an opposite state of the bowels require it, the disease may be checked by giving small quantities of laudanum.

If any eruption should be visible between the seventh and tenth days, great care should be taken not to repel it.

Generally between the seventh and twelfth days, a change takes place. If the tongue becomes moist, a gentle perspiration ensues, a suppuration in the ears or a breaking out about the mouth or nose, these are all favorable symptoms.

But where there is great diarrhœa, clammy sweats, fainting, trembling of the limbs, starting, delirium, failure of sight, deafness, coldness of the extremities, and the tongue still continues foul, there is great reason to apprehend a fatal result.

Barks are given with a very good effect in this disease.

In the commencement of this disease an emetic, succeeded on the following day by a cathartic, has sometimes arrested the disease. An infusion of Seneka snake root to promote a gentle moisture, may be given.

Recent experiments have shown yeast to be a very effectual remedy to prevent putrefaction. Add two table spoonfuls of it to a quart of beer or porter, and take about a gill every hour or two. Charcoal is also employed sometimes for the same purpose, or combined with yeast. After cleansing the bowels effectually, pouring cold water on the patient, in the early stage of the disease will be highly salutary. At a more advanced period, sprinkling or washing the body with a sponge will be most advisable. But the cold water must not be so applied when the patient is chilly or in a perspiration. In pouring water on the patient, or sponging him, care should be taken to weary him as little as possible. The effusion of luke warm water, where the application of cold water is from any circumstance forbidden, may be employed with beneficial results. It

diminishes heat, produces a cooling effect and gives repose to the patient. But it is not so permanently salutary as the cold bath.

Where the debility is great in an advanced stage of the disease, cordials will be essential. Wine at the rate of a quart a day and water gruel in the same proportion may be given, taking every night an opiate draught, and keeping the body open by gentle laxative clysters, or a few grains of calomel and a cold bath of salt water.

Tonics and cordials should be freely used to sustain the patients strength; he should be supported by nourishing diet; his comfort consulted, by strict attention to cleanliness and by giving the benefit of a pure atmosphere. The Peruvian bark may be administered in large doses; its efficacy may be augmented by combining one ounce of it with two drachms of snake root. The bark may also be conjoined with camphor in the proportion of one ounce of the former with a scruple of the latter. Bathing in a strong decoction of red or black oak bark often produces beneficial effects.

Among tonics, nitric acid diluted in doses of a wine glass full every two or three hours, or ten or twelve drops of muriatic acid, guarded with five drops of laudanum in an infusion of columbo, snake root or bark, repeated every four hours, and gradually increased to eighteen or twenty drops has been highly commended. Wine is the cordial most to be depended on, and it ought to be given in large quantities according to the nature of the symptoms, the age and constitution of the patient and continued until the powers of nature are roused. Good cider, or cogniac, peach brandy, rum or whiskey may also be used to stimulate the system and remove debility.

The indiscriminate administration of stimulants is often hurtful. In the first stage of the disease they are improper. After sufficient evacuations have been made, stimulants may be given, at first cautiously and moderately until the effect is ascertained, and to be continued only if they prove beneficial. Drunkards must

be allowed stimulants in greater quantities than those who live abstemiously.

Where the head is affected with stupor and delirium, bathing it in vinegar and water, and the feet occasionally in warm water, will sometimes afford relief. Where there is great depression of spirits, the pulse small and the extremities cold, mulled wine, hot toddy or ginger tea sweetened, with a little spirits added should be given; and blisters and sinapisms should be applied to stimulate anew sinking nature, awaken it to action and restore it to its wonted tone.

Vinegar and spirits of equal quantities may be applied to the body and extremities to remove or relieve profuse perspiration; they should be lightly covered; air freely admitted into their chambers, and their drinks of a cooling quality, sharpened with elixar vitriol or juice of lemon. Large doses of camphor and volatile sal ammoniac with cordials are indispensable, where starting and hiccups appear.

The urine is suppressed sometimes by the inflammation of the kidneys; the remedies are calomel, mild cathartics, demulcent drinks, and the warm bath. Where the kidneys through debility have lost their tone, restoration must be sought from strengthening medicines and stimulants. Cloths wet in spirits, or vinegar and spirits should be placed over the region of the bladder. The catheter must be used to draw off the water when it has accumulated and is giving pain and producing swelling. Where the bowels are kept open, the retention of the urine seldom occurs.

Where sleep is wanted opium may be given, a pillow of hops placed under the patient's head, or the camphorated julep, or porter and water will generally produce the desired result.

Where the mouth breaks out, it should be washed with a solution of alum in water. Where viscid matter collects round the teeth and on the tongue, it should be wiped away with a cloth dipped in salt and water or vinegar.

Wine we have said should in this disease be given

freely. But as the patient recovers and becomes able to take other nourishment, panada or arrow root, the quantity of vinous stimulants should be by degrees lessened.

If the appetite does not return when the patient becomes convalescent, nothing will be requisite to restore it but taking the tonic medicine or chalybeate pill.

SCARLET FEVER.

THE skin of patients in this disease is flushed and red like scarlet. It is most frequent in the fall, though it may occur at any season of the year. It is most apt to attack children and young persons; though sometimes it invades whole families.

Shiverings and coldness are its premonitory symptoms. The skin is covered with red spots which continue a few days and then disappear; when in a short time, the scarf skin peels off; sometimes this disease is of a severe and more malignant cast. With the coldness is associated sickness, debility and great oppression. The throat becomes sore, attended with great fever and puking. The action of the pulse is accelerated, though languid; the respiration difficult; the tongue foul and the skin feverish.

Where the attack is mild, the patient may recover by avoiding exposure, abstaining from strong diet, ardent spirits and cordials, and partaking freely of diluting drinks, sharpened with vegetable or mineral acids. If the fever is violent, the bowels should be kept in a laxative state by emollient clysters, or cream of tartar and nitre united in the proportion of two drachms of the former and ten grains of the latter taken two or three times a day. When the patient is affected with stupor and epileptic fits, his neck should be blistered, his feet and legs bathed in warm water, a dose of syrup of poppies should be given every night until the pa-

tient is convalescent; and if the pulse be full and hard, bleeding will be proper. When the symptoms are violent, an emetic in the first instance will be beneficial. It may be repeated the next day and succeeded by a mild purgative. Afterwards bark and wine or milk toddy may be given to renovate the patient's strength. In this disease, cold water may be applied to the body repeatedly, to overcome the heat, and it is particularly beneficial for that purpose. This disease has sometimes a tendency to putrescence, and then it must be treated as if it were the nervous fever attended with sore throat.

The principal object is to drive the disease to the surface and keep it there. This I do, after cleansing the bowels, by giving night and morning the chalybeate pill, and through the day a little sulphur. The patient should also drink hysop, sage or pennyroyal tea moderately warm. Flannel wet with spirits (brandy and honey) should be kept to the neck, and the patient should inhale the steam of vinegar from the spout of a coffee pot. If the person affected is small, throw a blanket over him so as to form an arch, and pour the vinegar on a hot rock, so that the child may inhale it. The patient's drink should be warm and his diet light.

MILIARY FEVER.

THE pustules which break out in this fever, and from which it takes its name, are either red or white, and appear to be about the size of millet seed. It attacks the indolent and phlegmatic, the young and aged. But it is not apt to afflict those in the maturity of life. Sometimes it is an original disease, sometimes symptomatic of another.

CAUSES. Excessive grief, excessive watching, great anxiety, exorbitant evacuations, poor diet, drinking impure water, eating unripe fruits or spoiled provisions

may cause the miliary fever, as well as the suppression of customary discharges.

SYMPTOMS. This fever, when an original disease, commences with slight shivering, followed by heat, debility, low pulse, oppression of the breast, restlessness, delirium and tremor of the hands, with a burning in the palms.

REGIMEN. To promote the gradual eruption of the pustules and prevent their sudden disappearance is a main object. The patient should be kept neither too warm nor too cold; his room of a proper temperature, his diet nourishing but not stimulating, and his mind serene and cheerful. His aliment should be principally panada with a little wine, weak chicken broth, roasted apples or cooling, ripe fruits. If the patient is pretty strong, he may drink water gruel or balm tea; if he is depressed and low spirited, he may drink wine whey or negus acidulated with the juice of lemon or orange. Where the fever shows symptoms of putridity, cordials combined with acids may be given; or if the tendency to putrifaction be great, barks should be administered.

MEDICINE. The following prescription has been recommended as eminently successful: a clyster of rain water and butter without salt; for ordinary drink, a quart of spring water, half a pint of wine, the juice of lemon and six ounces of white sugar boiled till a scum arose. Food and drink, properly regulated, generally render but little medicine necessary. When the spirits are depressed, and the eruption is slow in making its appearance, cordials may be given to stimulate, and blisters applied. Barks and wine united with acids may be given to prevent putrescence.

Pure air, abundant exercise and wholesome food are the best preventatives. Women in a state of gestation should guard against costiveness, and take as much exercise as they are able to endure. Bleeding in this disease is often injurious,

BILIOUS FEVER.

THIS fever takes its name from the predominance of bile in the system. Bilious attacks are most frequent in the latter part of summer and in the fall. In low countries where great rains are followed by incessant heat, it is most apt to prevail. The first symptoms are coldness and shivering, pains in the back and head, despondency, nausea at the stomach, loss of strength, giddiness and difficulty of respiration. After the cold fit, considerable heat will be felt. The pains in the head and back increase in violence, and the sickness of stomach produces vomiting. After this the dryness of the skin disappears and is succeeded by moisture. Then the symptoms lose their violence or entirely vanish, and the patient fondly anticipates the sudden restoration of his health.

TREATMENT.

REMOVE the cause of the disease, and you renovate the patients health. An emetic is an appropriate remedy. But where it may be improper from the irritability of the stomach or the tendency to inflammation, salts or calomel or senna and manna may be used. If the patient be of a full habit, his pulse quick, his countenance reddened, with a burning heat at the stomach, bleeding will be required and must be reiterated until the inflammatory symptoms abate.

The bowels must be thoroughly cleansed; nor will this be accomplished by one or two purges; but this course must be continued until the bilious matter is abated, and the alimentary canal completely evacuated, and this may be easily known, for when it is done the faces will resume their natural color. Mild laxatives should then be used to keep the body open; but in dangerous cases, the medicine principally to be depended on is calomel. To displace offending matter from the

larger bowels, injections of warm soapsuds, or molasses and water, tinctured with a little vinegar, may be used. Medicines that promote perspiration may also be regarded as proper as mendererus's spirit, and Dover's powder.

The warm bath once a day is often attended with the most beneficial consequences; but it must be regulated by its effects on the feelings of the patient. In warm climates or seasons, the affusion of cold water is preferred or rubbing the body with a sponge dipped in vinegar and water.

After the inflammation has subsided, if the patient become giddy, languid and oppressed with debility, bark and wine should be administered with liberality.— But if this system is adopted before the offending bilious matter has been entirely obviated, it will aggravate the symptoms and probably be productive of deliterious consequences.

Columbo root is a good medicine to check the vomiting and strengthen the patient. Every two or three hours, a wine glass full of the infusion or ten or twelve grains of the powder of columbo may be given with other aperient medicines. A spoonful of new milk, or of milk and lime water, administered every hour or a spoonful of sweet oil and molasses often stop the inclination to vomit. Porter by the wine glassful moderately weakened with water has produced the most auspicious results.

The warm bath and blisters, a glass or two of porter or the camphorated julep or a dose of laudanum will generally procure sleep, where the inflammatory symptoms have subsided. Emollient glysters with twenty or thirty drops of laudanum will generally alleviate pain in the bowels.

Where the delirium is not relieved by cold applications, a blister on the head and sinapisms on the extremities will be beneficial; wine should also be given. When the feet and hands are cold, they should be wrapped in flannels wet in hot spirits or spirits of camphor. To

remove night sweats, moderate exercise should be taken in the open air and strengthening medicines.

In the commencement of this disease, my usual practice is if there is much sickness of stomach to give an emetic. After it has operated nine or ten grains of calomel should be taken. In seven or eight hours salts or castor oil should be administered to assist the operation of the calomel. This course will most commonly afford relief, if adopted in time. After the bowels and stomach have been cleansed, the patient should take such medicines as promote perspiration, as hysop tea, or a weak decoction of snake root. A tea made of common ragweed will excite sweating when nothing else will. If after this the patients fever should still rise, he should be bled in the arm and the cathartics should be continued, until the patient is relieved of the fever. At this time extreme care should be taken about the patients food. Water-gruel should be his diet and drink, not only while the fever is on him, but for five or six days after it has left him. If he eats any thing stronger, the fever will certainly return with increased violence and at the hazard of the patient's life.

In this disease physicians sometimes pursue the depleting plan so extensively and with so much rapidity that when the patient is relieved of fever, he is reduced to the most extreme debility; and to resuscitate and restore him is a matter of great difficulty.

In such cases I give the chalybeate medicine in a pill of the size of a summer grape three times a day, at morning, noon and night. This medicine acts as a stimulus and a tonic, and in my hands has raised up patients when all other means had failed.

I will give a single case. In the fall of 18—I was called to see Mrs. Boyd of Knoxville. Her life, from an attack of bilious fever was despaired of by her friends and physicians. It is unnecessary to go into a detail of symptoms: suffice it to say she was reduced to to a state of extreme and dangerous debility. By pursuing the course above prescribed, the flickering lamp

of life was revived and strengthened, and her health completely restored.

THE CHICKEN POX,

Is an infectious disease, that visits a person but once during life, and is seldom very troublesome. An eruption of red pimples soon appears; a suppuration takes place, the pustules dry and the disease disappears.

MEDICINE. But little medicine is necessary in this disease. Let the patient be kept cool, allowed to drink weak diluting liquors, balm tea, barley water, gruel, and to satisfy the cravings of his appetite with light food. If there is considerable fever, a cooling cathartic may be given, and afterwards antimonial powders or mixtures may be administered.

In treating this disease, the object is to keep the eruption on the surface. After cleansing the bowels, I administer the chalybeate pill night and morning, and a little sulphur during the day; let the patient drink sage or hysop tea, and treat it much in the same way as scarlet fever.

INFLAMMATION OF THE LUNGS.

AN inflammation of the lungs is sometimes an original disease, and sometimes derived from other maladies. It is occasioned by the causes which bring on the pleurisy, by violent exercise, wearing wet clothes, obstructed perspiration and ardent spirits.

In an inflammation of the lungs, the symptoms resemble those of pleurisy; but the pain is not so severe, and the pulse is not so quick and hard, while there is greater difficulty of respiration and greater oppression

of the breast. A dull pain is felt internally along the breast bone, or between the shoulders, augmented by breathing; great solicitude near the heart, weariness and inquietude, loss of sleep and want of appetite, while a yellowish scurf overspreads the tongue. The veins in the neck are also dilated, the face inflated while a dark red discoloration prevails about the eyes and cheeks.

TREATMENT.

An inflammatory attack upon an organ, so necessary to existence as the lungs, is always dangerous, and require speedy relief. The diet should be extraordinarily slender and thin. Infusions of fennel roots in warm water with milk decoctions of barley, & common whey are most proper both for drink and nutriment. The steam of warm water is also recommended as a "kind of internal fomentation, and a help to attenuate the impacted humors." If the bowels are in a laxative state, if the patient thereby is not debilitated, no effort should be made to alter their condition; but evacuations should be promoted by emollient clysters. Bleeding and purging are generally necessary; but if the patient spit freely, they may not be required. The quantity of blood taken at the commencement of the disease should be large. The evacuating plan should be adopted early, but it should not be persevered in too long. The solution of gum ammoniac, with oxymel of squills will promote expectoration; and it is from a free discharge of spittle that relief is principally to be expected. When the antiplogestic method of treatment does not succeed, a suppuration is formed, more or less dangerous according to its situation. If it occupies the *pleura*, it may break outwardly and the pus will be discharged without danger. Where it occurs within the lungs, the matter must be ejected by expectoration. Where it floats between the *pleura* and the lungs, it is said an incision must be made between the ribs to liberate the confined pus. The same remedies and treatment are

employed in this disease as in pleurisy. Inflammation of the lungs is called by the doctors peripneumony.

The patient's bowels should be opened by calomel or other purgatives. Blood should be taken from the arm, and a blister applied over the pain. The decoction of seneka snake root or butterfly root, should be freely used. If the patient should not be relieved, (as often happens,) and sink into a state of general debility, I then give the chalybeate pill night and morning. The patient should also take every morning a new laid egg, beat up in as much o d whiskey as will cook it; fill up the glass with sweet milk warm from the cow. This preparation acts as a stimulus and an expectorant, and at the same time nourishes the patient. His drink should be buttermilk whey. In th s way I cured Dr. Gil espy of Maryville when his life was despaired of by his friends, and his lungs pronounced by his physicians in a state of mortification. On examination I told him his lungs were not mortified, and I could cure him. He now enjoys good health.

R

CONSUMPTION.

CONSUMPTION is a wasting away of the body. Tubercles are formed on the lungs; these suppurate, break and discharge matter. Inflammations of the lungs sometimes terminate in an abscess and result in consumption. It is also occasioned by the scurvy, scrofula, or king's evil, measles, venereal disease, the asthma and sma l pox. It originates from various causes; unwholesome air, violent passions, or severe application to abstruse studies, extraordinary evacuations, as suckling children too long, or excessive discharge of menstrual flux, the fluor albus, intemperate indulgence of venery, sweating, diabetes and diarrhæes, the sudden obstructions or stoppage of habitual discharges, as menses, sweating of the feet, the bleeding piles, issues, ulcers,

bleeding at the nose or eruptions, injuries inflicted on the lungs, sudden transition from a warm to a cold climate, frequent and excessive dissipation, late watching and strong drinks. Mechanics who lean forward on the stomach often die of consumption; this disease also attacks those who exert themselves too violently in vocal music, but moderate use of the voice either in speaking or singing is salutary, and strengthens the lungs. Cold is also often the cause of this disease; damp beds, wet clothes, night air, wet feet and the common exposures by which colds are caught, should be carefully avoided. Aliments of a saline, aromatic and sharp quality, often inflame the blood and cause consumption. This disease is sometimes hereditary and sometimes proceeds from a scrofulous habit. It is also believed to be infectious; for those who occupy the same bed with persons affected with this disease are apt to be afflicted with it. It is, therefore, unwise to sleep with such as are sinking under a consumption, as it cannot benefit the diseased, and may contaminate those who are in good health.

In this disease, a slight fever makes its inception; the palms of the hands are dry and burning, the skin is arid, the face occasionally redens and flushes, a slight uneasiness troubles the breast, the head aches, one side is visited with continued pain. The appetite is apt to be bad, the thirst great, the pulse often soft, small and quick, but sometimes full and rather hard.

A premonitory symptom is an inclination to puke after eating. A cough and spitting up of corrupt matter are almost invariable concomitants of this disease. As it advances, the patient becomes emaciated by hectic fever and sweatings. A looseness seizes him accompanied with excessive discharges of urine. His fingers become small and tapering, and his nails bent inwards. Finally the swelling of the extremities, the total prostration of strength, the sinking of the eyes and the difficulty of deglutition fore-token the approaching final struggle. Those of tall and slender form are most liable to this disease; the young and those whose complex-

ions are florrid, whose breasts are narrow and shoulders high. This disorder is most apt to attack persons between the ages of twelve and thirty five; it may also assail women between forty five and fifty, or when the catamena ceases. When the change of voice takes place, and the youth enters the incipient stage of manhood, & the girl of womanhood, considerable debility is experienced, and sometimes in females it is formidable and accompanied with a slight cough. This is a critical period when a little carelessness may be productive of serious consequences, and may bring on an attack of this ever-to-be-dreaded and too often fatal disease.

REGIMEN. In this malady great benefit is derivable from pure air; exercise and attention to diet. Riding is always recommended, and is often followed by the most salutary consequences. A journey, as it entertains the mind with a variety of objects, while it exercises the body, is the most beneficial mode of riding.—Care should be taken to avoid fatigue and catching cold. Where the patient is too weak to take exercise on horse back, he may ride in a carriage. Sailing or swinging is also recommended. A sea voyage often effects a cure. Visiting a warm climate is often attended with many advantages. The food should be of a cooling nature and principally milk, fruits of every kind, rice, milk, sago, buttermilk, arrow root and vegetables.—Those who have been accustomed to animal food, may be indulged once a day with a little flesh or rather soup made of veal, lamb or chickens; and if they have been habituated to strong liquors, may be allowed a little wine diluted with water, and gradually made weaker and weaker until they can totally abstain from it. But this must be considered a preparatory measure, and should soon be succeeded by a diet of milk and vegetables. Great dependence is to be placed on diet, air and exercise.

If the patient's strength is exhausted in an advanced state of the disease, a more nourishing diet will be proper. Strong soups, jellies, oysters, meat with wine or por-

ter will be nourishing and restorative. Food, however, should, in such a state be taken frequently and in small quantities. While in this condition, horehound tea, an infusion of the inner bark of wild cherry tree, tar pills and elixir vitriol are said to be very beneficial.—The bowels should be kept open either by the diet or mild laxatives, the mind should be kept as cheerful and vivacious as possible.

TREATMENT.

In the first stage of consumption, blisters should be applied to the breast, to alleviate the cough. Issues also afford a temporary relief. Emetics have been found frequently beneficial in appeasing the cough, removing the difficulty of respiration and assisting expectoration. Nitre may be taken advantageously. Medicines which diminish acrimony and lessen the violence of the cough are generally used on these occasions. Gum Arabic is sometimes held in the mouth to afford a transient relief.

Mercury has sometimes been employed in this malady, but where it has not originated from a venereal cause, it is generally injurious and hastens the approximation of the fatal crisis. Fox glove, which produces a slowness of pulse, has had its day of celebrity and may be used beneficially in alleviating the fever. It can be best taken in tincture, beginning with a dose of ten drops and increasing gradually, so as not to exceed sixty drops, or to produce sickness. Liverwort has also been extolled as a specific in this disease, appeasing the cough, facilitating expectoration, allaying the fever, quieting the system without inducing constipation of the bowels and strengthening the digestive powers. Boil one ounce of liverwort in a quart of water for fifteen minutes over a slow fire—add two drachms of sliced liquorice about five minutes before it is taken off. A tea cupful of this decoction may be drunk four times a day. Or boil two drachms of this herb in a pint of milk or chocolate, and use it for break-

fast and supper. Indian turnip is also considered a useful remedy in this disease. It promotes discharges from the lungs.

In the inflammatory stage, oily and balsamic medicines are improper. They augment the heat of the blood, cloy the appetite, relax the solids and injure the patient. Where the depleting system has been sufficiently pursued, in catarrhal affection or lingering coughs, they may be given with advantage; also when the object is to promote expectoration where it is stopped by debility. In different states of the lungs, which should always be specially regarded, substances of very different natures must be administered to facilitate expectoration. It may be restrained by a contraction or spasm of the lungs, the displacing of which will yield the greatest alleviation. Where the discharge from the lungs is excessive, and proceeds from debility, it may be checked, and the heaviness in the breast mitigated by direct stimulation.

Vegetable balsams were once supposed to be very efficient in healing wounds and ulcers. Gum-myrrh exhibited in doses of twenty or thirty grains thrice a day, united with an equal quantity of nitre has been much applauded for its salutary effects.

To heal the ulcers in the lungs, the inhalation of different articles in the form of vapors has been recommended. Warm watery vapor, with vinegar occasionally added may be useful where it does not provoke or increase the cough; but more stimulating fumes are to be dreaded as hurtful, unless the spitting is difficult and deficient. Sulphur cæther to resolve the viscosity and tenacity of the matter, when improved by other substances has been recommended. Half a drachm of hemlock, digested for two or three days in an ounce of æther forms a saturated tincture. Two or three spoonfuls of this are to be placed near the mouth, and breathed until it is dissipated, and this experiment may be reiterated several times a day. The same end is attempted to be attained by smoking stramonium and to-

bacco. Tar fumigations have also been extolled. Put the tar on heated iron or a stove until the air is sufficiently saturated with its effluvia, and this operation may be tried three or four times every day.

Where a cure is not anticipated, a physician may mitigate the sufferings of the patient and prolong his life. When visited with those colliquative sweats which greatly weaken the strength and lessen the chance of recovery. Tonics, such as elixir vitriol or the infusion of bark should be administered. The bowels should be kept gently open; if a weakening dysentery appears, its violence ought to be stopped or restrained.

The cough often proves troublesome, every thing of a demulcent and sedative kind, which is useful in a cold, may be considered salutary. After the inflammatory symptoms have been overcome, opium is regarded as one of the most valuable. Where it disagrees with the stomach or constitution, preparations of lettuce have been found an efficient substitute. Opiates diminish pain, and promote serenity and cheerfulness in the midst of the desolations of this intractable malady.

Several species of this disease are mentioned; a nervous consumption, which is the gradual emaciation and decay of the whole body. The irritable, the drunkard, and those who breathe unwholesome air, are most exposed to its ravages. A cure can only be hoped from light, nourishing diet, a sufficiency of exercise in the open air, and bracing and strengthening bitters, the bark, of gentian root, cammomile, and horehound infused in water or wine, and drank in small quantities frequently.

Consumptions are sometimes symptomatic, or proceed from other maladies. In accomplishing a cure, the original disease as well as its consequent must be regarded. Where a consumption is derived from excessive evacuations, it may be removed by checking them, and the strength of the sufferer renovated by moderate exercise, nutritious food and generous cordials. Where giving suck too long is the cause of the phthisical affections, the health may be restored by weaning the child.

Sobriety and a liberal share of exercise in the open air, are the best preventatives against the ravages of this malady. Unwholesome air should always be avoided, as well as dissipation and every kind of excess. Besides, prevention is far wiser and surer than any remedy that has yet been devised to compel the stern and gory murderer to desist from his fell and inhuman purpose when he has once commenced a serious attack.

Having now given the usual prescriptions, I will mention my own peculiar treatment. I am opposed to the practice of bleeding in the commencement of the consumption. The disease itself proceeds from debility, which produces obstructed perspiration, and nature not being able to relieve the lungs from the matter thrown upon them, acts as an irritant and occasions coughing and diarrhœ. Wherever disease exists, the removal of the cause is the first step towards a cure.— If there is an obstruction of nature's grand highway, induced by debility or exposure, would a judicious practitioner give aid to the disease and waste the energies of the patient by taking blood? The office of the physician is to arrest the progress of disease and nourish the debilitated frame. In proportion to the vital fluid you abstract, you impair the strength of the patient, and open a road for the incursions of the enemy. But common sense will take the side of nature by attending to her imperious demands, opening her avenues and helping her to remove the offending cause brought on by debility and obstruction.

In this disease I give the chalybeate pill night and morning. This is both a stimulating and a tonic medicine. The patient should also drink my beer for the consumption. The diet should be light and nourishing. Buttermilk and rye mush is very good. A glass of sweet milk drank every morning warm from the cow, is highly beneficial, as also are half done eggs. This is my treatment, and those acquainted with my practice will not deny my success, and that my prescriptions and

medicine cure when the most potent means usually employed have failed.

I will barely refer to a well known case. Mr. David Campbell, a merchant of Knoxville, had been laboring for a considerable time under an attack of pulmonary consumption. He had the medical attendance of a skilful and eminent physician; but the disease seemed to be continuing its ravages, and the patient to be rapidly declining. His stomach had become disordered, and all the tonics in the apothecary's shops could not restore its energies. In short, he was pronounced incurable. It was said he was at the point of death, and could not live beyond a few days. I pursued the course above prescribed. The chalybeate pill at once gave tone to his stomach, and to the astonishment of his friends, he recovered and now enjoys good health.

THE PLEURISY.

THE pleurisy is an inflammation which affects the inside of the breast. An acute pain is felt in the side, which extends to the back, throat or shoulders, but is mainly seated in the fleshy part of the breast. It is attended with a high fever, with a hard quick pulse, and a severe pain when drawing in the breath. This disease generally commences with a chilliness and shivering; heat, thirst, pain and restlessness succeed, and then the violent pain in one of the sides.

A sudden obstruction of perspiration often originates the pleurisy, as by exposure to cold, sleeping on damp ground, wearing wet clothes or plunging the body when warm into cold water. It may also arise from violent exercise, or the imprudent use of ardent spirits. The body by being kept too warm, is debilitated and rendered more liable to be afflicted with this disease.

In this malady, it is proper to endeavor to diminish the force of circulation, to relax the vessels, dilute the

humors, and promote expectoration. The aliment in this disease must be cool and slender. It must not be difficult of digestion, or yield much nutriment, or be of a heating nature. Eggs, butter, cheese and milk are absolutely prohibited. In fact, abstinence is strongly recommended in this disease, by the circumstance that nourishment in proportion to its strength, will increase the fever.

Barley water, made by boiling an ounce of barley in three pints of water down to two, with honey or jelly of currants intermingled, or toast and water, or flax seed tea will be very proper when taken a little warm, frequently and in small quantities. When nourishment is required it should be arrow root, panada or sago.— After the violence of the disease has passed away, great care must be exercised to prevent a relapse. Besides strict attention to diet, which should be spare; exposure to cold should be avoided, exercise in moderation should not be neglected, and his breast shielded from the inclemencies of the weather by wearing flannel.— When the patient begins to recover, wine and bark or the columbo will aid the concoctive powers of the stomach and strengthen the system.

While the patient is enduring the exacerbations of this disease, he should be kept cool, tranquil and easy. His feet and hands may be suffused in luke warm water. Sitting up in the bed for a short period will mitigate the pain in the head.

TREATMENT.

When the fever is accompanied with a violent pain in the side, and quick hard pulse, bleeding will be requisite, and the sooner it is performed the better. A large portion, if taken at the commencement of the disease, if the patient's strength will admit of it, will be more beneficial than frequent bleedings of smaller quantities. Twelve or fourteen ounces of blood may be taken from a man as soon as it is known that he is at-

tacked with pleurisy, and a less quantity from a younger or more delicate person. After bleeding has been performed, a cooling purge, castor oil, senna and manna, or a dose of salts should be given. If the stitch in the side continues, and the violent symptoms are unabated, a second or third bleeding may be requisite.—After the violence of the pain subsides, the pulse become softer and the patient expectorates freely, a repetition of bleeding is unnecessary. Cupping, or the application of leeches to the part affected has a salutary effect.

After bleeding has softened the violence of the symptoms, a blister may be placed over the pained part—it will take off the spasm, and by producing a free discharge, remove the cause of the disease.

The patient, while the blister is on, may drink freely of balm, ground ivy or flax seed tea, barley or rice water with a little juice of lemon added, or of the Arabic emulsion.

A clyster of water gruel or barley water wherein a handful of mallows or other emollient vegetable has been boiled, may be administered, if the patient is costive.

Sharp, oily or mucilagenious medicines will aid spitting. For this purpose add to six ounces of the pectoral decoction an ounce of oxymel or vinegar of squills and let two table spoonfuls be given every two hours.

Should the squills be disagreeable, the oily emulsion may be substituted, or two ounces of the oil of olives or of sweet almonds, and the same quantity of syrup of vitriol may be mixed with as much powdered sugar candy as will make an electuary of the consistence of honey. A tea spoonful of this may be taken when the cough is troublesome.

Small doses of purified nitre and camphor will aid in producing perspiration, and allaying the fervent heat of the skin. Let two grains of nitre be mixed in a mortar with five or six grains of camphor—divide it into six portions, and let one part be given every five or six hours in some kind of drink.

The decoction of seneka snake root is a very efficient medicine in this disease; two or three table spoonfuls may be taken three or four times a day, after bleeding and other evacuations have been tried. If it should produce nausea; it may be taken more sparingly, or cinnamon water may be added to the decoction.

The above is the treatment of other physicians. My mode is different. I do not bleed in the first instance. After opening the bowels by calomel or other purge, I make my patient drink plentifully of a decoction of butterfly or pleurisy root, together with a decoction of seneka snake root and a little opium. If the patient has a soft pulse, I do not bleed. It is the forerunner of a sweat, which, if it is kept up, as it may be by drinking copiously of the above decoction, will give relief. On the contrary if, after giving the drink plentifully, a hard pulse should be produced, blood should be taken copiously from the arm, and a blister placed over the pain.

Sometimes, notwithstanding the patient has been under the best medical treatment, abscesses will form. When this is the fact, an incision thro' the skin must be made with a lancet, then put in a little vegetable caustic and let it alone until the abscess is fit to be opened. The incision should then be made a little deeper and caustic applied until an opening is made through the breast. In this way I have given relief to four persons, the only cases of the kind I have ever had. The patient should be made to drink of the decoction of pleurisy root, and when he becomes languid and restless, he should be resuscitated with laudanum.

THE BASTARD PLEURISY.

A DRY cough, a quick pulse and uneasiness when lying on the side affected are the symptoms usually attendant on this disease. It is a rheumatic inflammation

of the muscles lying between the ribs, or of the breast or abdomen. It is attended with external soreness. It will often pass away by drinking diluting liquors, keeping warm for three or four days, and a strict adherence to a cooling diet. Where these means are unsuccessful, the disease will require bleeding, blistering, the use of nitrous or other cooling medicines, or the decoction of seneka snake root.

INFLAMMATION OF THE DIAPHRAGM,

Is accompanied with an acute fever and severe pain in the midriff. The patient is restless, has a dry cough, a hickup and sometimes a delirium. His pains are increased by breathing, sneezing, eating, &c. A convulsive laugh is not an uncommon symptom. A suppuration must be prevented. That treatment is the same as in pleurisy. Emollient clysters are exceedingly beneficial.

MEASLES.

THIS disease affects a person but once in life, and is contagious. The measles are most prevalent in the winter and spring. They attack people of all ages, but especially children. They are most severe on those of plethoric or full habit, or those inclined to the scrofula.

SYMPTOMS. Hoarseness, dry cough, sneezing; the eruption of small red spots about the fourth day, and in three or four days more, "end in mealy disquamation," or scale off and disappear. After bleeding, the blood has on it an inflammatory scurf or crust. The eyes and eye lids are somewhat inflamed and suffused with tears. Before the eruption, the patient, if grown,

usually feels a general uneasiness, chilliness, shivering and pain in the head; but children experience likewise heaviness, soreness of throat, sickness and vomiting.—The characteristic symptoms are said to be heaviness about the eyes, swelling, inflammation, a defluxion of sharp tears, and an acute percipiency of sensation, so that they cannot bear the light; considerable heat and fever, a dry cough, great oppression, and sometimes retching to vomit, with violent pains in the loins, a retching to vomit and sometimes a looseness; at other times great sweating, white foul tongue, great thirst and high fever.

REGIMEN. The diet should be light and the drink diluting. Balm tea, barley water, clarified whey, flax seed tea and mucilagenious liquors with jellies, as arrow root and sago will be most suitable. These may be sweetened with honey, if the patient be costive, or a little manna may be added. Great danger is incurred in this disease by catching cold. The eruptions disappear, and fatal consequences ensue.

TREATMENT.

Bleeding is commonly necessary. It relieves the fever when high, alleviates the difficulty of breathing, and the oppression of the breast. Where the patient has an inclination to vomit, it should be promoted by drinking camomile tea or luke warm water. Bathing the feet and legs in water moderately warm has a tendency to mitigate the fever and drive out the pustules. The steam of warm water inhaled by the patient will afford relief when the cough is troublesome, the throat dry and respiration difficult. The patient's bowels should be kept open by a cathartic, and where the disease is mild, this will generally be sufficient. Where the fever is violent, attended with a difficulty of breathing, bleeding will be necessary, a blister may be applied to the breast, and give also a dose of antimonial wine.

After a person has recovered from this disease, they are frequently attacked with consumption or diarrhœ or an inflammation of the eyes. The judicious administration of emetics and cathartics, with venesection or bleeding in the early stage of this malady is well calculated to guard against these dangerous consequences.

This disease is divided into two kinds, inflammatory and malignant, and must be treated as cases of fever and sore throat, where there is a tendency to putrefaction.

ST. ANTHONY'S FIRE,
OR
ERYSIPELAS.

ST. ANTHONY'S FIRE is caused by indulging violent passions, such as fear or anger; by exposing the body when heated suddenly to cold air; by excessive drinking, by the obstruction of natural discharges or the stoppage of artificial evacuations.

SYMPTOMS. Thirst, loss of strength, shivering, pain in the head and back, restlessness, a quick pulse, inflammation of the part affected; considerable fever and drowsiness, and the appearance of pustules. It may attack persons of any age; but is most apt to seize upon young people and pregnant women. It appears most frequently on the legs or face.

REGIMEN. The diet should be cooling and slender, panada, or chicken soup, with cooling herbs and fruits. The drink should be rice or barley water, acidulated with tamarinds or the juice of lemons or common whey, or if the patient be weak and his pulse low, negus and drinks of a cordial nature may be allowed; and for food sago gruel with a little wine and nourishing soups frequently taken and in small quantities. The patient

should be kept neither too cool nor too warm. Flesh, fish, and strong drink should be avoided.

TREATMENT.

Flour or starch, or cabbage leaves, deprived of their stem and softened in boiling water may be applied to the part affected. Cloths wet with vinegar and water, with a little camphorated spirits will sometimes mitigate the pains of the patient (see also my mode of treatment of erysipelas, under the head of diseases of infants.) When the disease is mild, keep the patient neither too warm, nor too cold; give him a tea made of peach tree leaves to drink, or cream of tartar and sulphur to keep the bowels open. If the fever be high and the pulse hard bleeding will be necessary. The feet should be bathed in warm water. Sharp sinapisms or poultices may be applied to the extremities and a blister between the shoulders. A drink may be given the patient four times a day, of the following ingredients. Put two drachms of cream of tartar and half a drachm of nitre into his ordinary drink.

If a mortification is likely to ensue, bark poultices should be applied and often renewed, or cloths dipped in camphorated spirits.

Should the swelling suddenly subside, the color of the inflammation change, the pulse become weak, and the patient feel great oppression and anxiety; sinapisms should be put to the feet and warm toddy should be taken freely to strike out the pustules; and in such a case the treatment prescribed in the nervous fever will be proper.

Those, who are subject to frequent attacks of this disease, should keep their temper, not indulge in violent passions, drink cold water, avoid nourishing food, and live principally on milk and cooling fruits; take care to keep the bowels in a soluble state. They may also drink beer and buttermilk.

INFLAMMATION OF THE BRAIN.

INFLAMMATION of the brain is often superinduced by night watching, hard study, frequent inebriety, by violent passion, by imprudent exposure to the sun, stoppage of customary discharges or the sudden and imprudent repulsion of eruptive maladies.

SYMPTOMS. While the disease is forming, a pain is felt in the head, the eyes are red, inflamed and unable to bear the light; the face flushes, the patient is incapable of sleep or his rest is disturbed and troubled; the skin dry; the bowels costive; the urine suppressed; delirium; picking the clothes and an extreme susceptibility of the whole nervous system. The pulse is also disordered, imbecile, irregular and tremulous or strong and hard; the arteries of the temples and neck usually throb and beat violently. The patient is sometimes remarkable for a sullen taciturnity, and some times for his outrageous conduct under the influence of sudden delirium. Unfavorable symptoms are starting of the nerves, total deprivation of sleep; retention of urine, continual spitting and grinding the teeth. A copious perspiration, discharge of blood from the nose, a dysentery, or plentiful evacuation of urine are considered favorable indications.

REGIMEN. The patient should be soothed and quieted and humored as far as possible. Even when he wants things hurtful he should not be readily denied but some excuse should be offered for postponing the gratification of his wishes immediately. Contradiction will ruffle and irritate and may increase his malady.— He should be kept in a dark room and permitted to breathe fresh cool air. His diet should be light, as panada, gruel acidulated with juice of lemons or jelly of currents, ripe fruits, preserves, &c. His drink should be cooling and diluent as cold water, whey, a decoction of barley and tamarinds, or tamarinds and water.

TREATMENT.

THE patient should be bled copiously in the commencement of this disease. Calomel should then be given, and it should be succeeded by a large cooling cathartic. If the patient be weak and not very able to bear the lancet, leaches to the temple will extract the blood more gradually and with equal efficacy, or cups may be used to the back of the head, forehead and temples. The head may be cooled by cloths filled with ice, or wet with vinegar and water laid on it. Also where the malady proves intractable and unyielding, the head may be shaved and blistered. The feet may be bathed in warm water or sinapisms applied to them. Nitre should be thrown liberally into his drink. Stimulating clysters or active purges should be employed to evacuate the intestines. To counteract the tendency of the blood to the head, the patient should be kept as nearly as possible in an erect posture. Blisters may also for the same purpose be applied between the shoulders. Where stupor or unsteadiness of mind continues, after the violence of the disease is removed, it will be best alleviated by moderate exercise and the total abstinence from all mental occupation. Occasional relief has sometimes been obtained from the camphor, bark with valerian, other tonic medicines, cold bathing and keeping the intestines gently open. Whenever any customary evacuation has been stopped, whether natural or artificial, the most effectual exertions and means should be employed to restore it. The principal object in this disease is to diminish the quantum of blood in the brain and retard its ascent to the head.

INFLAMMATION OF THE EYES,

OR

SORE EYES.

INFLAMMATION of the eyes originates from injuries to the eye or parts adjacent, from dust or sand getting under the eyelids. Sudden transitions from darkness to a very brilliant dazzling light, looking steadfastly on the sun, riding in the snow when the sun is shining on it; nightwatching, reading or writing by candle-light, acrid fumes of metals, frequent intoxication by spirituous liquors, a venereal taint, or a scrofulous or gouty habit. It may also proceed from other diseases or a bad habit of body.

TREATMENT.

External applications will effect a cure where the disease is mild and moderate. The eyes may be washed in simple rose water, eight grains of white vitriol dissolved in a gill of spring water, or a lotion made of the pith of small sassafras twigs. When the disease is violent, the patient should be bled, a blister may be applied to the back of his neck, and the intestines should be evacuated by purging. The heat in the eyes may be allayed by the application of cloths, frequently wetted with cold water, to the eyes. After the inflammation has subsided, they may be washed with cold water, or water and brandy. Take twenty grains of sugar of lead and as much white vitriol, dissolve them in half a pint of spring water. After it has settled pour off the clear liquor. This makes a good lotion; the eyes may be repeatedly washed with it during the day, and two or three folds of linen moistened with it may be applied to the eyes during the night. When the inflammation is obstinate, modern practitioners have recommended the application of a blister over the eyes and adjacent parts, carefully laying a fine linen rag, or two or three folds of gauze over the eyes to prevent any injury to the eye ball.

Alum curd is a beneficial application when the eyes are weak. The alum may be dissolved in water, the ratio one drachm to half a pint; the white of an egg may be also added. Few things are better than bathing the face and eyes every morning in cold water.

In difficult and violent cases of this disease, the eye sometimes adheres to the upper eye lid. The lid should be carefully raised and cautiously separated with a round edged scalpel. An ointment made of half a drachm of white vitriol with as much clean fresh hog's lard, may be applied successfully in inveterate cases.—Mercurial ointment is also sometimes recommended.—The ointments should be softened by a gentle heat, applied by means of a fine camel hair pencil in the evening and kept on during the night. A solution of vitriol, fifteen grains to an ounce of water, may be applied two or three times a day to cicatrize ulcers, carefully washing away the redundant fluid with a little cold water. Laudanum is also sometimes applied with beneficial results.

Spots on the eyes are sometimes removed by blowing finely powdered white sugar into the eye. An equal quantity of white vitriol is sometimes added to it.—Sometimes calomel is blown into the eye for the same purpose. Persons who have weak eyes should remain in a dark room, or cover the eye with a piece of green silk so as to exclude from it all light.

MUMPS.

THIS disease is believed to be contagious.

SYMPTOMS. It commences with a moderate fever, a stiffness of the neck and swelling under the lower jaw, on one or both sides. The patient should confine himself to the house, and be defended from cold by wearing flannel over the part affected. His diet should be spare and his drink diluting. Sometimes the swelling

about the lower jaw subsides, and tumors affect the testicles of men and the breasts of women. In these cases the bowels should be kept open by a gentle cathartic, and every precaution used to avoid catching cold; the patient should be bled; purges and cooling drinks should be given, and cloths with lead water and cold vinegar and water should be applied to the tumified part. Cold poultices of light bread and milk, or flax seed are also recommended. The swelled testicle should also be tied up or supported by a handkerchief or bag.

As long as the disease is confined to the throat, but little danger is to be apprehended. As before observed, cold is to be guarded against. Flannel should be worn round the neck, which should be anointed with a little fresh butter. If the disease falls into the testicles of men, or the breasts of women, the parts should be sweated over pine tops boiled in water, and afterwards anointed with fresh butter. The bowels should be kept open by gentle laxatives.

FALLING OF THE PALATE.

THE falling of the palate is attended with a tickling in the throat, and soreness of the tongue. It proceeds generally from a foul stomach.

TREATMENT.

Take of sage tea half a pint, vinegar and honey two ounces of each and half a drachm of alum, and wash the throat with it. Alum water will answer the same purpose. Apply salt and pepper to the elongated palate by means of the handle of a spoon. If all these measures fail, give an emetic.

COLD.

COLDS are caused by sudden obstructions of perspiration, and are often attended with a slight degree of fever. The nose is stopped up, the breast oppressed, pain in the head is felt, and great lassitude of body.— Where the cold is slight, no particular regimen need be observed; where it is more severe, the patient should abstain from strong diet and spirituous liquors, and subsist on light food, such as chicken soup, panada or gruel.

TREATMENT.

A drink of cold water when going to bed, sometimes affords relief. A common prescription is bathing the feet in moderately warm water, wiping them dry and retiring to bed. Great care should be exercised to avoid taking fresh cold. A glass of good spring water in which has been dissolved ten or fifteen grains of nitre, may be drunk every hour or two with beneficial consequences. If it increases the cough, it may be discontinued. An emetic seldom fails to remove the complaint. Where the attack is violent, the patient may be bled, and his bowels should be kept in a laxative state by some cooling aperient medicine. An infusion of seneka snake root may be taken to induce perspiration and diluent drinks, balm tea, ground ivy tea, flax seed or wine whey. Where the head is particularly affected, steaming it over hot water is sometimes recommended. This is done by surrounding the head with a piece of flannel and letting it extend down over the vessel containing the warm water, so as to convey the steam to the head. Where there is considerable pain in the forehead, a blister on the back of the neck will commonly afford relief. If the nose is much stuffed, grease it with a little tallow, or wash it frequently with a mucilage of the pith of sassafras or gum

Arabic. Small portions of nitre dissolved in the mouth and swallowed will relieve a slight inflammation of the throat. Onions roasted are also sometimes applied to the feet and neck. To mitigate a cough, where it is distressing, drinking flax seed tea or barley water, or take a tea spoonful of a mixture of equal portions of sweet oil and honey, or when going to bed ten or fifteen drops of laudanum, or a tea spoonful of paregoric will usually allay the cough and give ease. Where the complaint has been long continued, inhaling the vapor of warm water impregnated with vinegar or camphor has often been employed to arrest its progress. The steam may be conveyed to the mouth by means of a funnel, or the spout of a tea or coffee pot.

Often after the cold is relieved, a soreness remains. A table spoonful of the infusion of seneka snake root, with one fourth honey, taken every two or three hours, is well calculated to relieve it. The throat may also be washed frequently with it.

Colds often by neglect and inattention, produce serious consequences; sometimes they terminate in quinsey, consumption or rheumatism; it is the part of wisdom, therefore to attend to them carefully, and have them removed speedily, so that health and life be preserved.

COUGH,

Is produced by various causes. When it is the effect of another disease, it can only be removed by eradicating the original malady. Where it originates from the stomach, vomits and purgatives should be given. After cleansing this organ, it should be stimulated and strengthened.

Where it proceeds from the lungs, a burgundy pitch plaster may be applied between the shoulders. Calomel in small doses may be given, and a tea spoonful every two or three hours of a mixture made by pouring

two drachms of nitric acid into about eight ounces of water.

Women when in the latter stages of pregnancy are often troubled with a cough. It may be cured or alleviated by moderate bleedings and purging.

A cough may sometimes be removed by the warm bath, and sometimes by the cold bath and taking barks, moderate exercise and nourishing diet. If a glow of warmth does not succeed the effusion of cold water, it ought to be discontinued. If the bark stops perspiration, it also is injurious. Calomel combined with squills in small doses is a very effectual remedy in obstinate coughs. The tincture of tolu sweetened with honey is a very useful medicine. A tea spoonful of it may be taken two or three times a day. Tar water may also be drunk with beneficial results, or tar united with bark and made into pills may be administered six times a day, with salutary consequences.— Old people who are oppressed with coughs may dissolve ten or fifteen grains of gum ammoniac in ginger tea, or mint water and drink it.

INFLAMMATION OF THE STOMACH.

INFLAMMATION of the stomach may proceed from obstructed perspiration, from acrid substances, strong poisons or emetics taken into the stomach, or drinking cold liquors when the body is heated. It may also originate from external injuries, or hard and indigestible substances received into the stomach.

SYMPTOMS. Great restlessness and anxiety, a fixed pain and burning heat in the stomach, which is always augmented by taking any kind of food or drink into the stomach; nausea, sickness, vomiting and great thirst. The pulse is intermitting and quick, convulsions are sometimes felt, and coldness of the extremities and clammy sweats indicate a fatal result.

REGIMEN. The patient's food must be light, thin, not too cool, nor too warm and easy of digestion. Light toasted bread dissolved in boiling water, or weak chicken soup will be most suitable. His drinks may be barley water or mucilage of gum Arabic. All accriminous stimulating food should be avoided.

TREATMENT.

Copious bleeding is absolutely necessary: bathing in warm water as long as the patient can bear it, will be beneficial. When taken out he should be wiped dry, a blister should be applied to the stomach. The bowels should also be kept gently open with mild glysters of water gruel or weak soup with the addition of a little salt petre and sugar or sweet oil.

Inflammation of the stomach sometimes occurs in putrid diseases. It is discovered by inflammatory appearances on the inside of the mouth. When the fauces and mouth are so affected in fevers, it is to be feared that it reaches the stomach; especially if that organ shows unusual susceptibility accompanied with frequent vomiting. The progress of the disease will be arrested by giving a tea spoonful of the spirits of turpentine in a little water. This medicine is well calculated to prevent gangrene and mortification, and must be given more or less frequently according to the urgency of the symptoms.

Inflammation of the Intestines.

IN this disease, the symptoms somewhat resemble those in inflammation of the stomach. The pain is somewhat lower down, and if possible, more acute, and the puking more violent. The abdomen swells, costiveness prevails, soreness about the navel, extreme weakness, a weak fluttering pulse, a pale countenance and fetid breath.

REGIMEN. The diet should be exceedingly light, and in small quantities. His drink should be weak and diluting. The patient's mind should be soothed and placated, avoiding exposure to cold and every cause of irritation. After the malady is conquered, he should still be abstemious in his food, eat nothing difficult of digestion or calculated to produce flatulence.

TREATMENT.

The danger of mortification is great; relief must be given soon, or every effort will be vain. The treatment should pretty much resemble that of inflammation of the stomach. The patient should be bled freely; laxative elysters may be given repeatedly; the warm bath may be resorted to and a blister laid on the belly. Cupping over the part particularly affected is sometimes adopted.

Very little medicine can be administered by mouth in this disease; but emollient clysters will, in some measure, answer the same purpose. A table spoonful of olive oil may be given with safety. After the exacerbation of the disease has subsided, calomel or castor oil, not rancid, may be administered. Laudanum may be used in injections. Sometimes the colic is combined with this malady. Cloths, in which pounded ice has been wrapped, or which have been wet with cold water laid on the part affected, or a pailful of cold water thrown over the belly, has sometimes been effectual in removing the spasm.

COLIC.

THIS disease is attended with costiveness and an acute pain in the bowels. The part affected appears to be painfully stretched. There are different kinds of colic, as the flatulent, the bilious hysteric and nervous.

CAUSES. Indigestible aliment, unripe fruits, meats difficult of digestion, fermenting liquors, windy vegetables, acrid bile, costiveness, drinking acids, other diseases improperly or imperfectly cured, obstructed perspiration, &c.

TREATMENT.

When this disease proceeds from flatulence, as may be ascertained from the rumbling of the bowels, the wandering of the vapor to different parts, and the ease experienced from the ejection of wind; a glass of good spirits or a dose of laudanum, will at the commencement give immediate relief. Keeping the feet in warm water, or rubbing them and the legs with warm cloths is often an effectual remedy in flatulent colic. But in other species of this disease, liquor, hot medicines and those that disperse wind should be avoided as pernicious, and sometimes fatal.

In full habits, bleeding is advisable to prevent an inflammation; cathartics, calomel, salts or senna and manna should be administered, assisted by stimulating glysters. The warm bath may be tried, or flannel wrung out of hot water, should be applied to the part affected. Tobacco glysters may also be given, and in cases of difficulty, a blister on the belly will be highly salutary. Where all these applications fail, opium and calomel in large doses should be administered. Six grains of opium and twenty of calomel have been given at once, and succeeded by one third of that dose every two hours until it operated; and by this method the spasm has been removed.

In desperate cases, it is said the patient has been directed to stand on the floor, and to have a pail of water thrown on his feet, and this remedy is also reported to have been often successful. To stop vomiting in this disease, an infusion of columbo may be given; flannels wrung out of spirits in which garden mint or pepper mint has been boiled, and applied to the pit of the

stomach will sometime relieve. When the feet are cold, warm applications should be made to them, and a blister may be laid on the back of the neck. An anodyne injection may also be administered; and if the first is ineffectual or discharged immediately, it may be repeated until it produces the desired effect.

BILIOUS COLIC.

THE main design is to open the bowels. This I do by giving large doses of castor oil and laudanum combined. When this is not to be had, I make a strong decoction of white walnut bark and give it to the patient to drink and at the same time use it as an injection. Those who have once had the bilious colic, are afterwards often liable to its ravages. Such may be relieved from its attacks by taking the tincture of gum guaiacum, a large spoonful three times a day for several months. Afterwards they need no more fear its return or the violence of its assaults.

INFLAMMATION OF THE KIDNEY.

THIS malady may be produced by wounds or bruises of the kidneys, by calculous concretions lodged in them, by active diuretic medicines, by hard exercise, by lying too soft or too much on the back, by spasms in the urinary vessels or by exposure to cold.

Symptoms. Some degree of fever, a severe pain about the small of the back; a numbness and stupor along the thigh; the urine pale or reddish, voided generally in small quantities and with difficulty; endeavors to vomit or at least nausea; great uneasiness when attempting to walk or sit. The pain in this disease is seated farther back than in the colic. The difficulty of urine is another distinguishing symptom.

REGIMEN. The diet should be thin and light, as panada, custards, arrow root, sago, milk, rice water, flax seed tea. The patient should be kept quiet and easy, and free from cold while any appearances of inflammation continue. When the patient begins to recover, moderate exercise in the open air will be proper and advantageous. All stimulating food should be avoided.

TREATMENT.

In this disease, the bowels should be kept open; the patient should be bled freely; cloths dipped in a hot decoction of camomile, or hot water should be applied as near as may be, to the part affected. Emolient clysters may also be frequently administered and diluting liquors, thin gruel, or flaxseed tea with small quantities of nitre. A decoction of peach tree leaves is often useful in this complaint. Some degree of inflammation on the small of the back internally, may aid in relieving the internal pain. It may be excited by the application of flannel dipped in hartshorn or tincture of Spanish flies. After the symptoms have somewhat abated, laudanum may be used with advantage. Where abscesses have been formed, twenty or thirty drops of balsam copaivi twice a day for ten or fifteen days should be used. Barks also will be proper. Chalybeate waters, such as Lee's springs, will also be found highly beneficial.

My remedy is to boil a double handful of soot in two quarts of water down to half that quantity, strain it, and let it stand. Burn to ashes upland grape vine and as often as he drinks of the soot water, throw in a little of the ashes, so as not to make it disagree with the patients stomach. The bowels should be kept open by giving an equal mixture of sulphur and cream of tartar: the patient should use onions in his diet.

INFLAMMATION OF THE BLADDER

Is known by a sharp pain at the bottom of the belly, and sometimes by a considerable uneasiness in the lower part of the back. It is attended with a difficulty of voiding urine, a great desire to make it, and a frequent inclination to go to stool. It may be occasioned by obstructions in the urethra, by suppression of urine, by the formation of calculous concretions or by external violence.

TREATMENT.

Where the urine is retained entirely, it will be prudent to abstain as much as possible from drinking.— Gum arabic kept in the mouth, will protect the inflamed parts and not be otherwise injurious. This disease is to be treated very much as in an inflammation of the kidneys. A catheter must be sometimes employed to draw off the water, but it should be used with great caution and care. Strong diuretic medicines often augment the danger. Mild applications are the safest and most beneficial. To soften the inflammation, water moderately warm may be thrown by a syringe up into the bladder. For the same purpose, a tea of slippery elm bark, when cool, and a weak preparation of sugar of lead, dissolved in cold water, may be used.

INFLAMMATION OF THE LIVER.

INFLAMMATION in this part of the system is occasioned by suddenly cooling the liver after it has been considerably heated, by drinking strong liquors, by spicy aliments, calculous obstructions to the course of the bile, by excessive obesity and by hepatic tumors.

SYMPTOMS. A painful tension on the right side under the false ribs, some degree of fever, a sense of weight or fullness, difficulty of respiration, thirst, loath-

ing of food, and a yellowish color of the skin and eyes. When the inflammation is acute, the pain is more severe, and ascends to the shoulder; when the inflammation is chronic, the symptoms are less defined and clear, and such as are common to other diseases, as windiness and frequent eructations; a failure of appetite, uneasiness in the region of the liver, an obscure fever, languor, wakefulness and oppression. As the disease advances, the countenance becomes livid and the eyes of a dull white; emaciation of body follows and a hoarse dry cough. Finally jaundice, dropsical symptoms and complicated ailments, overwhelm the sinking patient.

REGIMEN. The food should be light, thin, and easy of digestion, fresh beef or fowls or veal; the drink should be cooling and diluting.

TREATMENT.

In this disease, at the beginning, bleeding copiously is necessary; the bowels should be kept open by a gentle purgative, and a blister may be applied to the part affected to divide the inflammation.

In chronic inflammations, the most judicious practice seems to be, to charge the system with mercury, after moderate evacuations by bleeding and purging.—Two or three drachms of Mercurial ointment may for this purpose be rubbed on the part affected, or on the internal part of the legs and thighs every morning and evening, or one or two pills may be taken night and morning, continuing the mode adopted until it produces spitting, or what the physicians call ptyalism, or overcomes the disease.

After the abatement of the fever, the chlybeate pill or bark and seneka snake root may be administered.—When the patient is much debilitated, or of scorbutic habit, one or two drachms of nitric acid, diluted in a quart of water may be given to the patient at first in small doses, and gradually increased. This medicine should not be discontinued until it affects the mouth.

Where obstructions are formed in the spleen or indurations, the course above prescribed should be pursued.

CHOLERA MORBUS, OR **VOMITING AND PURGING.**

THIS disease has recently prevailed abundantly in our country. It is attributed to various causes, to a redundant acrimony of bile; eating food that becomes rancid in the stomach, as cold fruits, bacon, cucumbers, melons, cherries or old butter; taking strong, acrid purges, or emetics or poisons. It is also sometimes occasioned by violent affections of the mind, or by obstructed perspiration. Its commencement is preceded by heart burning, sour eructations, flatulencies and pain in the intestines. Then comes on excessive puking and purging of green or yellow or blackish colored bile. Violent griping pains are felt; the stomach is greatly distended; the pulse quick and unequal; the thirst extraordinary, and often an acute pain about the navel. Violent hickuping, fainting and convulsions are indications of approaching death.

TREATMENT.

Give a large dose of calomel; after it has operated, give seven or eight drops of spirits of camphor on white sugar, then at night, to procure sleep, a tea spoonful of paregoric. Apply also to the belly flannel dipped in camphorated spirits, or a poultice of mustard and vinegar, or a blister of Spanish flies. Hot water or chicken soup may also be drunk with advantage.—Where there are no indications of cramp in the stomach, an emetic will often arrest its progress. If the patient is full of blood, the lancet should be used. If acrid bile is thrown up, an emetic of salt and water

VOMITING.

VOMITING may be caused by the transfer of other diseases to the stomach, by the sudden stoppage of customary discharges, by the acrimony of food, by debility of stomach, the colic, a rupture, worms or a fit of the gravel or poison taken internally. It may be occasioned by pregnancy, riding in the stage, by violent passions or by a strong and vivid conception of disagreeable objects. Often it proceeds from a foul stomach.

TREATMENT.

Where indigestion is the cause, the vomiting should be aided by drinking warm water or thin gruel, or by a dose of ipecacuanha, worked off with camomile tea.

Where vomiting is produced by the stoppage of some habitual evacuation, endeavors ought to be used to renew and restore it. If that cannot be done, the object may be attained by bleeding, purging, blistering, bathing the feet in warm water and similar applications.

When pregnancy is the cause, it may be mitigated by bleeding occasionally, and keeping the body in a laxative state. Vomiting with women in this condition most frequently occurs when they rise in the morning, and may proceed from their sudden change of position, as well as the emptiness of their stomach. A cup of coffee drunk by them in bed, will be a preventative. Pregnant women should avoid the two extremes of hunger and repletion, eat often and but little at a time, so that their stomach may never be over loaded, weakness may be prevented and their health promoted.

If vomiting originates from imbecility of stomach, bitters, bark infused in brandy or wine, with a small portion of rhubarb to prevent costiveness will be salutary. Fifteen or twenty drops of vitriol taken in a glass of wine, is a good remedy.

Alkaline purgatives, as a tea spoonful of magnesia alba in a dish of tea three or four times a day, is well suited to keep the bowels open and correct acidities where they produce puking.

Where the violence of the passions is the cause of this malady, evacuations are injurious; the mind should be kept easy and cheerful, and gentle cordials administered, as negus, brandy and water into which a few drops of laudanum has been thrown.

When the stomach is spasmodically affected, mush and castor oil may be used, also cinnamon or mint tea, or wine with spiceries boiled in it. A drachm of the salt of tartar dissolved in an ounce and a half of lemon juice, mingling with it an ounce of peppermint water, and an ounce of cinnamon water is unusually efficacious in stopping a vomiting. This draught may be swallowed every two hours, and should be taken before the effervescence ceases. Cupping over the region is also often an effectual remedy.

Immediate exercise, as it will be apt to renew the vomiting after it has been stopped, should be avoided. The diet should be easy of digestion, and solid food will generally be found to be preferable.

THE DIABETES.

THE diabetes, or an excessive discharge of urine is a disease that frequently attacks hard drinkers, those who have been engaged in severe and extraordinary labors, or those whose constitutions have been injured, and who are on the decline of life. It is a consequence of fevers, excessive evacuations, or great fatigue, of using strong stimulating medicines, tincture of cantharides or spirits of turpentine, or of drinking mineral waters in large quantities. It is sometimes caused by the relaxation of the organs that secrete the urine, or by the kidneys being too highly stimulated.

SYMPTOMS. An excessive discharge of urine, exceeding in quantity all the liquid food taken by the patient. He is continually thirsty and feverish. He becomes weak, his appetite declines, his body wastes away and sinks down to a state of extreme emaciation and debility. His bowels are full of heat, and a swelling appears not unfrequently in the loins and feet.—The urine is of a faintish sweet taste and a pleasant smell.

REGIMEN. The food should be mostly solid. Vinegar, juice of lemon and acids should be used to quench the thirst. Oysters are said to be good. Lime water, in which oak bark has been soaked is recommended as a salutary drink. The patient's bed should be hard and not too warm. The flesh brush should be used, and flannel worn to promote perspiration. A plaster on the back will have a strengthening tendency.

TREATMENT.

The usual mode of treatment has been to endeavor to give tone to the kidneys, and to produce sweating, or as the physicians call it, determine the fluids to the skin. Medicines that increase perspiration are certainly proper. Opium combined with ipecacuanha, or antimonials, removal to a milder and more beneficent climate, and the use of the warm bath have sometimes produced a cure. Purgatives should be employed no further than to keep the bowels open. Astringents that pass off by the urine as uva ursi, or mild stimulants which operate on the kidneys, as capivi, may correct the laxity of the organs, where that is the cause of the disease. The following prescription has been sometimes known to cure.—Take the root of red dogwood, wash it clean, peel off the outside bark, scrape of the inside bark as much as a double handful; saw up as much of the root as will make a handful; put these in a jug with half a gallon of spring water, add two thirds of an ounce of aloes—let it stand twenty four hours or

two days—drink of it as often as you can, so as not to turn the stomach.

INCONTINENCE OF URINE.

THIS disease is an involuntary discharge of urine, which passes off in drops, but there is no augmentation of quantity. It originates from a relaxation of the sphincter of the bladder, from injuries by blows, bruises or preternatural labors. It may be a consequence of palsy or fever, or of the continued use of strong diuretics.

TREATMENT.

A large blister on the lower part of the back bone will give relief where the disease is the effect of a relaxation of the sphincter of the bladder. Astringent and stimulating medicines will often mitigate it. In obstinate cases the cold bath and the chalybeate pill, or other tonic medicines, as columbo, bark, steel, lime water and nitric acid may be used beneficially. Throwing cold water on the genitals is also sometimes practised. Ten or twelve drops of cantharides every three or four hours is said to be an excellent remedy. Half a pint of alum whey, made pretty strong, and taken every night and morning has sometimes been commended.—Small doses of rhubarb occasionally will prevent costiveness, and prove beneficial.

Suppression or Difficulty of Urine,

OR

GRAVEL AND STONE.

THE suppression of urine may originate from hard faeces in the rectum, pregnancy, inflammation of the bladder or kidneys, a contraction of the neck the of bladder, stones lodged in the urinary passages, tincture of

cantharides taken in too large doses, external violence or injury.

TREATMENT.

In all obstructions of the urine, fomentations and evacuations are to be commended. Bleeding is necessary, especially if there are any appearances of topical inflammation. It diminishes the force of circulation, lessens the fever, relaxes the solids and removes the spasm which may have caused the obstruction. The body should be kept open by emollient clysters and gentle purgatives. Fomentations consisting of warm water, or a decoction of camomile flowers should be used. Cloths dipped in either of them may be applied to the part affected. Barley water, flax seed tea, a decoction of parsley roots, or marsh mallows, or water melon seeds, or mucilage of gum Arabic is often beneficial. A cure is sometimes effected by giving one of the camphorated powders every three or four hours in the patient's drink.

Opiates, when not given in the height of the fever are highly beneficial. A starch glyster with laudanum, is often given. Laxatives and diuretics that are of a cooling nature, and do not stimulate, are used advantageously. The following mixture is also recommended as highly salutary.—Take an ounce of the sweet spirits of nitre, two drachms of laudanum, two of antimonial wine, give half a table spoonful in some kind of drink every hour.

Where other means fail, calomel in small doses, or mercurial ointment applied to the inside of the thighs until it slightly affects the system, sometimes produces a radical cure. A discharge of urine is sometime effected by throwing cold water on the legs and thighs, or walking on the wet floor. To relieve a suppression of the urine where it is occasioned by a partial palsy, large doses of spirits of turpentine may be given, and stimulants and a blister applied to the loins.

Where the suppression proceeds from gravel, and when such is the case, it will be attended with pain in the loins, sickness of stomach, and sometimes a discharge of bloody urine, an infusion of peach leaves sweetened with honey will give relief. In fact, it is said the constant use of honey will prevent the formation of the stone, and dissolve it after it has begun to form. Five grains of the *uva ursi* with half a grain of opium three times a day, or small doses of caustic alkali, or soap lees in mucilagenious drinks, are powerfully remedial in calculous obstructions. But as the nature of this latter medicine is acrid, care must be taken not to make it too strong for the stomach, and to disguise its acrimony in lubricating liquors.

To draw off the water, a catheter must sometimes be used. This with females is easy; with males it is a matter of great difficulty. The man should lie on his back; the operator standing on the patient's left hand, taking the penis, reclining towards the navel, in his left hand, introduce the catheter, thoroughly oiled, with its concave part towards the belly, into the urethra, and thus gradually and gently moving it until it passes into the bladder.

But the catheter should not be used, where the bladder is inflamed, where a tumor of the prostate gland, or stone obstructs the passage, or where the uterus is remarkably prominent or retroverted.

Where difficulty of urine is caused by blisters, the blistered part should be washed with warm milk and water, or smeared with sweet oil. A poultice of raw onions on the bottom of the belly will often relieve a suppression of urine in children.

BLEEDING AT THE NOSE.

THIS discharge is is often salutary; in fevers, where the blood inclines to ascend to the head; in the ver-

tigo, the head ache or a phrenzy, or epilepsy, in the gout, or rheumatism or inflammation of the liver and spleen. In any disease where bleeding is necessary, a discharge of blood answers the purpose better. When the bleeding at the nose relieves any bad symptom, it ought not to be stopped. When the discharge is excessive and weakening, the patient should sit up nearly erect, immerse his head in cold water, or apply cloths dipped in water and vinegar to his head and the back of his neck. He may also drink cold water sharpened with acids. His legs and hands may be immersed in warm water. Dry lint, or lint dipped in alum water, or spirits of wine, or blue vitriol dissolved in water; or if these are inconvenient, in brandy, may be put up the nostrils. A dose of salts may also be given to evacuate the bowels; and a draught of water, into which ten or twenty grains of nitre has been thrown, may be taken every hour or two. Charcoal snuffed up the nose, applied by a pledget of lint first wet and then dipped in it will also be beneficial. Exercise immediately after the blood has been stopped, will be apt to bring on the bleeding afresh. The tents should not be removed, but should be permitted to fall off of their own accord. Immersing the genitals in cold water will generally stop a bleeding of the nose.

Where the bleeding proceeds from an excess of blood, it may be corrected by a vegetable diet; but where it originates in relaxation and imbecility, the aliment should be rich and nourishing. Barks and wine may also be used to renovate the strength.

Bleeding and Blind Piles.

THE piles are tumors at the lower part of the rectum; when they do not bleed, they are said to be blind. In the latter case they are often very painful.

The causes are excess of blood, aloetic purges, high seasoned food, drinking sweet wine, neglect of customary evacuations, much riding, great costiveness, violent passions or setting on damp ground. In many diseases, as gout, asthma, hypochondrical complaints, colics, inflammatory fevers and rheumatism, a flux of blood from the anus is peculiarly beneficial.

TREATMENT.

In the management of this disease, regard must be paid to the constitution of the patient. A discharge which might be excessive and injurious to one person, may be moderate and salutary to another. Danger is only to be apprehended when it is so abundant as to debilitate, injure digestion, and retard the performance of the functions necessary to life. The food should be cooling and nutritious, bread, milk, and vegetables that are not stimulating. The body should be kept gently open; this may be done by flour of brimstone, cream of tartar or molasses and water. A linen cloth, dipped in warm spirits of wine, in powdered charcoal, or in a strong solution of white vitriol or alum may be applied frequently to the fundament. An ointment made of two parts of powdered galls and eight parts of hog's lard mixed, will be a good topical application. Bark, nitric acid, elixir vitriol, tincture of steel, or the chalybeate pill may be used to restore tone to the vessels.— cloths dipped in olive oil and bandaged on, or anointing the part with the oil will relieve the pain. Steaming the part over warm water generally gives an immediate intermission to suffering. A tea spoonful of balsam capaiva taken night and morning will sometimes cure.— Mercurial ointment may be rubbed on the part affected for the same purpose. The piles when painful, may be opened with a lancet; the operation is easy and not dangerous. A pound of elecampane root, half a pound of black pepper and a pound and a half of fennel seeds mixed together with honey, will, it is said, prevent

the piles from turning to the fistula. A glyster night and morning may be used, composed of two drachms of the tincture of steel, the same quantity of laudanum and four ounces of barley water or thin starch.

Those who are liable to this disease may prevent its recurrence by avoiding costiveness, and washing the part usually affected, frequently in cold water. The bowel should be bathed in cold water, and then anointed with fresh butter, that has had no salt in it, and the flour of sulphur.

SPITTING BLOOD.

THIS disease generally attacks those of a slender form, loose fiber, with long necks and straight breasts. It may be caused by weak lungs, a malconformation of the breast, extraordinary wrestling, excessive speaking, singing or drinking. It may also be occasioned by injuries done to the lungs, by stoppage of customary evacuations, schirrous concretions, or obstructions to the circulation of the blood in the lungs. A violent cold may also produce it, or breathing air that is too warm and weak properly to expand the lungs, or it may proceed from a full habit of body.

SYMPTOMS. A sense of weight, oppression of the breast, dry tickling cough, hoarseness and difficulty of respiration, shivering, lassitude, costiveness, flatulence, coldness of the extremities, pain in the back and loins are among the symptoms that usher in spitting of blood or *hamoptoe*. This disease is not formidable when it assails the healthy; but is to be dreaded by the weak and delicate. Where there is a tumor in the lungs, it is difficult to be cured, and when the disease arises from an ulcer, it is often fatal.

REGIMEN. The patient should be kept cool and easy; all excitement avoided, and loud talking. His diet should be cooling and slender, as panada, rice

boiled in milk, and soups. The patient may drink milk and water, whey, buttermilk, water gruel, flax seed tea, barley or rice water, sharpened with the juice of lemons or elixir vitriol. All stimulating liquors should be avoided, and every thing taken should be quite cold.

TREATMENT.

The bowels should be kept open by laxative food, as roasted apples; if the diet should not be sufficient to accomplish that object, a mild purgative may occasionally be administered. If the disease does not proceed from contraction of the chest by debility, bleeding copiously will be necessary. Ten grains of nitre may be given in cold water every hour. The tincture of fox glove in small doses is considered useful. A blister may be applied to the back or breast where there is a continued pain. This disease may be checked by taking two spoonfuls of table salt dissolved in water, every two hours, or oftener. The same remedies must be used to alleviate the cough, as in the common cases of cold.

VOMITING BLOOD.

VOMITING BLOOD always demands serious attention. A forerunner of it is pain in the stomach, sickness, nausea; it is attended with considerable distress, and frequent faintings. It is occasioned by obstructed menses, by the stoppage of the hemorrhoidal flux, by wounds inflicted on the stomach, by swallowing hard substances, by taking strong emetics or cathartics, or acrid poisons. It may also be a consequence of obstructions in the liver, spleen, or other viscera, as well as of external violence.

Women subject to hysterics, often puke blood; but in them it is not a dangerous symptom.

TREATMENT.

Emollient clysters should be given to keep the body open, and prevent the extravasated blood from remaining in the system, as by putrifying, it might be the cause of a malignant fever. Cathartics should not be given until the vomiting has been stopped, and the irritation of the stomach has somewhat subsided. The diet and drink should be cooling, and in moderate quantities. A good remedy at sometimes is cold water, ascidulated with weak spirits of vitriol, or clysters of cold water with forty or fifty drops of laudanum in each. If the patient's strength will admit, where there are appearances of inflammation, bleeding will be proper, as also opiates in small doses, as five drops of laudanum two or three times a day. After the puking has ceased, mild purgatives will be requisite to remove the acrimonious blood lodged in the intestines.

BLOODY URINE.

WHEN blood is voided without pain, it flows from the kidneys; if it is emitted with heat and pain, of a dark color and in small quantities, it comes from the bladder. Where a rough stone, descending from the kidneys to the bladder, wounds the passages, it will be accompanied with a sharp pain and a difficulty of making water. An acute pain and a previous stoppage of urine occurs, where the coats of the bladder are wounded, and bloody urine is the consequence. Bloody urine may be produced from violent exertions, blows, carrying great burdens, from ulcers in the bladder, and sharp diuretic medicines.

TREATMENT.

This disease is generally attended with danger; sometimes it is rather a salutary evacuation; but if it weaken the patient, medical means should be used to prevent it from producing some permanent malady, such as the consumption or dropsy.

Where the symptoms are of an inflammatory nature, bleeding will be salutary. The body also should be kept open by cathartic medicines, or emollient clysters.

If this malady occurs in other diseases, bark and acids should be liberally used to effect a cure. Where there are evidences of an ulcer in the bladder or kidneys, the food should be cooling, and the drink healing and balsamic.

DYSENTERY.

THIS disease may be occasioned by damp beds, wet clothes, unwholesome diet, impure air, obstructed perspiration and strong purges. It occurs most frequently in marshy countries.

SYMPTOMS. A violent pain in the bowels; frothy, greasy stools, often streaked with blood; a constant inclination to go to stool. It commonly commences with chilliness, loss of strength, a quick pulse, great thirst and inclination to vomit.

TREATMENT.

Evacuate the bowels with calomel or castor oil, and if there are any symptoms of fever, bleed. After the bowels are thoroughly cleansed, sudorific medicines should be given, and if the stools have not assumed a natural appearance on the next day, keep the intestines open by small doses of cathartics. Where the irritabili-

ty of the stomach is not great, and there are no obstructions in the liver, an emetic in weak constitutions, in the commencement of the disease is a good remedy.— A scruple of calomel with five or six grains of ipecacuanha, or a grain of tartar emetic, and in a few hours afterwards a dose of salts or castor oil has sometimes been successful in stopping the career of this disease; when followed by a plentiful exhibition of arrow root, the use of the warm bath, and after the abatement of the inflammatory symptoms, an opiate at bed time.

A spoonful of new milk and lime water every two or three hours may be given where ascidity, sour belchings and flatulency prevail. To relieve pains in the bowels and the teasing inclination to go to stool, frequent injections of flax seed tea, with a table spoonful of laudanum may be used.

Where there is danger of an inflammation, the warm bath may be resorted to, or the application of fomentations to the belly. A blister also will then be necessary.

Charcoal, columbo and bark and wine should be administered, where there is fear of putridity, and for a purge rhubarb.

Common salt dissolved in vinegar or lemon juice has been considered an efficacious medicine. Relief is sometimes found from bathing the patient every night and morning in a decoction of oak bark impregnated with spirits.

The following medicine has been highly commended as a specific in this disease, where there is no fever. Take three drachms of white vitriol, two drachms of alum, half an ounce of spirit of lavender, and a pint of boiling water. When mixed, a table spoonful every morning is a dose for an adult; an opiate should also be administered at bed time. In reference to the above solution, the quantity of alum may be diminished when evacuations are necessary, or the alum may be increased and the vitriol lessened, when great astringency is required.

REGIMEN. Sago, panada, gruel, arrow root, or mutton soup should constitute the food during the violence of this disease, and cooling drinks, as rice water, flax seed tea, or mucilage of gum Arabic or sassafras. When the patient has been weakened in the progress of the disease, or is young or old, more nourishing diet may be allowed him. Ripe fruits and milk have alone been known sometimes to effect a complete cure. The air of the room should be frequently purified by ventilation and by fumigating it with vinegar. Cleanliness should be especially regarded. The foeces should be speedily removed; offensive odors avoided, and the clothing and bedding frequently changed.

Those who have been cured of this disease are liable to a relapse; to avoid which, they should abstain from fermented liquors, except a glass of good wine, from solid food, as fish and flesh, and live principally on milk and vegetables. When a patient becomes convalescent, gentle exercise and pure air will greatly aid in re-establishing his health. Riding on horse back or in a carriage, will be found highly beneficial.

BLOODY FLUX.

A FEW grains of calomel should be given; after an interval of six or seven hours, a dose of castor oil with twenty drops of laudanum. As soon as it has ceased to operate, a decoction of pleurisy root should be used. If the patient become bilious, a few grains of calomel should again be administered, followed by castor oil and laudanum. The pleurisy tea should also be continued. If the disease should not yield to this treatment, a blister should be applied over the belly.

L*

HEAD ACHE.

THE head ache may be occasioned by an obstruction of the free circulation of the blood. It may proceed from stoppage of the customary evacuations, from coldness of the extremities, from foul stomach. Sometimes it may be caused by the retrocession of some other disease, by indigestion, or by inanition. A violent fixed head ache will occasion great imbecility, take away appetite, hinder sleep and produce vertigo, convulsions, puking, a noise in the ears and dimness in the sight.— It is often symptomatic of fevers, and accompanies hysteric and hypochondriac complaints.

TREATMENT.

An emetic will be the proper remedy, if the head ache is produced by foulness of stomach, and afterwards columbo should be taken three times a day. Bleeding and cathartic medicines will be proper where the person is of full habit of body. Where the pain returns periodically, and proceeds from debility, it may be cured by first giving a purge and then using freely bark and snake root twice or three times every day. Bathing the feet in warm water at bed time, a blister on the back of the neck, and seneka snake root tea, to excite perspiration will be the proper treatment where the head ache is caused by rheumatism. Where the head ache comes on periodically, large doses of laudanum immediately before its expected attack, may prevent its return. Where it is attended with cold skin, a cloth which has been imbued with ether placed immediately over the pain, will afford relief. Cayenne peper mixed with snuff has also been recommended in nervous head aches. Persons who are subject to paroxisms of this kind of head ache sometimes find relief by drinking large quantities of wine, from a pint to a quart at a time. Whiskey also made into a very strong glass of warm

tody, in the proportion of two thirds spirit and one third warm water, and drank in considerable quantities, has been known in violent cases, to afford relief. An emetic however, would probably be the most speedy remedy. Where the extremities are cold, circulation may be promoted by bathing the feet in warm water, and applying to them mustard. Wearing flannel next the skin will be beneficial, and aid in promoting perspiration. Vinegar and cold water applied to the head is sometimes found to be salutary. Acid of lemon, it is said, will relieve this complaint. Where this disease is owing to an excess of blood, bleeding will be necessary.

Attacks of the head ache may be prevented by washing the head every morning in cold water, by keeping the bowels in a soluble state, the feet warm, lying with the head high, and by observing abstemiousness in eating

TOOTH ACHE

In no disease, may it with more truth be said, that prevention is better than cure. The teeth should be kept clean. They should be washed with a tooth brush dipped in moderately warm water and char coal or other good tooth powder. The tooth pick should be constantly used, and the mouth always rinsed with water after eating.

Those who wish to preserve their teeth, must never drink tea or coffee scalding hot, nor water excessively cold. By neglecting this precaution, thousands ruin their teeth, and bring upon themselves the excruciating pains of the tooth ache.

TREATMENT.

The only infallible cure is extraction. If the tooth is but partially defective, it may sometimes be plugged.

and thus by excluding the air, preserved and made useful for many years. A fine powder of pumice stone has also been recommended to be used occasionally to remove the tartar. The gums, if unsound, may be frequently pierced with a lancet. The following powder will not only preserve the teeth and prevent them from aching, except where they are already decayed, but its effects upon the gums are highly salutary. Take an equal portion of arrow root and Peruvian bark, and add to it of gum myrrh in the proportion of one ounce to a pound. The teeth should be rubbed with this powder every morning. It should then be washed off with water. The general way of using it is to wet the brush, fill it with powder and apply it to the teeth; then rinse the mouth with water. Great injury is often done by rubbing the teeth with any thing that is too rough for them, and destroys the enamel, as well as by neglecting to wash off the powder used, and other substances that after eating adhere to the teeth.

INDIGESTION OR DISPEPSY.

INDIGESTION is produced by irregular living, excessive indulgence of appetite, by the too free use of spirituous liquors, by severe study, by cold, by chewing tobacco or taking opium, and by grief or melancholy.

REGIMEN. Much is to be expected in this disease by temperance in eating, and abstinence from improper food. It is impracticable to point out a diet that will be precisely suited to every variety of constitution. A few general directions are all that can be expected. Animal food is to be preferred, it should be well masticated and taken in small quantities. A glass of good wine or of brandy and water after eating, will assist the process of digestion. The stomach and belly should also be frequently rubbed with a brush to promote circulation. Each person should consult the peculiarities of

his constitution, and eat only what agrees with him.— Some physicians have denounced coffee as unhealthy, as undoubtedly it is, when made too strong, and drank in large quantities; yet we have heard, and believe the report, that in one instance it subdued the dyspepsy.— After cleansing the stomach, milk diet has been known by perseverance in using it, to effect an entire cure.— The milk should be new and sweet, a cracker may be eaten with it.

But nothing will be more salutary than moderate exercise early in the morning, in the open air. As it is well calculated to preserve health, it will be found equally efficacious in restoring it to those who are suffering under the pangs of indigestion.

Those who are troubled with dispepsy should avoid the extremes of inanition and repletion, and eat frequently and in small quantities. Whenever the stomach is foul, an emetic will be necessary to cleanse it. Afterwards nothing is better calculated to give strength to that organ, than the chalybeate pill. Columbo root has been highly recommended. An infusion of it in mint water, ginger tea, wine or French brandy may be administered three times a day; giving occasionally a small dose of the tincture of rhubarb. A wine glass of lime water in an equal quantity of new milk, will be useful in correcting sourness of stomach.

Decayed teeth frequently occasion or aggravate indigestion. In such case they should be extracted, or the mouth washed with charcoal, or a solution of alum, or the powder composed of arrow root, bark & myrrh every morning & evening. A table spoonful of charcoal powder has also been given, two or three times a day with the best consequences, particularly when united with a few grains of rhubarb and a double quantity of ginger. Costiveness in this disease should be corrected by flour of sulphur or magnesia. Chewing rhubarb and swallowing the saliva are also recommended. Violent cathartics should be particularly avoided, as they aggravate the disease. Where indigestion is caused by indulging in frequent

intoxication, the patient can only hope for restoration to the blessings of health, by abstaining from his favorite beverage, paying due regard to temperance, taking cordial nourishment, a sufficiency of exercise, and tonic medicines, such as elixir vitriol with bark, nitric acid or the chalybeate pill.

Where the patient is troubled with a pain in the stomach, after cleansing the stomach with an emetic, give lime water or ten grains of the rust of steel three times a day, and let the bowels be kept gently open.— Where a redundancy of bile prevails, lemonade or a tea spoonful of the spirits of nitre in a glass of the infusion of columbo, will give relief. Friction over the part affected with flannel or the flesh brush is not to be neglected. A dose of aether or laudanum may be given when other remedies fail, and if the patient be constive, an injection may be administered. Tonic medicines will also be proper, as columbo, barks, &c.

The liver, by becoming languid is the cause of this disease. The bile is the stimulous of the bowels and stomach, and without it they perish. To remove the disease, bring on a healthy action of the liver. To do this, give every other night one or two grains of calomel for ten or fifteen days, then the chalybeate pill of the size of a summer grape three times every twenty four hours. The drink should be soot tea, into which should be sprinkled the ashes of a grape vine. Where the muscles of the abdomen are hardened, warm fiannels should be applied, or the belly rubbed with them. The diet should be light. Milk is generally recommended.

PAIN IN THE STOMACH.

PAIN IN THE STOMACH may be occasioned by indigestion, wind, acrimony of bile, by stoppage of usual discharges, or by taking into the stomach acrid or poisonous

substances. This malady often affects women in the decline of life. It also attacks the luxurious, the sedentary and the hypochondriac. When the pain is most violent, immediately after a meal, it is to be suspected that something has been eaten which disagrees with the stomach; a change of diet, therefore, in all probability afford relief. When the complaint is not removed by that means, a gentle emetic may be taken, succeeded by a dose of rhubarb. Exercise, especially riding on horse back, often removes this malady.

Where flatulency, and extraordinary distention of the stomach, cause the pain, windy nutriment should be avoided; a little toddy after eating will assist and strengthen the digestive powers. But care must be taken not to indulge injuriously in this palatable remedy, or to contract by it a bad habit. Active exercise is perhaps more to be depended on, and succeeds when medicines have proved ineffectual and powerless.—Reaping, mowing, digging or gardening are recommended. Where it proceeds from swallowing poisonous substances, a vomit should be given to discharge them; something soft and oily should also be taken to protect the stomach.

If the pain is caused by the transfer of gouty matter to the stomach, wine or brandy should be drunk in order to expel it. A much larger quantity may be taken with impunity in this condition than when in perfect health. If it originates from the sudden stoppage of customary discharges, bleed; if from worms, destroy or expel them; if from flatulency, take of equal parts of bark and rhubarb infused in brandy or wine, such a quantity as will keep the body gently open. Strong purgative medicines are injurious; they increase the languor and debility.

WORMS.

WORMS are often found in relaxed stomachs; they attack the sedentary and those who live on herbs and impure fruits. They occasion squeamishness, vomiting, bad breath, loathing of food or a voracious appetite, a dry cough, convulsions, epileptic fits and privation of speech.

SYMPTOMS. Paleness of countenance or a general flushing; itching of the nose; starting; grinding the teeth in sleep; bad breath; swelled belly; extraordinary thirst; urine frothy and whitish; griping; pains in the side; dry cough; unequal pulse; palpitations of heart, drowsiness, swoonings; cold sweats and fits.

TREATMENT.

See the directions given for the repulsion of worms under that head, among the diseases of children. The following receipt has had its celebrity for its power over the tape worm. Let the patient take two or three drachms, according to his age, of male fern reduced to a powder, in some liquid. Two hours afterwards let him take of calomel and resin of scammony ten grains of each, mix them with a little syrup, honey or molasses. The patient should then walk about, drinking occasionally a dish of weak green tea, till the worm is passed. If the powder of fern produces nausea or sickness, it may be mitigated or removed by sucking the juice of an orange or lemon. I have cured the tape worm with the chalybeate pill. In another case I applied tobacco leaves soaked in water to the belly. I then gave a large dose of castor oil, and I succeeded.—The tobacco should not be kept in too long.

The juice of rice in doses of a tea spoonful every morning for three or four days will generally dispel or destroy worms. The seeds of southern wood, or old man as it is called, is also a good vermifuge. A table

spoonful of the seeds may be boiled in a pint of milk, and give a spoonful every morning for a few days.

JAUNDICE.

THIS disorder turns the white of the eye, as well as the skin yellow; the urine is saffron colored, and will stain a white cloth.

CAUSES. Obstruction of bile; purges or vomits, an obstinate ague, or the premature stoppage of it by astringent medicines. Remoter causes are the bites of vipers or mad dogs or poisonous animals, and violent passions. Infants, when the meconium is not sufficiently purged off, and pregnant women are subject to it.

SYMPTOMS. Excessive weariness, great aversion to motion, a dry skin, an itching pain over the body, the breathing difficult, oppression of the breast, heat in the nostrils, a bitter taste in the mouth, sickness at the stomach, flatulency and vomiting. Where the disease is simple, it is not dangerous; where it besets the old or debilitated, and is complicated with other maladies, it often proves fatal.

REGIMEN. The food should be light and cooling. Stewed prunes, boiled or roasted apples, preserved plums, boiled spinago, veal or chicken soup with light bread are very proper. A cure has sometimes been effected by living on raw eggs, or sucking a raw egg every morning. The drink may be buttermilk, whey sweetened, or decoctions of cooling, opening vegetables.

Where there are no symptoms of inflammation, as much exercise as the patient can bear, will be beneficial; walking, running, riding on horse back or in a carriage, or a long journey have great restorative efficacy. Such amusements as promote circulation and cheer the spirits, may be indulged in with advantage.

TREATMENT.

The patient should first be bled. An emetic should then be given. Castile soap may also be administered in sufficient quantities to keep the intestines open; or the salt of tartar may be taken in doses of twenty or thirty grains three or four times a day, dissolved in the infusion of columbo.

The patient should be bled more freely where there is pain about the region of the liver; a mercurial pill may be given night and morning, until a slight salivation is produced. The warm bath should be used, and a blister may be laid over the pained part. Three or four spoonfuls of oliveoil may be taken to alleviate the pain, or one or two tea spoonfuls of ether, or thirty drops of laudanum. Bags of hot salt may be laid on the right side, and after the obstructions are removed, the tone of the system may be restored by the use of columbo, nitric acid, dogwood or cherry tree bark with porter and wine.

THE GOUT.

THIS disease springs from excess and idleness; and those who desire to escape its ravages should pay a strict regard to temperance and exercise. Medicine has been able to do but little in the cure of this malady.

SYMPTOMS. Indigestion, windiness, decay of appetite, coldness of the feet and legs, with frequent numbness and feeling of cramp, generally afflict the patient before he is seized with a fit of the gout. The day previous to the attack his appetite is unusually voracious. The next day he is seized with a tormenting pain in the big toe or ball of the foot. Most commonly it fastens on the joints, sometimes on the knuckles, on the heel of the foot, the ankle or calf of the leg. The

pain is excruciating, as the part affected feels as if it was stretched, burnt, squeezed, lacerated or gnawed in pieces.

REGIMEN. The aliment should be thin and cooling, and the drink diluting, if the patient be of a vigorous constitution; but if he be weak and accustomed to luxurious living, a sudden change would at this time be improper; his diet should be generous and nourishing.

TREATMENT.

As high living brings on this disease, it would be most judicious in those who are predisposed to it, to lessen the luxury of diet, to avoid excess in drinking, to appreciate, as of the utmost importance, temperance and sobriety, and make exercise a *part of their religion*.—When the constitution is debilitated by indulgence, and predisposed to attacks of the gout, stimulating medicines aided by the chalybeate pill, rust of steel, bark or bitters, may ward off its assaults and prevent its ravages.

Wherever there is fever in this disease, venesection or bleeding will be necessary. Cathartics, as cream of tartar, sulphur, castor oil, senna, rhubarb or calomel should be given to keep the bowels open; strong purges need not be feared in this malady.

In the inflammatory state of the disease, perspiration should be promoted by taking nitre in diluting liquors. The part affected may, with advantage, have a blister applied to it.

After the inflammatory symptoms have abated, stimulants and tonics, the chalybeate medicine or pill, or bark and steel are considered most efficacious. Ether, laudanum and French brandy are often used beneficially, as well as teas made of calomus, red pepper, Virginia snake root or ginger. The stomach and bowels also may be rubbed, or cloths wrung out of hot spirits applied to the pained part, and where the disorder is seizing upon the head or other vital, sinapisms to

the feet, should be employed to draw it off. Where it attacks the stomach, coniac brandy, or ether or laudanum should be taken to expel it. Soft wool greased and carded and placed on the gouty part, is deemed an excellent external application. It sometimes relieves where the inflammation is great and the pain violent.

But temperance and exercise are the best cures and preventatives.

RHEUMATISM.

RHEUMATISM usually attacks the joints with violent pain, and is often accompanied with swelling and inflammation. It is distinguished into two kinds; when attended with fever, it is called acute; when without, it is denominated chronic.

CAUSES. Obstructed perspiration, immoderate use of strong liquors, sudden transitions from heat to cold, and wearing wet clothes.

SYMPTOMS. The acute or inflammatory rheumatism is ushered in with lassitude, an accelerated pulse, uneasiness, anxiety, shivering, thirst and flying pains.—At length the joints swell and inflame.

TREATMENT.

In acute rheumatism, repeated bleedings will be necessary. The body should be kept open by emollient clysters or diluent liquors, decoctions of tamarinds, barley or rice water, flax seed or balm tea with a little nitre dissolved in each draught. Dovers powders may also be given to excite perspiration; which when once brought on, should be continued, until the patient is relieved. Great care should also be used not to let him catch cold as the sweating subsides. Doses of fox glove from ten to twenty drops every four hours are found very beneficial. Letting blood is deemed salutary.

Where the pain is violent, and the inflammation continues, blistering over the part affected and bleeding will be beneficial. After inflammation has subsided, the following anodyne sudorific bolus may be used.—Take a grain and a half of opium, ten grains ipecacuanha and syrup enough to form a bolus, or laudanum alone may be given. The bowels should be kept open.

Where the disease has settled upon the joints, and they have swelled, the parts affected should have applied to them oil of sassafras, tincture of red pepper and mustard, spirits of turpentine or opodeldoc. Friction should be employed, and flannel worn over the debilitated joint. Tincture of Spanish flies may be added to an equal quantity of opodeldoc. This may be used after the other remedies have proved ineffectual. A table spoonful of the following tincture in a cup of tea two or three times a day may be taken.—Digest for eight or ten days three ounces of gum guiac, and three ounces of vitriolated tartarin powder, in a quart of spirits; then strain it.

Where the patient is suspected of the scurvy, or much weakened, nitric acid or bark should be freely used. If he is supposed to be affected with a venereal taint, or if mercury is in him, in consequence of cold, calomel should be taken in small doses, until the gums are slightly touched. Sarsaparilla is a remedy not to be contemned. Cures have sometimes been accomplished by taking night and morning in milk or spirit and water, a tea spoonful of flour of sulphur. A wine glassful of poke berry bounce, night and morning has also received high commendation. Seneka snake root and mezereron in the form of a decoction, has been used advantageously, as well as spirits of turpentine in chronic rheumatism in doses of from twenty to sixty drops, three times a day mixed with sugar and water, or incorporated by melting in honey. But these stimulants will be injurious where there is fever.

When the joints are swelled and the motion of them difficult, the warm bath impregnated with salt; or

pouring warm water on the part, or fomenting it with a decoction of mullen will be useful. The warm springs in Buncombe county have often cured this species of rheumatism in young people, and afforded great relief to the aged. They should always be resorted to, as they are unusually efficacious. Where they cannot be visited, the warm bath may be substituted. The lumbago which assails the loins, is a species of acute rheumatism, and should be treated accordingly; the blister however, instead of being placed on the lumbar region, should be laid on the inside of the thighs.

The sciatic which operates on the hip joint, is of the chronic species of rheumatism, and should be treated like that disease.

Cold bathing, as it often cures the rheumatism, is also a good preventative, as well as wearing flannel next the skin. Persons who are afraid of this malady, should choose a dry situation, avoid exposure to the night air, wear dry clothes and not suffer their feet to be wet.—The frequent use of the flesh brush will also be advisable.

CACHEXY.

THE inhabitants of southern climates are most liable to this disease. It is generally known by the loss of strength, inability to take the least exercise without the greatest fatigue, by a shortness of breath, sometimes by a destitution of appetite, and sometimes by an extraordinary voracity. The color leaves the cheek, and often the legs swell.

TREATMENT.

Persons afflicted with this disease, should in the summer remove to a high and healthy situation; a mountaineous region is the best, where the water is fine

and the air solubrious. The chalybeate pill, a light diet and moderate exercise will relieve patients debilitated by this malady more effectually than all the medicinal springs in the United States.

Many such patients visit me during the summer months, from South Carolina, Georgia and Alabama, and I have seldom failed to give them relief. A summer residence in East Tennessee, from the purity of the waters, and the solubrity of the atmosphere has often proved highly salutary to persons laboring under this disorder, even without taking any medicine.

SCURVY.

THE scurvy is caused by cold moist air, by the long continued use of salted provisions, by the suppression of ordinary evacuations, by grief, fear or depressing passions; bad air, the clothing, unwholesome food.

SYMPTOMS. Unusual weariness, difficulty of respiration, pale, bloated countenance, rottenness of the gums, fetid breath, bleeding at the nose, swelling or falling away of the legs, obstinate ulcers, dry scaly eruptions over the body, particularly on the breast, dropsy of the legs, palpitation of the heart, faintings and finally mortification.

TREATMENT.

Fresh vegetables of the acid kind, as oranges, apples, lemons, limes, tamarinds, scurvy grass, are the best remedies. Milk, with new bread, fresh beer or cider may also be used. The patient's food may be acidulated with cream of tartar, elixir of vitriol or vinegar. Dissolve three or four ounces of saltpetre in a quart of vinegar—two or three spoonfuls of this solution may be taken two or three times a day. It may also be used to bathe a diseased limb. Soda water or nitric acid is

also useful. If the bowels are inclined to be costive, they should be kept open by cream of tartar or tamarinds.

Where the gums are fetid and ulcerated, the mouth should be washed with a decoction of red oak bark in which a little alum is dissolved. The gums should also be rubbed with a powder of charcoal finely pulverized, and bark; with this also ulcers may be dressed.

Fresh vegetables, milk and ripe fruit should make the principal portion of the diet of the scorbutic patient. Pure air, and sufficient exercise are also important.—The mind which is ordinarily inclined to be melancholy and depression, should be stimulated, encouraged and cheered by agreeable amusements and pleasing exercise. The juice of a bitter orange or lemon, frequently sucked, has been known to cure a slight touch of the scurvy. I give the chalybeate pill, a tea made of elder bark, and annoint with the vegetable ointment.

Quinsy, or Inflammation of the Throat.

THE causes of this disease are drinking cold water when over heated, taking off the neck cloth and exposing the throat to a northerly wind, speaking loud and long, wet feet, wearing wet clothes, sleeping in a damp bed, any thing that obstructs the perspiration, eating acrid food, sharp substances sticking in the throat or breathing the caustic fumes of metals.

SYMPTOMS. The throat appears red and swelled, swallowing is painful and difficult, the pulse is quick and hard. As the inflammation increases, it augments the pain and difficulty of swallowing; the patient is in danger of suffocation, feels constant nausea, and finally becomes unable to swallow and starves.

TREATMENT.

If the attack is violent, the patient should immediately take an emetic; he should also be bled freely and purged thoroughly. The steam of water taken into the throat by a funnel or spout of a tea pot will be salutary. The common gargle, made of half a pint of sage tea, six drachms of nitre and three ounces of honey will be very beneficial. After the inflammation has begun to abate, take half a pint of the infusion of oak bark, one ounce of honey and half a drachm of alum, mix them and wash the throat with the mixture. This is called the astringent gargle. Port wine or brandy and water may be employed for the same purpose. Where the attack is slight, external applications will sometimes give relief. Take half an ounce of camphor and two ounces of olive oil—modify the camphor with spirits, and rub it in a mortar with the oil until it is dissolved. Wet a piece of flannel in this liniment, and apply it to the neck. The stimulating qualities of this ointment may be increased by a small portion of the tincture of cantharides. Leeches or blisters may also be deemed specially efficacious when applied to the neck. Onions also may be used in the same way.

The decoction of snake root, or the antimonial mixture may be given to promote perspiration. Where the patient is unable to swallow on account of the size of the swelling in the throat, he must be supported by nourishing clysters of broth, gruel or milk.

As soon as any uneasiness is felt in the throat, drink every two or three hours water, into which ten or fifteen grains of nitre has been thrown, bathe the feet in warm water, apply flannel dipped in the camphorated liniment to the throat, and in a short time, in all probability, every disagreeable symptom will be mitigated or removed. The diet in this disease should be light and cooling, such as barley, rice water or flax seed tea sweetened so as to be palatable.

SORE THROAT.

WHERE soreness of throat is occasioned by inflammation, the steam of vinegar, drawn from the spout of a coffee pot, will give relief. Flannel should also be worn around the neck. But this mode will not be beneficial where sore throat occurs in consumptive patients. In such cases, and wherever the inflammatory sore throat is bad, nothing short of a blister should be relied on.

PUTRID SORE THROAT.

Is contagious and occurs most frequently during a warm summer, or in the succeeding autumn. Children, females and the delicate are most liable to its assaults. It commences with gidiness, fits of shivering and heat; the pulse is quick but low and unequal; great debility and oppression are felt in the breast, with low spirits and puking or purging. The eyes are red and watery, the face swells, the tongue is white and moist, the throat swelled and of a crimson red; ash colored spots soon appear, or one broad patch of a pale color, encircled with a deep red; these soon ripen into ulcers. After a few days, crimson eruption breaks out on the neck, arms and breast, and sometimes over the whole body.

TREATMENT.

An emetic should be given immediately. Another may be given next day, and then a mild purge. Wine and bark or milk tody may then be given to recruit the patient. The throat should be washed with the common or astringent gargle mentioned in the treatment of the quinsy. But when the tendency to putrifaction is great, the detergent gargle should be used. It is made

by mixing half an ounce or an ounce of the tincture of myrrh with half a pint of the astringent gargle.

Flannel moistened in spirits of camphor applied externally, will give relief. Blisters are improper. But the common and most effectual remedy in this country, is red pepper tea. Let it be pretty strong and strain it; to a half pint of the tea, add as much vinegar and a table spoonful of common salt. Take two spoonfuls of this every half hour. A poultice may also be made of the tea and corn meal, to which add a little salt.— Let this be applied to the neck.

The acrid matter should be washed from the inside of the throat, and to strengthen the patient, bark in ginger tea, or the infusion of seneka snake root should be given in large doses. Wine may also be drunk at the rate of from one to three quarts every twenty four hours.— The patient may also be bathed in a strong decoction of oak bark with one fourth part of whiskey added.— Glysters may also be given of this decoction, or two drachms of Peruvian bark with a gill of thin gruel or barley water. This may be administered to children every two or three hours; for those who are older, the injection should be increased in strength.

The nourishment should be panada, gruel, sago, arrow root and as much wine as may render these palatable. Ripe fruits are proper, and fermented liquors as cider and perry. Before these are taken, the throat should be cleansed, so that this acrid humor may not be swallowed.

SCROFULA, OR KING'S EVIL.

SYMPTOMS. Small tumors appear behind the ears or under the chin. The feet, hands, eyes, breast, arm pits and groins are liable to its attacks. These knots in time break and become ulcers, from which a thin watery humor is discharged.

REGIMEN. The food should be very low, light and easy of digestion, as good light bread, soup of the flesh of young animals, with an occasional glass of wine.—The patient ought to take as much exercise as he can bear, in dry, open air; but it should not be too cold.

TREATMENT.

Warm fomentations are injurious. Bathing in cold water, or the sea where it is convenient, and keeping the bowels open with salt and water will be highly salutary. A tea spoonful of salt dissolved in water should be taken every morning. Peruvian bark and steel alternately every two weeks, or nitric acid will be of great service. Muriate of lime in doses of from ten to eight drops gradually increased, three or four times a day, diluted with water or tea is said to be a valuable remedy. The solution of arsenic may be given twice or thrice a day after suppuration has taken place.—Mix well together one pound of finely powdered bark and one ounce of white lead pulverized: this powder applied to scrofulous ulcers, will act beneficially. Or let an ounce of sugar of lead be dissolved in a pint of water; keep on the ulcers linen cloths moisted in this solution. The ulcers should also be washed with salt and water every morning.

Before a tumor breaks, it should be annointed with fresh butter stewed to an oil twice a day, bathing it in with a hot shovel. When the tumors break, apply to them a plaster of molasses stewed down to such a degree of thickness, that when spread they will not run. If the disease is attended with general debility, the chalybeate medicine should be taken. Time and simple means are the surest remedies. The cure cannot be humored. The diet and drink should be of a light and cooling nature. Cold should be guarded against and exercise should be taken. In this simple manner I have cured cases that have baffled regular practice. When the lumps are first coming, relief may be obtained

by anointing them with oil of fresh butter, and warming it in with a hot shovel. I have given the practice of other physicians as well as my own.

A CASE OF SCROFULA, AND A TRIAL.

In 1810 Reuben Charles, of Blount county showed me his thigh. It had commenced enlarging gradually, but without pain or soreness. For a time he experienced no inconvenience, but stiffness when he made an effort to move it. I told him his disease, and that unless he got relief, his days would be but few. He was about thirty five years of age when he was attacked, and had at all times been more famed for his gallantry than his domestic virtues. Twelve months after I saw him he became a patient of a physician at Maryville, and submitted to his unsuccessful prescriptions and treatment for one year when I became his doctor. His diseased thigh was then twice as large as the other, and covered with deep ulcers, discharging a thin bloody water. The smell too was horrible. The whole surface of the thigh was purple and devoid of feeling, evincing evidently a total want of healthy action. I told him, if I could bring about a healthy action I could cure him. All the usual stimulants had been tried in vain.

I told him my plan, and he consented to it, particularly as his limb had lost all feeling. I introduced a syringe into the holes in his thigh and syringed it thoroughly with boiling whiskey. I persued this course for three days, making the application once or twice a day. At the end of that time the wounds became sensitive and discharged a healthy matter, the color of the thigh was changed from a purple to a shining red. A poultice of sweet milk and flour applied to the wounds completed the cure in five weeks. His diet was light. Some time afterwards I went to Maryville, and without knowing why, I was summoned to appear before a court then sitting for my trial. The charges against

me were, that I had cured, and turned loose on society a man who was constitutionally and practically a most consummate scoundrel. Lewdness, intemperance, profanity and counterfeiting were among the catalogue of his enormities. To the charge made against me, I pled justification upon two grounds, that the disease having been pronounced incurable by the faculty, to discover a cure would be a greater benefit to society than all the evil Reuben Charles could perpetrate, that the cure was the result of experiment, and that a better subject could not be found than Reuben Charles.

THE ASTHMA.

THE asthma when attended with spitting is called moist or humoral, when not, dry or nervous. It is generally known by quick laborious respiration, accompanied with a wheezing noise. The fit commonly begins with listlessness, wakefulness, hoarseness, cough, eructation of wind, heaviness about the breast and difficulty of breathing. Then follow heat, fever, pain in the head, palpitation of the heart, a weak pulse and bilious vomitings.

REGIMEN. The diet should be light and easily digestible. Boiled meats, and the flesh of young animals, light puddings, soup and ripe fruits are proper, but windy nutriment and strong liquors are pernicious.—The feet should be kept dry and warm, and flannel worn next the skin. The cold bath, tonic medicines and moderate exercise will, during the absence of the asthma, be remedies well suited to prevent its return.

TREATMENT.

Bleeding will be serviceable unless the patients extreme debility forbid it. Pukes are found to be useful. An emetic taken immediately before a fit is expected,

will generally postpone it, or entirely put it off. Laudanum or ether may be given to mitigate the severity of the paroxysm. Where mucus abounds, a little vinegar diluted with cold water, will afford relief. A cup of strong coffee has sometimes eased an asthmatic fit.—The Thorn apple and skunk cabbage, are exceedingly beneficial. Indian tobacco is said to be a certain remedy. Fifteen drops of fox glove twice a day with a few drops of laudanum, have also been highly commended. Costiveness should always be avoided. Where it is apprehended aloes and rhubarb may be administered to prevent it. In the moist asthma expectoration should be promoted. Syrup of squills or gumammnic may be exhibited in rather large doses than usual. Blisters on the back, and plasters of onions or garlic to the feet, are also useful auxiliaries.

Apoplexy.

OR

APOPLECTIC FITS.

THE apoplexy is a sudden deprivation of sense and motion while the heart and lungs still continue in regular action.

CAUSES. Intense study, violent passions, wearing the neckcloth too tight; luxurious diet, suppression of urine; perspiration, suddenly obstructed; excess of venery; repulsion of any eruption or stoppage of ordinary discharges, plethora; too large doses of opium, hard drinking.

REGIMEN. The diet should be low, and be constituted mostly of flax-seed tea, rice or barley water, decoction of tamarinds and liquorice, or common whey with cream of tartar dissolved in it.

SYMPTOMS. It is usually preceded by giddiness and swimming of the head, loss of memory, night mare,

noise in the ears and drowsiness, a spontaneous effusion of tears and difficulty of breathing. Persons thus affected, and who fear a paroxysm of apoplexy, should endeavor to anticipate it by spare diet, opening medicines and phlebotomy or the use of the lancet.

In sanguine apoplexy, the countenance is red, the face swelled, the blood vessels turgid, the pulse strong, the eyes prominent and fixed, the breathing laborious and with a snorting noise, and the excrements and urine voided unconsciously.

In the serious apoplexy the symptoms are pretty much the same but not so violent.

TREATMENT.

Raise the patients head; place him where he can breathe cool air. If he is robust and of a plethoric habit, bleed copiously, to the amount of a quart at a time and if relief is not given the bleeding must be repeated. The temples may be cupped, and active cathartics administered or if they cannot be taken, stimulating injections must be substituted. Depletion is proper, when plethora is the cause.

But when the persons attacked are old and feeble and their countenances pallied, they should be sparingly used; the patients head should be raised and be turned every hour. Clysters should be given and if the patient can swallow them, purges administered so as to evacuate the bowels speedily. The feet may be blistered and sometimes, it has been deemed necessary in order to rouse the torpid system, to sear the soles of the feet with a hot iron.

COSTIVENESS.

COSTIVENESS may be caused by drinking astringent liquors, taking too much exercise on horse back, by eating cold insipid food, by the bile not descending, by

palsy, spasms, torpor or tumors of the intestines. Extraordinary costiveness brings on pains of the head, colic and vomitings whatever promotes perspiration, as wearing flannel or keeping the body too warm will augment the constipation of the bowels. So will intense thought or sedentary habits.

TREATMENT.

To avoid costiveness more reliance should be placed on diet than medicine. Roasted or boiled apples, pears, raisins, butter, honey, sugar, and soup with leeks and corn bread will be found salutary. Buttermilk may be drunk. Cream, marrow, fat soup, olives, almonds, figs, boiled honey and water and unrefined sugar are also recommended. Molasses will be found very useful as well as pleasant. The habit of taking medicine constantly to remove costiveness cannot be too much deprecated. It usually produces a total relaxation of the intestines, indigestion, decay of appetite, loss of strength and finally death. When medicine is necessary, flour of sulphur and cream of tartar two or three times a week in moderate doses are to be preferred to such injurious purgatives as aloes or jalap. Infusions of senna and manna, or half an ounce of soluble tartar dissolved in water gruel may be taken or about the size of a nutmeg of lenitive electuary twice or thrice a day.

WANT OF APPETITE.

WANT of appetite arises from foul stomach, deprivation of good air, too little exercise, depressing passions, strong soups, fat meats or indigestible food.

TREATMENT.

Cleanse the stomach, take twenty or thirty drops of elixir vitriol two or three times a day in wine and water. Barks also may be used. The chalybeate pill or Leas springs will be beneficial (see Dispepsy) Cheerful company should be sought, exercise and amusement. Every thing of a depressing nature should be avoided as intense study, excessive heat and fatigue, strong liquors, tea, tobacco and opium. Moderate exercise regularly taken, will be highly beneficial.

THE HEART BURN.

THE heart burn is an extraordinary heat and uneasiness about the pit of the stomach, attended with acrimony, sour eructations, windiness, nausea and vomiting.

CAUSES. It may arise from imbecility of stomach, dispepsy, a superabundance of acid, or from acrimony of food imperfectly digested.

TREATMENT.

If weakness of stomach is the cause, a dose or two of rhubarb should be taken, and afterwards barks to give strength.

Exercise in the open air should not be neglected.—Keep the bowels gently open and give occasionally the chalybeate pill. A tea spoonful of the salt of tartar or a table spoonful of magnesia in mint water or tea, or flax seed tea, cold, with a little liquorice dissolved in it, will remove for the time the uneasy sensation. Where costiveness is prevented, lime water or ten grains of the rust of steel three times a day will eradicate the disease.

Lemonade or a tea spoonful of the spirits of nitre in the infusion of columbo will relieve where a supra-

undance of bile is the cause of the complaint. Keeping the feet warm, or rubbing with flour of mustard or with tincture of cayenne pepper has often been found efficacious. So has a blister on the pit of the stomach; especially when it is kept running for a week.

PALSY.

PALSY is the loss of the power of motion in a particular part of the body. A palsy of the heart or lungs must inevitably be fatal. Its danger is to be measured by the vitality and importance of the part attacked.

CAUSES. Whatever obstructs the exertion of the nervous power of any particular muscle; injuries to the spinal marrow, the reception of poisons into the stomach, extreme frailty and old age are among the causes that produce it; as also drunkenness, pressure upon the brain or nerves, cold damp air, whatever relaxes the system, wounds of the nerves and suppression of ordinary evacuations.

SYMPTOMS. Giddiness, torpor, uneasiness in the head, failure of memory, dulness of intellect; coldness, tremor, creeping and pain in the part affected.

REGIMEN. Where the constitution is debilitated the diet should be warm and nourishing, seasoned with spices and aromatics and the drink may be wine, ginger tea mustard whey or brandy and water. Flannel should be worn next the skin and exercise taken regularly, avoiding damp cold air. In full habits the diet should be light and slender.

TREATMENT.

Where it originates from the causes that produce apoplexy, and the habit is full, the bowels should be kept open and the lancet used freely. A blister on the back of the neck and afterwards behind the ear will be

necessary. After this plan has been pursued until congestion is removed, stimulants should be given to rouse the debilitated parts into action. The same stimulating medicine should not be continued longer than ten days at a time. The bowels should be kept in a laxative state.

Where the disease arises from debility, stimulants externally and internally should be used. Doses of from twenty to sixty drops of spirits of turpentine two or three times a day should be given. Horse radish scraped or mustard seed by the table spoonful may be taken three or four times a day. Volatile alkali in large doses is a valuable medicine. The flesh brush should be used, and flour of mustard or flannels saturated with oil of turpentine, volatile liniment, oil of saffras, tincture of cantharides or of cayenne pepper.—Electricity has also been commended and the application of nettles to the part affected. A seton in the neck will relieve giddiness. Salivation sometimes accomplishes a cure of this malady.

Where a curvature of the back bone is the cause of the disease, a blister kept constantly over the affected part is the proper remedy. Exercise should not be neglected; cold, damp moist air should be avoided, flannel worn next the skin and if all these means fail, a warmer climate should be sought. My mode of treatment is to take malt enough to make a barrel of beer, add to it two quarts of finely ground mustard seed brew all together and let the patient drink freely of the beer. For an external application, stew red pepper in hogs lard and anoint with it.

TETANUS OR LOCKED JAW.

CAUSES. Wounds in different parts of the body often produce this disease. Running a splinter under the nail into hand or foot, or injuries done to the head

will sometimes occasion this disease. Cold and moisture, exposure by sleeping on a damp pavement or in damp cellars. It frequently assails young infants.

SYMPTOMS. This disease comes on with an uneasy sensation at the lower part of the breast bone, with a rigidity in the back part of the neck and muscles, and a stiffness of the lower jaw. There is a pain also at the root of the tongue and a slight difficulty in swallowing. The muscles of the back and neck now become stiff, with a pain along the spine. The muscles of the jaw are strongly affected and render swallowing difficult and sometimes impossible. These symptoms occur generally on the second or third day and are followed with convulsive spasms. Finally the whole system is affected with convulsions and death closes the scene.

TREATMENT.

As soon as the disease makes its appearance, six or eight grains of opium or one or two table spoonfuls of laudanum should be given every two hours until the violence of the symptoms subsides; then the dose should be gradually diminished. The efficacy of this medicine may be augmented by the warm bath. In the intervals between the doses of laudanum spirits or wine may be drunk freely. The medicines may be increased in frequency in proportion to the violence of the disease. Where the patient cannot swallow, opium, in quantities five or six times as large, may be administered by injection. The thighs and muscles particularly affected may be rubbed with mercury as salivation, when there is time, often cures. Thirty drops of tincture of cantharides every hour has also been considered a good remedy. As soon as it produces difficulty of urine it must be discontinued and flax seed or marsh mallow tea should be swallowed freely. An injection composed of this tea combined with two tea spoonfuls of laudanum may be administered occasionally. Ten drops of laudanum with an equal quantity of arsenic and a large

tea spoonful of spirits given every half hour has often effected a cure. The dose may be diminished gradually as the symptoms subside and finally discontinued. Another remedy is to plunge the patient every three or four hours into cold water until the disease is eradicated.

When the violence of the spasm has abated, wine, bark and opiates should be given at bed time until the patient's health is restored. Injections are sometimes given of spirits of turpentine and infusion of tobacco. Glisters or purgatives should be employed to keep the bowels in a laxative state. If the malady proceeds from a contusion or injury, the wound should be opened and filled with spanish flies, or turpentine or common salt and dressed with warm poultices. I give in this disease castor oil and large doses of laudanum. The lock jaw is difficult to be subdued unless it is attacked early. I once cured a son of Maj. Singleton of Blount county by pouring boiling water on the wound until the nerve relaxed.

EPILEPSY.

In epilepsy, the patient suddenly falls down deprived of his senses, and is violently convulsed. Children delicately raised are most liable to it; but hopes may be entertained that they will be freed from this complaint when they attain the age of puberty. If it attacks persons who have passed the meridian of life, the chance of a cure is proportionably diminished.

SYMPTOMS. Before the fit comes on, the patient is generally troubled with uneasiness, dullness, giddiness, pain in the head, disturbed sleep, palpitation of the heart, flatulence and difficulty of respiration. The patients complexion is pale, his extremities cold.

In the fit, his thumbs are drawn inward, his eyes are distorted, he foams at the mouth, his extremities un-

dergo various contortions, his faeces and urine are involuntarily discharged, and he loses all sense and reason. After the fit has passed away, his senses return; but he remembers nothing that has transpired, and is afflicted with lassitude, stupor and pain in the head.

CAUSES. It was formerly believed to be the effects of witchcraft, and those who are fond of believing in delusion may credit it. Violent affections of mind, a debauch of liquor, excessive heat or cold are more adequate causes. It is sometimes attributable to sudden terror, evacuations, debility or long fasting.

Regimen. The diet should be light and nourishing pure air should be sought, strong drink, food difficult of digestion and windy vegetables should be avoided.—The mind should be kept at ease and cheerful, and care should be taken to prevent the intrusion of violent and agitating passions. Exercise is of primary importance, but extremes of heat and cold, and dangerous situations, precipices or riding deep waters should be eschewed.

TREATMENT.

The cure must depend on the cause. When the patient is seized with a fit, a slip of wood or a spoon should be placed in his mouth to hinder him from biting his tongue. When an obstruction of the brain is feared, bleeding and evacuating the system will be necessary. If customary discharges are stopped, they should be restored, or seatons substituted in their place. If worms are the cause, expel them by vermifuges; if teething, keep the bowels open by emollient clysters, bathe the feet in warm water and put a blister between the shoulders; if spirituous liquors or indigestible substances received into the stomach are the cause, give an emetic. If weakness or the irritability of the nervous system occasion epilepsy, the nerves may be braced by bark, steel or the chalybeate pill, and these should be accompanied by narcotic bitters, as hops, liver wort and lettuce, guarding against accumulations in the head.

When an uneasy sensation is felt in the limbs or body, creeping upward, a ligature above the part so affected will prevent a fit. Sugar of lead, in small doses of one fourth of a grain for a half grown person, and gradually augmented to two grains or more, formed into pills with bread, and given three times a day has been known to cure patients who had not attained the years of maturity. If this medicine disorders the bowels, it should be discontinued until they are restored to a proper state by mild laxatives, the warm bath and opium. If the lead be combined with the opium, it will then operate most beneficially.

One fourth of a grain of lunar caustic, gradually increased to a grain, made into pills with bread, and given twice a day has proved a very salutary remedy.— Four or five grains of the flowers of zinc administered twice a day, and gradually increased when duly persevered in, have proved permanently beneficial. Electricity has sometimes cured the epilepsy.

Convulsion fits should be treated in the same way as epilepsy. Chalybeate waters are sometimes beneficial, and the cold bath is often highly advantageous.

HICCUP.

HICCUP is a convulsive affection of the stomach or diaphragm, arising from irritation of the nervous fibres.

CAUSES. Excess in eating or drinking, injuries to the stomach or inflammation, repletion, worms debility flatulence.

TREATMENT.

When flatulence or food difficult of digestion occasions hiccuping, a glass of wine or a dram of spirituous liquor will relieve it. A blister may also be applied to the stomach with good effect; so may ether on a rag.

Where this complaint arises from poison, milk and oil should be swallowed plentifully.

Where inflammation of the stomach is the cause, the patient should be bled, take frequently a few drops of the sweet spirits of nitre in wine whey, and observe the cooling regimen.

If it is caused by debility, ether, laudanum, hartshorn, or tincture of asafœtida will often give relief. A tea spoonful of vinegar sometimes will be effectual.— Preserved damsons have also been recommended.

Twenty drops of hartshorn with a tea spoonful of magnesia in mint tea, or a spoonful or two of milk and lime water will often remove acidity, and ten grains of rust of steel three times a day, will prevent its return.

It is often arrested by a sudden alarm. I once resorted to this expedient with success. A gentleman had applied to several physicians to cure him of the hiccups, but their prescriptions had failed. He came to me. I took some water, poured it into a phial, and put something into it to give it color. I gave him a spoonful or two; and after he had swallowed it, I assured him that I had made a dreadful, fatal mistake, had given him arsenic instead of the proper medicine, and that he would, in spite of fate be a dead man in half an hour. After the alarm had operated sufficiently, I asked him what had become of his hiccups, for they had disappeared. He replied they were gone; I then informed him of the trick, that he had taken only colored water, and that it was perfectly harmless. The cure was complete.

THE CRAMP.

THE cramp is a painful and involuntary contraction. It sometime seizes the foot, or the calf of the leg, or stomach.

CAUSES. Irritation, weakness, indigestion, acidity &c.

TREATMENT.

A cramp in the stomach is dangerous, and requires immediate relief. An infusion of red pepper, a large dose of ether, or of laudanum should be given immediately. The part should be rubbed with flannel or the flesh brush. Copious bleeding will relieve when other prescriptions fail. A pill composed of half a grain of opium, six grains of rhubarb and the same quantity of prepared chalk given every night, will, when followed next morning and noon by ten grains of rust of steel, remove the cramp in the stomach, if it proceeds from acidity.

The cramp in the leg may be prevented by wearing stockings in the bed, and rubbing it with camphorated oil. Standing on the leg will remove the cramp in the foot or leg. It is said carrying sulphur in the pocket will prevent the attacks of the cramp. Throwing cold water on the face suddenly will sometime remove the spasm. Where the irritating cause can be ascertained, the most certain remedy is to remove it. If it is owing to the gout, spirits should be drunk, and blisters applied to the feet. Drinking hot water sweetened with brown sugar tea cupful after tea cupful will prevent the attack or alleviate the pain and give ease sooner than any other remedy. Anodynes may be used to remove irritability. Warm fomentations to the stomach are often beneficial.

NIGHT-MARE OR INCUBUS.

THE patient in sleep feels an oppression or weight about his stomach and breast. He groans, is in great distress and dreads suffocation. He fancys himself in

some imminent danger, and tries to escape, but finds he cannot move; he imagines himself about to fall over a precipice, be drowned in a river or consumed in a burning house.

CAUSES. Indigestion, debility, repletion, late and heavy suppers, flatulence, great fatigue, sleeping on the back, intoxication.

TREATMENT.

As the person afflicted generally moans, or manifests distress, he should be waked, as that brings immediate relief. Those who are subject to this complaint should eat early and light suppers, and take a glass of peppermint water after supper to assist digestion. Windy food should be avoided. A hard bed should be preferred. Where the complaint proceeds from debility, the chalybeate pill may be taken, or steel, bark or columbo, may be administered in ordinary doses. If it arises from a full habit, a spare diet will be proper, as well as venesection and purging. Severe study, anxiety and whatever will oppress the mind should be carefully avoided. It will be prudent in those who are frequently troubled with this complaint, to have a companion to sleep with them, lest at some time the stagnation of blood should continue so long as to stop the functions of life and terminate in death.

SWOONINGS.

SWOONING is caused by sudden transitions from heat to cold, by loss of blood, fasting, violent passion, breathing unwholesome air, or great exhaustion by fatigue. When any one falls into a swoon, throw water into his face, or sprinkle it with vinegar. Applying vinegar to the nose, and swallowing a little vinegar and water is beneficial. The patient's clothing should be

loosened. Fresh air should be freely admitted, and no one but the necessary attendants allowed to [come near him. The temples may be rubbed with brandy. Volatile spirits, salts, spirits of hartshorn, burnt feathers, or linen should be held to the nose. When exhaustion is the cause, wine jellies or spirituous liquors may be given to recussitate the patient.

FLATULENCIES OR WIND.

FLATULENCE is occasioned by crude aliment, by overloading the stomach, or by drinking fermenting liquors. It is generally owing to the weakness of the bowels.

TREATMENT.

Expel the wind and give strength to the intestines, and the patient is cured. Juniper berries, roots of ginger, opium, and various other carminative medicines are given, but often they disappoint the physician. Laudanum in peppermint water, and tincture of castor or sweet spirits of nitre is deemed a good remedy. So is ether—give a table spoonful in two table spoonfuls of water for a single dose, and increase it as the patient is able to bear it. External applications are sometimes davntageous. The following liniment is often used.—Take half an ounce of Bate's anodyne balsam, half an ounce of the oil of mace, and two drachms of oil of mint—mix them together, and rub a spoonful once a day on the part.

Peruvian bark, bitters, the chalybeate pill and exercise are the best means of strengthening the stomach and intestines. Costiveness, as well as extreme laxity should be equally avoided. Exercise of the laborious or active and amusing kind, will be found more efficacious in expelling flatulencies than any medicine.

LOW SPIRITS.

LOW SPIRITS are a consequence of weakness, a relaxed state of the stomach and intestines, or a suppression of customary evacuations. They are also occasioned by anxiety, or grief or great distress of mind. They are augmented by gloom and solitude.

TREATMENT.

The cold bath, exercise, generous diet and amusements are the means best calculated to give relief. An infusion of bark with cinnamon or mustard, or steel joined with aromatics or the chalybeate pill will be found salutary where low spirits are caused by a relaxed state of the bowels. But greater dependence may be placed on riding and proper regulation of the diet.— When low spirits are occasioned by foul stomach, aloetic purges will be useful. If evacuations are suppressed, they must be restored or seatons substituted. Where grief or distress of mind is the cause, relief must be sought in travelling, company, amusement, wine and strong liquors moderately used, are not injurious. Every excess, whether of eating, drinking or venery must be carefully shunned.

HISTERIC FITS.

SYMPTOMS. General languor and coldness of the extremities; the face alternately pale and flushed, the pulse fluctuating, oppression, lowness of spirits, yawning, stretching, anxiety. A ball rises from the lower part of the abdomen into the stomach, producing inflation, sickness and vomiting; it then ascends into the throat and occasions a feeling and fear of suffocation. Then follow palpitation of the heart, quick breathing, giddiness, dimness of sight, loss of hearing and con-

vulsive motions of the extremities. An immediate fit of laughter introduces the hysteric paroxism, and a fit of crying ends it. In some patients, the head beats violently as if a nail were driven into it; in others, sharp pains attack the bladder, loins and back, accompanied with an extraordinary flow of limpid urine.— Different persons are variously affected in this disease, and exhibit more or fewer of the symptoms, according to the violence of the attack.

CAUSES. Irritation of the nerves of the stomach, a sudden suppression of the menses, indigestion, grief, surprise, strong excitement and continued anxiety.

REGIMEN. A salutary effect is to be expected in sanguine constitutions from a persevering observance of a milk diet. A little good wine or spirits after dinner, should not be prohibited. Tea should be used sparingly. Riding on horse back will be found highly beneficial. Moderate exercise will be of great assistance, as well as vivacious company and agreeable amusements.

TREATMENT.

The object in this complaint is to shorten the period of its stay, and prevent its recurrence. The longer the fits continue, the more obstinate becomes the malady, and the difficulty of cure proportionably enhanced.

Where the patient is of a full habit, he should be bled; but in persons of delicate constitutions venesection is unsafe, and inadmissible. Cool air should be admitted into the room. The face may be sprinkled with water. Bathe the feet and legs in warm water, and rub them well with the hand. Glysters of gruel, with two tea spoonfuls of laudanum may be administered with beneficial results. Burnt feathers, asafœtida or spirits of hartshorn should be held to the patient's nose to rouse him. Hot bricks may be applied to the feet.— The legs, arms and belly may be rubbed strongly with a warm cloth; the bathing the feet in the warm water as above recommended, is a better remedy. A tea spoon-

ful of ether or tincture of asafœtida, or thirty or forty drops of laudanum may be given in a glass of cold water. It may be repeated every two hours, or oftener if necessary.

HYPOCHONDRIAC AFFECTIONS.

CAUSES. Intense study of obstruse subjects, excessive grief, improper diet, indolence, suppression of customary evacuations, obstructions in the liver and spleen, the repulsion of customary diseases, imbecility of the brain or torpor of the nervous system.

SYMPTOMS. Want of resolution, languor, sadness, timidity, apprehension of the worst consequences on all occasions. These mental fantacies are accompanied with evidences of indigestion, hysterical affections and morbid melancholy.

TREATMENT.

Nothing is more pernicious in this complaint than inactivity; but serious studies must not be resumed.— Cheerfulness and serenity should be cultivated; exercise should be regularly taken, and on no account pre-termitted. Riding on horse back, a voyage, or long journey will be more useful than medicine. Entertaining books may be read, and lively amusements pursued. The warm bath will be found useful. After the system has been in some measure renovated, the cold bath may be tried advantageously, if obstructions in the bowels do not forbid it. The rust of steel or filings of iron in doses of ten grains three times a day may be administered with the most salutary consequences. But for a tonic medicine we prefer the chalybeate pill.— Magnesia and lime water are also recommended.

REGIMEN. Vegetables, on account of their tendency to produce flatulence, are generally inadmissible. Light

animal food is the most congenial to the patient's appetite and condition. Acids, malt liquors and wines generally are injurious, with the exception of porter and Maderia. The digestive powers are assisted by a glass of good Maderia. Tea and coffee, indulged in moderation are beneficial.

Often this is a disease of the mind, and to it the remedy must be applied. Sometimes the patient believes a living insect is tormenting him in some part within, or that he is made of glass; nor is any thing too ridiculous for a hypochondriac patient to believe. A man once came to me who thought he had swallowed a frog. He had consulted several physicians who all told him he was mistaken in his notion. He at length came to me and told me his sufferings. I listened patiently to his tale, lamented his misfortune and told him it was but too true that he had swallowed a frog. He was delighted to find a physician who had so much judgment as to agree with him, and was willing to do whatever I desired. I told him he must take a puke, and for the safety of his eyes which were sometimes injured by vomiting, I would have to cover them with a handkerchief. To all this he consented. I gave the puke, and got his wife to hold his head, having instructed her how to act her part. After he had had a violent fit of puking, I slipped a frog into the vessel in which he was vomiting, and stepped out. My dear, exclaimed his wife, here is the *frog*. It is unnecessary to say the man got well.

THE EYE.

THE eye is the tenderest part of the body, and liable to many diseases. It is hurt by viewing luminous bodies, by violent head ache, effluvia from acrid substances, night watching, excessive study by candle light, and the stoppage of customary evacuations.

Where the eyes are diseased and inflamed, the cooling regimen must be observed, and smoke and smoky houses, and all glaring lights should be avoided. Issues and sea-tons are highly advantageous. The body should be kept open. A pitch plaster between the shoulders is often beneficial, and will answer in the place of a sea-
ton.

When the optic nerve is wasting away, or decaying, no cure need be expected; but where the debility of the eye proceeds from a redundancy of humors flowing upon the nerve and compressing it, relief may be had by drawing these off. The bowels should be kept open, and issues or blisters behind the ears or on the back of the neck are much to be relied on, as they have often restored sight after it has for sometime been lost.

A cataract is an obstruction to the sight by an interposition of some opaque substance. When it is completely formed, it must be couched or extracted. Dr. M'Intosh of Knoxville has performed, in several instances, this difficult operation with the happiest result, and has thus been the means of restoring sight to those, who but for his skill, might have long continued blind. Recent cataracts may be resolved, by frequent purges of calomel, keeping poultices of fresh hemlock to the eye, and a blister constantly on the back of the neck. After violent diseases, specks sometimes arise on the eye. The weeping eye is caused by a relaxation of the glandular parts of the organ. To remove the specks, the eye should be washed in water in which white vitriol has been dissolved. Brandy and water will strengthen the weeping eye.

POISONS.

WHERE poisons have been swallowed, they must either be removed by evacuation, or their baleful effect neutralized. An emetic of blue or white vitriol, from five

to twenty grains, should be given and repeated if necessary in fifteen or twenty minutes, aided with plentiful draughts of warm water.

Lime juice or vinegar with water, may be given freely to relieve from the consequences of imprudently swallowing too large a dose of opium. If the patient lies in a state of stupefaction, the extremities should be blistered. Whipping the legs and arms with rods, and searing the soles of the feet with a hot iron have sometimes been recommended. The whites of eggs beat up in cold water is a good antidote against poison, by corrosive sublimate or other mercurial preparations. The whites of twelve or fifteen eggs may be beat up and put into a quart of water. Take a glassful every two or three minutes, so as to favor vomiting. Milk and mucilaginous drinks may be used in the same way. Where arsenic or any metallic salt has been swallowed, a drink constituted of equal parts of lime water and sugar and water should be swallowed.

BITTEN FINGERS.

WHEN the bite is first received, it should be dressed with a mixture of laudanum and spirits of turpentine. Care should be taken not to catch cold in the wound, as patients often lose not only their fingers, but their lives by neglecting this precaution. After the above mentioned mixture has been applied two or three times within twenty four hours, a poultice of sweet milk and flour should be kept to the wound until it is cured.

If the patient should catch cold and his hand inflame, it is to be stoved over a preparation of bitter herbs boiled in water. After this has been done the head should be wrapped up in a large lye poultice, which should be continually applied until the swelling subsides, and relief is obtained. The patient should also drink plentifully of dogwood tea, and his diet should be light.

FELON OR WHITLOW.

Is a swelling of the finger, attended with inflammation. It is usually confined to the last joint, under the nail, and is accompanied with a severe pain and burning heat. As soon as the nature of the cause of suffering is discovered, an incision with a lancet should be made to the bone; vegetable caustic should be inserted in the bottom of the wound. After the smarting has ceased, apply a poultice of sweet milk and flour, and it will effect a cure.

BITES OF MUSKETOES.

THE bites of musketoës in consequence of scratching often become painful. To allay the itching and tingling, apply oil, vinegar, lime juice or camphorated spirits.

BITES OF POISONOUS ANIMALS.

WHEN a person has been bit by a rattle snake or a copperhead, or other venomous animal, I make an incision through the skin of the part wounded about an inch long; after it is done bleeding, insert in the wound the vegetable caustic. After it has been applied once or twice, a poultice of sweet milk and flour should be kept on the part. The patient should also drink as much of the following preparation as his stomach can bear. Take as much rue as you can hold in both hands, beat it fine, pour on it a pint of whiskey and the preparation is ready for use. Whenever a person is bit, a bandage should be tightly applied round the limb above the wound. These means should be employed as soon after the injury is received as possible.

This is also my mode of treatment in cases of spider bites.

Whenever a person is bitten, as before observed, a ligature should be applied above the wound to prevent the circulation of the poison, until the usual remedies are tried. When a finger is bitten, cutting it off instantly, will effectually prevent the evil effects of the poison. Sucking the wound immediately will extract the malignant infection and hinder any pernicious consequences; but those who have rotten teeth or a sore mouth should not venture on such an experiment.

A good remedy against the bites of poisonous animals, is a table spoonful of the plantain and horehound administered every hour or two.

Another remedy is, dissolve six or eight grains of lunar caustic in three or four ounces of water; keep the parts affected moistened with it, and take some of it weakened inwardly. Relief may also be given by a plaster of quick lime and soap laid on the wound; and swallowing as much spirits, into which cayenne pepper has been thrown, as can be retained in the stomach.

A certain remedy against poisonous bites, is said to be caustic volatile alkali or eaudeluice. The wound should be kept constantly wet with rags wetted with either of these. A tea spoonful of the same medicine in a little water should be swallowed by the patient every hour, or oftener if a necessity for it is indicated.

HYDROPHOBIA,

OR

The Bite of a Mad Dog.

WHENEVER it can be done, the part that is injured should be cut out immediately, and by this means the poison will be hindered from entering into the system.— When this cannot be done, caustic should be applied

without delay, so as to change the nature of the wound, or the part affected may be washed, then burnt with a hot iron more extensively than the wound itself, filled with mercury and kept open for some time. Mercury also should be employed inwardly and outwardly to produce salivation. Large doses of opium, it is said have proved beneficial. The caustic volatile alkali, may upon experiment be discovered to be an antidote to the bite of a mad dog as well as to that of poisonous serpents. Emetic weed, scull cap and chick weed are deemed valuable remedies in hydrophobia.

SWALLOWING PINS.

WHERE this accident happens, the proper course is to give milk or milk mixed with raw eggs, and thus surround the pins with such a substance as will hinder the points from injuring either the stomach or intestines. Opening medicines should not be given. Pins, however seldom injure the stomach.

VENEREAL DISEASE.

THE venereal disease is of two kinds; it is called the clap or gonorrhoea where it is a local affection of the genital organs; and the pox where the whole system is contaminated.

GONORRHOEA.

The gonorrhoea is an involuntary discharge of infectious matter from the parts of generation. It is preceded by itching and uneasiness in the genitals. The infection generally makes its appearance within eight or ten days after it is received.

SYMPTOMS. A discharge of matter, at first white, then yellow or greenish; painful erections, termed *chor-dee*, which sometimes occasion a discharge of blood. Evacuating urine is also attended with pain in the end of the penis. The inflammation gradually spreads, and hence follow difficulty of evacuating urine, swelled testicles, protuberances in the groin and thickening and contraction of the foreskin. The disease is milder in women; it makes its appearance simply by a discharge of mucus. They are more subject to excoriations than men; and inflammation extending into the urethra is attended with great pain.

TREATMENT.

Strong heating food should be avoided. The following injection may be used. Take of white vitriol and sugar of lead, each one scruple, mucilage of gum Arabic or common water half a pint—mix them, and after it stands fifteen minutes, strain it off. It should be a little weakened, and an ordinary syringe full should be thrown up six or eight times a day. It should be injected immediately after making water. Where there is considerable inflammation, sweet oil may be injected to allay it. Flax seed tea, barley water or mucilage of gum Arabic should be drunk freely. Repeated doses of tartar should be taken to obviate costiveness. Astringent injections, if too strong at first occasion swelled testicles, strictures and enlargement of the prostate glands, and prolong the duration of the disease; but after the inflammatory state is removed, they may be used with safety, and will accelerate the cure. Frequent washing of the parts will be beneficial, and the greatest cleanliness should be observed.

A dose of laudanum at bed time will lull the patient, and prevent him from experiencing the painful effects of the *chordee*, or bathe the offending member frequently in cold water. When a hemorrhage ensues, it may be removed by rest and immerseing the part in vinegar and

water, or injecting lead water of the common strength.

A more modern method of cure is to give forty drops of balsam capivi, more or less according to circumstances, morning, noon and night. The dose should be taken in wine or milk. Or if that should disagree with the stomach, take half an ounce of balsam capivi, an equal quantity of spirits of nitre, the white of an egg or powdered arabic and white sugar, each two drachms—mix them together; then add one drachm of laudanum and three ounces of water; of this mixture a table spoonful three times a day, will accomplish a speedy cure, if all heating articles of drink and diet are avoided. The testicles when swelled must be bandaged up and supported; blood letting, cathartics and diluent drinks must sometimes be resorted to to allay inflammation.

Having given the mode commonly pursued by other physicians, I will now state my own method of treatment. Take of the roots of Indian or wild hemp as much as you can hold in your two hands, put it in one gallon of water, boil it down to a quart, and into this put one grain of *corrosive sublimate*. Of this decoction take three spoonfuls a day, one in the morning, one at noon and one at night. The patient should inject with the same decoction once a day. If the dose should make the patient too sick, he should take less.

GLEET.

THE gleet is a constant discharge of mucus matter after the inflammatory symptoms have subsided. Hard drinking, violent exercise or straining may be the cause.

TREATMENT.

Astringent injections may be used. Thirty or forty drops of balsam capivi may be given three times a day;

cold bathing is also proper, as well as other tonic remedies. Uva ursi has often succeeded in curing. Tincture of cantharides has also brought relief. Balsam capivi and tincture of cantharides may be combined.— At the commencement, not more than fifteen drops of the tincture should be given at a time. The quantity may be gradually increased. A cure has sometimes been accomplished by an injection of punch, of green tea, or of a decoction of red oak bark. Twenty grains of alum dissolved in half a pint of water is an efficacious remedy. An injection of it may be thrown up two or three times a day, and not oftener.

Where there is formed in the urethra an ulcer, which may be suspected, if on pressing the penis on a slight erection, one part is discovered to be more susceptible than another, and it is the cause of gleet, an injection composed of one or two grains of corrosive sublimite in half a pint of water, is the most effectual remedy.— If a stricture be the cause, a bouge should be introduced. After using it for three weeks, it should be discontinued and not resumed. If the running ceases shortly afterwards, a cure is commonly effected.

SEMINAL WEAKNESS.

Seminal weakness is an involuntary discharge of semen. At first there is a partial erection, and the emission is attended with pleasure. Gradually the penis become weakened and the testicles hang low and need support.

This kind of gleet may be a consequence of self-pollution, straining, hot glysters and the imprudent use of strong diuretics.

TREATMENT.

Marriage is generally a certain cure. When the semen oozes away gradually, the best remedies are the cold bath and a pill, composed of balsam capivi and red peruvian bark, as large as it can be conveniently swallowed, and swallowed every night when going to bed and every morning. The patient should also take sufficient exercise; but be careful to do nothing that would strain him. Costiveness is injurious. There is nothing better fitted to arouse the dormant energies of nature than the free use of fruit. The patient may indulge himself freely & liberally in eating sweet apples or such as are most agreeable to his palate. The diet should not be too strong. It ought to be light and nourishing. It is probable the chalybeate pill would be as effectual a restorative as any other. Eating the inner bark of slippery elm has sometimes resulted in a cure. The patient should lie cool and on a hard bed. In winter time he should bathe his back in cold water just before going to bed and eat no meat or strong diet for supper. This disease is very different from the other gleet. Tincture of cantharides is positively injurious.

OBSTRUCTION OF URINE.

Obstruction of urine, a consequence of gonorrhoea is occasioned by tumors in the urethra or a contraction of the urinary canal.

TREATMENT.

When tumors cause this affection, mercurial pills should be used night and morning and a decoction of sarsaparilla or mezereon.

Warm bath and fomentations should be employed where a spasmodic contraction of the passage is the cause. Camphorated oil or ether and laudanum com-

bined in equal parts may be rubbed on the penis. If this gives no relief, the patient must be bled and take laudanum in large doses.

P O X .

Pox is the name given to this disease where the poison is diffused thro' the whole system. It now manifests itself, by ulcers in the throat, buboes, chancres and blotches in various parts. It affects the whole system; even the bones are filled with rottenness, and unless relief is soon afforded, death must shortly put an end to the patient's existence.

TREATMENT.

My treatment is the same as in gonorrhoea, only the sores are to be kept clean and anointed with mercurial ointment. I also give the practice of other physicians.

Mercury is the only sovereign remedy. The patient should take a mercurial pill night and morning until a slight soreness is felt in the mouth and gums. The salivation, thus commenced if it can be continued for a few weeks will dispel the evil disease. If the mercury affects the bowels, the dose must be lessened or given at greater intervals, or the mercurial ointment substituted. If the action of the salivary glands is increased, the mercury should be dispensed with for a few days and a tea spoon full of flour of sulphur should be taken night and morning in a glass of milk or flaxseed tea. The mercury should be continued in small doses ten or twelve days after the symptoms have disappeared.

In scrofulous habits, and when the blood is vitiated, nitric acid in doses of from one to two drachms diluted, should be preferred. Where mercury is attended with unfavorable symptoms, other medicines may be used, as nitric acid, tar-water, decoctions of prickly ash, meze-

reon, sarsaparilla and lobelia. Chancres, which are small ulcers on the fore skin are best cured by the application of caustic. When they are not of long standing, washing with spirits and brandy, a solution of alkali, and applying dry lint with cleanliness, will sometimes effect a cure. Mercurial ointment should be rubbed on the buboes and on the inside of the thighs or the calf of the leg to disperse them. Cloths wrung out of lead water may be applied to the swelling to keep it cool. The bowels should be kept in a laxative state and the pain mitigated by the use of opiates at bed time.

When a suppuration is apprehended, the former plan will not answer, warm poultices of milk and bread should be applied and renovated until the swellings break. Afterwards a few poultices may be continued, to facilitate the discharge. Then the sore should be washed clean with soapsuds and dressed night and morning with basilicon spread on lint until the matter is discharged. It should then be dressed with rags dipped in a solution of alkali once or twice in twentyfour hours and, after all the proud flesh has disappeared, it may be annointed with Turner's healing ointment to cure it. Warts remaining after the expulsion of the venereal poison, may be cut off by ligatures or removed by the application of caustic.

REGIMEN. Where the patient is reduced or is indelicate health, nourishing diet, wine, bark, & tonic medicines are proper. In full habits the food should be light and cooling; cleanliness should be particularly regarded and moderate exercise taken. Milk and water or soapsuds should be frequently applied to the part affected and the ulcers cleansed and dressed night and morning.

Prevention. After a suspicious connection, discharge the urine and wash the polluted member carefully with soap suds or grog. Women should wash the external parts and also inject a portion of the grog up the vagina.

MANAGEMENT OF CHILDREN.

After the child is born the first thing to be done is to separate it from its mother. If the child do not breathe or gasp or cry, it should be ascertained whether the face or mouth is covered with membranes and that the navel string does not surround the neck so as to hinder breathing. The child should not in general be separated from the mother until pulsation in the umbilical cord has ceased. After the beating in the cord can no longer be felt, it may be tied and cut. Two ligatures are necessary; one of them about three or four fingers breadth from the navel; the other, two inches from the first, on that side next the placenta; then cut the cord between them. The ligatures should be composed of so many threads, that there may be no danger of dividing the navel string.

After the child is separated from the parent, it should be washed clean with soap and luke warm water. A small bit of rag should be wrapped round the navel string and wound lightly round the belly. Then dress the child. In five or six days the cord next the belly drops off and leaves a tenderness, which nurses usually remove in two or three weeks. A split raisen applied morning and evening under a singed rag hastens this process. When a complete separation of the cord dose not take place in a week it usually hangs by a thread which may be divided.

The clothing of children should be simple and suited to the season and made to tie with tape as pins are dangerous.

Tight rolling is to be deprecated as it impedes the circulation of the blood and the action of the abdominal muscles.

When a child is still born, endeavors should be used to revive it.

The main object is to preserve its warmth and produce breathing. Its vital heat may be retained by wrapping it up in flannel and steeping it up to the neck in luke warm

water as soon as it can be obtained. To make it breathe, the body may be rubbed with spirits, stimulants may be applied to the face, the temples, nostrils and lips may be touched with a feather dipped in vitriolic ether or spirits of hartshorn; the soles of the feet and the buttock may be slapped with the hand; a little salt and water or a tea spoonful of spirits with two or three table spoonfuls of warm water may be injected; the lungs also should be inflated with air. If these means are successful, nothing further is requisite but keeping the infant warm and its face exposed to the air.

The body of an infant should not be wrapped too tight but kept free and easy that it may be encouraged early to exercise and give strength to its limbs. It should be allowed to sleep as much as it will. Its clothes while in bed should be lighter than during the day as if otherwise it will increase its liability to catch cold. Infants have generally good appetites and if permitted will suck voraciously, gorge themselves and injure the stomach.

Purging children as soon as they are born is generally improper. If the child is easy after it is dressed, it may be laid down to sleep, and after a few hours put to its mothers breast. If it should suck, its mothers milk will be more salutary to the child than any medicine; will operate as a laxative and clean its bowels effectually. The child may also be taught to suck by making an artificial teat filled with milk and water sweetened with white sugar.

The greatest attention should be paid to cleanliness. For the first two weeks the child should be regularly washed every day in tepid water and after that period in cold water. The head should be washed first when cold water is used.

But regard should be had to the constitution, for cold water is found by trial not to agree with some children. The infant should always be carefully dried and its limbs gently rubbed with dry soft linen. Sometimes a little salt or brandy is thrown into the water to hinder any

evil consequences from bathing the child in it. The clothes and linen of children should be frequently shifted and they should be kept dry, clean and comfortable. Exercise and air are evidently beneficial to infants. How often is the weakly child restored to health by exercise and removal to a pure atmosphere? Riding them, when enfeebled by disease, is frequently found to be more salutary than taking medicine.

Cribs are better fitted for children to sleep in than cradles. Children should be weaned gradually. First they may be deprived of milk early in the morning, and by degrees accustomed to take more food. They may then be hindered from sucking during the night and thus be weaned slowly without injury to themselves; as the change of diet will be so gradual as to produce no disorders or inconvenience.

While the child is young it should not be frightened with hobgoblin stories; nor should it be unnecessarily provoked or irritated. Now is the time to acquire an ascendancy over it, to check the first indications of obstinacy or ill temper, and to teach it obedience. Whenever a mother refuses a child any play thing or bauble it may desire, she should still persist in her resolution however it may cry and fret. By perseverance and consistency the child will be taught submission; and when it is older it will unhesitatingly, cheerfully obey the mandates of its parent. For whether children or grown persons are to be governed, the same firmness, consistency, reasonableness and perseverance must be exercised, or obstinacy, sulkiness and rebellion may be expected. How often do petted children come to an evil end! The happiness or misery of the child often depends on the treatment it receives from its parents and the lessons it learns in its early years. How important then is it to use such judgment and wisdom in raising children, that, instead of being froward, fretful and malicious, they shall be cheerful, good humored, lively and honest, telling the truth and avoiding evil habits and the indulgence of their untoward propensities.

“Train up a child in the way he should go and when he is old he will not depart from it.”

DISEASES OF INFANTS.

Croup or the Bold Hives is a disease incident to children. It is of two kinds, chronic and inflammatory.

CHRONIC CROUP.

Children under ten years are most liable to be affected with this disease. Its attacks are most frequent in winter or spring, though it occurs at other seasons; damp weather succeeded by sudden cold often produces it. The patient previous to an attack loses its vivacity and cheerfulness, becomes drowsy and inactive, exhibits slight symptoms of fever, a difficulty of breathing, with frequent coughing and a failure of appetite. The coughing increases in violence and agitates and exhausts the patient. The mucus apparently becomes thicker and coagulates and threatens entirely to obstruct respiration. The cough is distinguished by a peculiar croaking, troublesome shrill and distressing; the face is flushed, the pulse generally quick, a hissing noise attends the breathing, which becomes more and more difficult and obstructed; a rattling is also heard in the throat, and the agitation of the whole system portends a speedy dissolution.

TREATMENT.

It is important that this disease should be attended to in its early stages. Tartar emetic is the usual and proper remedy. It is then necessary to give calomel and two or three hours afterwards a dose of castor oil, so as to evacuate the bowels.

In the inception of the disease we have known indigo, prepared of the usual strength to blue clothes sweetened

so as to render it palatable, given in doses of a table spoonful at a time and repeated at intervals of an hour as often as may be necessary, have the most salutary effect; it often entirely changes the character of the cough and subdues and eradicates the disease. The only danger to be apprehended is, that indigo is sometimes settled with arsenic and retains some of its deleterious qualities, and should at first be used in more moderate doses until it is ascertained to be perfectly safe.

INFLAMMATORY OR SPASMODIC CROUP.

The only difference between this and the preceding disease is that the child is attacked suddenly without previous indisposition and is not so much troubled with phlegm. The difficulty of breathing arises from a different cause, an inflammation and sudden contraction of the muscles around the windpipe. The pulse is frequent and full. The face manifests solicitude and distress; the croaking is heard in the coughing and voice; the respiration is interrupted and laborious, the child become restless, its system is debilitated, its extremities cold and dissolution quickly relieves the little sufferer of its complicated pains.

TREATMENT.

In the commencement of the disease, it will be proper to take an onion, split it, take out the heart, fill the vacancy so occasioned with brimstone, roast it, mash it up in a cloth, squeeze out the juice and give from fifteen to twenty drops to the child every fifteen minutes until it is taken two or three times; as soon as it has taken the first dose, the patient is to be placed in a warm bath and bled copiously. The object is to relax the spasmodic contractions of the muscles which is

creating that disease. Sometimes the child is attacked so suddenly that it can take no medicine, then put it immediately into a warm bath bleed it and as soon as it can receive it, give it the above prescribed mixture. When this treatment does not relieve, it will be necessary to make a poultice of dogfennel and lay it to its neck. This will act as an irritant. To make a poultice the dogfennel may be beaten and thus applied to the neck, or beat, put into water and boiled and corn meal stirred among it. A snuff plaster or tobacco leaves soaked in water and renewed when they become dry will answer as a substitute.

CHOLERA INFANTUM,

OR

Cholera of infants.

The cholera of infants resembles the cholera in adult persons. It often proceeds from eating unwholesome food, unripe fruit, from teething or a sudden change from heat to cold; it is most frequent in warm weather. Sometimes the purging is beneficial and removes some offending matter, that if suffered to continue in the system would be highly injurious. When such is the case, the purging ought not to be suddenly stopped, as it is the effort of nature to relieve herself. After stopping the vomiting, it often happens that the child falls into a state of general debility, and is far from being cured. The skin then becomes dry, nature ceases to perform her operations by the pores of the skin, and the patient, after remaining in this condition, is again attacked with fits of vomiting, accompanied with high fever, and is thus gradually worn down and exhausted.

TREATMENT.

When the child is first attacked, give it an emetic; if that does not relieve, as soon as the child's strength will permit, give a dose of calomel, and two or three hours afterwards, a dose of castor oil; this will produce temporary relief, and sometimes cure the patient without the necessity of employing any further remedies. After cleansing the stomach, boil butterfly, or pleurisy root in sweet milk, and let it drink as much of it as it will. This will strengthen the bowels and stomach, and at the same time have a tendency to produce perspiration. Sometimes I substitute Bateman's drops for the butterfly root and milk. As often as the puking returns, the calomel and oil is to be used as at first directed. Wearing flannel next the skin is recommended; it will be very beneficial. Bathing the patient in a decoction of oak bark may also be resorted to with advantage. In some cases, removal to a purer atmosphere has proved highly salutary.

TEETHING.

Almost every mother is acquainted with the sufferings endured by children during the process of dentition.—About the age of six or seven months teething commences. The gums are inflamed and swell. The fore teeth generally come out first; then the dog teeth or *canine*, and lastly the double teeth or grinders. About the sixth or seventh year a new, stronger and more durable set make their appearance. The first are sometimes called premasy or temporary; the next, secondary or permanent teeth. The danger to which children are exposed at this time arises from the pressure of the teeth upon the gum; irritation and inflammation ensue; the child's whole frame is affected, its sleep is disturbed, its gums swell, its bowels are pained; it is troubled with

fever, laborious and obstructed respiration and convulsions.

TREATMENT.

If there has been a discharge from the bowels, and it has been too suddenly stopped, and the child is threatened with convulsions, the bowels may be opened by clysters, or by giving oil. If the gums are much swelled and painful, they may be relieved by the parent cutting them through to the teeth with a pen knife or lancet, and this may be done without the aid of a skillful physician. If the purging is excessive and debilitating, clysters of laudanum will be salutary, followed by occasional doses of calomel, rhubarb and magnesia. Where there is debility but no purging of the bowels the cold bath will be useful. In cases of high fever, gentle laxatives may be given, and the warm bath may be resorted to with the most beneficial results. Two, three or four drops of spirits of hartshorn in a little water or other liquid may be given every four hours until three or four doses are taken. Larger doses would probably be more effectual. When there is a great prostration of strength, it may be restored or renewed by wine and water. On the loss of appetite or uncommon debility of the stomach, a dose of ipecacuanha may be used with advantage. A plaster of Burgundy pitch will sometimes relieve a ticking cough and weakness and soreness of the eyes. Great care must be taken to sustain the child's strength by nourishing diet, such as milk, rice milk, or milk and water; cordials, as wine whey, and where the weakness is still augmented by nutritive clysters, wholesome food and sufficient exercise in the open air will promote the general health of the child, and greatly facilitate dentition.

CONVULSIONS.

Convulsions are a violent contraction of the muscles. Their approach is sometimes indicated by a slight contortion of the face. The cause of them is a great irritation, or extraordinary stimulation of the nerves. They may be superinduced by a bad state of the bowels, by teething, by irritation of the stomach, by the approach of some eruptive contagion, or by inhaling an impure atmosphere. They are also sometimes occasioned by bandages, tight clothes, &c. They are often but symptomatic of another malady; but are sometimes an original disease and proceed from the brain, and often they are produced by worms.

Removing the cause will often effect a cure, though sometimes the consequences will still remain. If the bowels are disordered, they should be cleared of their acrid contents; costiveness should be met by a clyster, and afterwards a vomit may be administered, and occasional doses of magnesia alba given to prevent a second constipation of the bowels. The warm bath is always beneficial, the child should be steeped in it to the neck and retained in it for a few minutes. Where extreme paleness and weakness are exhibited, a table spoonful of mustard or hartshorn may be thrown into the water. If convulsions arise from the sudden striking in of any eruption, as the measles or chicken pox, the child must drink plentifully of warm teas, such as pennyroyal or hyssop; and after the pustules again appear, the utmost care must be used to keep the child from catching cold, or exposing itself so as not to drive the disease back again.

WORMS.

Worms are of several kinds; as their effects are much the same, we propose only to treat of the long round worm, which is most common, and of the tape

worm. A foetid breath, squeamishness, laxity of the bowels, prominency of the belly, faintings, loss of appetite or an extraordinary voracity of food, convulsions, epileptic fits and even the privation of speech indicate the prevalence of worms. The itching of the nose, the swelling of the upper lip, grinding of the teeth in sleep, pallor of countenance and emaciation of the whole frame are also considered as symptoms, also stupor of appearance, griping of the bowels and amplification of the pupil of the eyes, dizziness, slow fevers with occasional exacerbations and an irregularity of pulse.

TREATMENT.

When a child is supposed to be troubled with worms, before any alarming symptoms occur, it will be prudent to give a dose of calomel, and after an interval of five or six hours, let it be succeeded by oil or salts.—Dried and scraped or pulverized Indian turnip mixed with honey should be given on an empty stomach for five or six mornings before the full of the moon, after which let the medicine be discontinued until the same period in the next month, when it may be commenced and given as above directed.

When the worms produce a choaking, give the child honey and it will experience immediate relief. Then let the Indian turnip be administered. Indigo to be given as mentioned in the croup is also an excellent remedy. Pink root made into a tea and sweetened is also highly appreciated and may be used when the Indian turnip cannot be procured. Disorders are often attributed without foundation to worms; in such cases, these remedies will be ineffectual; but where worms are the real cause of disease, we have great confidence in the prescriptions here given.

S*

HYDROCEPHALUS

OR

Dropsy of the Brain.

Is often produced by injuries done to the head, or from original laxity and weakness of the part affected, by protuberances within the skull, or is the consequence of some other disease. This malady is distinguished by a pain in the crown of the head and above the eyes, by sickness and vomiting, and an irregular and a weak pulse, heaviness, dullness and sometimes by delirium. Where the disease is approximating a fatal termination, the frequency of pulse increases, the pupil of the eyes enlarges, the face assumes a feverish hue, the patient becomes lethargic and sinks under his accumulated afflictions.

TREATMENT.

This malady is but too often fatal in its consequences; nevertheless, it has sometimes been cured. It is highly inflammatory and requires to be promptly met, or it will subdue the system. When the fever is high, depletion by copious bleeding will be proper. The quantity of blood as well as the repetition of the operation must be regulated by the urgency of the case, and the violence of the symptoms. Calomel and salts in large doses should be administered. Cupping glasses should be used, and blisters on the neck so as to reduce the febrile symptoms. After the inflammatory action has been subdued, to restore the system, give the chalybeate pill; the quantity to be regulated by the age of the patient, (see chalybeate pill.)

THE WHOOPING OR CHIN COUGH,

Comes on generally with a cold; is known by its convulsive, strangulating nature, attended with whoop-

ing, coming on by fits, and often closing with vomiting. It is contagious and like the measles and small pox, it affects children but once. It makes its appearance with a difficulty of respiration, a slight disposition to drink, increased action of the pulse and other symptoms of fever. Fits of coughing generally cease when a quantity of mucus is expectorated, or the contents of the stomach are evacuated by vomiting.

TREATMENT.

Where the disease is mild, a laxative to keep the bowels open and obviate irritation may be taken.— Where its form is spasmodic and its symptoms inflammatory, bleeding will be necessary in patients of full habits, then clear the bowels, apply a blister to the breast and use an emetic aided by opium so as to promote sweating and expectoration. But we prefer the following remedy.— Dissolve a scruple of salts of tartar in a pint of water, add ten grains of cochineal, finely powdered, sweeten this with sugar—give an infant the fourth part of a table spoonful four times a day. To a child two or three years old, half a spoonful, and to a child four years old or upwards, a spoonful. The relief will be immediate and the cure effected generally in three or four days. A Burgundy pitch plaster on the back or on the pit of the stomach, a flannel shirt next the skin and change of air are also recommended. The diet must be light and easy of digestion.

RICKETS.

This disease originates from weakness, and any cause that produces debility disposes to it. The head and abdomen are unnaturally enlarged; the face is flushed and florid. It sometimes affects the bones which become crooked, unnatural and deformed. The appe-

tite is bad, the digestion imperfect and the solids relaxed.

TREATMENT.

Exercise is the most effectual remedy. Much may be accomplished by nutritious diet and wholesome air. Gentle vomits and cathartics should be given to cleanse and purify the system. It should then be braced with tonics, as bark, steel and columbo; but perhaps nothing will so effectually invigorate and renew the constitution as the chalybeate pill. Bandages will also be useful in reducing or restraining the preternatural enlargement of the head.

ST. VITUS' DANCE

Is a species of convulsions. Its approaches are evinced by languor and love of inaction, and long protracted constipation of the bowels. Presently the face is convulsively affected and the limbs twitch and jirk and many strange gesticulations are exhibited.

As costiveness is too commonly the cause of this disease, purgatives are usually necessary; if continued, the symptoms will gradually abate, and the patient, strange as it may seem, will gain strength and show by his walk, countenance and appearance that he is recovering. Cathartics are mainly to be depended on; tho' sometimes tonics may be employed successfully.

THE SCALD HEAD

Is characterized by ulcers at the root of the hair, whence proceeds a white scab, forming scales and ex-

haling an offensive smell. It is a contagious complaint and has hitherto been considered difficult to cure.

TREATMENT.

Shave the head clean with a razor; wash it in strong soap suds, or if the disease is very bad, in a strong solution of vegetable caustic. Then make a tar cap and put it all over the head. After it has remained on for three or four weeks, or until the smell has become very offensive, the old cap ought to be removed and a new one substituted; and this, if carefully done, may be accomplished without inflicting pain on the patient.—The tar ought to be prepared by heating it over the fire and reducing it to a pitch, so that the warmth of the head will not melt it and cause it to run. Let the caps be constantly renewed when necessary; perseverance will inevitably effect a complete cure, and the hair will grow out again in all its primitive, native beauty and luxuriance. When general debility prevails, the child will be strengthened by taking the chalybeate pill.

Persons who do not wish to cut off their hair, may wash the head with a solution of sugar of lead and anoint it with my vegetable unguent.

THE THRUSH,

Appears in white ulcers on the tongue, gums, mouth and throat, resembling particles of curdled milk, but when the disease is violent, it is not confined to those parts, but affects the whole intestinal canal, and excites purgings and ventosity. Small pimples first show themselves on the tongue, and gradually spread over the mouth, which becomes so tender that the patient cannot receive either solid food or spirits or wine without great pungency and pain.

TREATMENT.

Take of persimmon bark and black haw bark a small handful of each, a small handful of common sage, and a piece of dirt the size of a hen egg out of the back wall of a chimney where a fire has been kept a considerable time, put them into a quart of water, boil it down to half a pint, pour it off and add a piece of alum as large as a hazlenut. Wash the mouth two or three times a day with a rag dipped in this preparation and wrapped round the mother's finger.

This lotion is also highly salutary in all cases of internal ulcers of the mouth.

Another cure.—Take equal quantities of brown sugar and powdered borax mixed together and put a little at a time frequently in the child's mouth.

ERYSIPELAS,

The Rose, or St. Anthony's Fire.

It is known by fever, accompanied with an inclination to sleep and sometimes a disorder of the intellect or wandering mind. No part of the body is exempt from the attacks of this disease. It appears on the toes, feet, thighs, shoulders, abdomen neck and face. The skin of the part affected thickens and looks purple or bluish. Infants of a few days old, as well as adults are subject to this disease. Where this eruption occupies the face, inflammation of the brain is sometimes to be apprehended. Sometimes this disease is ushered in with a sensation of coldness and shivering.

TREATMENT.

Take a cooling laxative, as salts or senna; stew together two ounces of mutton suet with one ounce of tar; and afterwards while warm add a table spoonful

of spirits of turpentine. Anoint the part affected with this two or three times a day. If the pimples assume a pale yellow cast instead of a brilliant red, the medicine is proving effectual; if not, more violent means must be adopted, and a blister must be applied all over the diseased part if about the face: if on the body, and its ravages are extreme, rub it with mercurial ointment, or the above prescribed mixture. Bleeding will also be necessary. Apply starch or flour to the part affected; in slight attacks, it will be sufficient, giving at the same time a tea cupful of a strong decoction of peach tree leaves, every hour until it operates.

STOPPAGE OF THE NOSE.

Children sometimes push foreign substances, such as beans, cotton seeds or corn up their noses. If the substance introduced be smooth, it will be easy to get it out. Let some person take the child and lay it on its back across his knees, at the same time holding its head firmly, and if the child should cry, it will be in a better situation for the success of the operation. While its mouth is open, let some one blow forcibly in it and the bean or foreign substance will fly out of its nose. If it is a cotton seed, it will adhere to the mucus; it should therefore be loosened by working it about with an instrument, before you blow in the mouth. Where the nose is stopped up with mucus, rub it at bed time with sweet oil or fresh butter. This will soften the viscid fluid, and enable the child to breathe freely.

ERUPTIONS OF CHILDREN.

Children are often troubled with eruptions. Parents should know that a breaking out is not always injurious, but often beneficial. It is the efforts of nature to re-

lieve herself from some humor, which if retained in the system might result in death. It is improper to interfere with it or disturb it unless it becomes troublesome to the child. The greatest care should then be taken not to dry it up too soon.

TREATMENT.

Where it becomes necessary to cure it, we would recommend the use of "the ointment for the eruptions of children" which we have shown how to make in the appendix. The child should drink warm teas, such as sage, hyssop, or black or seneka snake root. When it becomes necessary to make the external applications the ointment should be rubbed on once, and a small quantity of the tea, half a tea cupful of the sage or hyssop or two spoonfuls of the seneka snake root may be drunk twice a day.

DISEASES OF WOMEN.

FREQUENTLY women by too much confinement, and very little exercise in the open air, bring on incurable diseases, and often aggravate those that come within the power of medicine. They not only injure their constitutions, but what in the opinion of most people is a much more important matter, they deteriorate their beauty, both of form, complexion and face, and doubtless many defects in mind and disposition might be traced to the improper confinement of girls when growing up.

Another great defect in raising girls, is to suffer them to spoil their health, by unnecessarily binding their clothes too tight over the very seat of life. Let girls get their growth, and then the hazard is not so great, though it is always dangerous; I here allude to the unnatural custom of lacing girls so tight, that it would absolutely kill an ox; yet our most delicate females so begirt, appear to wonder that they do not enjoy good health.

And what is most shocking, some women are so unfeeling as to lace when more lives than their own depend on it, and though it may appear a small matter, yet I have no doubt that many women by this means bring incurable diseases on their innocent and unoffending offspring.

A great alteration takes place in a female when the time of life arrives that she puts off the child and becomes a woman. A change takes place in her feelings, in her appearance and in her constitution, and frequently her health is much improved, especially if the change which nature has ordained for women, occurs without accident or misfortune. This usually commences at the age of fifteen and ceases at fifty. Great care should be taken to apprise girls of this matter, the necessity

there is for their taking considerable exercise in the open air, and to avoid getting wet. Riding is of great service, and romping and playing in the open air. Confinement at this period of life frequently brings on complaints that are carried with them through after life. A lazy girl should be made to stir about, and a melancholy one ought to have her spirits animated by cheerful company—much more depends on good management and care, than can be effected by the most active medicine.

When a female arrives at this age, and there is no appearance of this change, and instead of it her health declines and her spirits become depressed, instead of shutting her up and dosing her with disagreeable pills and nauseous drugs, she should take sufficient exercise, and be entertained and amused with lively company. Attention ought to be paid to the diet. All unwholesome food, green fruit, and the trash that girls are frequently foolishly fond of ought to be entirely prohibited. Nature requires only proper assistance, and thus aided will perform her own work, without the aid of lotion, potion or drugs, unless there is some radical defect in the constitution.

This complaint in women ordinarily gives warning of its approach. Sometimes a dull heavy pain in the head and eyes; generally dull pains in the loins, loss of appetite, paleness of countenance and sometimes slight fever precede its appearance. When these symptoms are felt, it will be proper to sit over the steam of hot water and drink warm teas, and to avoid whatever might prevent this necessary and healthy evacuation.

Females ought to pay particular attention to their diet at the time they are out of order. Fruit, milk, fish, all food that is difficult of digestion ought to be avoided;—yet what may disagree with one, will very often not injure another. Every woman must exercise her own judgment, (provided she has any) in this matter.

Colds are particularly hurtful at such times. More

diseases originate in cold caught at such a period, than in any other way. This ought to put the sex on their guard, and make them careful how they expose themselves. Cleanliness, that always contributes so much to health, is here particularly desirable. Perhaps in no other case is it of more evident utility than in all diseases of women. Violent passions of any kind are to be avoided, for frequently incurable complaints are produced in females by a fit of *anger* or undue grief.— Whenever this flux is obstructed, except in a state of pregnancy, proper means should be used to restore it, and if exercise, company and amusement fail, recourse must be had to medicine.

When the cause is weakness, strengthening medicines must be used, steel dust, Peruvian bark, with other bitter or astringent medicines, or the chalybeate pill.

When the cause is a viscid state of the blood, bleeding, spare diet and exercise are sufficient.

When affections of the mind produce obstructions, removal from home, a journey and change of air is of great service. A soothing, kind and affable behavior to females in this situation is of great importance. But where harsh language is used to a delicate female, and she is treated more like a slave than a companion, where her most reasonable wants are denied, and all her attempts to please are treated with coldness and contempt, and perhaps with open insult, let no one be surprised if she, under such circumstances should not enjoy good health. Husbands and parents are accountable for the bad effects that may be produced by such treatment.

Often obstructions are occasioned by other diseases, when this is the case, instead of giving strong forcing medicines, means should be used to restore the patient's health and strength. The chalybeate pill, with a light diet will generally be effectual.

Pennyroyal tea, steaming over pine knots on which boiling water has been poured, dittany tea and tincture of gum guaicum are all recommended.

But there may be, and often is too much as well as

too little of this discharge. When the discharge is too abundant, loss of color, want of appetite, and bad digestion are some of the symptoms; and frequently it produces dropsy, consumption and a variety of maladies.

This frequently occurs about the age of forty five or fifty; sometimes it proceeds from a sedentary life, high living or full diet, the use of spirituous liquors, excessive fatigue, violent passions.

The treatment must be varied according to its cause. To restrain an overflowing of this nature, the patient must be kept cool and quiet, she must lie in bed with her head very low. Cloths dipped in vinegar or cold water have often been used with a good effect. Strong decoctions of nettle roots or the greater comfrey should be drunk not more than blood warm or cold, and if these are insufficient, stronger astringents must be resorted to, such as alum, elixir vitriol, Peruvian bark, and I have known as much of the common saltpetre as would lie on the pint of a case knife, or about the size of a large pea dissolved in cold spring water and taken twice a day to have an excellent effect.

The whites or fluor albus is a very common complaint with women. It is attended with a pale complexion, loss of appetite, and other signs of debility. It often proceeds from a relaxed state of the system, and is produced by the excessive use of tea and coffee. Frequently heavy colds, weak and watery diet, will also bring it on. To remove this disease, the patient must take as much exercise as she can bear without fatigue, and be prohibited from drinking coffee and tea.

A milk diet alone often effects a cure, solid and nourishing food is recommended, but it should be easy of digestion. Strong broths are very often serviceable; the patient ought not to lie too long a bed. As a medicine, we would recommend barks, and in warm weather the cold bath. The shower bath is preferable.

When from maturity of years the menses are about to cease to flow, is also a critical period in the life of a

woman. Those who survive this critical season, often enjoy better health than during any previous period of their existence. Women ought then to attend particularly to their diet and not neglect to keep their bowels in a regular state. Sometimes bleeding is necessary, and frequent doses of salts to those that are of a full habit.— Often ulcerous sores break out on the legs and ankles of women about this period of life, all such sores should be kept open or have artificial drains substituted in their stead. Women who have such sores, and dry them up, do it often at the risk of life.

PREGNANCY.

Pregnancy is not considered by a great many a disease, but to others it produces the sorest, severest ills that afflict the female race. Indeed some women endure death a thousand times, and many a female has the curse pronounced on Eve fully verified in her own case.— Sorrow marks her for her own from the time gestation commences until the period of her deliverance. Such is not the condition of all, for some enjoy in this situation an unusual portion of health; but these favorites of heaven are like angels visits few and far between. Not many fatal diseases happen during pregnancy, and none except abortion that may be called dangerous.— This ought to be particularly guarded against, and as it is often brought on by imprudence, and in this respect too much caution and vigilance cannot be exercised.— Every woman is in more or less danger of abortion when in a pregnant state. Where it occurs, it not only weakens the constitution, but renders a recurrence of the accident almost certain. What shall we say to those who seek to procure it with pills and drugs and herbs?—we would observe that they do it at the risk of life, and if they succeed and do not experience the effects immediately, still they will feel them in after life.

Frequent repetitions of this practice end in dropsies and flooding together, with an innumerable multitude of painful and distressing maladies.

But abortions often happen from the death of the child, weakness of the mother, a relaxation of the system, great evacuations, violent exercise, raising heavy weights, reaching high, vomiting, falls, fevers, strokes on the abdomen, excess of blood, high living, violent passions or affections of the mind. Abortion may happen at any period, but it is most common in the second or third month. Sometimes it occurs in the fourth and fifth and sixth. When it happens in the first three months there is not so much danger as afterwards.—When after the seventh the child by proper care may be raised.

Signs of approaching abortion are pain in the loins or bottom of the abdomen, a slight shivering, palpitation of the heart, sickness of the stomach. The breasts fall and become soft, but the most certain sign is the menstrual discharge.

To prevent a misfortune of this kind women of weak and relaxed habits should use barks or columbo, keep the mind easy by cheerful company or any congenial amusement, provided it be not exercise carried to excess. Kindness is absolutely requisite, and an indulgence should be given to every woman in this situation. Even their whimsical appetites ought to be humored in some measure. Women should endeavor to be as cheerful as they can, as nothing contributes more to their comfort than a happy state of the mind. Let no foolish unnecessary care about their situation or their anticipated confinement weigh like an incubus on their minds.—All will be the better for the patience and fortitude with which they bear up under it.

Women of full habit ought to use a spare diet. To such bleeding is of great service. Their food ought to be of an opening nature.

When any signs of abortion appear, the woman ought to be laid in bed on a mattress, her mind should be

quieted, soothed and comforted. She ought to be kept moderately cool, her diet should be light, bleeding is sometimes beneficial, and a blister applied to the back.

Sanguine robust women who are liable to miscarry at a certain period of pregnancy, ought to be bled a few days before the time arrives—wearing a magnet is of service. Though we commend care to prevent abortions, we would not be understood as forbidding reasonable exercitation. Some women, however, are so very delicate, (and they generally suffer the most) that it is absolutely necessary for them to abstain from almost all exercise during this distressing period.

Pregnant women generall suffer greatly from morning sickness, cramps, false pains, tooth ache, heart burn, sometimes an afflicting cough, &c. &c. &c.

Taking a gentle emetic is very good at first, and then soon after rising a warm cup of coffee. A cup of chamomile, or peppermint tea, taken when first waking, and suffering the patient to lie still for an hour, will sometimes alleviate the distressing sickness.

For the heart burn, take of solution of ammonia, calcined magnesia, each one drachm, cinnamon water two ounces, common water six ounces. Take a table spoonful as often as necessary.

When head ache or drowsiness prove troublesome to pregnant women of robust habit, a few ounces of blood should be taken from the arm. If she be of a weak or irritable habit, leeches ought to be applied to the temples. In both cases the bowels should be kept open by Epsom salts, or some other gentle laxative medicine.

Pregnant women are often troubled with cramp of the legs and thighs, this complaint may be speedily relieved by rubbing the part affected with the following liniment: mix together (by shaking in a phial) laudanum half an ounce, tincture of camphor one ounce, and sulphuric ether half an ounce. To avoid cramp in the stomach, proper attention should be paid to diet, which should not be of a flatulent nature, or too hard of digestion.—Attention is likewise to be paid to the state of the bowels.

FALSE PAINS Many women are afflicted, long before their confinement, with pains so nearly resembling those of labor, that they are often mistaken for them. They are called *false pains*. They often affect the back, and come on with regular intermissions, and are most likely to occur in the night. They may be distinguished by being rather more irregular and shifting than those of labor, or being more early attended with a pressing down. They are also usually accompanied with griping or wind in the bowels, or some difficulty in making water. In such cases, confinement in a horizontal position, bleeding if plethoric, laxative medicines if costive, and giving small and frequent doses of some opiate, until the patient finds ease will be necessary. They are sometimes produced by worms, which are removed by giving an injection of strong decoction of chamomile flowers, with salt, and using laxatives. Sometimes they affect the side principally, and are accompanied with a great motion of the child. Rubbing the part with anodyne liniment is recommended.

LABOR.

Labor may be generally expected in nine calendar months, that is about thirty nine or forty weeks. When a woman after a day of unusual ease, and more activity than perhaps for months has been experienced, begins to feel pains in her back, restlessness, and to perceive a great alteration in her shape, when these symptoms occur near the expected time of her confinement, she may then anticipate a speedy termination of her trouble. Let her screw her courage to the sticking point, hope for the best, and all will soon be over; let no one however, presume to hurry nature, but wait patiently, and only assist its operations, and in natural labor nothing more is necessary. In a slow labor, especially at the commencement, the time might be well employed in

some gentle exercise about the house, and an active woman that keeps on her feet as long as she can, has a prospect of a much better time, yet women ought not to delay too long in sending for aid.

When labor has actually commenced, the bed ought to be prepared with a mattress or straw bed on the feather; a blanket or quilt folded, and a sheet spread over, and the bed made as usual. Afterwards a sheet in five or six folds is laid across the bed, and these being removed when the child is delivered, the woman finds herself clean and comfortable.

A woman ought to have every thing in readiness, the child's clothes and every article necessary for the mother, ought to be previously prepared.

A sensible woman should reflect that, although in a slow labor she may be much afflicted with false pains, yet such sufferings are perhaps better for her, and she is less liable to severe after pains. She must therefore exercise her patience. In the first stage, if costive, a glyster or some gentle purge is advisable. All heating drinks to excess at least, should be avoided. A woman ought to be kept quiet and cool. She may be allowed to sit, stand or lie in bed as is most agreeable to her own feelings. When the pains become frequent and strong, perhaps it is most prudent to remain in bed.

Second stage. When the first stage is nearly completed, the woman should be placed on her left side in bed, with a folded pillow between her knees.

The bearing down pains should be the effect of nature alone, and the mother has only to suffer in silence, and avoid all foolish *babbling*, which only worry attendants and retard the final consummation so devoutly to be wished for. Voluntary bearing down is also to be guarded against. These important cautions, cannot be too much insisted on, nor too strictly observed, as inattention to these particulars very often makes labor difficult and painful, that would have otherwise been natural and easy. At the time when the head of the child is only prevented from being born by the softest parts of the

outlet of the basin; for, if the delivery then be hastened, these parts may be readily torn. The utmost attention of the practitioner is indispensably necessary to prevent so unfortunate an accident, in every case where, from the acute feelings of the patient, violent bearing down at that period cannot be resisted. When the child's head presses upon the perinaum, it should be supported by gently pressing with the hollow of the hand during the pain, to prevent its tearing.

After the head of the child is excluded, the woman should be allowed to enjoy for a little time the temporary relief she feels, and therefore the body ought not to be immediately taken out with force, as is often done; for, besides the injury which may be occasioned by not allowing the patient a little rest, the extraction of the after-birth will be thereby rendered difficult. Two or three minutes may therefore be allowed to elapse before the body be drawn forward.

If the patient have a rapid labor, and the midwife is at a distance, she ought to be kept constantly in bed, and refrain as much as possible from bearing down. If the child should be born before assistance is procured, the most experienced woman present should take the navel string between the finger and thumb, and so soon as she finds the pulsation in the cord stopped, tie a string firmly near the navel, and apply another ligature about three inches from the first, and cut the cord between these; or if she be afraid to do this, the child must lie beside the mother till the midwife comes, taking care that the face be uncovered, to permit breathing.

We will now suppose that the woman is just safe delivered of her child, and that a complete cessation of the regular pains has followed. She must now endeavor to calm that disturbance of the whole frame, which added to her anxiety of mind before delivery, had excited a great degree of heat and perspiration, especially if it should have been her first labor, or one attended with some unusual difficulty. In this state she must not let herself chill or cool too fast.

It may perhaps, have been necessary to throw off the bed clothes during the last hour or two; if so, they should immediately on the birth of the child, be lightly placed over her again. She may now moisten her mouth with a cup of tea, grit gruel, or barley water, for either of which she will feel desirous, if she has not been frequently taking of one or the other during the latter part of her labor, but they must be given her without wine or brandy. If she feels herself disposed to sleep, she should indulge it; at all events, she should keep herself cool and not encourage conversation. For it may be observed, that in general the mind of a woman newly delivered of her first child, is so occupied with the novelty, as well as the anxiety of her situation, that her attention is long kept alive, and therefore she can scarcely sleep, though exhausted by the fatigue of her labor. In the third stage the midwife must carefully attend to the degree and force of contraction, which the womb is disposed to take on immediately, or soon after the birth of the infant. The experienced practitioner will indeed have a presentiment, even while it is coming into the world, of what is likely to take place afterwards, from the manner in which the expulsion of the infant is completed. This should be effected slowly, as we have already observed, because such a practice favors that kind of action of the womb necessary to detach the placenta. Premature and active endeavors to loosen it must however, be avoided, if its separation should not readily take place, by the seasonable contraction of the womb. Let the operations of nature be watched and she will prove the surest guide, though in this part of the delivery she should never be wholly depended on.

We frequently find, when there has not been any sudden or hurried delivery of the infant, the after-birth is soon expelled without any assistance.

The vessels which pass from the womb to the after birth would, when this was separated, pour an increased quantity of blood, did not the womb contract so

much as to diminish their size and compress their orifices. This contraction both expels the after birth and prevents flooding. When, therefore, the after-birth is expelled, we have no evidence of the existence of that state of the womb which ensures the safety of the mother.

A woman should, however, avoid expressing any impatience about this, as it might induce some practitioners to use that despatch which many have done, that the patient or her friends might not insinuate that they were a long while in bringing away the after burthen. This kind of censure is too frequently passed upon the just conduct of the midwife, from the improper prejudice too often indulged in favor of a speedy delivery of the placenta.

Women are apt to deem that practitioner most skilful who is the shortest time in finishing that part of her labor. Fatal, therefore, have sometimes been the consequences of this ill judged management, particularly among the female practitioners.

It is a mistaken idea, that in general some *external* mechanical force is necessary in order to expel the placenta. We cannot, therefore, approve the modes occasionally recommended, of coughing, blowing on the back of the hand, or making general pressure over the belly, with a view of helping its descent, by any kind of tight bandages applied to the abdomen, immediately after the birth of the child.

There is a general action of the hand on the abdomen which the patient herself may perform, and by which the uterus is tenderly excited to contract, and the placenta of course detached in the most favorable manner, that will be found more useful than a bandage, or any extraordinary exertions of the patient, for this purpose. But as this may not be necessary in every case, it must be left to the judgment of the practitioner to direct, with proper caution to be observed in the applications.

We would further observe, that there can hardly ever be occasion for a woman to bear down during the

delivery of the placenta. Indeed, on many occasions it must be carefully avoided, lest it should produce, or increase a disposition to the prolapsus uteri. The throes, which take place naturally, are caused by the contractions of the womb; and with them the practitioner can generally, in due season safely bring it away.

When the efforts of nature do not tend to disengage the secundines within an hour after the birth of the infant, the interference of art ought to be submitted to.— For if it be not thrown off within a short time after the infant is born, it becomes putrid, and induces an alarming fever, from which few women have recovered. In assisting the expulsion of the after-birth, unless the practitioner wait for the contraction of the womb, that part may be turned inside out. This circumstance should be properly understood by all those who happen to be out of reach of regular assistance; for the patient's life, after an easy labor, may be destroyed by the rashness of an ignorant practitioner. By explaining, however, the cause of danger, those who are prevented from being under the care of persons of skill, may thereby escape those hazards to which they might otherwise be exposed.

The after birth is generally fixed to the bottom of the womb, and as the greater portion of the womb, at the full period of pregnancy, is not attached to the adjoining parts, if the navel string be violently pulled before the after-birth be separated, the womb must be turned inside out, the ordinary consequence of which is fatal. When the grinding pains are felt, by which the contraction of the womb is distinguished, the practitioner should assist by pulling gently the navel string during a pain, and by endeavoring to bring down the after-birth through the basin, in such a manner that its progress may not be interrupted by any of the neighboring parts.

Until the after-birth is expelled, the patient and midwife should be attentive lest there be a great discharge, and if this occurs no time is to be lost in checking it.— This is done by exciting the contraction of the womb,

by the application of cloths wet with cold water, to the lower part of the belly and to the passage, or by pouring cold water out of a pitcher a height on the abdomen; and also by the introduction of the hand of the midwife to stimulate the womb. Some do this with the sole object of extracting the placenta or after-birth, considering the retention of this the cause of flooding. But this opinion is wrong, and the mere extraction of the placenta can only be good, so far as the introduction of the hand and the means used to effect this, serve to excite the action of the womb itself.

We do not approve a free and indiscriminate use of greasy application, in the progress of labor. They are wholly unnecessary in the first stage of it, and in the latter part they interfere with the changes which then take place naturally, and produce that mucus secretion by which the parts are most favorably lubricated, for the easy termination of the labor. But after the complete removal of the placenta, it will be proper to apply a small quantity of pomatum or fresh lard, to defend the parts from the acrimony of the ensuing discharges.

TWINS.—It has been supposed that when women have conceived twins, there are certain symptoms before delivery, by which that circumstance can be ascertained, but there are no sure indications of the existence of a plurality of children, till after the birth of one child; when this takes place it is very easy to determine whether any other remains. This may commonly be done without having recourse to the painful and indelicate means that have been proposed and practised; for by feeling the state of the belly alone, a judicious practitioner can be very seldom mistaken on such occasions.

When only one child has been originally contained in the womb, that organ soon after delivery, diminishes very much in size, while the bowels, which are kept out of their natural situation, in the latter months of pregnancy, immediately get forward to the fore part of the belly, and render it soft and yielding. But when a

second child remains, the womb does not apparently diminish in size. The intestines therefore remain behind and at the sides, and the fore part of the belly has the same hardness as before delivery. It sometimes happens that the pains advance rapidly, and the second infant comes soon after the birth of the first. In such cases, all that the practitioner has to do is to be assured that the second infant is in a proper position, and to take care so to conduct the extraction of the after-births, that no alarming discharge may follow their expulsion.

But when the labor-throes cease, or become trifling on the birth of the first infant, the object of the practitioner should be neither to interfere before the woman have recruited sufficiently from her fatigue, nor to delay extracting the second child so long that the passages should become contracted, or the after-birth of the first born be separated. Inattention to this important rule has been the cause of the loss of many lives. In more than a majority of cases, not more than an hour should be allowed to intervene between the birth of both children.

NAVEL STRING.—A portion of umbilical cord may be forced down, either naturally or in consequence of mismanagement. In the former case, it will be felt through the membranes at the beginning of labor; in the latter it does not come down till after the waters are drained off.

When the cord is felt originally through the membranes, the patient should be kept very quiet, and in one posture, till the circumstances preparatory to delivery are completely accomplished, when the practitioner, by turning the infant, may probably be able to save its life.

But when the early discharge of the water has occasioned the protusion of the cord, it is not always in the power of a practitioner to obviate the threatening danger, without exposing the life of the patient to much hazard, which is a risk that ought never to be incurred for the precarious chance of saving the infant.

MANAGEMENT OF CHILD-BED.

A child-bed woman, as soon as all the circumstances of her labor have been adjusted, may with propriety, consider herself as still in a state of health, and as requiring little more than the common cautions, and good management on all occasions necessary to preserve it.

The first hours after delivery, provided some light nourishment has been taken, should be dedicated to quiet and sleep, and no person should be allowed to enter the patient's chamber, except such as are absolutely necessary. The chamber door, and even the windows, if the weather be warm, should be opened, and the room in every respect kept as clean and as free from any disagreeable smell, as any other part of the house.

The patient should often be supplied with clean linen, well aired; for cleanliness and free pure air, are essential in this situation; and upon the strictest examination, it appears that there never was miliary eruption produced without a sweat, nor puerperal fever without foul air. The heat of the room ought to be so tempered that the patient may be neither chilled with cold, nor yet suffer from sweat or burning.

The strictest attention should be observed to have an evacuation daily by the use, if necessary, of mild laxatives, or by the exhibition of glysters composed of milk, oil and sugar, or of soap suds. It is a security against fevers and inflammations, and even forms one principal mode of relief where they occur. An equal regard should also be paid to get out of the bed as soon as they can with propriety, and to set up as long as possible without fatigueing themselves.

If the lochia do not flow so plentifully as may be expected, or if they entirely stop, no regard need be paid to this circumstance, if the patient be otherwise as well as can be wished. We not only find this evacuation different in different women, but even in the

same women in different lyings-in, from which she recovers equally well.

Much mischief is often done by binding the belly too tight. If there be any occasion for support, a thin napkin pinned slightly round the waist, is all that is absolutely necessary, and the sooner this is disused the better.

But little change takes place in the breasts, after the first months of pregnancy, until about the second day after delivery. Then it is usual to feel a great sensation of fullness in them, accompanied with a febrile irritation, which varies in different women, according to constitution and management; but in all is favored by temperance, a cool regimen, and composure of mind.

The child should always be put to the mother early, before the milk can have stagnated in them, or they can have acquired any great degree of hardness. It will be beneficial both to mother and child, if this be done a few hours after delivery; and this is most consistent with the operations of nature.

No degree of fever in child-bed should be passed over unattended to, or be thought lightly of. Even the most serious are often slight at their beginning. Neither should any local pain, or tenderness, or fullness of the bowels be neglected, lest they should arise from the incipient stage of some inflammation, which, if not checked at first by proper medicines or suitable regimen, might in a short time put on some alarming appearance. Let it be remembered, *that it is much easier to prevent diseases, than to cure them.*

The diet of lying-in women should be particularly attended to. All gross meats which might overload the stomach, or by heating the woman, prove a cause of fever, should be strictly prohibited. But every patient after child bearing, ought not to be half starved, as some recommend. Proper regard in this respect should be paid to her habit, manner of living and present state. Too great indulgence, it must always be remembered, is more to be dreaded than too much abstinence, though both extremes should be equally avoided.

The bad effects of confined or impure air are now most universally known. Consequently, the propriety and necessity of having the bed curtains always open, of preventing many visitors from crowding the room, of removing as speedily as possible every thing that can contaminate the air, and of admitting occasionally the fresh air, by opening the windows and doors, must be obvious.

Women were formerly obliged to remain in bed for a certain number of days after delivery, by which they were much weakened and fatigued. In modern times the practice has passed from one extreme to another.

This circumstance should surely be regulated according to the strength of the patient. When the woman feels that she can undergo the fatigue of rising, which, in ordinary cases, happens about the second, third or fourth day, she ought to be taken out of bed, that it may be properly adjusted. If she be made to sit upright, she will suffer considerable uneasiness; and, at the same time, by the bulky womb, (for that organ does not resume its natural state till two or three weeks after delivery,) pressing forcibly on the soft parts at the bottom of the basin, the foundation for a very troublesome and disagreeable complaint, viz: the falling down of the womb, must unavoidably be laid. She ought, therefore to be placed in a position, half sitting and half lying, when out of bed, as long as the womb continues enlarged, by which means these inconveniences will be avoided.

SUPPRESSION OF MENSES.

Where suppression of menses takes place accompanied with spasms, a large dose of castor oil with twenty five drops of laudanum should be given, and the patient's feet should be bathed in warm water. If there should be no spasms, but the pain should be great, the

oil and laudanum should still be taken. After the operation of the oil, if the patient's health should not improve, a spoonful of the following tincture should be taken three times a day, at morning, noon and night:— Take as much of the bruised roots of wild ippecac as you can hold in both hands, and steep it in a quart of whiskey. The strictest attention should be paid to exercise. A low diet should be invariably observed.— One ounce of aloes dissolved in a quart of whiskey, and taken as above prescribed, will also give relief.

INFLAMED ULCERS.

The surrounding parts are red, swelled and very sensible to the touch; the blood pressed out quickly returns and the red color with it. The margin of the ulcer is ragged, the skin terminating in a sharp elevated edge around it; the bottom of the ulcer is made up of concavities, and no distinct appearance of granulations is seen, a white spongy substance existing in their room formed of coagulating lymph. The discharge from an inflamed ulcer is thin and serous, and does not resemble healthy pus. The surface of the sore is acutely sensible and often bleeds when touched or irritated. The pain in these cases is great but not constant; it comes on in the evening and lasts several hours. In doubtful cases it is safe to consider the ulcer as inflamed; and if the ill success of the remedies points out the error, no serious injury will be inflicted.

A low diet, purging, and occasionally blood letting, remaining in a horizontal position, a poultice of linseed or bread and milk are the means commonly employed and the other remedies for inflammation. I cure this disease by putting on a pitch plaster. It will give instantaneous relief. It should remain on eight or ten days. Then the wound and the plaster should be cleansed, the plaster warmed and put on again. This treat-

ment should be continued, and the plaster renewed when necessary, until a cure is effected. The plaster should be large and not only cover the wound, but three or four inches round it. I have never found bleeding necessary.

THE FUNGOUS ULCER

Is covered with large round granulations rising above the level of the surrounding parts; they are somewhat transparent and have no disposition to heal. Their sensibility sometimes is great, and they bleed from every accidental irritation, and sometimes they are less susceptible than healthy granulations.

TREATMENT.

I remove the uneven surface by touching it with vegetable caustic. I then put on a tar plaster and draw it so tight that it will serve as a bandage.

OF ULCERS IN EDEMATOUS OR SWELLED LIMBS.

An edematous limb differs only from a dropsy in extent. It proceeds from constitutional causes, or from fractures, sprains or bruises. It is commonly cold, and of a pale color and retains a mark made by the finger. An ulcer on such a limb is painful, inflamed with purple granulations, and in spots gangrenous. Sometimes the ulcer is painful; sometimes it remains stationary and sometimes spreads in extent.

TREATMENT.

In these cases I anoint the part with the oil of fresh butter, apply a bandage and enjoin rest, with the feet a little elevated.

THE SLOUGHING ULCER.

The sloughing of an ulcer may depend on local or general causes. Sometimes it proceeds from debility in the part affected; the granulations mortify and slough off; sometimes it proceeds from want of strength in the constitution. Change of air or diet frequently produce sloughing where ulcers have begun to heal. The sloughing ulcer is generally attended with pain and fever.

TREATMENT.

Tonics are usually given; bark, wine and a generous diet are recommended: opium to relieve the pain and local applications of a moderately stimulating kind such as a carrot poultice. But in this species of ulcer I keep the bowels open by giving sulphur, and wash the sore twice a day with a strong decoction made by boiling the bark of elder.

INDOLENT ULCERS.

The edges of the skin surrounding indolent ulcers are thick, round and smooth. The granulations are glossy. The pus thin, watery, imperfectly formed and mixed with coagulating lymph. The bottom of the ulcer level. The skin appears as if it had been for sometime removed, and as if no new action had commenced to fill up the cavity.

TREATMENT.

In the opinion of eminent physicians, the treatment of indolent ulcers is a matter of acknowledged difficulty and great importance. The tar plaster is my reme-

dy. If the wound commences discharging a yellow water, it is the best evidence of the correctness of the application, and where that is the case, it never fails to give ease. After the plaster has remained on nine or ten days, it should be removed, the wound washed with a weak decoction of ivy leaves; and the plaster after being cleansed and warmed should be re-applied. After the plaster has remained on again for the same length of time, take it off proceed as before, put on a new plaster and so continue until the wound is well.—The practice of some doctors is to change the nature of the ulcer by applying caustic, and having made it a common sore then to cure it. This mode has also been very successful. Where the plaster does not of itself succeed, I have frequently applied the caustic, and found it beneficial. No exercise should be taken, and a low diet should be observed. Where the ulcer is deep and originates from a morbid derangement of the whole limb, caustic is necessary; where the wound is shallow, the plaster will generall effect a cure. A disagreeable scent is often the consequence of this application; but the patient should not be alarmed, it is an evidence that the plaster is operating effectually, and will cure. It should therefore remain on, and on no account should it be removed until the expiration of the time prescribed, eight or ten days.

ENLARGED LEGS WITHOUT ULCERS.

A morbid enlargement of one or both legs sometimes occurs without the patient knowing the cause. But the origin will generally be found to have been a blow or some external violence. Often the enlargement proceeds from fever settling in the leg; and it is more painful sometimes than at others.

TREATMENT.

Make an incision with a lancet on the out side of the leg, apply the caustic two or three times a day. Then use the lancet and again the caustic until an opening is made into the bone. The orifice should be so large that the thumb may be easily turned within it. Then apply a tar or pitch plaster of sufficient size to cover the whole leg. In four or five days the plaster should be taken off and cleansed, and the wound examined and washed with weak soap suds or a weak decoction of wild ivy leaves. The plaster should then be put on again, and this process continued until the leg gets well.

A hemorrhage is the only danger to be apprehended in opening enlarged legs. The greatest care and caution are therefore to be exercised in making incisions, and where there is a strong tendency to bleeding, the opening should be made slowly and gradually. The introduction of the caustic will generally stop the hemorrhage, unless an artery should be wounded. The use of caustic in this case is peculiarly proper because it has a tendency to draw the inflammation by degrees to one point, and bring about a healthy suppuration.— Usually it will take six or seven days to open by the lancet and caustic an enlarged leg into the bone. A bandage moderately tight from the ankle to the knee may be beneficial. It should be put on before the orifice is entirely cured up, and worn about a year. But very often the leg will get well and be entirely restored without applying the bandage. I will give one instance out of many, of a cure accomplished by myself on this plan. A man by the name of Winters had about seventeen years before been bit on the leg by a rattle snake. Soon afterwards his leg began to enlarge, and continued to increase in size until I commenced operations upon it. Every spring about the time he first got the bite, his leg would pain him, and it had grown until it was twice as large as the natural size. There was no ulcer or avenue through which nature could relieve herself

from the lurking malady. The leg had become hard and had lost the natural feeling of flesh. I stated to him my belief that I could cure him, though he might die under my treatment. He said he would submit to any operation, as he felt confident if he obtained no relief that he must die in the ensuing spring. I pursued the course above prescribed, and had the good fortune to find it efficient. The leg was reduced to the usual size; it became useful and strong and the man was restored to perfect health.

FISTULA IN ANO.

An inflammatory tumor is formed near the anus, and attended with considerable pain and hardness. The swelling advances gradually to suppuration and matter is formed. Sometimes this disease is attended with little uneasiness, and sometimes with extreme pain. The fistula is frequently symptomatic of the pulmonary consumption, and is sometimes formed from an erysipelatous affection.

TREATMENT.

If a physician is called in before a suppuration takes place, he usually endeavors to prevent it by prescribing the remedies for inflammation; if afterwards, he commences operating with the lancet and the knife. I have succeeded in curing several cases by putting in the vegetable caustic. This destroys the tube which is formed, and I have known it effect a cure when an operation had been performed and failed.

RUPTURES OR HERNIA.

The hernia or rupture is the protrusion of a part of the bowels. It is frequently produced in children by excessive crying, or straining of any kind. In people who have passed the prime of life, or are in the full vigor of maturity, it commonly originates from extraordinary exertions of strength and activity, such as lifting great burdens, jumping or violent exercise. The body is predisposed to this malady by rich oily provisions, by inactivity and a general relaxation of the system. It is often discovered in the upper part of the thigh, in the groin or at the navel. A rupture occasions sickness, vomiting and costiveness, and where these symptoms occur, a careful examination should be made to see whether a hernia has taken place. Such a misfortune has sometimes proved mortal ere the mischief was suspected.

Children are most liable to the rupture of the navel or umbilical hernia. When an infant is thus affected, it should be laid in a horizontal position, with its head low, and the intestine returned by a gentle pressure of the finger. After it is replaced, it may be retained in its proper situation by a small piece of clean, soft sponge fastened on with pieces of sticking plaster; a truss should also be worn for a length of time, and the child kept easy and in a good humor, and restrained as far as possible from violent exercise.

TREATMENT.

Put two pounds of rattle root into six gallons of water, boil it down to one gallon, then thicken it with corn meal or flour, and apply it over the tumor. It will give ease, take out the inflammation and produce relaxation so that the bowels may be returned by the hand. The patient should at all times wear a truss to prevent its protrusion again.

DROPSY.

A watery humor collects and distends the part affected. This accumulation is sometimes confined to a part, and sometimes extends over the whole body; thus we hear of dropsy in the abdomen or belly, in the breast and in the brain. It is accompanied with a failure of appetite, a deficiency of urine, excessive longing after water, slow fever, anihilation or difficulty of breathing, and a morbid sensation of languor. It proceeds from hereditary predisposition, from drinking intoxicating liquors, from frequent and copious phlebotomy, from excessive evacuations, the sudden stoppage of customary discharges, from indurated tumefactions of the abdominal intestines, or from general debility. This disease is most frequent in low, flat, marshy countries.— It may be caused by watery or viscous diet. It may be the effect of other maladies, as a scirrosity of the liver, the jaundice, a violent and long continued ague, a dysentery or constipation. In a few words, whatever hinders the due preparation of the blood or obstructs perspiration, may be the cause of the dropsy. The *anasarca* as physicians call it, or the collection of water under the skin, manifests itself by an occasional swelling of the legs, which after a time becomes permanently enlarged by the disease, and pressure on the parts affected leaves an indentation which will remain for a short period. The malady perceptibly increases, swells the scrotum, ascends into the body, and finally occupies the head and arms and bloats the face. Other symptoms then occur, as difficulty of breathing, a diminution of the customary quantity of urine, costiveness, obstructed perspiration, sluggishness, lethargy or wasting fever and an annoying cough.

Sometimes the water is formed first in the abdomen or belly, and then it is called by physicians *ascites*. This species of dropsy is considered difficult to be cured.— The combination of the swelling in the legs and in the

abdomen is deemed by the faculty dangerous, and almost immedicable. Tapping is sometimes resorted to as a temporary relief, but I have never found it permanently beneficial. A dropsy in the head is sometimes called hydrocephalus.

A cure may be more confidently anticipated where the malady has been of short duration, where the patient's constitution is young, vigorous and unbroken and an early resort has been had to medicine. The difficulty of a perfect restoration to health is increased by the senility of the patient, by the irregularity of his life, by his sedentary habits or by the unsoundness of his lungs, liver or any of the viscera.

Where the patient has been long afflicted, the calves of the legs and fleshy parts of the thighs become hard and without feeling. I have known sufferers who have been freed from the water and enabled to go about for some time, and yet these parts, which have been so affected and deprived of feeling, will afterwards mortify and finally produce the death of the patient. But in many instances I have succeeded in restoring health where this hardness has appeared as before described.

TREATMENT.

In this disease I have never had any difficulty in freeing the patient of the water. This is done by giving night and morning the chalybeate pill of the size of a summer grape or a small reflex ball, and by suffering the patient to drink nothing but water gruel, and eat nothing but buttermilk and rye mush.

The chalybeate pill acts as a stimulus and tonic, and also as a diaphoretic and diuretic. The patient after taking this medicine four or five days will begin to sweat, and to discharge the water by urinating. I have known very large quantities of water to be thus carried off in a single night. As soon as the patient finds himself recovering, he will be seized with the most voracious and ungovernable appetite; and if permitted to

indulge it, if allowed to take any nourishment except water gruel and buttermilk and rye mush, the fever will return, the water will no longer be discharged by sweating and urine, and the patient will be as bad as at first. No cure can be accomplished unless the appetite is restrained within the bounds prescribed; and as far as my experience goes, but few individuals afflicted with this disease will be found who will not risk their lives to gratify the violent solicitations of hunger.— Many have I known to break through all restraints, to eat and to die as the consequence.

The danger is always most critical after the patient is freed from the water, and he will die, if the disease proves fatal, of extreme debility. After the discharge of the fluid the chalybeate pill is to be continued;* a decoction of wild cherry bark should be taken, a wine glassful twice a day. Some additional stimulus will also be beneficial. A little wine every day will give strength to the patient. But where the disease is not of long standing and inveterate, the pill itself will relieve. The hard parts of the legs may be bathed with warm spirits. The drinks of the patient should all be warm. Their clothes should be frequently changed, airing them at the fire before they are put on. Exercise is also recommended, but they should venture out only when the weather is good. Their rooms should be kept warm and comfortable. The bowels and stomach should always be cleansed by a mild cathartic before the chalybeate pill is given.

*Decoction of wild cherry tree bark. Take a double handdful of the inside wild cherry bark. Pour on it a gallon of boiling water. Let it stand, and it is fit for use. It should be kept in an earthen vessel.

BLOOD LETTING.

Blood letting is a simple operation, easily performed. If you intend to bleed in the arm, it should be tied moderately tight, about an inch above the elbow.—When the vein rises it should be pierced obliquely, so as not to touch or injure an artery. An artery has pulsation in it; a vein has none. Sometimes the beating of an artery can be felt thro' the veins; when such is the case, bleeding should not be performed except by a skillful operator.

When you wish to stop the bleeding, loosen the ligature, and close the orifice by placing your thumb on it, and pressing the sides together. Apply then a few folds of soft linen over the orifice. Cover this with another larger piece of linen folded similarly and tie it on with a ribbon or tape, passing above and below the point of the elbow.

If the arm continues obstinately to bleed, the lips of the orifice should be pressed together, and while held in this position, cold water should be poured on the arm or the orifice, washed with vinegar. A piece of adhesive plaster will check the effusion of blood. Where you intend bleeding in the foot, the ankle should be tied, and after opening a vein, the foot may be placed in warm water to accelerate the flow of blood. Where you have drawn as much blood as you wish, remove the ligature, and tie up the wound, or apply to it a piece of court plaster.

If scarifying is preferred, after making the wound and rarifying or exhausting the air in a cup, apply it over the scarified part. Raise one side of the cup when you have extracted a sufficiency of blood, and the air will be admitted. The wound should then be covered with cream or some mild ointment.

Where there is a swelling about the orifice, shifting the position of the arm, will sometimes lessen or remove it. If this should fail, apply dressings dipped in brandy

or a solution of sal ammoniac. It sometimes, though rarely happens, that this mode of treatment does not succeed, the tumor must then be opened, the clotted blood removed, and the injured part treated as a common sore.

Where the introduction of the lancet is followed by a sharp pain running along the arm to its extremity, cloths wrung out of lead water should, without delay, be applied, and bleeding, cathartics and low diet should be adopted, to remove every inflammatory symptom. When this fails, the tendon which has been pierced with the lancet, should be divided, and large doses of laudanum given.

Where an artery is wounded, as will be apparent by strong compression of the vein above and below the orifice, by the tremulous motion of the flowing blood and the difficulty of stopping the discharge, it should be pressed together and cooling regimen observed. Should this fail, the tumor must be extirpated and the ends of the vessel secured by a ligature until the parts reunite, and the circulation is forced into a different channel.

INFLAMMATIONS OR ABSCESSSES.

Abscesses may either be dispersed or brought to maturity.

TREATMENT.

Where a rising is preceded by no indisposition, and is attended with only slight pain and inflammation, it may be proper to endeavor to disperse it by bleeding and mild purgatives, and by applying cloths wrung out of lead water.

When tumors arise in those who are of a bad habit of body, suppuration should be promoted by warm-

poultices of milk and bread, or flax seed or mush and fat. When the swelling becomes ripe, if it does not break it should be opened and dressed with fasilicon spread on lint night and morning until it ceases to discharge. If there is any appearance of proud flesh, sprinkle red precipitate, or burnt alum or rhubarb over it, or touch it with caustic. Where the system is debilitated, barks, bathing and tonic remedies will be proper; in robust and gross constitutions, give a tea spoonful of sulphur and cream of tartar three times a day.

FOR A BURN,

Take equal quantities of rosin, spirits of turpentine and hog's fat. Melt them together; apply this ointment. It will give immediate ease and cure in a few days. Mix tar and hog's fat, lay it on the burn and cover it with cotton. Let it be annointed two or three times a day. It will cure.

TO CURE A WEN.

Wash it with common salt dissolved in water every day, and it will be removed in a short time. Or make a strong brine of alum salt, simmer it over the fire.—When thus prepared, wet a piece of cloth in it every day, and apply it constantly for one month, and the protuberance will disappear.

WOUNDS.

When a wound is received, it should be examined, and if any foreign substance remains in it, it should

immediately, if practicable, be extracted and the wound cleansed. When through loss of blood or weakness, it would be imprudent at that time to dislodge the foreign body, it must remain and be taken out when the patient's strength is recruited.

The effusion of blood may be restrained by pressure of the hand, or by dossils of lint, until a ligature can be applied above the wound. Where the hemorrhage is on a limb, raising it perpendicularly will often arrest the progress of the effusion. Where large arteries are wounded, a ligature is necessary. Make a cushion five inches long, three broad and two thick, or roll up a handkerchief in a similar form, lay it on the trunk of the artery above the wound, tie a cord or garter round the limb over the handkerchief, put a stick in the cord and twist it tight enough to stop the bleeding. Then prepare two or three waxed threads proportioned to the size of the vessels. Then having ascertained the exact situation of the artery, stick the point of a crooked needle into the coat of the artery, draw it out a little and tie it fast. When a small artery is wounded, dividing it will cause the effusion of blood to cease. Where other means prove ineffectual, tie the artery.

Whenever a wound is slight, by drawing the divided parts together, it will generally heal in a few days.—When symptoms of debility appear, Turlingtons balsam or balsam of apple should be applied to stimulate and produce a reunion. The best means of bringing the lips of a wound together are by bandages and adhesive plasters. Drawing the divided parts of a wound together by sewing will hasten the cure; lint on which some mild ointment has been spread, should be laid over it. When a wound is deep, it is not safe to keep the lips quite close. It should be filled with soft lint which has been dipped with oil and fastened on by a ligature. The wound should not be dressed for two days, when fresh lint should be applied. Where part of the first dressing sticks, let it remain. Put in fresh lint which has been dipped in sweet oil. This

will soften what adhered, and at the next dressing it will be removed with ease. Afterward the wound may be dressed twice a day, or seldomer as discretion may dictate.

BRUISES AND SPRAINS.

In slight bruises the part should be bathed or dipped in cold water. Afterwards cloths which have been saturated with vinegar or lead water into which a little laudanum has been dropped, should be applied constantly while cold, and supplied by others as soon as they become warm. After the pain has in some degree ceased and the inflammation abated, the part may be washed and rubbed with opodeldoc and covered with brown paper, or you may apply brown paper which has been well wetted with vinegar and spirits.

Where the injury is severe, bleeding will be necessary, cooling purgatives and a light diet. When bruises have been neglected, warm poultices of bitter herbs, sprinkled with a little finely powdered camphor will be beneficial.

After a sprain the patient often complains of weakness and uneasiness, pouring cold water from a considerable height three times a day on the part affected, will often restore it. Bandaging is sometimes beneficial.

If the contusion is violent, and a bone is injured, it often degenerates into an ulcer, and is cured with difficulty. Where the bone is hurt, the sore will not heal until expoliation takes place, or until the diseased bone is separated and extracted. This is easily accomplished by the application of my vegetable caustic. It will separate the unsound from the healthy bone, bring on a healthy suppuration and produce a speedy cure.

DISLOCATIONS.

Dislocation is the removal of a bone out of its natural place. It is easily known by a hollow on one side and a protuberance on the other, as well as by the inability to move it, and the pain felt.

Extension above will often restore a dislocated bone to its proper situation. The limb should therefore be gradually extended from one side to the other, and moved upward and downward, gradually and slowly increasing the force until it is returned to its place.

In obstinate luxations, bleeding copiously will be useful. Even if the patient should be reduced to faintness, while in that state the operator will stand a better chance of succeeding in replacing the dislocated bone. When an inflammation has ensued in consequence of the bone remaining luxated for a considerable time, the patient should be bled, his bowels kept open with an occasional cathartic, and warm drinks should be principally used. After the inflammation has been overcome, attempts should be made to restore the bone to its proper situation. After the bone has been reduced, folds of linen wet with vinegar or lead water should be constantly applied to remove the inflammation; bandages neither too tight nor too loose, should be used to retain the limb in its proper place.

DISLOCATION OF THE JAW.

Yawning, blows, falls, chewing hard substances or other casualty may produce dislocation of the lower jaw. When this accident occurs, the jaw becomes useless; it cannot be shut, chewing cannot be performed, swallowing is a laborious operation, the chin is either twisted or hangs down, and speaking is both difficult and indistinct.

Place the patient on a low stool, so that an assistant may hold his head firmly against his breast. The ope-

rator should then thrust his thumbs, having previously wrapped them with linen cloths, into the patients mouth as far back as he can, and applying his fingers to the outside of the jaw, endeavor to bring it forward a little and then press it strongly downwards and backwards so as to push the elapsed heads into their former cavities.

DISLOCATION OF THE NECK.

WHEN the neck is luxated, it swells, the patient's countenance assumes a bloated appearance, the chin falls on the breast and the face is generally turned towards one side.

The operator, who desires to reduce this dislocation must lay the patient on his back on the floor, place himself behind him lay hold of the head with both hands, put his knees against the patients shoulders, pull the head with considerable force, gently twisting it, if the face be turned to one side until he perceives the joint is replaced. This may be discovered by the noise the bones make when going in, by the patient beginning to breathe and the head continuing in its natural position. After the reduction of the neck the patient should be bled and rest a few days.

DISLOCATION OF THE RIBS.

THE ribs are not often luxated. When dislocation happens either upward or downward, in order to replace it, lay the patient on his belly on a table and endeavor to return the head of the bone to its proper situation or suspend the arm of the disordered side over a gate and while the ribs are thus stretched asunder, push the heads of the displaced ribs into their original place of destination. When the ribs are forced out of joint inwardly, place the patient on his belly on a barrel, move the forepart of the rib towards the back, occasionally shaking it that by this means the disjoined heads of the ribs may be replaced.

DISLOCATION OF THE SHOULDER.

EVIDENCES of a dislocation of the shoulder will be found in the depression or cavity on the top of the shoulder and the inability to move the arm: when the dislocation is downward or forward the arm is lengthened and a ball or protuberance is perceived under the arm-pit. When it is backward, a tumefaction arises behind the shoulder, and the arm is projected forward toward the breast.

To reduce a dislocation of the shoulder, seat the patient on a low stool, cause an assistant to hold his body that it may not give way, while another catches the arm a little above the elbow and gradually extends it. The operator, having put a handkerchief under the patient's arm and had it tied behind his own neck, by this means, extends the arm sufficiently, lifts up the head of the bone and guides it with his hands, to the proper place. Sometimes, particularly in young persons, the arm may be extended with one hand and the bone directed with the other into its proper socket. The arm should always be somewhat bent when the extension is made.

A copious effusion of blood by the aid of the lancet, will in cases of difficulty facilitate the reduction.

DISLOCATION OF THE ELBOW.

IN the dislocation of the elbow, a tumor may be discovered on that side of the arm toward which the bone has been thrust, and the patient is unable to bend his arm.

To replace it two assistants are requisite, the one to catch the arm above, and the other below the elbow, and while extending it with considerable force, the operator directs the bones into their proper situations. The arm should then be bent and carried in a sling about the neck.

Where the wrist or finger are dislocated, extend them in different directions, and direct the disjoined bone to its proper location.

DISLOCATION OF THE THIGH.

The dislocation of the thigh is either forward and downward, or backward. In the former case, the limb is elongated, and the knee and foot turn out. In the latter case, the leg is thrust upward, and shortened while the foot is introverted.

When the luxation occurs forward and downward, lay the patient on his back, fasten him with bandages or let him be held by assistants. Fix slings a little above the knee, and while by this means other abettors make the extension, let the operator push the head of the bone outward until it enters into the socket. If the luxation be outward, lay the patient on his face, and while the limb is extended, push the bone inward.

Where knees, ankles and toes are dislocated, to reduce them, an extension should be made in an opposite direction, while the operator returns the heads of the bones to their original situations. Sometimes pulling the limb forcibly will reduce the dislocation; but by uniting skill and dexterity with strength, luxated bones will be most successfully replaced.

BROKEN BONES.

Where a bone is broken, an experienced operator should be procured immediately to set it. In replacing a fractured bone, but little extension is required; nor should tight bandages be used. They give pain but are not beneficial. Where the leg or thigh is broken, the foot should be placed in a right direction with respect to the leg. The limb should then be stretched out on a well made pillow, observing to straighten it when it is disordered, but in such a manner as not to hurt the callus. To retain it in its proper posture two or three splints should be made of leather or pasteboard. They should be moistened and softened, and then ap-

plied round the fractured limb, and fastened on with tape or ribbon to keep it steady. Before they are tied on, the pieces of leather or pasteboard should be lined with two or three folds of flannel with four or five pieces of tape or ribbon, attached to the inside of one of the splints, by which both may be tied on, and afterwards loosened or tightened as may be required by the swelling of the limb.

MORTIFICATION, *And cutting off Legs, &c.*

Before a mortification comes on, the part affected is in a high state of inflammation, a burning and exceedingly painful sensation is felt, and where a wound is the cause, it becomes dry, and the flesh around it assumes a purple color. This stage is called gangrene, the next step is mortification. When gangrene ensues, a strong lye poultice will generally arrest its progress. When this fails, I apply the steam of wool, and continue the application for hours until the patient becomes easy. The principal ingredient which I use to stop a mortification, first washing the wounds with a decoction of spikenard, are wool, bacon rinds and life everlasting, the steam of these conveyed to the wound and mortifying or mortified parts, will, when perseveringly applied, make the unsound flesh slough off, then nature will generate new flesh and the patient will get well. But perhaps an example or two will illustrate more forcibly and clearly my mode of treatment in cases of mortified wounds.

In January 1812, a man by the name of Lambard in Blount county, was cutting off a stooping tree; when about half cut down, the tree split up and knocked him over, and after running up ten or fifteen feet, broke off. The but fell on his leg while down, mashed the bone, and drove one piece six inches into the ground. The

accident happened in the morning; I was sent for and got there in the evening. I found that the arteries were not entirely destroyed, and stated my belief that I could save the leg. I gave him two spoonfuls of castor oil with fifteen drops of laudanum, and washed the leg in warm milk and water. After cleansing it in this way, I boiled ——— spikenard in water and made a dressing with which I washed the leg twice a day. After using this decoction I applied a poultice of sweet milk and flour to the leg until a mortification took place, an event which I was anxiously anticipating. Knowing that such a mass of bruised lacerated flesh must sooner or later die, I prepared myself for the occurrence.

On the morning of the fifth day he became restless; I enquired how he was, and he informed me that his leg felt as if it was in the fire. I had an oven filled with wool, bacon rinds and life everlasting, into it I threw red hot irons. I had a tube three or four feet long extending from a hole in the oven to the fractured leg, over which I had made an arch so as to confine the steam to the wounded part. I continued this course, still filling the oven with wool and throwing in hot irons, all that day, all the subsequent night and until ten o'clock next morning, when the patient said he felt as easy as he ever had done in his life. The use of the steam was then discontinued. The mortified flesh sloughed off in pieces as thick as a man's hand, until the whole of the dead & bruised parts came off, which was nearly all the flesh from the knee to the ankle. All the bone of the leg was then taken out. After the mortification was stopped, the same treatment was pursued. The leg was washed as at first with a decoction of spikenard twice a day, and a poultice of sweet milk and flour was applied until the cure was complete. The patient was made to drink plentifully of dog wood tea, his diet was light and his bowels kept open by doses of castor oil or salts. The leg was stretched out straight and kept in an easy posture, so that it might be as long as the other when the new bone was formed.

It soon became sound, and was as useful to the patient as if the accident had never happened.

This is my treatment, and in my hands it has never failed to arrest mortification, before it became general. I have never known a general mortification to be stopped. This may be recognized by the patients becoming stupid or languid and vomiting a dark bilious matter.

This course perseveringly pursued, with the aid of a little common sense, will, it is hoped, supercede the horrid practice of cutting off limbs whenever a black spot appears on them.

A few years since I happened at the house of a Mr. C—— of Blount county. He had by some means got his leg fractured just above the ankle; the bone shot through the skin, and his foot turned in almost at a right angle. I asked if the object was to take off the man's leg, and was informed, that was the intention. I stepped to the bed side and found the patient laboring under great nervous excitement. I turned to the gentlemen who had assembled for the purpose of amputating the limb, and told them that the patient was not now in a condition to endure the operation, and if they proceeded to cut his leg off, he would certainly die. I then asked to look at the foot and found it in a high state of inflammation, but not mortifying. I informed them that there was no necessity at present to resort to amputation, and that the man could be cured without it. They unhesitatingly threw him on my hands, apparently glad to clear their skirts of him. I washed the wound in a weak decoction of wild ivy; cut off the end of the protruding bone, put the foot in its proper place, and applied a poultice of sweet milk and flour. The man and his foot were in a few days relieved of fever. He recovered and his leg became sound and strong.

Where a bone is broken, amputation is unnecessary unless the arteries are destroyed; for if they are sound when the dead or broken bone is removed, nature will with their aid generate new bone, and the limb will become as strong and useful as ever. But if the arteries

as well as the bones are destroyed or broken, all hopes of renovation may be given up. The case is desperate.

WHITE SWELLINGS.

There are two kinds of this disease, the acute and scorbutic. The acute is the most common, and will first occupy our attention. There is no disease to which the human family is liable that will, if not taken in time, inflict more severe and lasting misery. It does not attack persons above the age of twenty-five years.—Children between five and fifteen are most likely to experience its violence and severity. No diversity of soil, nor salubrity of climate can ward off its assaults. Its ravages extend from the sea shore to the mountains, and are most frequent in the most temperate and healthy atmosphere. Children of the finest constitution and of the greatest activity are most liable to its attacks. If the patient survives the severity of the first assault, he may for many years drag out a painful and miserable existence, his mascerated body filled with sores from the crown of the head to the sole of the feet, and his sufferings so protracted, violent and agonizing, that when he dies, as he will of a hectic fever, his friends, relations and even parents feel comfort in the thought that death has relieved him from his miseries, and willingly consign to the tomb the mortal remains of the unhappy victim.

CAUSES. This disease is brought on by suddenly cooling the body after it has been over heated by violent exercise. It is often produced by working too hard, by running or jumping and then going immediately into water, or lying down on the cold ground and going to sleep. Sometimes the first symptom is a pain in the part infected, and it continues for several days before the patient is seized with the fever; at other times, the first notice of the disease is a violent attack, as of the

bilious fever, with loss of appetite and constant craving of water. In a few days the disease locates itself and extreme pain is felt in the part affected; but although every part of the human frame is liable to its assaults, it most frequently fastens on the limbs. The part commences swelling, most commonly, though not always, without changing its color; for sometimes the whole limb is highly inflamed. The patient finds no rest day nor night; the pain is augmented on every movement of the limb affected, which continues to settle for five or six weeks before it breaks. By this time the patient is reduced to a skeleton by his excruciating pains. After the abscess breaks and commences running, the sufferer will gradually gain strength and begin to move about, although his wound is still running and the disease unconquered. I have known patients to be thus afflicted for fifteen or twenty years, and then by proper treatment to be restored to health. Abscesses are sometimes formed on children under the age of five years so near the bone as to injure it, and produce effects similar in their nature, and as deleterious in their consequences as white swellings, nor is the treatment of such a case dissimilar to the prescription in the ordinary disease.

TREATMENT.

Though this disease has long baffled the skill of the most eminent physicians of the world, its pathology and treatment are but imperfectly understood, and have as yet been imperfectly elucidated. It is well known that in the treatment of this malady, I have been uncommonly fortunate. Hundreds of individuals in different States of the Union who stand as my diplomas are living witnesses of the efficacy of my prescriptions. As an instrument in the hands of my creator, I have caused multitudes to "take up their beds and walk." Believing there was no charm in any name or assumption of character, I endeavored to exercise the wit which God has

given me for beneficial purposes, and have uniformly tried to apply the principles of common sense and sound reason to the practice of medicine, and on this plan I have overcome difficulties that to a superficial observer would have appeared perfectly insurmountable.

When this disease begins with a pain in the limb without fever, it may sometimes be relieved by making an ointment of hog's fat, or if it cannot be had, of fresh butter and red pepper, and rubbing the part affected twice a day, drying it in with a hot shovel or iron. If after doing this the pain should still increase, and the limb begin to swell and puff, an incision should be made with a lancet the whole length of the blade, nor is this operation much felt or dreaded, so great is the pain of the disease, on the contrary, it gives relief.* Place at the bottom of the wound a piece of vegetable caustic about the size of a pea; after waiting half an hour put in as much more in the same way; continue to do so three or four times every day until you get into the cavity, which always contains an oily fluid. The flesh also is always puffed up from the bone. After you have got to the bone, stop the use of the caustic, make a decoction, (not strong) of wild ivy leaves, and throw it in on the bone with a syringe three or four times a day. After you begin to use the ivy decoction, apply a poultice of sweet milk and flour. Under this treatment the wound will soon commence a healthy supuration, and the patient will in a short time recover.

As the physician is seldom called in until the disease has damaged the bone, if the swelling is not opened in the early stage, the oily fluid spoken of will not be found; for it is soon changed into puss. Whenever the physician is called in, he must follow the directions given. If the bone is injured, it may be known by the appearance of the matter discharged. It will be covered with fine specks or eyes, such as are often seen in

*The operation is only to be performed by a physician, and great care taken not to wound an artery.

soup. If many of these are visible, the bone is unquestionably injured, and a speedy cure is not to be expected. Nature must work, and her operations must be watched and aided. After the abscess is opened and discharging a healthy matter, the system must be strengthened and restored. The energy of the patient must be renovated before the cure of the wound is undertaken. The chalybeate pill will be the proper medicine.

It should be taken occasionally until a cure is accomplished. When the patient has gathered sufficient strength, which he will not do under five or six months, if the running still continues, it will be an unerring indication that the bone is injured. The wound must then be gradually opened by the application of caustic once or twice every day. To ascertain the condition of the wound, it is usual to wrap a little tow or flax on a knitting needle or probe, and with it examine the cavity to the bottom. If there be any loose or injured bone, it will catch in the tow or feel rough to the probe.—Having ascertained that there is loose or dead bone, open the wound with caustic as before directed. If you can feel the bone sensibly, catch it with a pair of tweezers, work it gradually and try to get it out. Sometimes the piece is too large to be extracted at once, it should however be moved gently every day, caustic should be applied to loosen it where it is confined, and thus it may be often drawn out. Where the bone is large and cannot be otherwise extracted, it will be necessary to cut it in two. This I have often done with a small chisel, placing it on the loose bone and turning it backwards and forwards. This is to be done once or twice a day if the patient can bear it, nor will the chisel, as might be apprehended, inflict the slightest pain while cutting the loose bone, for the bone is dead, and this is the reason why it must be taken out. Do not work too long at a time lest you worry the patient, and be extremely careful not to let the chisel slip for fear of wounding a blood vessel. In this way I have

by patient perseverance, and exercising the greatest care divided the leg, thigh and arm bones without giving the patient much pain. Where there is a probability of getting hold of the end of the bone, there is seldom any need of employing the chisel. If the patient is first attacked with a high fever, give him a cooling purge and bleed him, as a case of this kind is usually more violent than where a pain is the first symptom. The physician will then be enabled to ascertain where the disease is located, though sometimes the whole limb is so swollen and painful that it is difficult to determine which is the part most affected. He must exercise his judgment, and when he has fixed on the place, make an incision without hesitation, for every moment of delay, is attended with the risk of an injury being inflicted on the bone. In such a case the use of the ointment would be improper, as scattering the disease would be attended with the danger of driving it to some more vital part.

THE SCORBUTIC OR SCROFULOUS WHITE SWELLING.

This kind of white swelling affects the joints particularly. Sometimes it is attended with great pain, sometimes with considerable swelling; sometimes hardly an uneasy sensation is felt at its commencement, and an enlargement is almost imperceptible. In this disease motion is disagreeable and painful; the joint being easiest when relaxed is kept in a bent position, and by this means a stiffness of the sinews is occasioned.—The pain becomes more violent and the swelling increases as the disease progresses. The ends of the bones are also frequently, but not always enlarged. The tumefaction in time acquires an elasticity, which prevents it from retaining any impression made by the hand or finger. In different parts around the joint a purulent matter is collected, which upon breaking or being opened, is discharged in considerable quantities. The bones

are often found in a carious state, and pieces are discharged at the openings. The constitution at length becomes impaired, and night sweats and dysentery reduce the patient to the most extreme debility. Children are exempt from the ravages of this disease.

TREATMENT.

If the abscess has not broken it should be opened. Make an incision with a lancet, and insert caustic at the bottom of the wound, as directed in the other species of white swelling, until an opening is made into the cavity. The greatest care should be taken lest a mortification ensue. To prevent this fatal consequence weak injections of the ivy decoction should be thrown into the wound twice a day. A poultice of sweet milk and flour should then be applied, and renovated and renewed and continued until the matter discharged assumes a healthy appearance. The main object is to produce a healthy suppuration. As soon as the wound is opened, the patient should take three times a day a chalybeate pill as large as a common summer grape.—The diet should be light and nourishing, and the drink warm and strong, victuals such as bacon and cabbage should be avoided. The chalybeate pill or black medicine is intended to restore the constitution, and it will generally have that effect. Speedy relief is not to be expected, and the general health of the patient must be renovated and confirmed before a cure can be accomplished; and as this malady is one of the most troublesome and difficult to manage, considerable time will be consumed, care and patience, skill and perseverance must be exercised before the sufferer can be relieved.—I have never found amputation necessary, nor have I ever lost a patient by the mortification of the wound.

THE ITCH.

The itch is contagious and easily communicated. It appears in the form of watery pustules about the wrists and fingers. It then spreads over other parts of the body. Various kinds of itch have been mentined by medical authors; but from the same cause, and may be cured by the same medicine, and are only aggravated stages of the same disease; it will be unnecessary to make any distinction. Cleanliness, pure air and wholesome food are said to prevent its appearance or to retard its progress, and sometimes go far towards effecting a cure.

TREATMENT.

Sulphur applied externally and internally with purging and bleeding where the patient is of a full habit, is the treatment generally recommended by the faculty.— It will without doubt have the desired effect. But we prefer as equally effectual, and better, as being unattended with the slightest degree of danger the “vegetable unguent,” (which see how to make in the appendix.) On going to bed annoint with it the parts affected for four or five nights. Then wash with soap and water, change the linen, also change your clothes, put clean sheets and coverlets on your bed, and be careful neither to wear any of the clothes, or sleep in any bed that contains the infection. It should be remarked that many diseases are mistaken for the itch, and treated accordingly. In such a case there is danger of doing injury by striking in an eruption that ought to be kept out; the medicine may also prove ineffectual.

Another remedy. Take a handful of the wood of bitter sweet, cut it up fine, put it in a tincupful of ard, let it stew, when the strength is extracted, strain it and when it becomes settled, put in it half a tea spoonful of sulphur; annoint the sores every night, and it will

cure effectually. The bitter sweet is first sweet and then bitter to the taste, grows in the sides of ditches and in swamps, climbing bushes with winding, woody brittle stalks. The flowers in clusters, are of a blue purple color, and appear in June and July. The berries are red.

THE EAR ACHE.

This severe pain often proceeds from inflammation of the internal membrane of the ear, or from the intrusion of insects or any extraneous substance.

TREATMENT.

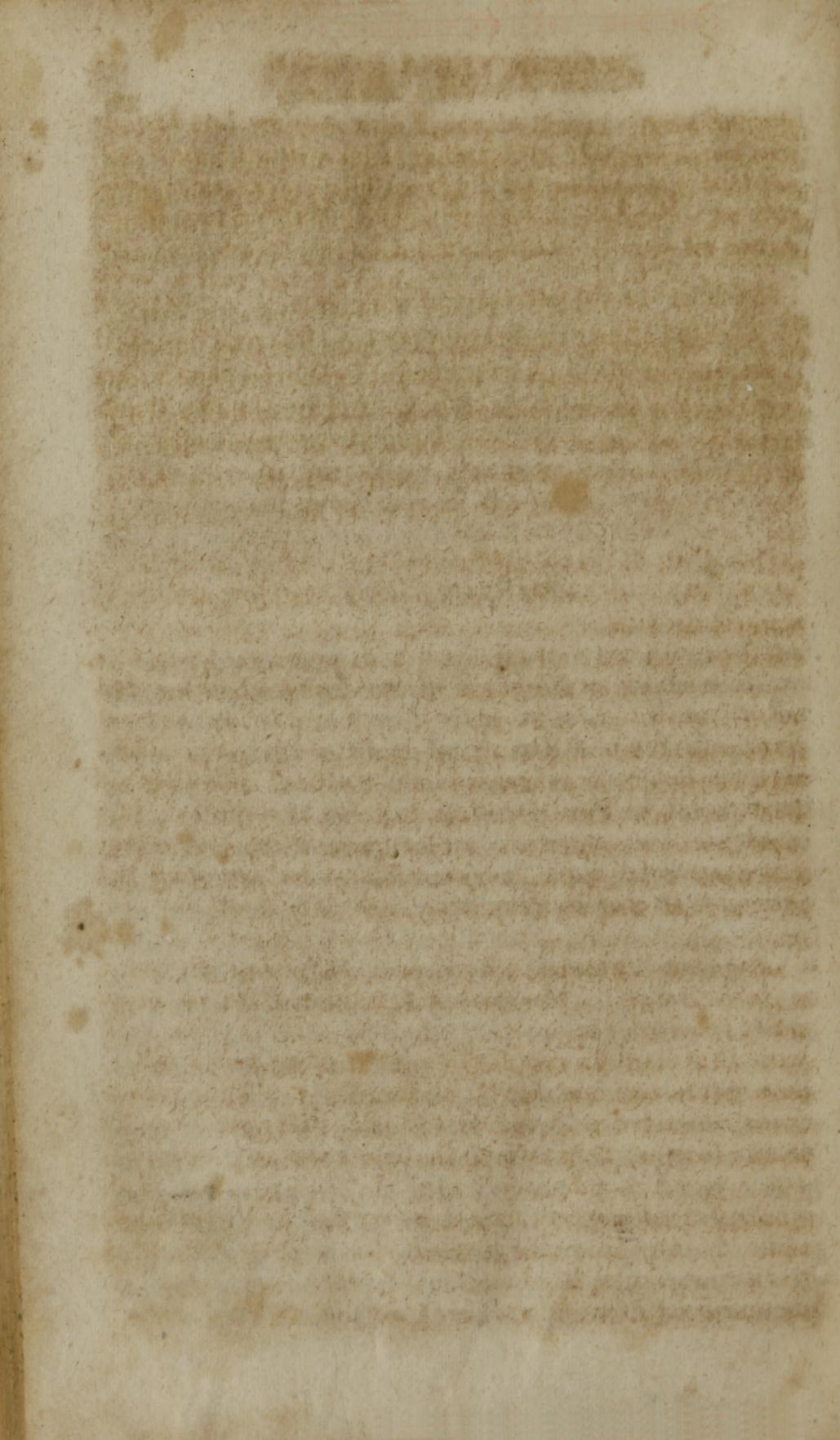
Stew black pepper in hog's lard; a few drops of this mixture applied internally to the ear as warm as it can be born twice a day will often relieve. Four or five drops of spirits in which beef's gall has been dissolved, poured into the ear three times a day will have the same effect. If the ear is going to heal, permanent ease need not be expected until it ripens and breaks.—Fomentation over a decoction of bitter herbs, such as old man, catnip or horehound will often give temporary relief. After the herbs are boiled, put them into a jug or coffee pot; place the ear over the mouth or spout, and it will be fomented. If the inflammation be great, the patient should be bled and take cooling laxatives, salts, cream of tartar or senna.

Sometimes tobacco smoke blown into the ear, or liquor or sweet oil poured into the ear will destroy or drive out insects. In cases of colds, roast an onion, take out the heart, put it in the ear and tie it up, or warm milk and water injected, or laudanum dropped in will often give ease. Steaming over hot water, laying a cloth over the vessel containing it, will generally afford relief. Camomile flowers, dipped in hot water and

applied while very warm to the ear, with a cloth only intervening is also practiced. Pull a black horn bug in two and let the drop which may then be seen, fall into the ear, it will cause the pain to cease and probably prevent it from aching in future.

A poultice of roasted onions, or bread and milk will be proper when the inflammation cannot otherwise be dissipated. It should be continued and renovated until the rising breaks, then wash it two or three times a day with soap and water. Blisters behind the ear are also beneficial.

X



MATERIA MEDICA.

My book would perhaps be incomplete, if it contained no account of our medicinal plants. A few of the most prominent of these productions of nature, which are useful to the physician, will be succinctly described. It is not my intention to swell the size of this book, by enumerating and delineating all the plants and medicines which are employed by the disciples of Esculapius. Those who wish for more extensive and scientific information, will naturally resort to a complete system of materia medica.

Alder black, or Virginia Winter berry—bears a red berry—grows in moist places, and sends up several slender stalks to the height of eight or ten feet. The bark is a tonic, and is used in substance or in strong decoction, like Peruvian bark in cases of debility. The inner bark as a poultice, with the decoction internally, has been celebrated for its efficacy in arresting the progress of mortification.

Angelica—flowers in June and July, and grows in marshy ground. The root in a powder or tea is especially beneficial in flatulent cholics. It is also used with advantage in conjunction with other tonics in intermittents and low stages of the fever. It is sometimes combined with dog wood bark. One tea spoonful of the former, with two of the latter makes a dose.

Bind weed—grows near running water in low sandy soil. It runs along the ground like a grape vine, and has a root, large, hard and white, that sinks deep into the earth; its leaves are triangular; its flowers are bell

shaped and whitish with a purple tinge. As a purgative from a tea to a table spoonful of the powdered root constitutes a dose. To make a decoction of it, boil the sliced root in three pints of water to a quart. In this way in cases of gravel a tea cupful of it may be drunk three or four times a day.

Bitter sweet—grows on the sides of ditches and in moist hedges, climbing upon bushes with winding, woody, brittle stalks. The flowers are of a blue purple color and appear in clusters in June or July and always turn to the sun. The berries are red. It is sometimes used in the cure of the itch.

Black berry or dueberry.—The roots of these vines are astringent in their character. Two handfuls of the roots in three pints of milk or water boiled to a quart and given in doses of a tea cupful every two or three hours will often cure an obstinate dysentary.

Black snake root—grows in rich wood lands from seven to nine inches high, the leaves are heart shaped and the flowers of a purplish brown color. The root is composed of a number of strings or fibres, issuing from one head and matted together, of a brownish color on the outside and yellowish or pale within. It has an aromatic smell and a warm, bitterish, pungent taste. It is useful in raising the pulse, promoting perspiration and resisting putrefaction.

Blood root, or puccoon.—It is also called Red root, Indian paint and Turmeric. Its leaves somewhat like those of the white oak, are roundish and deeply indented; its stems are naked, supporting single flowers and its blossoms white. It grows about a foot high in rich woodlands and flowers in April. When the fresh root is broken, its juice resembles blood.

Bowman's root—grows in low grounds or meadows

two or three feet high. The root in doses of from thirty to forty grains in powder for adults, is a safe and effectual emetic. It is a tonic, diuretic, & a diaphoretic. A tincture of it is good in cases when the menses are obstructed.

Boxwood.—The bark of this tree possesses admirable tonic powers. It is very efficacious in cases of gangrene and in diseases originating from debility.

Burdock—grows on the roadside, on rubbish & ditch banks bearing purplish blossoms in July and August. A decoction of this root is esteemed excellent in driving away boils, purifying the blood and promoting perspiration. This plant is perennial; the seeds are given as diuretics; the roots are sweetish with a slight acridity, and are considered aperient sudorific and diuretic. In gouty, venereal, rheumatic and scorbutic maladies they are used, and are deemed safe in acute complaints.

Butterfly weed or *Pleurisy root*—grows in a light sandy soil several stalks rising from one root about two feet in height spread considerably around. The stalks are round, the leaves irregular spear shaped, and on the underside covered with down. The umbels are of a bright orange. The flowers, conspicuous for size and brilliancy, make their appearance in August and July. Slender pods, containing seeds, are then formed. The root is tapering, externally brownish, within coarse, white and streaked. This root possesses no inconsiderable degree of medicinal virtue, and is of sovereign efficacy in pleurisy and affections of the lungs. It has also in an eminent degree the power of producing a profuse perspiration. It is extolled also for its virtue as a diaphoretic, a febrifuge and an expectorant, and as an efficacious remedy in colds, catarrhs, pneumonic fevers and diseases of the breast. It has the peculiarity of sweating, without heating the body.

Butternut—affords a fine cathartic medicine. The

inner bark is boiled for several hours, then strained and boiled down to a consistence of honey. This is the best mode of preparing it. A pill of the ordinary size may be taken at bed time. It is admirable in removing costive habits. It is also efficacious in all cases where aperient medicines are required.

Button snake root—grows in poor pine land. The root is bulbous, with numerous fibres of a pungent nitrous taste; the leaves or blades long, narrow, pointed and saw-edged. A stalk shoots up in autumn, to the height of three feet, bearing globular prickly flowers of an ash color. This root is a powerful sudorific, it is also a superior medicine in cases of gangrene and foul ulcers. It is boiled soft and applied as a poultice.

Camomile.—A tea made of the flowers is often used to warm and strengthen the stomach. It is also employed as a preventive to ague and fever and bilious fever. A poultice of it is frequently applied to tumors.

Cherry-tree wild.—The bark of this tree is a tonic and is sometimes substituted for the Peruvian bark. It is given in intermittents. It is perhaps most efficacious when four parts of it are combined with one part of Virginia snake root.

Colt's foot—grows in moist situations about eight inches in height, and produces yellow flowers early in the Spring. Then appear the leaves which are large and roundish and of a bitter taste. The leaves powdered and used as snuff removes giddiness of the head. A decoction of the leaves and flowers in the proportion of two handfuls to a quart of water is useful in drop-sical complaints and coughs.

Comfrey—grows near springs and in moist situations; it is also cultivated. It is about two feet high; its leaves are large, its flowers pale blue, the roots long,

mucilaginous and externally black but white within. Boil a handful of the roots in milk, and give a tea cupful three or four times a day is a popular remedy for a dysentery. It is also beneficial in other complaints.

Columbo root—grows plentifully in the western country. It is a powerful antiseptic and tonic. It is used advantageously in gangrene, cholera morbus and indigestion. An excellent bitter may be formed by steeping two or three ounces of the root in a quart of spirit. In doses of a table spoonful, in mint water or orange peel, it moderates the retching of pregnant women.

Dogwood.—See Boxwood.

Dock narrow—grows in fields and flowers about the middle of summer. The roots bruised have been applied with efficacy in the cure of obstinate ulcers, and hard, cancerous tumors. A decoction of them will cure the itch. The seeds will check a dysentery. The root, it is said, is mildly purgative.

Elecampane—is found in stony pastures and by the road side. It grows three or four feet high. Its flowers are large and yellow and appear in July and August. The root has a pleasant aromatic scent and a tenacious and partially acrid taste. Its bitterness gradually augments and becomes pungent. A strong decoction of the root is an excellent remedy for women who are troubled with floodings. As a medicine it is mildly stimulant.

Emetic weed or *Indian Tobacco*—grows in dry fields to the height of one or two feet, with branched stems. It flowers in July and August. The blossoms are solitary and of a pale blue color. The leaves are oblong and have a very pungent taste. The leaves collected in August and dried, in doses of from ten to twenty grains constitute an excellent emetic.

Flax-seed.—Flax seed tea is beneficial to those who are suffering from cold or coughs. A syrup may be made by simmering together a quart of the tea and a pint of honey, for an hour removing the skum as it rises. A tea-spoonful every hour or two often gives great relief when a cough is troublesome.

Flux-root.—See Butterfly weed.

Ginseng—is generally found in rich soils and in the sides of mountains. It flowers in July and its berries are black. The root is sweetish. Its leaves or roots, by infusion are esteemed salutary in cases of gravel and debility. The root chewed or steeped in wine and taken by the wine glassful twice a day, invigorates the human frame.

Guinea Pepper or *Red Pepper*—grows in gardens. It is a powerful stimulant, and is considered beneficial in chronic rheumatism. A strong infusion of red pepper, one or two pods to half a pint of spirits, in doses from half to a full wine glass is a fine medicine in cases of cramp in the stomach. Red pepper tea is also used where the sore throat prevails.

Hellebore white—is produced in wet places and low meadows. The stalk usually rises from two to four feet high and is hairy, upright, thick and strong. The leaves are oval, ribbed, large, plated and of a yellowish color. The flowers appear in June, July or August, are of a greenish color, and followed by three flat pods. The seed are triangular. The root is short, about an inch thick, with numerous fibres attached to it, and ordinarily externally of a brown color. It is bitter and nauseous to the taste and burns the mouth. The bark of the root collected in the spring, given in the form of a powder, begining with half a grain and gradually increasing the dose has been very beneficial in diseases of the melancholic and maniacal kind.

Hemlock—grows in shady places, in rich lands and near ditches. Its height is six or seven feet. Its leaves are large, of a dark green color on the upper and whitish green on the under side. The flowers are white; the seeds greenish, flat on one side, very convex, and marked with furrows on the other side. The stalk is marked with brown or red spots, is round, smooth and hollow. The root is white and fungous within and long and yellowish without, and its leaves have a rank smell.

The medicinal virtues of this poisonous plant have been advantageously employed in cancerous ulcers, venereal sores and cutaneous affections. A grain or two of the powdered leaves constitutes a dose at first which may be gradually increased until it produces giddiness or sickness and trembling.

Horehound wild—grows among rubbish and flowers from July to September. Its leaves have a bitter taste. It has been used with great success as a medicine. It grows abundantly in our country and is generally known. It is sometimes used as a substitute for peruvian bark. It is a tonic, a sudorific, a diuretic and a gentle purgative. It is commonly made into a tea in the proportion of one ounce of the dried leaves to a quart of water.—It does not oppress the stomach and may sometimes be advantageously associated with Peruvian Bark.

Horse radish—has a pungent smell and sharp taste. It flowers in June; when dry, it is sweetish or insipid. Horse radish is a stimulous, exciting the solids and assisting the fluid secretions. It is useful in scurvy, dropsies and chronic disorders.

Hysop—an infusion of the leaves, sweetened is beneficial in coughs and disorders of the breast and lungs, attended with inflammatory symptoms.

Indian hemp—grows about three feet high. It is found in woods and in the vicinity of meadows. The

branches spring out about a foot above the ground; its leaves are numerous, its flowers whitish, like buck wheat and with seed pods resembling a cucumber.

Indian Physic—See Bowman's root.

Indian Turnip.—This herb may be found in low rich lands. It resembles the common turnip in form, has a very acrid taste when green, and must then never be given. When dry, it is sweet and pleasant. As much of it pulverised as will lie on a fourpence ha'penny, mixed with honey should be given on an empty stomach to a child from two to five years old, above that age, double the quantity is a dose.

Jerusalem Oak or *Worm-seed*.—This plant has a strong smell, an acrid taste and is much used for the expulsion of worms. It is one of the ingredients composing the chalybeate pill.

Mandrake or *May Apple* rises two or three feet high, grows on low grounds, has generally three leaves, broad at the base and terminating in a point; the flowers and apple yellow. The root in doses from ten to twenty grains in substance is an excellent purgative. For use, it should be gathered in the fall. In too large a dose it is a poison.

Mezereon, *Spurge laurel*, or *Dwarf bay*—grows in woods and shady places, and flowers in February or March. Its fruit is a berry, which contains a single seed. The leaves are spear-shaped and the flowers red and rosy. The bark of the root is used as a medicine and has a sharp burning taste. It is useful in the venereal disease in the last stage, in relieving nocturnal pains and dissipating venereal nodes.

Mustard.—The seeds of mustard have a tartness of taste and acrimonious smell. The black is stronger

than the white mustard. An oil of insipid taste is made by pressing the seeds. Mustard is recommended as a medicine in cases of dyspepsy. When infused in water and taken in considerable quantities, it operates as an emetic; in smaller doses, as an aperient and diuretic. It is frequently used when made into a sinapism with vinegar and bread crumb to produce topical excitement. A weak infusion of the seed has been successful in stopping puking.

Night Shade Deadly—is a poisonous plant with beautiful berries. Those who have imprudently eaten them are soon troubled with a dryness of mouth, a distressing thirst, a tremor in the tongue, a difficulty in swallowing and ineffectual endeavors to vomit. The sight of the eye enlarges, the face swells and becomes darkly red, delirium and convulsion and inflammation of the intestines ensue; and unless the poison is arrested in its career, death will be the inevitable consequence. Vomiting is the most speedy and effectual remedy. Clysters and cathartics should be employed, and vinegar, honey, milk, and oil given liberally.

This plant should be used as a medicine in small quantities and with the greatest caution. It is a powerful narcotic, assists to produce sweating, increases urine and probably saliva. When it occasions dryness and tension of the throat, vertigo or temporary dimness of vision, it ought to be discontinued. The dose at first should be very small, not exceeding where children are the patients a quarter or the eighth of a grain of the powdered leaves or root and a greater for grown persons. The dose may be slowly increased after it has been taken for some time.

Onions—are efficacious in suppression of urine, in dropsies and in abscess of the liver. They are also frequently used in cases of croup and sore throat. The smell imparted to the breath by onions may be obviated by eating a few leaves of parsley immediately afterwards.

Peach tree.—A tea made of the leaves or flowers, will operate as a cathartic. From a gill to a half pint every two or three hours will act on the bowels, stomach and skin. A syrup is sometimes made of it by boiling slowly the juice of the leaves with an equal quantity of molasses. It may then be administered in doses of a table spoonful to children, and a wine-glassful to grown persons.

A decoction may be made of it by boiling a handful of the dried leaves in a quart of water down to a pint and a half. In this way it is used in cases of voiding blood by urine, in affections of the kidneys or complaints of the gravel.

Pepper red—see Guinea pepper.

Pennyroyal.—An infusion made in the proportion of a handful to a quart of boiling water, has long been esteemed in obstructions of the menses or histeric complaints. A tea cupful three times a day is a dose.

Peppermint—is an excellent remedy in flatulent colics, hysteric cases and vomiting. It is used also in nausea, cholera, and griping.

Persimmon—is sometimes used in cases of sore throat, of worms, and in intermittents.

Pink root Carolina—abounds in the southern states and is valuable as a destroyer of worms. To make an infusion put a handful in a quart of boiling water. A tea cupful night and morning is the usual dose. It is also sometimes employed with efficacy in fevers.

Plantain—is an antidote to the poisonous bites of snakes, spiders and other venomous insects. The juice extracted from the plant, is given in doses of two table spoonfuls every hour or oftener, until the patient is relieved. The bruised leaves are frequently applied to the fresh wounds.

Pleurisy root—see Butterfly weed.

Poison oak.—This poison has in my opinion but few medicinal virtues. When a person has been poisoned by this vine, I cure by stewing night shade in sweet cream and anoint the parts.

Poplar tree.—The bark of this tree is aromatic and a strong bitter. It is a tonic and employed some times in place of the Peruvian bark. It is used in intermittents, dysenteries and other disorders.

Potatoe wild—see Bind weed.

Puccoon.—See blood root.

Rue—is good to cure the bite of spiders. It is also given in cases of worms and will prevent convulsions in children.

Seneca Snake root.—It grows about a foot high, the leaves pointed and some what oval, the flowers are white, the root some what resembles the tail of a snake. It is used to promote perspiration. A decoction is made of it by putting a handful into a quart of boiling water. A wine glassful every two or three hours is a dose for an adult. It is used also in obstructions of the menses, in croup, pleurisy and acute rheumatism.

Sampson Snake root.—It grows to the height of from six to twelve inches and bears on the top two or three pale blue flowers, the leaves are opposite and sword shaped, the root matted, variously bent and has an agreeable bitter taste. The root of this plant is a considerable tonic. It is used often beneficially in cases of dyspepsy. It may be taken in the form of a tincture, decoction or powder. It is also good for the flux.

Spikenard—grows in low rich grounds and among rocks three or four feet high. The leaves are numerous, on long branches from a thick purplish stalk. The

flowers are very small; the berries of a sweet aromatic taste and resembling those of the elder. The roots are long and about the thickness of a finger.

Sumach common.—The berries or seeds when ripe, are red and very acid. An infusion of them sweetened with honey is a good gargle for a sore throat and for cleansing the mouth in putrid fever.

Scurvy grass.—This plant has a singular smell and a bitter taste when green, especially after bruising it. It communicates its pungency by distillation to water or whiskey. An oil may be made of it. It derives its name from its efficacy in curing the sea scurvy. It is a mild stimulant and diuretic. In scorbutic affections of the mouth and in sore throat, it is used as a gargle.

White walnut.—The bark is a valuable purgative. It is given in doses from ten to thirty grains and is recommended in cases of dysentery. In the expulsion of bile its activity is augmented by combining it with calomel.

Waysa.—This is the Indian name for an herb which is used in making vegetable caustic. Its leaf resembles the ear of a cat, but is much larger. This herb is only to be found in rich hollows in the mountains. It grows from five to six feet high, and comes up early in the spring; the leaves are directly opposite to each other and about five or six inches apart. The stalk is somewhat fluted and bear in the fall on its summit a cluster of seeds like that of tobacco. Its leaf has an acrid burning taste.

MEDICINES.

VEGETABLE UNGUENT.

Take narrow dock, poke and hellebore, of the roots of each half a pound, beat them fine, put them into five gallons of water, boil it down to a pint, pour it off, then add two pounds of hogs lard, stew it down to a pint. Let the oil then stand until it settles; add of common turpentine, and sweet gumwax, each a piece as large as a hen egg. Apply sufficient heat to melt in the two last ingredients and the unguent is ready for use.

This unguent is an excellent medicine in most cutaneous diseases, and in the hands of the author, has never failed to cure the itch.

CHALYBEATE PILL.

Take two spoonfuls each of elecampane, of butterfly or pleusisy root, steel dust and sulphur; one spoonful of jerusalem oak or wormseed, and three of seneca snake root; and in the same proportions when a greater or less quantity is to be made. Pulverise them; sift them thro a fine cloth and add a sufficiency of honey to mix them.

To an adult give a pill of the size of a large summer grape night and morning. After continuing in this way four or five days, three pills may then be administered every twenty four hours, one in the morning, one at midday and one at bed time.

VEGETABLE CAUSTIC.

The materials of which this caustic is made, are difficult to be procured. Take of scurvy grass, the twigs of wild ivy, and of an herb called by the Indians waysa:

of each a double handful. These are to be gathered about the full of the moon and all burnt together to ashes. Then put the ashes into a clean pot with five gallons of water, boil it down to half that quantity.— Take it off, let it settle, strain it thro, a piece of tow cloth. Put it on again in a clean vessel, and boil it down until it evaporates and you will have in the sediment an excellent caustic.

When this herb cannot be found, burn of blue ash bark enough to make half a bushel of ashes, take of ivy twigs a double handful, burn it and mix the ashes with those of the ash bark; put them into ten gallons of water, boil it about an hour; take it off, let it stand till it settles, then pour the water from the ashes; boil it down to half the quantity, take it off, settle and strain it; put it in a clean pot and boil it until it evaporates. Then make with light-wood, a brisk fire under the vessel; the sediment will melt and run like oil. Then take off the vessel and you have the caustic, which I use in the performance of cures, and which is commonly called *wet fire*.

AN OINTMENT FOR ERUPTIONS ON CHILDREN.

Take a pound of fresh unsalted butter, break into it six new eggs, simmer them over the fire until the butter is reduced to half the quantity. Then strain it, and add to it while warm enough to dissolve them, of sweet gumwax and turpentine from the tree, each a piece as large as a hen egg.

BEER FOR CONSUMPTION.

Take of spikenard root—if green two pounds; if dry, one pound; of seneka snake root two ounces, of wild cherry bark, of the root of devils-bit, each half a pound; of the root of wild sweet-potatoe, the root of bur dock, and of the bark of white walnut, each half a pound; put these into ten gallons of water, boil it down to three. Pour it off the roots while boiling into a cag or jug, and to this quantity add one quart of honey. In

a few days it will ferment and be fit for use. Of this decoction the patient may drink two or three tea cupsful a day. This beer is to be given to patients affected with the liver complaint or any kind of consumption. It is useful in cases of debility of long standing. This medicine acts as a tonic, a cathartic and a stimulant. The white walnut is intended only to keep the bowels open. The patient will therefore judge and put in more or less of it, as he finds its operation more or less powerful; if the patients bowels are easy operated on, a less quantity is to be taken.

CHARCOAL,

Is too well known to need a particular description. It has recently been employed as a medicine. It has been found to absorb offensive matter in the stomach. It is used in cases of fever, dysentery, scrofula and other atrophies. Its tendency is to prevent putrid eructations, to imbibe the matter that produces disagreeable tastes in the mouth, to remove sickness where there is a disposition to vomit, or to stop puking when it has commenced, to strengthen the stomach, increase the desire for food, and aid in its concoction. It has also a slight proclivity to produce costiveness. In external inflammations, rancid ulcers, and mortifications, powdered charcoal is highly beneficial. It also has some reputation as a tooth powder. It is sometimes called *carbo ligni*.

DRESSINGS,

FOR FRESH WOUNDS OR TO PREVENT BLEEDING.

Take the inside bark of white hickory, boil it in a sufficient quantity of water to extract the strength; then strain it and boil it again until the decoction becomes thick and adhesive.

This preparation should be kept in readiness by every family. It is not only good to stop hemorrhages, but as a dressing for fresh wounds.

Y*

A Dressing for Gunshot wounds.—Take five pounds of fresh spikenard root, put it in six gallons of water; boil it down one half; take out the roots while hot; strain it and boil it down to a quart: To this add an equal quantity of rum, or old whiskey. Let the wound be syringed with this two or three times a day, and a poultice of sweet milk and flour be kept to it.

APPENDIX.

ABSORBENTS.

Calcined Magnesia.—One or two tea spoonfuls to be taken occasionally mixed in milk or mucilage of gum arabic by adults.

Prepared Chalk.—A tea spoonful to be taken in the same way as the magnesia.

Lime Water.—A wine glassful with an equal quantity of new milk to be taken occasionally.

Absorbent Mixture.—Take half an ounce of chalk prepared, two drachms of gum arabic powdered, two drachms of white sugar and four ounces of water. A table spoonful every two or three hours is a dose for grown persons.

Absorbent and aperient mixture.—Add one drachm of rhubarb in powder, or half an ounce of the tincture of rhubarb to the above receipt; or

Take of prepared chalk and magnesia, each half an ounce, sugar two drams: rub them well together; add two ounces of mucilage of gum arabic and four ounces of weak cinnamon tea. Mix them. Dose for children from one to two tea spoonfuls.

DECOCTION OF SENEKA.

Take of seneka snake root, one ounce, water a pint and a half. Boil to a pint and then strain it.

This decoction is used in the pleurisy, dropsy, rheumatism and disorders of the skin. The dose is two

ounces three or four times a day or oftener if the stomach will bear it.

SENSITIVE ELECTUARY.

Take eight ounces of senna in fine powder; four ounces of coriander seed powdered; a pound of the pulp of tamarinds and a pound of French prunes. Mix the pulp and powders together and with a sufficient quantity of simple syrup, reduce the whole to an electuary.

A tea spoonful of this electuary, taken two or three times a day is an agreeable laxative. Other medicines may be given in it.

EMULSIONS.

Emulsions are proper vehicles for certain substances that cannot conveniently be taken in another form. They are also useful as medicines.

COMMON EMULSION.—Take an ounce of sweet almonds, a drachm of bitter almonds, two pints of water. Let the almonds be blanched and beat up in a mortar, adding the water gradually so as to make an emulsion.—Strain it.

ARABIC EMULSION.—Add to the almonds of the common emulsion, while beating it, two and a half ounces of mucilage of gum arabic.

Where soft cooling liquors are necessary, these emulsions may be used as an ordinary drink.

CAMPHORATED EMULSION.—Take half a drachm of camphor; half a dozen sweet almonds, half an ounce of white sugar; eight ounces of mint water. Grind the camphor and almonds well together; add by little and little the mint water; then strain the liquor & dissolve the sugar in it.

A table spoonful of this emulsion every two or three hours is the common dose.

EMULSION OF GUM AMMONIAC.—Take of gum ammoniac two drachms; water eight ounces; grind the gum with the water poured in gradually till it is dissolved.

This emulsion is used to promote expectoration. In obstinate coughs, two ounces of the syrup of poppies may be added. Two table spoonfuls three or four times a day is a dose.

OILY EMULSION.—Take six ounces of soft water, two drachms of volatile aromatic spirit, an ounce of Florence oil; shake them well together and add half an ounce of simple syrup.

In colds or coughs of recent date this emulsion is valuable; but if the cough proves obstinate, the pectoric elixir should be substituted for the volatile aromatic spirit, and it will succeed better. A table spoonful every two or three hours is a dose.

EMETICS,

~~Are very effectual medicines to cleanse the stomach by exciting vomiting. They are usually given on an empty stomach and in this way operate with least distress and most efficacy. They are administered in small quantities frequently repeated, to guard against the evil of having taken too large a dose.~~

Where the emetic is operating too severely, its effects may be checked by giving laudanum united with some cordial, applying fomentations to the stomach and cataplasms to the feet. Chicken gruel taken plentifully will turn the action downwards. Anodyne injections may be used and a blister placed over the pit of the stomach when other measures fail.

White and blue vitriol are the most active, ipecacu-

anha, antimonial wine in broken doses and the antimonial solution, are the mildest emetics.

ANTIMONIAL SOLUTION.---Take six grains of tartar emetic, half a pint of water thirty drops of spirits of lavender, a lump of sugar—mix them. A wine glassful every fifteen minutes until it operates sufficiently is a dose for an adult. Drink warm water freely to assist its action; and when you want to turn it downwards, a bowl of thin gruel sprinkled well with salt.

CATHARTICS.

Operate to evacuate the bowels. They often arrest the progress of fevers, bring down the pulse and allay excitement. Laxatives are milder, and purgatives stronger, and drastic purgatives, the strongest cathartics.

Laxatives are sweet oil, calomel, neutral salts, castor oil, sulphur, cream of tartar, the cathartic mixture, and opening and diaphoretic pills.

Cathartic mixture.—Take one ounce and a half of glauber salts, one ounce of lemon juice or sharp vinegar, half a pint of water and sugar enough to sweeten it, and mix all together, or

Take an ounce of cream of tartar pounded, an ounce of manna and half a pint of water—mix them. A wine glassful every hour till it operates is a dose for grown persons.

ANTIBILIOUS PILLS.—Take twenty grains of calomel, two grains of tartar emetic, syrup or mucilage of gum arabic enough to unite the mass: make six pills; take two at bed time and two in the morning.

DIAPHORETICS.

Diaphoretics are medicines that promote perspiration when the object is to excite sweating, the patient should be kept in bed. Before the fever is broken and the in-

flamatory action reduced, diaphoretics should not be employed. After the system has been thoroughly evacuated, sweating medicines may be used with great advantage. Diluent drinks should also be given where the stomach is not irritable. If the temperature of the skin is not high, the drinks should be warm or hot; if the contrary, they should be cold. Purgings is apt to check sweating.

Antimonial Wine.—Twenty drops every hour or two until the proper effect is produced is a dose for adults.

Sweating drops.—Mix an ounce of sweet spirits of nitre with an equal quantity of antimonial wine, or when the stomach is in a very irritable state, half an ounce of the wine. A tea spoonful every two hours is a dose for a grown person.

Spirit of Minderenes.—Take two drachms of volatile sal ammoniac, half a pint of lemon juice or vinegar or as much as will saturate the volatile alkali. Mix them. A dose may be taken every two hours.

Camphorated Powders.—Take two scruples of camphor, and two drachms of nitre powdered. Reduce the camphor to a fine powder; moisten it with spirits. Then add the nitre. Divide it into twelve doses. Let a grown person take one every two or three hours.

Antimonial Powders.—Take three grains of tartar emetic two drachms of nitre, mix them, divide the mixture into twelve parts; one of these every two or three hours is a dose for adults. In obstinate cases, ten or twelve grains of calomel may be added.

Dovers Powders.—Take one drach of powdered ipecacuanha, one drachm of opium, and one ounce of vitriolated tartar in powder. Pulverise the mass completely. Nitre may be used for the vitriolated tartar when the latter is not convenient. Ten or twenty grains every three or four hours is a dose for persons of mature age. This is commended as an admirable sudorific.

Febrifuge Powders.—Mix two scruples of ipecacuanha with two drachms of nitre. Divide it into twelve equal parts, & take 1 of them as a dose for adults every 2 or 3 hours.

ANODYNE SUDORIFIC DROPS.

Mix one ounce of antimonial wine with half an ounce of laudanum. Two table spoonfuls at bed time is a dose for an adult.

DIURETICS.

Diuretics promote urinary discharges by stimulating the kidneys or invigorating the powers of absorption.

Nitre is a mild diuretic especially in cases of fever. Ten or fifteen grains every two or three hours is a dose for adults. Its diuretic powers are increased by a conjunction with camphor.

Sweet spirits of nitre.—Half an ounce is a dose for adults every three or four hours. In large doses it operates as a diuretic. It is a very useful medicine among children.

Cream of Tartar.—Half an ounce dissolved in a pint and a half of water may be taken by an adult during the course of the day.

EXPECTORANTS.

Nitric lac Ammoniac.—Pour gradually two drachms of nitric acid, diluted in eight ounces of water or two drachms of ammoniac and triturate them in a glass mortar till the gum is dissolved, forming a milky fluid. Of this a table spoonful may be taken every two or three hours in sweetened water. Laudanum may sometimes be usefully added.

GLOSSARY,

OR

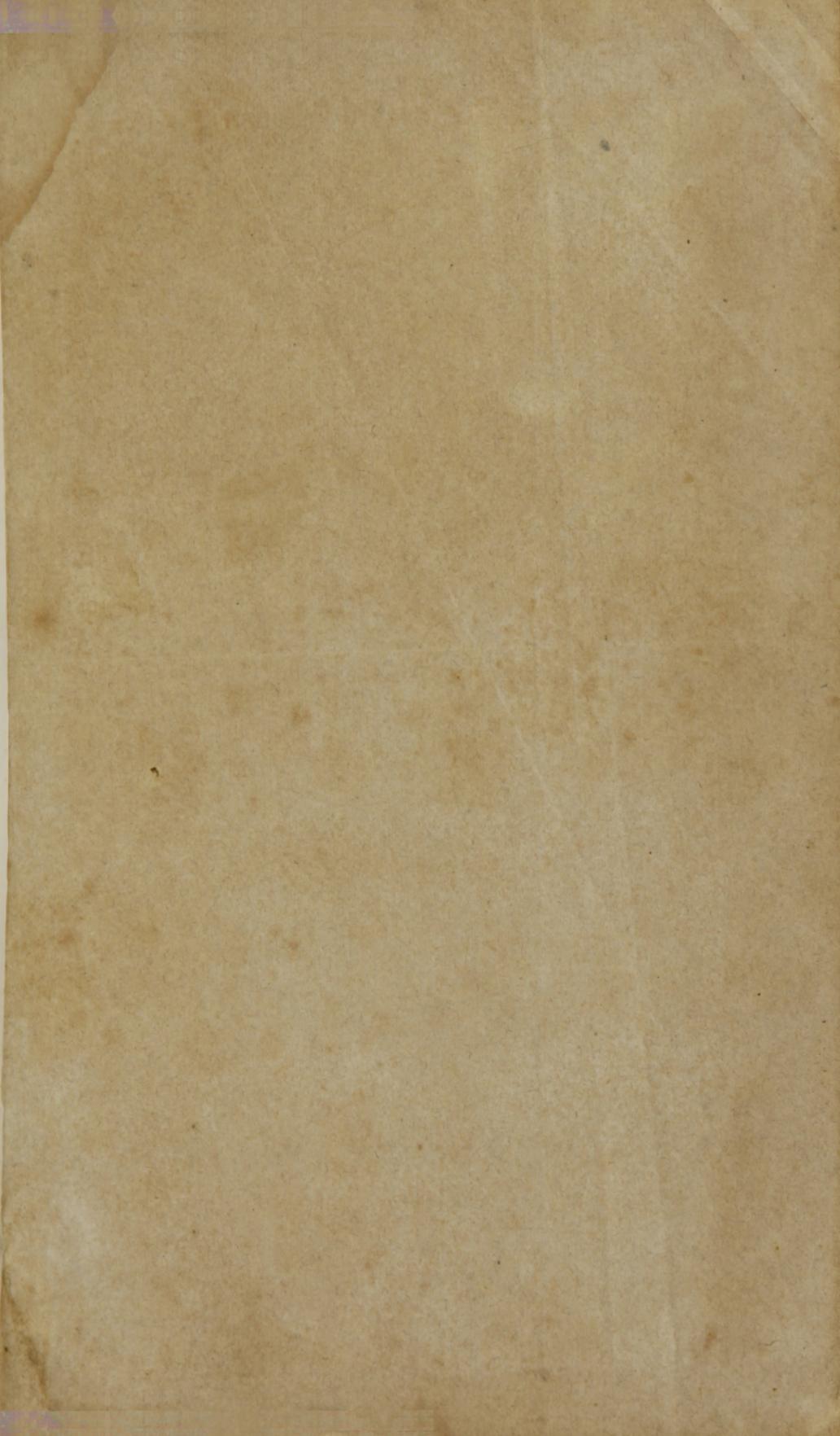
EXPLANATION OF TECHNICAL TERMS.

- Abdomen*, the belly.
- Abortion*, miscarriage.
- Abscess*, tumor containing matter.
- Asorbents*, medicines to correct acidity and dry up superfluous moisture.
- Abstemious*, low living.
- Accelerate*, to quicken.
- Acescent*, having a tendency to acidity.
- Acidulated*, impregnated with acids.
- Acme*, full height.
- Acrimony*, corrosive sharpness.
- Acute*, this term is applied to a disease which is violent, and tends to a speedy termination.
- Adult*, of full age, beyond puberty.
- Affusion*, pouring one thing on another.
- After-birth or placenta-cake*, is the substance by which the child is connected with the mother in the womb.
- Aguc-cake*, enlargement of the spleen.
- Alcohol*, rectified spirits of wine.
- Aliment*, nourishment.
- Alimentary canal*, or tube, the stomach and intestines.
- Alkali*, any substance which mingled with acid, produces fermentation.
- Alternate*, changed by turns.
- Analogous*, one like another.
- Anodyne*, composing medicines, and such as mitigate pains.
- Antidote*, a medicine to destroy poisons.
- Antifogmatics*, drams.
- Antiphlogistic*, counteracting inflammation.
- Antiscorbutic*, good against the scurvy.
- Antiseptics*, medicines to correct putridity or rottenness.
- Antispasmodics*, medicines for curing spasms, as laudanum and ether.
- Anus*, the fundament.
- Aperient*, opening.
- Apthous*, resembling the thrush.
- Aphthæ*, small whitish ulcers appearing in the mouth.
- Areola*, the circle which surrounds the nipple on the breast.
- Aromatic*, spicy, pungent.
- Artery*, a conic canal, conveying the blood from the heart to all parts of the body.
- Astringents*, medicines to correct debility.
- Attenuants*, medicines for reducing the body.
- Bougie*, a taper body introduced into a passage to keep it open or enlarge it.
- Bolus*, a form of medicine in a mass larger than pills.
- Calculous*, Gravelly.

- Cantharides*, Spanish flies.
- Capsule*, a dry hollow vessel containing the seed or fruit.
- Carious*, rotten.
- Canninatives*, medicines expelling wind.
- Cataplasm*, a poultice or soft plaster.
- Catarrh*, a discharge from the head or throat.
- Cathartic*, a purge.
- Catheter* a pipe to draw off urine.
- Caustics*, burning applications.
- Cautery*, the act of burning with a hot iron or caustic.
- Cutaneous*, relating to the skin.
- Chronic*, a lingering disease.
- Comatose*, inclined to sleep.
- Compress*, a bandage.
- Constipation*, costiveness.
- Contagion*, offensive matter.
- Contusion*, a bruise.
- Corroborants*, tonics.
- Corrosive*, substances that consume or eat away.
- Debility*, weakness.
- Decoction*, a preparation by boiling.
- Deglutition*, the act of swallowing.
- Deleterious*, poisonous, deadly.
- Delirium*, light-headedness.
- Demoniacal*, baneful, hurtful.
- Demulcent*, softening, sheathing.
- Denitition*, teething.
- Detergent*, cleansing.
- Diaphoretic*, promoting perspiration.
- Diarrhœa*, looseness.
- Diathesis*, disposition or habit of body.
- Discutient*, medicine that has power to repel.
- Diuretic*, whatever promotes the secretion of urine.
- Drastic*, strong purges.
- Dyspepsy*, indigestion or bad digestion.
- Eccymosis*, a tumor, the effect of blood-letting.
- Efflorescence*, eruption or the redness round it.
- Effluvia*, exhalation.
- Emaciation*, wasting of flesh.
- Empiric*, a quack.
- Empiricism*—Quackery.
- Enamel*, the outside covering of the teeth.
- Endemic*, a disease limited to a certain district.
- Epidemic*, contagious.
- Equilibrium*, equal weight.
- Eruclation*, a belch.
- Exacerbation*, the increase of a disease.
- Excoriation*, the loss of skin.
- Expectoration*, a discharge from the breast.
- Extremities*, arms and legs.
- Fæces*, excrements.
- Farinaceous*, meally.
- Febrifuge*, removing fever.
- Flatulent*, windy.
- Flooding*, an overflow of the menses.
- Fœtus*, the child in the womb.
- Fomentation*, partial bathing by applying flannels dipped in liquids.
- Fracture*, a broken bone.
- Friction*, the act of rubbing.
- Fungus*, proud flesh.
- Fumigation*, a vapor raised by burning.
- Gangrene*, a feeble circulation, followed by mortification.
- Gargle*, a wash for the mouth or throat.
- Gland*, a secretory organ.
- Glutenous*, sticky, gluey.
- Grinding*, or after pains, pains occur after labor.
- Hectic fever*, a slow consuming fever.
- Hemorrhage*, a discharge of blood.
- Hemorrhoidal*, relating to the

- Hepatic*, relating to the liver.
Hypocondriacal, low spirited.
Ichor, a thin watery humor.
Imbecility, debility, weakness.
Immersion, plunging under water.
Imposthume, a collection of purulent matter.
Inanition, emptiness.
Indigenous, native to a country.
Juleps, mixtures.
Laxatives, relieving costiveness.
Lepigated, reduced to a powder.
Ligature, a bandage.
Lobed, divided or lipshaped.
Lotion, a wash.
Mastication, chewing.
Meconium, the infants first stools.
Membrane, a web for covering certain parts.
Menses, monthly courses.
Menstruation, menses.
Mephitic, suffocating, noxious.
Miasma, } morbid exhalations.
Measmas, }
Morbid, diseased.
Mucilage, a glutinous, slimy substance.
Mucus, resembling matter discharged from the nose, lungs, &c.
Narcotics, medicines producing torpor and sleep.
Nausea, an inclination to vomit.
Nervous, irritable.
Nostrum, a patent or other medicine, the composition of which, is kept secret by the proprietor.
Elephantiasis, swelled.
Opiates, medicines that promote sleep.
Paralytic, relating to palsy.
Paroxysm, a fit or attack.
Pectoral, medicines to cure the diseases of the breast.
Pelvis, the bones of the lower part of the trunk of the body.
Pecennial, continuing for two or more years.
Palioistic, inflammatory.
- Plethoric*, of a full habit.
Prolapsus, the falling down or out.
Ptyalism, a copious flow of saliva.
Puerperal, belonging to child-bed.
Pulmonary, belonging to the lungs.
Plebotomy, bleeding.
Pus, matter.
Pustule, a purple or small swelling.
Putrescence, rottenness.
Quartan, returning every fourth day.
Rectum, the strait gut in which the feces are contained.
Regimen, regulation, of food, air and exercise.
Repletion, the act of filling the body with food.
Respiration, the act of breathing.
Resuscitation, reviving.
Saline, consisting of salt.
Saliva, spittle.
Saponaceous, soapy.
Scorbutic, relating to the scurvy.
Scrofulous, of or belonging to the Kings evil.
Secretion, the separation of fluids from the body.
Selatives, composing medicines.
Senen, the seed.
Serous, thin, watery.
Serrated, notched like a saw.
Sinapism, a poultice made of flour, mustard and vinegar.
Slough, the parts that separate from a sore.
Soluble, loose, laxative.
Spasm, cramp, convulsion.
Specific, an infallible remedy.
Spine, the back bone.
Stamina, the constitution or habit of body.
Stimulants, irritative medicines.
Strangury, difficulty of making water.
Syncope, a fainting.
Technical, belonging to arts.
Tertian, returning every third day.
Tetanus, the lock-jaw.

- Tonic*, bracing.
Topical, local.
Tumor, a swelling.
Type, a mark.
Typhus, a genus of fever.
Ulcer, an ill conditioned sore.
Umbilical cord, the naval string.
Urethra, the canal which conveys the urine.
Uterus, the womb.
Uvula, the palate.
Vaccine, relating to the matter of the cow-pox.
- Valetudinarian*, a sickly person.
Ventilation, a free admission of air.
Virulent, poisonous.
Vermifuge, worm-dispelling medicines.
Vertigo, giddiness.
Vesicating, blistering.
Viscera, the entrails.
Venesection bleeding.
Viscid, sticky, tenacious.
Whites, the discharge from the womb.





*1200

Med. Hist.

WZ

270

W949/5

1833

c.1

