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Mrs Mott
Female Physician



119 Spring St. N.Y.

LADIES' MEDICAL ORACLE

MRS. MOTT'S ADVICE

FOR THE PREVENTION OF THE SMALL POX, AND ALL OTHER

AND OTHER DANGEROUS AND FATAL DISEASES,

FEMALE FRANKS

1834.



Mrs. M. H.
Female Physician

119 Spring St. N.Y.

THE

LADIES' MEDICAL ORACLE;

OR,

MRS. MOTT'S ADVICE

TO

YOUNG FEMALES, WIVES, AND MOTHERS.

BEING A

NON-MEDICAL COMMENTARY ON THE CAUSE, PREVENTION,
AND CURE OF THE DISEASES

OF THE

FEMALE FRAME:

TOGETHER WITH

AN EXPLANATION OF HER SYSTEM OF EUROPEAN VEGETABLE
MEDICINE FOR THE CURE OF DISEASES, AND THE PATENT
MEDICATED CHAMPOO BATHS; TO WHICH IS ADDED, AN
EXPLANATION OF THE GIFT, AND AN EXPOSITION OF
THE NUMEROUS FABRICATED REPORTS, 'A WEAK
INVENTION OF THE ENEMY.'

The Lord hath created Medicines out of the earth; and he that is wise will
not abhor them. ECCLESIASTICUS xxxviii. 4.

PRINTED AND PUBLISHED FOR THE AUTHORESS,
And to be had only of her, at her residence at the corner of Lynde and
Cambridge Streets, Boston.

1834.



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TO THE LADIES.

THIS little volume has not been written to meet the eye of the critic, because written in haste, and without attention to any other object than conveying its information to all, in the simplest language, regardless of the rules of literature or the language of science. Nor for the eye of the physician, because its tone is contrary to regular practice; by leaving out all technicalities, and exposing too much the mysteries of physic. But, gentle reader, it is for you — that you may know where to apply for, and how to use, my preparations, and that you may become your own physician.

It has been asked, “Why are not the methods of making, and the ingredients of each preparation, made public?” Would it be fairness to myself, at present, to do so? Surely, the laborer is worthy of his hire.

P R E F A C E .

The study of Medicine has grown more and more intricate. Every meridian sun shines upon some addition to the *Materia Medica*. It has become so crowded with chemical preparations, and new discoveries, that the best part of one's life is gone e'er we have got through the Theory of Physic. Young men, now-a-days, have to study languages until half their lives are gone; and they nearly spend the remainder in experiments on patients, to ascertain the truth of what they have read. They begin to practice when they ought to be able to leave off!

“There is a fashion in physic;” the young are for new inventions, the old for adhering to the school they were brought up in. Every thing differing from the old school is termed quackery? What is quackery then, but improvement? It is that which has produced the very system now called the regular? How many preparations are there admitted into the practice, and ordered as the best preparations by the Medical Colleges, which were formerly Quack Medicines, Elixir Paregoric, James's Powders, and others in numberless variety.

The truth is, practice alone can make perfect.

The most talented individual will know little without it ; the veriest fool must be soon taught by it. The mystery of medicine is not so great as people in general imagine, and the more it is simplified the better ; unless, indeed, the present system be termed mystery mystified.

I once knew an old lady, about 97 years of age, who used to amuse herself with a ball of worsted, by unrolling it, and getting it entangled, and vice-versa, by disentangling, and re-rolling it, believing all the time she was knitting hose for her relations. Now this seems to represent the present study of physic. The doctor mystifies himself by studying a multiplicity of cases, and remedies, which afterwards he uses as experiments but to find that they are useless, and sets his invention to work for a remedy, which he finds simple but efficient. One invention follows another, until at length he sees it necessary to begin an alteration, and which his practice daily points out to him and regrets that he did not begin to practice rather than learn to prescribe.

Almost every study and every science has undergone reform except physic. The day has arrived when the people "see not through a glass darkened," but in the light, and laugh in the Pope's face, and become their own ambassadors to Heaven. That delusion has passed away ; but when the doctor visits a patient there is still that same credulity, the anxious relative watches the very countenance, each lineament, the dropping of the eye-brow, or a shake

of the head, is enough to paralyze the infatuated bystander; and in order to give the effect, the doctor walks off without telling the cause of sickness, or the complaint, (and probably without knowing) leaving all "in suspense most wretched." Why not let the prescriptions be in legible English? No, they will answer, it would not have the desired effect, if the patient knew what it was; or perhaps he would not take it! "Give such physic to the dogs, I'll none of it."

The late John Abernethy, of London, one of the very best of surgeons, as well as physicians, being sent for, to a consultation of some six others, replied, "If there are six, I shall not go, there are plenty to fall out about the patient, two is quite enough."

Preparations of mercury have been the most fashionable for years past, but are now nearly exploded. God send they may be quite, and that we may anticipate the rising generation a hale set of people.

That the practice of medicine, for the cure of diseases, and saving of life, and limb, is one of the most valuable sciences, I am ready to admit. That the world owes much to those talented men, who are every hour rendering good to their fellow-creatures, I perfectly allow; but that their talent has been misapplied ere they become useful, I certainly do believe. Perhaps no city can boast greater medical talent than Boston. It is not with doctors I disagree, but with their complicated system of physic.

If medical men object to the number of profes-

sors there might be by simplyfying medical knowledge by practice, then it will appear, they wish to keep the knowledge to themselves, and let "a patient die, rather than *lose* a fee."

In this enlightened age, the public will judge for themselves; that which is good will flourish, that which is bad, must be *torn* up. I know from practice amongst the human race, from travels over three parts of the globe, that there are fools in every country, whom to understand, or make understand is a tedious and tiresome task. It is not long since a lady of this city, applied to me, for assistance; she was asked her pains. "They were in her right side." Did they extend between the shoulders? "Yes," she answered. Well, said I, from your symptoms and general appearance, I believe your principal complaint, a diseased liver. This lady saw a medical gentleman, who had attended her before, and related she had been to me, with whom she was disgusted, for she had been told her complaints was caused by the liver being placed between her shoulders!!!

There are so many of the family known by the name, "They say," who devote their time to fabricating reports, and ridiculous stories, that it were impossible to treat such a numerous train as they deserve, but "truth will prevail."

I have incontestibly proved by practice that minerals may be expunged from the *Materia Medica*, by the thousands that have been cured without it, after

years of doctoring, after having been discharged from the hospital, as incurable, and hopeless of their own cases. Experience, and as extensive a practice as any practitioner has ever had, hath taught me that there is no disease (that can be cured) but may be cured without poison or mineral drugs.

The beasts of the field, the birds of the air, and the fishes of the sea, are all capable of curing disease by applying remedies in the vegetable world, placed by nature, within their power, with instinct to use them.

Many inquire, "Why does the female professor of medical knowledge refuse to see gentlemen?" Surely it hardly requires an answer, only one will suffice, decency, if no other reason existed. The very reason why ladies ought to have their own sex to attend them is the very reason why males ought alone to attend theirs. Morality, modesty, virtue, amiableness, would have no intruders, if females were educated for medical attendants. The young virgin is taught by questions from the doctor, (questions which must be asked) ideas of impropriety, and a thousand little conjectures, which ought never to have found their way to the heart. It may be argued, that women are not talented enough, they are weak vessels, they have not nerve enough. What act of heroism did man ever do that history will not point to the prototype in woman? Who so proper to tend and nurse the sick? The day will soon arrive, when female society, will be rid of male intruders, into secrets at which Virtue blushes "that the sun doth see."

How happy that mother who can ease her child of pain, comfort and protect the little plants, by simple applications in sickness, and by right management, give sturdy health, see her offspring rise to noble stature, with the lion's courage, and the proud thought that in every vein flows uncontaminated blood.

I think, without disparagement to the high medical talent society has the benefit of, that there is nothing contrary to the rules of society, or delicacy of our sex, in female practice. What I have done in this good city is known to thousands, let it therefore be received as the best proof of what I hope to be enabled to do for years to come.

I have reason to be grateful to an indulgent public, and more so to the numerous society of respectable ladies, whose kindness and affection have made me resolve to fix my residence in Boston. "Here will I pitch my tent."

It may be necessary to state here, that my cures are made by simple applications of the vegetable world, and not by *charms* or *witchery*.

The patent Medicated Baths I recommend, from a consciousness of their salutary effects, and from a thorough knowledge of their utility, by what they have already proved, and after some years' trial, I think there can be no risk in saying they will be found worthy the patronage of an enlightened and generous public. The application is simple, safe, and highly agreeable to the infant or adult. The bath is steam

generated from water, by heat passing through a still or medicated chamber, from thence conveyed by pipes, to the bath. By this means the essential oil of the herbs, the delightful fragrance of aromatic, and medicinal preparations, cover the surface of the body, when the pores of the skin are in a proper state to receive them; the applications of course differing according to the circumstances of the case.

The gymnasium, or exercising frame, after the bath, has been found a happy addition to the Champooing or relaxing of tendons (or cords) by friction, and has been too long known to the world, for its excellence, to require commendation. But lest my fair readers should feel alarmed, I beg to inform them, Emetics, Cold Water, Hot Medicines, or violent applications, form no part of this system.

THE GIFT.

Many inquiries are made, of who I am, what I am, whence the knowledge came, and what is *Gift*. "A plain unvarnished tale I will deliver" of what drugs! what charms! what mighty magic!! I have used withal. "At an early age my parents discovered in me a difference from the other children, and as they often told me, thought me deranged by the strange impressions my wandering talk would frequently imply. From strict observance however, and

careful watching of events, it proved no delusion. The gossips of the neighborhood readily accounted for my peculiarity in my being a seventh daughter of a seventh daughter. True, nature had been kind, for my knowledge of physiognomy was such that I could very easily decipher the character of persons, and have a knowledge, a warning of deaths, or strange events, which often happened. However strange this may appear or at variance with truth, to those unknown to me, it will be easily admitted by the most sceptical who do know me.

Amongst other titles which my unknown friends have been pleased to designate me by, is a Fortune Teller. It is true this requires an explanation — Lavator's Physiognomy, Dr. Gall's Cranioscopy, and the lamented Dr. Spurzheim's Phrenology, were certainly systems that I was fascinated with, and to the study of which I devoted much time, believing myself that it was possible by such studies, combined with my natural propensity, to look far into the future — this however does not seem consonant with the times, or in unison with the various religious orders of the present day. By the advice of my dear friends and my intelligent patients, I have been induced to devote the whole of the little talent I possess to the perfecting, simplifying, and constant attention to my original European Systematic, Vegetable Medicine. Be it known and perfectly understood that I attend only to female patients, for the cure of diseases; that I am only the female physician, in the shape of a mother

and friend, and think it no robbery, to say I am capable of doing all I profess in sickness, and the numerous little evils which certainly require to be told to the confidential matron, friend and physician—further I will merely state, that my dear and respected parents indulged and fed in my early years my natural inclination for the practice of vegetable remedies for diseases, and I well remember my childish experiments; (and indeed I might here also tell of things that would appear so strange now, it boots me not to record) I think I am well known to upwards of four thousand of my fair patients in Boston and its vicinity—and I hope I may say with safety none are dissatisfied with me.

That it hath pleased my heavenly Father to make me a very humble instrument in his hands to render services to my fellow-creatures I am devoutly thankful, and in future it will be, as heretofore it ever hath been, to study by fair, just, and honorable means to deserve the confidence respect and affection of all that may place themselves under my hands for medical assistance. And the whole of my sex by doing that which will be admired, will eschew the most distant infringement on that which is most lovely in woman, virtue, chastity and honour; and by such a system of advice to the young and inexperienced is it that I hope to be useful to all.

It will be necessary for me here, in justice to myself, my friends, my patients, and the public, to give some explanation in contradiction to the variety of

foolish and slanderous reports which have been propagated by the ignorant, the gossip, and the still more venomous designing reptile who lives on slander and exuberates on the unwholesome air of evil made blacker still, viz. the most vile propagator of the foulest falsehoods.

But as a female I cannot fill my quiver with those poisonous arrows that circumstances in the opposite sex would so justly warrant, I would merely say to mine enemies that “mercy I to others show, that mercy show to me;” and to those friends, if there be any of the opinion that my practice is wrong, thus much would I say, “If I am right, thy grace impart, still in the right to stay, If I am wrong, oh teach my heart to find that better way.”

Now as to the reports that have been propagated of me are these—she is an *impostor*—she is ignorant—she hath relieved no one—she hath killed many—she is not identified with us—sojourner for a short period only, and the like. Now, in order to meet those questions fairly, a plain true answer shall be given to each.

When the first report came to my ears—“she is an impostor” I took the only means in my power to contradict it, by advertising in the public press my desire that if there were any one dissatisfied, or if any person could bring ought against me the Editors of all papers were exhorted and authorized by me to give full publication to the same. No champion ever came into the field, although I had pledged my troth

to bear his or her gauntlet untarnished. And nothing would have pleased me more than to have seen them convinced of their errors, and allowing them to retire with the honours of chivalry—furthermore, in this matter, allow me to add, fair reader, if I am an impostor how happens it *no one* complains? From whence the numerous band of friends and supporters—whence this respect—whence this love—this general confidence—It is that “Virtue’s ways are pleasantness, and all her paths are peace”—In conclusion may Providence bless all mine enemies with the peace of mind—domestic bliss—confidence of friendship, and the well earned satisfaction *I* enjoy.

in that life of the world to come. And though
 we should have thought we were then to have
 continued in their error, and allowing them to
 with the purpose of the Holy Spirit, to this
 matter, allow me to add, that neither, if I am an impostor,
 nor how happens it so our complaint? I can assure
 the numerous body of friends and supporters—whereas
 this is a very young man, this is the general sense
 of the world, that it is a young man, and his
 and all his parts are good. In conclusion, my
 I believe that all your friends will be of the
 and will remain in this condition of trial, and
 the will attend with satisfaction & joy.

SYSTEM, & c.

My method of curing diseases is by a new system of medicine, consisting of about one hundred preparations principally of herbs, roots, flowers, vegetable and essential oils, gums, balsams, and simples, each of which I will take with my patients, and may be given with safety to the nursing babe, or to the most aged. Added to the Medicines, are Medicated Baths, found to be useful, and very desirable in the cure of chronic complaints, for suppurating abscesses, internal or external.

As it would be ridiculous to assert I can cure all or every kind of disease, it will be sufficient to say, that I have been successful in curing those hitherto thought incurable, such as Weakness in females, King's Evil, Eruptions, Consumption, (if in early stages) Derangement of the Brain, Contraction of the Limbs, Diseased Spine, Cancers, Gout, Rheumatism, Water on the Brain, Dropsy, Irregularities in the System, Wounds, however bad or of long continuance, Coughs, Colds, Tic Doloroux, Asthma, Dyspepsia, Hemorrhoids, Ague, Croup, Measles,

Tooth Ache, Corns, Bunions, Warts, Worms, and many others not necessary to enumerate. The particulars of which will appear in the directions for cure.

ON THE PREVENTION, CAUSE OF DISEASES, AND THEIR CURE.

“Knowledge of the Disease is half the Cure.”

When we consider the wonderful mechanism of the human frame we naturally wonder it is not subject to more disorganization than it is, rather than seem surprised by the thousands we do know of. The watch has been beautifully described by the poet as representing the mechanism of the body, it approaches no nearer in the comparison than the morbid rock to the watch.

The hundreds of thousands of scales or pellicles on the surface, the thousands of lymphatics, nerves, tendons, arteries, veins, ligaments, filaments, tissues, cartilages, nerves, membranes, muscles, ducts, glands, with the thousands of other component parts, will show the reader how necessary it is to give such remedies as are harmless in themselves to this great and wonderful machine. Will my reader for a moment consider this handsome piece of work delivered from the hands of the great Creator, and then ask

if it is a piece of mechanism to be touched roughly by mineral applications, or powerful and unnatural exertion from too powerful applications, No; the physician must guard the patient as the apple of his own eye, better do nothing than do mischief. Nature is the best assistant, or rather the best doctor, requiring only a mild assistant. Having shown to my fair reader a little of what may be understood by her of the human frame, she will inquire who has the charge of this wonderful machine, I answer the Maker. But he has also endowed mankind with the knowledge of remedies for the cure or mitigation of diseases which are caused by accident or mismanagement.

The able and intelligent surgeon is the most useful member of society, and he is almost useless in some cases without ingenuity.

In birth the child frequently receives the germ of future diseases, to prevent which a good accoucher and good nurse is required, one moment misapplied endangers the mother and the child, for this reason females should study the profession by practising under efficient nurses, before they commence on their own account. A good nurse is worth a hundred bad doctors, in any case the nurse can kill and often cure the patient by faithful attendance to orders, and here also great firmness is required not only to enforce the patient to observe rules, but in case of sudden change to administer some remedy at hand to keep the patient up until the physician can be called in.

Young babes are in general too lightly bound, too much clothed, and too much fed ; there is nothing so persisted in, and at the same time so improper as crowding an infant with food, if the mother have not sufficient milk, or be in a state not to give it to the child it must have a wet nurse, or be fed, but a good nurse is always preferable to food. Nurses are also apt to give nostrums to sleep the infant, which in most cases had better be put in the fire, or fire as well given to the little one. Pain in the bowels is generally the cause of the infant's cries, a little aniseed in warm water and sugar, (generally given by nurses) is good, but with confidence I recommend my "Life Elixir," of which ten drops should be given, which however the directions will regulate. It prevents inflammation, regulates the stomach, and stops premonitory diarrhoæ, this is an excellent preparation for every lying-in lady to take, and by which hundreds, nay, thousands have been saved. A little almond oil should be rubbed on the head and eyes after its first washing, and continued every night. In case of convulsions the best application is a bath of hot water at 90 heat, immerse the child to the head for five minutes, and apply the Life Elixir, as described.

There are so many circumstances occur, and which are so generally understood and properly treated by nurses, it is quite unnecessary to comment upon them.

I would in all cases advise the child's feet to be kept warm, and as soon as prudent have as much fresh air as possible, between sunrise and sunset.

At three months the child should be well tossed about, washed in cold water every morning, moderately dressed, neither too hot in summer, or too cold in winter, one half of the infants are killed by kindness, it is proper at this age to vaccinate or inoculate the infant, and most particularly if hooping-cough have taken place, if the infant require medicine, a little manna will suffice, as directed.

It is a common case for people to say, "I have only caught a cold." If they were aware of the train of diseases that follow a cold they would be more careful of themselves. Infants should be particularly guarded against it, not by shutting them up in a stifled bed-room, or clothing them in flannels, but by caution against drafts, or transitions from heat to cold, by habituating the child to a moderate temperature of the air, to which the child is exposed. Too much heat is as bad, and worse, than too much cold. After washing the child in cold water, (to which a little brandy in cold weather should be added) it should be moderately clothed and kept in motion to keep up a proper circulation, after, it should take the air, (if fine weather) and the little one will enjoy a sound and refreshing sleep afterwards.

Putting weakly children on their legs too soon,

and too much with neglect, will cause deformed limbs, frequently a rupture of the vertebræ, or growing out of the back, rickets, &c. As soon as a child begins to walk, our grandmothers' system of leading strings or go-cart takes the weight of the body from the legs, hips, and back, and by degrees the child gets its footing, and with it strength to bear it. When an infant is taken ill, care should be had to ascertain the cause, and the principal thing is to assist nature; if the child is sick at the stomach a gentle vomit, with a foot bath, is generally the best application until better advice can be procured; of all these things I shall speak hereafter in their place as remedies. When children are at an age to play or walk, they should be exercised by the skipping rope, the hoop, or any other play of the kind. They should be sent out early in the morning and return in an hour to breakfast; morning is the proper time for study, and it will be found of the greatest benefit if the child be kept only one hour at the same study, having recreation between. Children should also be fed often and little at a time. Nature teaches us it should be so, look at the lamb, that takes the mother's milk every half hour. Nature supplies other animals, slowly, and thereby indicates to us, a proper course to pursue. The measles, the chicken pox, hooping cough, and indeed all the diseases incident to infants, are generally reduced by good

nursing, warm feet, cold head, and open body. When girls arrive at eleven or twelve, great attention is required to keep the mind amused, the spirits enlivened, and exercise in the open air. In riding on horse-back, &c., in weakly habits, it is advisable to give a little medicine, and to all children the best that can be given in sickness or health is a tumbler of milk from the cow, the first thing in the morning. When nature requires assistance with young females the Medicated Baths may be resorted to with safety and advantage; nothing has so bad an effect as a melancholy turn of mind, frequently caused by dread, or a misapplied religion. Females who become enthusiasts are too apt to grow melancholy, which has always a frightful train of attendants, it were better to be merry and wise, it can give our heavenly Father no pleasure for us to be miserable; love, adoration, and happiness may all be centered in the heart of mirth. Doth not the bird sing joyously his matin? Does not the lamb frisk and frolic forth his thanks unto Him, who is all goodness peace and joy? Youth is the season for mirth, and should be enjoyed; for “who can administer to a mind diseased, or give to the wounded heart a balmy comfort.”

The plainest food is best calculated for all ages, more particularly to youth. The stomach becomes disorganized with rank food, butter, rich meats, made dishes, hot stews, sweet meats, and the long

list of petit poisons, called confectionary. Few people would have to complain of tooth ache, cancerous gums, or decayed teeth, if their parents had done their duty. Who so healthy or so happy as the peasant with his family of chubby red-faced boys and girls, growing in strength and health like the oak of the forest; and whilst it is said they have no enjoyment, they possess the richest gifts of Heaven, peace, content, sound rest, good appetite, and strength. If therefore the wealthy citizen would copy their management he would lay the proper foundation for a future generation to carry his name to posterity, and a wise woman would honor the precept and example by continuing to follow it. "Spare the rod, you spoil the child," indulge their whims in pampering their appetites, and you lay the foundation of numerous diseases, which will prove a curse to your offspring and bring you many a heart ache long before you die.

The teeth of children should be attended to early, generally about the age of seven years. It is necessary to extricate some of them, and at times nearly the whole. Care should be had to the form and shape the new ones assume, as at this time a skilful dentist can do much to give a child a proper mouth of teeth, which many adults, who now suffer from former neglect would consider invaluable. A child from three years of age should use a soft tooth brush with

a little white soap to cleanse the teeth, taking care to wash the mouth after with water. It is a bad plan to allow young children to wear long hair, it injures it in after years, and keeps the child's head too hot, which cannot be kept too cool, even in warm weather they should wear warm socks and dry shoes. It is an excellent plan for all persons, children or adults, to change their shoes and stockings after walking, particularly if sitting down before a fire, or in a heated room.

The sleeping under too much clothing, and in down beds is unwholesome, and the cause of many complaints. It is a common thing to take children from a hot bed and wash them in cold water! Does it require more than common judgment to see the folly of such treatment, or foretell its future consequences? In no part of the globe are pulmonary complaints so prevalent as in America, and from all I have been able to learn from my own observation, and inquiry of patients, I believe it more owing to want of caution than to any thing material in the climate. The female frame is a delicate and carefully built structure, requiring when young the greatest care and attention, if our young friend will, despite of reason, dance at a ball in full fashion, regardless of season or of climate, nine times out of ten she will live to repent. To drink cold water when heated, has produced thousands of deaths, and tens of thousands of diseases. But the

truth is, those, when in their teens, who enjoy good health, dream not of the dread hour, that soon may overtake them. It were wiser to preserve health, than to be obliged to undergo the suffering and inconvenience of regaining it. Extremes beget extremes, let my fair reader avoid them, excess of joy is as dangerous as excess of grief, and every extreme exertion of the mind or of the body will produce concomitant ills, females should particularly study the change of weather, climate, and seasons, and govern themselves accordingly. In cold weather there is less danger than in warm, if regard be paid to proper dress. Exercise in winter is good; dumb bells, gymnastic exercise, swinging, all of which may be used in the house, and are more valuable as the preventives to disease, than is generally supposed. I cannot feel surprised at so many females being invalids while I observe fashion takes the lead of prudence, it were better to dance in worsted hose, than lose one's life, to show off a new fashion.

Tight lacing is detrimental, and the author of many pains, it is possible and indeed easy enough to preserve the shape without it, the corset may be so arranged as to make a more elegant shape, and still not contract nature's broad and noble form. "Beauty unadorned, is adorned the most." And I must take leave to observe that night watching or attending the aged, sick, or infirm, is not proper for a delicate young fe-

male, it should be left to the care of experienced matrons ; the child's affection for a sick parent is enough for her to bear up with, without being every moment excited to "grief's fresh at every turn." That dangerous but laudable anxiety—love, dips deep into the child's happiness, and generates germs of woe, melancholy and sickness. For these reasons I would have attention paid to these matters ; she must be taught to look forward to become a mother, a useful member to society, and indeed the relatives of the sick at such a time require consolation and extra nourishment, to prevent themselves from sinking under feelings as painful, and less endurable than the pains of the dying patient. Young females should not be allowed to immure themselves in sick rooms, and even nurses should be allowed time for rest, and fresh air. Let us for a moment consider their valuable services. Nurses devote their days, their nights, their health, their family, their domestic comforts, endanger their lives, and certainly shorten them. Give them therefore their meed of praise ; and, a good woman who is a good nurse, is, indeed, a valuable member of society, and worthy of respect and regard, let us hope therefore in old age, want may never reach them, or if it does, that many ready hands will be extended to render them comfort, who have so often comforted others.

Accidents will naturally arise and epidemics visit

our families, as the "Sun shines on the just, and on the unjust." "Parent of all! thy universal will, is universal good."

The passions are no less worthy our consideration. The female heart is full of gentleness, of love, and adoration, and susceptible to a high degree. How necessary, therefore, to take this into our serious consideration to calculate how far the variety of shapes these passions may assume, and how much they may accelerate or retard the effect of medicine in the cure of disease. When the physician visits a delicate young female whose heart and mind are the prey of anguish from that most incurable and most dreadful of all maladies, disappointed love — this secret working canker-worm, which in its operation produces such fatal effects — can it be supposed that he can effect a cure without a knowledge of these circumstances? it can only be remedied by the kind attention of an indulgent mother, whose duty it will be to gain the confidence of her daughter. And here allow me to advise this worthy parent — keep your daughter's mind to reason right on her own state of feeling and her affections. By placing confidence in your child, and by frequent conversations she may be led to make you the depository of all her secret thoughts and actions, lead her to suppose that whatever her feelings may be, you will not unfeelingly oppose them. By this intercourse between the pa-

rent and the child the tender offspring will be induced to lay open to the maternal bosom the heart that otherwise would break or rebel.

Mother's should not be over anxious in match-making, and because they are the parent, forsooth, exercise without caution, the supreme jurisdiction placed in their hands, rather by their own caprice or fancy than the happiness of the child. It were much better, mildly, to advise than punish faults which to them appear enormous, but in reality are "trifles light as air." "A soft word turneth away wrath," so also, will a fond mother, reclaim a disobedient child, by a kiss, to show your child that *love* is the only means by which you can expect reciprocation, and indeed by these means only can you try the magnet of affection. If you are blessed with a good daughter, however unfortunate in her own pre-conception of things, by this trial she will be effectually cured of the ignis-fatuus flittering before her sight, and readily say, "mother forgive me, I knew not what I did." If a bad daughter, as much as possible must be done to reclaim her.

DEFORMITY OF LIMBS.

Where deformity of the limbs have occurred, or contractions of the sinews or ligaments, the mother must not content herself by thinking a cure impos-

sible, but inquire and use every endeavor to give the child ease, and if possible, persevere for a cure. Many circumstances, however, as to cause of complaint, are withheld from the ear of the parent, to obtain which, familiarity and affection would be the likeliest passport. Many, very many, delicate females, who have placed themselves under my care have divulged secrets without which no cure could have been effected, and secrets too, only known to themselves, and which their parents long before should have been made acquainted with. These remarks will show the necessity of adopting the foregoing advice ; but as before remarked, although important, more on this topic cannot be said in a publication of this kind.

ON MARRIAGE.

A young lady on the eve of marriage, cannot do better than consider the relation of husband and wife, she is to recollect she is no longer to be the giddy girl in her teens, or the daughter of a fond mother as a child, she is now about to enter into new ties and obligations, and one of the first lessons she will have to learn is, that it is easier to win a husband, than to keep him. It is very common with females to think the marriage ceremony sufficient ; but it is not so, it is not that simple rite that

can secure your happiness, but by attention to all the relations of your new situation, by every study to comfort and to please your husband, and by increased diligence, to preserve your own health and watch over his, and at all times to prove he is predominant in your thoughts and wishes, list not to idle gossips, but remember, that tongue which slanders your husband bears venom on its sting to wound your happiness, and by these rules you will teach your husband to sing "Home! sweet home." The brightest gems that can deck a female breast, are modesty, virtue, and honor, and like Cæsar's wife to live above suspicion. Remember the soul needs a physician as well as the body. But to return to our proper place, it is necessary to state that many diseases may arise that will assume symptoms of others which in reality are simple in themselves, the peculiar delicacy of the female frame is such that debility and weakness frequently produces such complaints which give cause for fearful apprehensions of the faith of the husband. And it has frequently occurred to my knowledge that the best of husbands and best of men have been accused as the author of the wife's infirmities, when in reality they have been perfectly innocent. This is a more important subject to be understood than the novice may imagine, and indeed I have known medical men, themselves often mistaken on this subject, not for want of

talent on their part, or knowledge of the diseases, but from the difficulty of obtaining precise information, and the utter impossibility of those examinations which delicacy forbids. It will be readily seen that on this topic, I cannot write more fully, however, it will be understood; thus much ought to have been said on the subject, and it will more fully appear how necessary is the female physician.

ADVICE TO YOUNG FEMALES.

If young ladies desire to preserve their health and beauty, they will take morning air after sunrise in fine weather, not by sitting on the grass or what is termed romantic spots, but on the contrary while out in the air they should always be in motion, walk, run, ride, &c. by which means the blood will be kept in circulation, and a greater quantity of pure air be respired. On returning to the house the atmosphere will of course be of greater heat and meet the increased heat of the blood from exercise, and by such means keep up a healthy, imperceptible perspiration, it is this effect which produces all the good, arising from frequently taking the open air. Too much caution cannot be used to prevent taking colds, and all the diseases that follow in the train. The shoes should always be changed after walking out lest they may absorb the damp, and nothing can

be better than to make a practice of this at all ages. It is more necessary than removing a cloak or shawl, and one might with less fear go out in a shower bare-headed than sit by a warm fire in wet shoes. The habit of washing in hot water in cold weather is dangerous, and should be avoided; the water should always be the same heat as the atmosphere.

Where bathing is administered, it is a common practice for persons of all ages to use cold baths in the hottest weather. I have seen many bad effects from this practice, and particularly when in fresh water; it is evident the salt water is best for bathing, being charged with saline particles, but even sea bathing is often improperly recommended to females, at a time when other applications would be more proper. In order to avoid this chance of laying a foundation for future illness, (sometimes irreparable) the young lady should fully explain to a physician or mother. It is too common an opinion that sea bathing can do no harm if it does not good, but be it remembered that any application capable of doing good in some cases, may be equally pernicious in others. I have invented a sock for the foot, made of fine leather impregnated with a medicinal preparation, that has received much approbation and in a great number of cases been of the greatest service, particularly in cases of consumption, asthma, or affections of the lungs, and indeed

I think I may venture to recommend them to persons of all ages ; it is worthy of a trial, never yet having a complaint made of it, or one instance happening of its being useless. Medical gentlemen have used them in their families, with high approval ; by their use the feet are not only kept warm but are always of the same temperature. Where plasters are ordered they are also pleasant and useful, in keeping them on in a proper state, and as I have before observed to keep the extremities warm, is highly desirable. The cold shower bath is decidedly the safest and best of all cold baths, but this is only recommended in certain cases of debility, it requires also caution in many cases, and is in consequence frequently misapplied (in some cases it has proved fatal.) The numerous complaints and wonderful varying states and stages common to the female frame, will show the meanest capacity the consequence of proper caution in these matters, it is also necessary to attend strictly to the state of the body, and during a course of baths to take medicines described hereafter in their proper place, and in directions for bathing.

Change of air is at all times to be recommended to those who are well, that they may remain so, to the sick that they may be made well, to leave the cities' crowded air, the bustle and constant noise in it for a quiet days' diversion in meadows and gar-

dens of the country, to be among the cows, inhale the pure air, take the warm new milk, and enjoy the sight of nature's smiles dressed in all her beauty, is a treat to any, but especially so to the invalid, who for months has been (improperly) shut up, in a close bed room, the atmosphere crowded with smoke, and lamp black, with other noxious vapors, unavoidable in the sick room. To crowd sick rooms with flowers, is to be avoided, many of them that have a pleasant aromatic smell, are baneful in their effects, all these things should be attended to, and any one can see the reason of them.

SYSTEM OF MEDICINE.

In order to render this system easy to be understood, the whole of the medicines are made up with directions to suit adults, it will be therefore necessary to reduce the dose one half for children from five to twelve years of age, one third from one year to five, and one quarter in proportion for infants. The whole of the medicines however are so composed of innocent ingredients that no fear need be entertained of any bad effects arising.

ON THE DISEASES OF CHILDREN.

The diseases of children, are in general so well understood by nurses and mothers that could they divest themselves of the great fear which so readily takes possession of them there would be less occasion to call in medical assistance. I have known ladies who have brought up large families, nursed and applied remedies to the numerous diseases of the juvenile frame, without medical assistance.

With infants, pains will naturally arise from a variety of causes, to which attention must be paid, at times from cold, from disagreement with the breast, from some want of caution or of irregularity on the part of the mother, such as inattention to diet, &c. however from whatever cause this may arise when the diapers appear green and slimy it will be necessary to give a tea-spoonful of castor oil, and in two hours after ten drops of my "Life Elixir," the infant then should be immersed in warm water from five to ten degrees below blood heat, (fahrenheit) care should be taken to keep the child's head cool and its feet warm: this is a common error mothers fall into, the child is handled about wrapt up in a blanket or warm clothes in the room, shortly after when asleep it is the practice to huddle it into bed with the same wrappers on, in ad-

dition it is crowded with bed clothes, where the poor child remains as in a steam bath; the difficulty of respiration and increased perspiration admirably adapts it to take a fine cold. In order to prevent the consequences which follow this improper management allow me to suggest, as a mother, from experience, as well as a medical adviser, from extensive practice, that the proper treatment at this age of the child is this, to avoid sudden transitions from heat to cold; which may be obviated by care and attention. I would advise the mother or nurse to disencumber the little one of all its extra clothing, such as shawl or blanket before putting the infant to rest, it is also equally necessary to use the same precaution in aking the child from the warm bed, by adding extra covering to meet the change of atmospheric heat, and after the child has been up some time, these should be thrown off; by degrees the circulation of the blood of the infant may be graduated to the air it is for some hours to inhale. By attention to these directions colds will be prevented, the lungs kept in free and healthy exercise, by which means only can the blood be kept in a wholesome state. On these rules depend the health and future comfort of the infant.

The first disease which usually attacks the infant after birth is the thrush, and often proves fatal, (this however does not always take place.) The best rem-

edy to be applied for this, is to give the child one tea-spoonful of castor oil every third day; one ounce of bole-arrenia is to be mixed in four ounces of honey, a little of which is to be applied to the child's mouth by the use of a feather several times a day; after the disease has passed through the system of the infant the nurse will discover it when she removes the diapers, and may use a little cerete powder on the parts affected.

The symptoms of the disease are, soreness of the mouth, refusing the breast, &c. The mouth, tongue, and throat, &c. being covered with little white ulcers.

FORMATION OF THE CHILD'S HEAD.

It is very necessary to look to the formation of a child's head after birth, and it is very proper the head should be examined, for it is an admitted fact that the clever anatomist will be enabled to ascertain whether or not there are indications of water on the brain, which experience has taught me if diligently attended to, at this early period by proper remedies may be prevented, and when this does occur, the Lotion, No. 5. should be applied, it will also be necessary to keep the blood from the head by determining it to the extremities by frequent application of the warm foot bath and cold applications to the head. This is one of the diseases generally denominated incurable, and therefore requiring the greater attention at the earliest period.

CONVULSIONS OF INFANTS.

When spasms or convulsions occur, they must either arise from inflammation in the bowels, determination of blood to the head, or what is more common, breeding of the teeth. From whatever cause this may arise, there is but one simple process to be adopted, viz. the warm bath, after which ten drops of my Life Elixir is to be given in a table spoonful of water. Rub the child's feet with Embro-

cation No. 2, the child is then put to bed. It will enjoy a quiet sleep for some time, and when it awakes it will readily take the breast. If the child be from ten to twelve months old, the gums must be rubbed three or four times a day with Infant Anodyne Soothing Syrup. After two or three applications it will effectually reduce the pain: the spasms or convulsion will be subdued. For further directions, see Teething.

DIARRHOÆ.

This is a very common complaint with infants, and should be stopped with great caution. Should it last more than twenty-four hours, and assume a watery green appearance, recourse must be had to proper medicine; prepared chalk, and gumarabic or lime water, have sometimes proved beneficial in these cases. I have found, however, from experience they are to be used with great caution, and seldom have good effect, unless blended with other auxiliaries, for which purpose the preparation called Diarrhoæ Mixture, which is prepared by me, will be found perfectly effectual in all cases; it is accompanied with full directions for use, and may be given with safety to the nursing babe or adult. When the symptoms assume an alarming appearance ten drops of my Life Elixir must be given two or three times a day, in a little water. Should excessive pain come on recourse

must be had to the following fomentation, take two ounces of camomile flowers, one ounce of bruised poppy heads to be put into a quart of water, to which add half a pint of vinegar, boil it half an hour. Foment the abdomen for an hour as warm as the child can bear it, in the following manner. viz. take a piece of flannel, ring it out dry in the fomentation, apply it to the stomach, recruiting it every ten or fifteen minutes, these directions will answer for persons of all ages.

SICK, OR SOUR STOMACH.

This generally arises from overloading the child's stomach with too much food at a time, and as this is so commonly the case, it necessarily follows the disease is equally common. Mothers will find by trial the beneficial effect of feeding them often and in small quantities, either while at the breast or afterwards. When the child throws its food from the stomach, and obstructions occur in the natural evacuations, nature must be assisted by a gentle vomit—about two teaspoonsful of the wine of ipicac. After the stomach is cleansed, a piece of manna, about the size a walnut, dissolved in hot water, should be given. The child's feet must then be put in warm water, and every six hours ten drops of the Infant's Anodyne Cordial.

The mother should be very careful not to eat acrid food, nor take acid drinks, which are likely to

disagree with the child, and produce sour stomach or spasms.

LETHARGY, OR DULL AND DROWSY APPEARANCE.

This generally may be considered as the symptom of a diseased brain, which may arise from a variety of causes, such as injury in the birth, a fall, or blow on the head, convulsions, or excessive fright, and frequently, also from largeness of the superior lobes, and at other times from laxity or softness of the brain. It may, however, arise frequently when this is not the case, such as the breeding of the measles, hooping cough, chicken pox, or small pox. From whatever cause this arises the infant should be carefully examined by a skilful surgeon, and proper applications used in time to suit the particular disease, which will be found under its proper head in this book, but as we must suppose, many cases may arise where a surgeon cannot be readily called, it will be well to bathe the child's head with vinegar and water; place bottles of hot water wrapped in flannels to the feet, and four or six leeches to be applied on each side of the head, above the temples, after which give the child from one to two teaspoonsful of castor oil, according to its age, twelve hours after, apply the Infant's Anodyne cordial as directed. Few cases will occur,

with proper attention to these instructions, in which the infant will fail to recover.

REFUSAL OF THE BREAST.

When the child refuses the breast it may be considered certain there is something requires enquiry. With a young mother, inexperienced, it is common from a variety of causes, and the alarm in such cases, generally prevents her from applying remedies; she flies about half frantic, and often thinks her child dying, when in fact enjoying a tranquil sleep. A diseased stomach will produce nausea. The first thing to be attended therefore, is to cleanse the stomach by giving it two teaspoonsful of castor oil, the breast is to be given, and the child to be kept warm.

CONTINUAL CRYING, UNEASINESS, SLEEPLESSNESS.

Children differ so much in temper and constitution, that it is frequently difficult to get a true knowledge of their complaints. Many infants are continually crying without any apparent cause, but it may be presumed they are in pain. Thus children that sleep soundly, and at the moment of awaking may rather be said to have a diseased temper than body. Fortunately this evil remedies itself, for we seldom see a child cross

the first three months without apparent cause, but after it becomes the most tractable or docile. It frequently occurs that in dressing infants, by inexperienced nurses, they are too tightly bound up in their swaddling, or, inadvertently, a pin may perforate the skin and cause the infant to be fretful. I cannot help observing at this place how desirable it would be to do away the use of pins altogether, as tapes and buttons will answer all purposes. When the infant gets on the feet, and before teething commences, it frequently occurs that the child, and sometimes a fine healthy infant too, will waste away without apparent cause, to a mere skeleton.

WASTING OF THE BODY.

With this complaint it is perfectly necessary to ascertain the cause, and only by this means can we expect to devise a remedy. It will occasionally arise from mis-formation or obstruction of the principal duct or organ which conveys the nutritious and digestive particles of food into the system. This is a primary cause, but diseased or deformed organs in other parts of the body, may also be the cause of this complaint. When it does arise, the anxious mother watches the drooping of her little one, and for want of knowledge readily fancies the only remedy to crowd the child with food, (and as she thinks all the little enticing ni-

ceties) which indeed are petit poisons. These only aggravate the disease. Abstinence in some measure will best assist nature. Exercise the child in the open air. Rub the left side and shoulder with Infant's Embrocation, No. 3. Keep the child's body gently open by the use of manna. Frequent use of the mother's breast will be found the best means that can be adopted for the cure of this disease.

EVACUATIONS.

Discharges are the principal criterion to judge the state of the infant's health. It cannot explain its pains or diseases. Loose watery diapers of a green or dark appearance are indicative of a diseased state of the bowels, and cannot be too narrowly watched. Diarrhœa, constipation, spasm, inflammation, are all to be apprehended. Discrimination must therefore be used to ascertain the precise disease and apply the remedies as described under their particular heads.

DEFORMITY.

After birth it often happens the infant is deformed, but more frequently occurs in months after by improper treatment. However, from whatever cause it may occur it must be as speedily as possible remedied.

This may be easily effected by proper attention. I will point out the best means I am aware of, for prevention or cure of the limbs, the legs, arms, or vertebræal column, or other parts, that may be deformed: First, the limbs: The legs are more frequently so affected than any other part of the system, the distorted leg, ankle, or thigh. When these occur, mechanical instruments should be applied to bend the twig while green, and bring it into fair form and feature, and the wonders (as they are called) which have taken place, warrant the recommendation of them. In all cases the surgeon is necessary, and I recommend with confidence, the proper Gymnastic Bath, which I have in hundreds of cases applied with success, this however will not perfect the cure without that surgical ingenuity of the application of a proper machine suited to the occasion or the peculiar disease — all of which in their variety require in every case a different instrument to perform a cure. It may reasonably be supposed, that no certain machine can be invented, which can be applied to every disease or perform the cure. Every deformity requires perfect inquiry and an appropriate mechanical machine. All these depend upon the skill of the surgeon, but I must beg leave to say, I never saw the case yet, in which much relief, if not cure, could not be effected. This, however, is rather out of the present inquiry, and must be left to be more fully treated of in future volumes of this work. It will readily

appear to my fair reader, that this is more extraneous than belonging to the present trifle. Where a disproportion is observed in the growing out of the back it may frequently be reduced by champooing, by rubbing in embrocations, and the application of medicated bandages, and exercise of the gymnasium, with other remedies prescribed. This has been so often practised with success, that I recommend a trial, and leave its merits to the result. Medical men of the first talent in all countries have patronized it, and the public have pronounced their opinion, that it is good. Contracted joints, stiff cords, or tendons, are remedied, and as before stated, our readers will have proof of the cures which have been performed, to show that others are equally possible by the same means. The limits of this little work preclude me from dwelling longer on this subject.

WORMS.

There is nothing more common or troublesome, than this disease of children, there are several kinds of worms, such as *Ascardis*, a very small white worm, that multiplies so fast, hundreds of them are frequently found in the body of a child. I have lately had a patient from whom two or three hundred were brought away in one day, these are the worst species to effectually destroy, they adhere with such tenacity to

the intestines and adjacent parts. The symptoms are, darkness round the eyes, contracted nose, a continued disposition on the part of the child to pick the nose, a paleness of the countenance, a flushing of the cheek, voracious appetite at times, and at other times sickness at the stomach, with foul breath. There is also the Tape, this is a long white worm, composed of a great number of joints, and frequently is found nine or ten yards long, it has an extraordinary power of contracting itself into a small space; and the persons who are troubled with it, undergo great sufferings, until relieved, by medicine or death. It generally secretes itself, at first in the small intestines, and afterwards in the stomach. Symptoms are, wasting of the body, continual flushing of the face, a pale sallow countenance, frequent convulsions or fainting fits, an unpleasant sensation of a rising at the chest, like what is commonly called, a rising of the lights, tremours, enervation of the whole system, great fear, dread and the like, when these worms perforate the intestines, they get into the abdomen, then inflammation, and mortification follow. The Teres, or round worm, there is less danger attached to this than the other species, being far less tenacious and much easier destroyed, symptoms of this are nearly the same but less violent than the others; abstaining from food, some hours in the morning, will cause them frequently to rise in the mouth. The symptoms of worms are sometimes so feebly indicat-

ed that a novice with the best directions cannot be expected to decipher. There are many specifics for this complaint, in medicine, and we find in botany upwards of thirty plants, flowers and roots, the particular properties of which seem to indicate they are the proper remedies. I have found from experience, that no single application is sufficient, but that it requires a compound of many; my Worm Mixture contains fourteen, and will seldom be found to fail if taken with the directions. Many persons recommend ardent spirits, fasting in the morning. Query, is not the remedy worse than the disease? All remedies for this complaint should be taken fasting, and the patient kept three hours without food after it.

DISEASED EYES.

The principal complaint the eyes are affected with, may in general be attributed to colds, and if they arise from diseases in the body it may be supposed the great cause of its settling in the eyes is first taking cold. Diseases of the eyes are as easily remedied as any others if taken in season, it is a delicate and tender organ, requiring the greatest care and caution, for which reason, persons should never dabble with remedies themselves, or intrust their management to an inexperienced person. When cold and inflammation comes on in the eyes, a poultice of

bread and water, blood heat, should be applied on going to bed, in the morning this is to be removed. Take a wine glass of warm water, to which add one teaspoonful of brandy or spirit of elder-flower, with which bathe the eyes two or three times in the day, after two or three days if the inflammation have not entirely subsided it will be necessary to use my Eye Water, without the foregoing directions being persisted in. Take some bread, well scalded in boiling water, press it perfectly dry in a cloth, wet it with the eye water, and keep it applied to the eyes as a poultice, this I have seldom known to fail, having cured, by this means, many, who have received no relief from those excellent institutions founded for the purpose of cure. It will appear evident to my reader it is highly expedient, when possible, that the physician should see the patient.

THE SNUFFLES.

Infants from the hour of birth till three months old, are frequently incommoded by stoppage in the nose, it is a common thing for nurses and mothers to introduce a large brass pin, for the purpose of cleansing the nose of its obstruction. This is very bad, and very dangerous, the best thing is a silver bodkin, and a better thing still, to prevent the necessity of either; after washing the babe, anoint the nostrils with a little

almond oil by dipping a piece of twisted rag in it, and at bed time rub the bridge of the infant's nose with a little spermaceti ointment.

CANKER.

This disease, so called, in general attacks the mouth and intestine, and if properly attended too, may easily be reduced. In general it arises from want of attention to the state of health, and condition of the body. The safest method of cure, is by purifying the blood, keeping the body open, by the use of the Anti-Scorbutic Medicine, No. 3. The diet should be light and principally of milk. With young infants this disease is often mistaken, when in fact it is the

THRUSH.

This disease comes on with sore mouth, throat, and intestines, which are covered with little white ulcers, and generally extends through the whole system. It is a dangerous disease, and often puts an end to life. If the ulcers are of a pale colour, separate from each other, and fall off, with proper remedies the child will recover; if however, they become black or green and run into each other, great dread may be entertained of the consequences. When the disease is first observed, a gentle vomit should be given, and the bowels should

be kept open by the use of Lixitive Conserve, as directed.

BLEEDING.

It frequently happens that bleeding at the nose, from the ages between nine and seventeen, takes place, and at times assumes a most alarming appearance. Fright and dread arise in the breast of the parent at all times, and most frequently without cause. Nature, the great physician sometimes prescribes it for salutary effects. At such times great caution is to be used in not too quickly stopping the hemorrhage. It will frequently prevent more dangerous diseases, as epilepsy, vertigo, or obstruction of numerous secretions. It is frequently the preventive of fever, and like all other struggles of nature to rid herself of incumbrance or evil intruders on her laws, requires oftener obedience than opposition. A short time ago I was called in to see a young lady in Washington Street who had been bleeding at the mouth and nose for some time. I found her in a state so low as to fear nature was exhausted. The pulse could scarcely be found, respiration difficult, and other signs of approaching dissolution. It was evident no time was to be lost. I gave the little sufferer fifteen drops of spirits of turpentine, put ligatures on the arms above the elbows, and above the knees, the head was kept cool by ice pounded and

tied up in a bladder, "the best way of applying ice on any occasion." Styptics of alcohol were applied, but failed, turpentine was applied and had the desired effect. This is done by dipping lint in the same to the nostrils, or to such parts as the hemorrhage may affect. I have stated these things merely to show the anxious mother that in cases of emergency she can act for herself until better advice can be called in, if necessity require it.

At all times after the loss of so much blood, the patient will feel inclined to sleep, the terrified mother thinks it the sleep of death; for so much does it resemble it, that but for a little warmth, and the gentle breath, the inexperienced for a moment might be deceived. Jellies, nutritious wines, and other restoratives of a liquid nature must be resorted to. One Tonic Powder, No. 1, is to be given in the morning, as directed. Its envelope and Life Elixir as directed, in the evening. With proper attention to these directions a cure may be depended on, but in this, as in most other diseases, patients either neglect the directions, or do not persevere. They generally give up taking medicine, when it is about having its desired effect. And to this may be attributed most of the failures of professional gentlemen who have just cause of complaint, hence arises the odium which falls upon them, which entirely belongs to the patient. There are two things perfectly necessary on applying for medical assistance,

candor on the part of the patient, and strict observance to orders. But to return to our place. As hemorrhages may arise from a variety of causes, attention must be paid when internal. Plenty of acid drink, lemonade, &c. Patients should be kept sitting up in bed, or bolstered up, the extremities should be kept warm by application of bottles of hot water to the feet. The head should be kept cool, arrow root, tapioca, with a little port wine to be taken frequently. Blood frequently flows freely from cuts or wounds, at the sight of which, many persons are easily alarmed; a small quantity will make a great show, which adds to the natural horror we have of beholding it. There is seldom, however, any danger. In cases of accident, the wound should be bound up without washing, and remain so for a few days, until the parts are united. When festers, or a collection of matter takes place, a simple poultice should be applied. Sometimes the tendons or cords of a limb may be wounded, in which case inflammation will come on and extend through the whole limb. The best remedy is to continue the poultice, rub the limb all over with Anodyne Embrocation, No. 1. as directed. A case occurred a few days since.—A patient had driven a tenter hook (an iron hook upon which meat is hung) through the hand; it had been neglected for some days, and from the alarming symptoms, I entertained serious doubts. The Embrocation as above described was applied, with

the poultices directed, and in one week a cure was effected.

TUMOURS.

There are a variety of collections of matter in different parts of the body, internally and externally, which are described by a variety of technical terms; but for the sake of simplicity, I shall designate them all as tumours or abscesses. In whatever part of the body these arise, it is a great effort of nature to throw them from the great mass and concentrate them in one given spot more susceptible than the rest; the wisdom of this operation is seen in its mechanical application to have one affected, by which means a suppuration is brought on and the impurities of the whole system are disgorge. Were it not so, the enemy would lurk in every fibre, and like sand thrown into the wheels of a watch, disorganize every motion of the grand machine. When an abscess takes place on the lungs, it is generally supposed to be beyond the reach of medicine, it is however now admitted by the most talented that the use of the Medicated Baths externally and internally, (the latter being called the Stomach Medicated Bath,) together with other applications is a safe and ready way to suppurate internal abscesses, or imposthumes. The method pursued, when this takes place, is to give a gentle emetic; by the

foregoing applications I have brought away from a pint to a pint and a half of corrupted matter. This also is the best method that can be adopted for the removal of tubercles or ulcers on the lungs or throat, affection of the liver or kidneys. Tumours of the glands in some cases may be reduced with safety without suppuration, such as the neck, throat, head, knees, in all of which cases it is desirable to avoid a wound. The remedy, therefore, is by Embrocations and Lotions. To reduce the swelling and purify the system, by cleaning the blood with proper medicines of its impurities, apply Tumour Embrocation and Lotion, together with taking No. 3.

WENS.

This very unpleasant and unsightly excrescence, has taken the attention of all, in all nations. Tradition informs us of a variety of cures by faith, such as touching a man's hand who had been hung, a king's hand, the hand of a dead virgin, the seventh son of a seventh son, consecrated wine, and a variety of others; but as I have never seen any of these miracles performed, I can neither contradict their truth, or assert them as facts, but I must be allowed to say, and I think it is a general belief, that the more confidence or faith the patient has in the remedies and skill of the medical adviser, the more certain is the cure. For the cure

of this disease, I am not aware of any certain remedy ; the life, as it were, of the fibres must be destroyed, after which by the application of Embrocation No. 10 it may be dried up, or dispersed to insignificance. If it be taken at an early stage, it may be effectually conquered, this I have proved by many that I have succeeded with, in scattering them.

KING'S EVIL.

Tumours of the glands of the neck, arise from a scrofulous humour, engendered by the parent from hereditary causes, or from the nurse, (when a wet nurse is employed.) If it be taken in proper time, I have found this disease as easily eradicated as the scurvy, or any other malady that affects the blood. I must confess that it has cost me much time, research, and practice, ere I was able to combat this formidable disease. As early as it is discovered apply Embrocation, No. 7, outwardly, and put the child under a regular course of medicine, No. 3. It will take months to eradicate this insidious foe entirely. There are many infants in Boston whose parents think them perfectly cured from short trials, and deem it an imposition on my part, when I advise them to proceed farther. In the latter stages of this disease it flies to any part of the body that may be weakened from any other cause — particularly wounds or sores, which become then

deep ulcers, attack the ancles, shin bone, and frequently extend to nearly the whole of the leg; at other times it will attack the glands of the neck, groins, and just above the hip bone on the back. It has been said, that it is unwise to heal these wounds lest the disease should be driven to the vital parts, or produce derangement by flying to the head. True, if there were no means of expunging the disease from the system, by action upon the blood, while the wound is healing, it would be dangerous, but while this is practicable, it is sophistry on the part of a person who is unacquainted with the cure.

WATER ON THE BRAIN.

This disease generally affects infants and children, and sometimes adults; in the latter case it is perfectly incurable; with children, taken in time, it may be eradicated. The disease may sometimes arise from frights on the part of the mother, at an early period of the fœtus, which will cause a laxity or softness of the brain of an infant, which without proper applications will terminate with dropsy on the brain. It arises also from other causes, from tumours or excrescences on the brain, a weak and watery state of the blood, sudden transitions from heat to cold, blows on the head, &c. When this arises, and it most frequently does, from causes before birth, it can readily be detected,

by the shape of the child's head, as I have before observed. The anterior and superior lobes of the brain are greatly enlarged, the pupil of the eye distended to the extremity of the iris, or curtain of the eye, a disposition of the head to fall forwards, lethargy or dullness, at other times extraordinary exertions of the brain, such as premature thoughts and actions, beyond their years, which generally give rise to the exclamation, An extraordinary child for its years. I have generally observed, however strange it may appear, children affected with the complaint, are generally plump and fleshy, but of a sallow appearance. It will be useless to prescribe a remedy in a work like this, it being absolutely necessary to see the child. I take leave here to mention a most extraordinary case and cure of a child in this city by the name of Munroe. It was given over by the medical advisers, as incurable, and I must confess I had little hopes myself, all the symptoms being truly alarming; the body had become emaciated, the head greatly enlarged, and other symptoms of dissolution. I am happy to say, by proper attention, on the part of the parent, to my directions and applications, this little sufferer was restored to health.

MEASLES.

This dreaded disease seldom proves fatal if properly managed, its after consequences frequently

prove troublesome and difficult of cure. The first symptoms are similar to those of fevers, transition from heat to cold, a drowsiness, sickness at the stomach, rejection of food, tremours, violent sneezing, running at the nose and eyes. Indeed the symptoms are so original in this disease they cannot be mistaken, the eyes become inflamed, and avoid the light, this is generally followed by a bleeding at the nose, which is to be regarded as a good omen. The measles generally appear about the fourth or fifth day, something like the small pox, rising a little above the skin, this is a particular moment to pay attention to the patient, in order to keep them from turning in, the child must be kept very warm, a little warm port wine, or any other rich cordial, will be found highly beneficial, this may be given by two or three tea-spoonsful every hour. If the child takes cold, and the measles strike in, a warm bath should be administered, and a wine glass of saffron and water given. The child should be wrapt to promote perspiration, if the fever runs high, and delirium ensues, it may be necessary to apply leeches to the head, but as in this case danger arises, it will be proper to call in medical assistance, but in this as in most other cases good nursing is a desideratum. This disease improperly managed frequently lays the foundation for a consumption, or inflammation when it occurs on the lungs, to avoid which care must be had to reduce the cough,

which is to be done by the use of Cough Drops, No. 3, and Tonics, No. 1. It frequently happens after the cure of this disease the patient takes cold, if so the sufferings will be protracted indefinitely, and too much care cannot be taken as a preventive.

SMALL POX.

This disease which has committed such dreadful ravages in Europe, sweeping off its thousands, and its tens of thousands, and as I am informed by my grandmother, who is now in her 104th year, that in her early life, 'twas dreaded equal with the cholera of the last few years. Houses of refuge, called pest houses, in an isolated situation, were provided for every town, village or hamlet, as well as for cities, to which all persons afflicted with this disease, were obliged to be removed. France and England appear to have been more severely scourged with this disease than any other part of the globe. The system of Dr. Jenner, which has immortalized his name, by vaccination and inoculation has almost entirely eradicated this pest, the effect however, is seen in foreigners visiting that country. It may be in the remembrance of my reader that Capt. Cook in his voyages round the globe returned to London with Prince Laboo, a son of the king of the Sandwich Islands, a promising and intelligent lad, of whom it was the intention of the British

Government, to liberally educate in order to return to his native country to take the reins of government for the benefit of his people, he however fell a victim to this disease, and inscribed on his tombstone is the following : " Stranger stop, and drop a tear, A Prince, Laboo—lies buried here." This disease was so prevalent in London at one time that the court broke up, and the royal family were removed from the palace at St. James's to the lowest neighborhood in the city, called Petticoat lane, for the benefit of inhaling the effluvia which proceeded from the numerous hartshorn shaving manufactories in which the neighborhood abounded, and strange as it may seem, not one of the royal family died of the disease, nor is any death recorded to have taken place there, while in every other part, it was raging with violence.

When the small pox is taken as an epidemic without inoculation, it frequently proves fatal, and when it does not, blindness often is the result; if this be not the case and it be a mild attack, the patient may escape with a disfigured face. Under any circumstances when it is observed that the small pox is taken, I would recommend vaccination immediately, and the same treatment as the measles

HOOPING COUGH.

This disease generally attacks infants from the age of six months to three years, but in most cases where

the measles take place, it follows that disease ; it creates more alarm than perhaps any other complaint incident to the infantile frame, from the great sufferings of the child ; it often proves fatal, but seldom when proper applications are timely administered. The symptoms of the disease are early indicated, by rejection of food, sleepiness, fever, coldness of the extremities, which is followed by a dulness of the eye, listlessness and snuffles at the nose, the cough then comes on, towards the seventh or eighth day, which is accompanied with the hooping, and continually increases, with great distress to the little sufferer. It frequently bleeds at the mouth, nose, and ears. When this complaint comes on, the first application is two or three teaspoonsful of ipicacuanha wine as an emetic. If inflammatory symptoms or delirium, a few leeches should be applied to the head, under an experienced nurse or physician ; the child should then be put in a hot bath, after which the Infants Embrocation No. 3 should be rubbed on the pit of the stomach. Great care is to be taken to avoid cold, and the child should not be allowed on any account to sleep in a horizontal position. Caution should be used as to regimen, the diet should be simple, diluent, and nutritious, as milk, jelly, &c. It will be well as soon as convalescent to give my Life Elixir, as directed. This will brace the nerves, give a tone to the digestive organs, and strengthen the whole of the viscera.

BLOTCHES, OR ERUPTIONS.

Blotches and eruptions frequently occur on the skin, without any apparent disease, they should never be too hastily thrown in, the first thing is to cleanse the blood, by giving the child Anti-Scorbutic Mixture No. 3, as directed. For a week or fortnight apply the Silver Ointment externally, in a few days the child will be completely cured of the eruption.

DISFIGURATION.

A variety of marks frequently happen to children before birth, most of which will remain in spite of remedies. The only cure that I know of is the saliva of the mouth, the mother should apply her tongue nine mornings fasting to the mark, which I have found effectual with my own children, and recommended to others with equal success. When the toes or fingers of children are joined together, or misshapen, surgical means should be immediately adopted to remedy the defect, the eyes when inclined to squint, should be instantly attended to. Warts or other excrescences of the skin are easily removed by the use of my Wart Ointment.

TEETHING.

This is a most distressing and painful period of an infant's life. From about two to three months, sharp shooting pains come on in the jaw-bones with the breeding of the teeth. The gums become red and inflamed, accompanied with excruciating pain. No one can tell what an infant suffers. As in this country it is generally accompanied with canker, there is a double difficulty to contend with. It is a common thing to have the child's gums lanced; this I disagree with as a common rule. A very fine infant with whom I was acquainted in this city, lost its life a few months since after having the gums lanced, which brought on convulsions, and inflammation on the brain. In the absence of other remedies, or till my Soothing Syrup can be obtained, put one ounce of syrup of lemon, one ounce of syrup of saffron, one ounce of syrup of Turkey poppy, the whole of which are to be shook up and applied by rubbing the infant's gums two or three times a day. Particular care must be had to put the feet in warm water every night. Keep the child's head cool and at the same time free from colds. I would at all times prefer leeches to lancets, if necessity calls for either.

CHICKEN POX.

This is so common that it is generally known as soon as it appears. The principal thing is to keep the child's bowels open by the following:— 2 ounces of senna leaves, 1 ounce of coriander seeds, quarter of a pound of prunes, or French plums, this is to be put into a quart of water and boiled till the plums are full sized. Strain it off, give the child a wine-glass of this every morning, and the plums may be eat a few a day. It often happens that mothers neglect this in its first attack, by which children are frequently subject to eruptions for many months after.

GUM RASH.

This disease is known by a thick red rash, of minute pustules, and as the term indicates, arises from the operation of the nerves, the gums, and the jaws. When the breeding of the teeth commences, its duration varies more than any other disease. According to the state of the health of the infant, and that of the mother, the principal thing to attend to is to keep the child in moderate temperature. Care should be had to avoid sudden transitions from heat to cold, which at all times will cause eruptions on the surface more particularly in this disease. It will be well first to give a gentle emetic (as before described) to cleanse the

stomach, after which medicine as recommended in the forgoing article ; and in this, as in almost every illness of children, a warm bath is particularly recommended. If the child is restless and sleepless my Life Elixir should be given as described.

CHIN COUGH.

The chin cough is seldom known to attack adults, but generally infants who have escaped the whooping cough, and has been considered by old nurses in England as a mild species of that disease. At least the numerous cases that have occurred, have sufficiently proved that these two coughs seldom visit the same child. It is by no means an insignificant disease, having frequently proved fatal where proper attention has not been paid. If the child have it light, without much pain in the head, the cough is not very distressing, with proper attention the patient will soon recover. If inflammatory symptoms come on, which is too often the case, it will be necessary to put a blister on the chest, and keep it some days dressed with Savin Ointment ; should this fail to reduce the inflammation, leeches must be applied, after which a bread poultice should be kept on several hours. Great care must be taken of the patient during convalescence, lest a cold be taken on the lungs, which may end in consumption, to prevent which no better remedy can be applied, than

my Life Elixir, as directed. This disease is generally followed by the

MUMPS.

Mumps is an epidemic most prevalent in low marshy grounds, or places adjacent to the water. It generally makes its appearance in the early part of the summer when the exhalations or fogs predominate. It generally attacks persons in early life, of both sexes, more particularly those who live on vegetable or poor diet. It is preceded generally by low spirits, heaviness and lassitude, a high degree of restlessness, which is felt for some days, after which stiffness of the lower jaw, with an uneasy cold ache or pain; the right or left side of the face commences swelling, which is extended to the throat and neck, the glands of which swell to so great a degree, that it would be difficult to distinguish the countenance of an old friend. At this time fever comes on, which will last four or five days, when the disease will be at its height. If the patient now be kept warm, with plenty of weak diluent liquids, a gentle perspiration will come on, and in two days the crisis will be over. If the greatest regard be not paid to these directions for nursing, tumefaction will cease in that part, and the breasts will swell to a high degree, which is apt to communicate fever to the brain, and is followed by delirium. This disease is more dangerous in the

male than female, Medicines are rather to be avoided in this disease, which depends principally on good nursing. A little senna may be taken, and Embrocation, No. 1, may be rubbed on the parts as directed.

SORE HEADS.

This is a very bad and very prevalent complaint, principally in public schools, or large assemblages of children. It may be said as of sheep, one that is diseased will affect the whole flock. We therefore recommend an examination of every two or three days, and particular injunctions as to cleanliness should be observed. No. 3 must be taken inwardly, and the ointment rubbed on the head with a piece of flannel two or three times a day. The hair must be cut as short as possible, and where practicable, the head should be shaven, it will be useless to apply the ointment without medicine to purify the blood at the same time, and thus eradicate the disease entirely and prevent it being lodged in any other part of the system.

THE DISEASES OF WOMEN.

THE FEMALE WEAKNESS.

In a publication like this, I cannot explain the cause of this unpleasant complaint, or more fully describe it, now almost general in our sex, it must suffice that there is a cure, a certain cure in the powders prepared by me, and called the Ladies Restorative. This complaint weakens the body, debilitates the nervous system, and is a great preventive to the enjoyment of life, by causing low spirits, hypochondria, and all the horrors of such a state of mind, and is frequently the cause of disappointment in our best expectations.

I recommend in this case, fresh wholesome air, exercise, nourishing diet, which together with the medicine will seldom fail to cure that which talented physicians have been baffled with. Indeed I believe they will at least allow, that I have given them sufficient proof already. I will not mention cases or names, as it would appear invidious. It may occur in bad cases, that it may be necessary to use the Lotion or Wash called the Pink Wash, No. 1.

HEMORRHOIDS.

This very painful and unpleasant complaint has hitherto proved obstinate with medical men, the reason is obvious, they have never been placed in a situation to cure it, it is next to impossible ; what female could give the proper information to the male practitioner. And indeed, in justice to medical gentlemen, I must say their talent is frequently lost from the natural delicacy of our sex. They are frequently blamed where the blame attaches to the patient only. I have had many patients who have been under the care of excellent physicians in Boston for a long time without aid. The secret has turned out, they never informed their medical adviser of their true situation. The cure of this complaint can be effected by using the ointment, described as Hemorrhoid Ointment, and taking inwardly No. 1 Stomachic Restorative. In this case with proper attention a cure is guaranteed. Cases will occur where an operation may be necessary, such as tying or applying styptics, &c. but this seldom happens, as the Wash, No. 15, for the hemorrhoids, will answer the same.

DISEASES OF THE VISCERA.

When we look into the complicated state of the interior of the human system, and see the heart, the

lungs, the liver, the intestines, and the thousand attendant parts, it almost stops further inquiry. Some have argued that ossification cannot take place, experience has proved the contrary. The heart may be diseased from birth to the age of fifty, nay sixty, without being discovered until the patient dies.

The liver is subject to a variety of diseases, inflammation, obstructions, enlargement, decay, &c. All internal diseases are difficult to get at, and equally difficult to remedy. The disease still is indicated by the eye, and certain pains, which are usually felt in the right side, and extending between the shoulders, with a sallowness of complexion, a wasting of the legs, and sickness in the morning, with want of appetite. Similar symptoms, I have, however, often known to arise from different causes, as the ascardis (worms) and frequently from another cause known to my fair reader.

Inflammation of the liver will be easily discovered by the pain which is felt on the right side, it is seated under the false ribs, and generally extends to the shoulders, frequently leaves the part for a short time, but returns quickly. A diseased liver in general is by no means alarming, and seldom proves mortal where timely applications are taken, and proper regimen is observed. Operations have been performed with impunity on this organ, that could scarcely be ventured on the more simple organs of the body, a scirrus may

be borne many years, with simple food, avoiding strong drink, hot viands and indeed stimulants in general.

I have generally found when the pulse is intermittent, quick and feeble, great attention should be paid to the patient, danger may be apprehended, and scirrous may ensue, it will then become hopeless of cure, in this as in almost all diseases, change of air, moderate exercise, and agreeable company will much facilitate the use of medicines, plenty of light fluid, such as apple whey, camomile flowers, tamarind tea, &c. Leeches may be applied on the right side, if the pain be severe, the body must be kept very gently open, but purgatives are to be avoided. Take a wine glass of No. 3 every night on going to bed, and place warm plasters, No 2 on the feet, this preparation with the necessary caution and attention to what has been said, will seldom fail of success, if any cough accompanies the disease, my Life Elixir should be taken as described. Appearance of diarrhœ frequently comes on, which must not be too readily stopped, should it however proceed so far as to become alarming, the Diarrhœ Mixture, No. 1, will effectually stop it, but this must not be had recourse to unless blood or spasms should show the necessity. In this case it will also be necessary to apply plaster, No. 4, to the feet, and between the shoulders on the back.

DYSPEPSIA,

Is a diseased state of the absorbents or glands, which conveys the fluids from the intestines to the blood. It arises from a disorganization of the digestive organs, with stoppage or conglomeration of the biliary organs. It is one of those diseases which medical men have generally pronounced incurable, or curable only by such extraordinary exertions, as few patients are neither able or willing to undergo. It may be remarked that it seldom occurs but the person affected enjoys a good appetite, and we seldom find they neglect to pamper it, by overloading the stomach with large quantities of hard food, or indigestible substances. Experience has proved it necessary to create bile in this case, which is done by vegetable bitters, mixed with proper attendants. In dyspepsia, abstinence is the cure nature points out, instead of eating to excess. There is seldom a case occurs of dyspepsia which cannot be cured if the patient will take courage to follow the rules laid down. It is of no use whatever to crowd the stomach with food, while there is no power to digest it. It would be thought strange to order a patient to eat charred roots, yet this is sometimes necessary, and a patient might as well eat chalk as beef steak, if the digestive organs are incapable of action. The first thing to be attended to is abstaining from hard food, baked meats, butter and greasy things, ardent spirits, rich

wine, hot made dishes, &c. Rich milk, if new from the cow, stomachics, and proper medicines, will restore the patient; but the Vegetable Medicated Baths have done more for this disease than any thing I know of; this, however, must be assisted by the Stomachic Bitters, and above all, proper exercise in open air, keep the feet warm, and if a stoppage of phlegm on the lungs should take place, a moderate emetic must be taken, which has frequently a happy effect. A great variety of specifics have failed, and for this reason, the golden rule,—one medicine will not suit all constitutions. Dyspepsia generally originates in neglect of the state of the body. Neglected costiveness will produce a variety of complaints, not only this disease but it also is the cause of hemorrhoids, bleeding, and spasms, tumours, &c. Can any thing more be necessary in argument, to show the necessity of all persons attending to the state of the body.

Take three teaspoonsful of No. 5, Stomachic Bitters, in a wine glass of water every morning at 11 o'clock, and the same quantity on going to bed; this, with the foregoing directions, will generally cure this disease.

FLATULENCE.

This complaint is as common as disagreeable, and arises from a variety of causes; chiefly from a weak or enervated state of the stomach and intestines, which

may be brought on from taking too much of vegetables of a watery kind, fomenting or acid, or green pulse, out of season, unripe fruit, or of an indigestible nature, living on low watery food, drinking cold water, &c. When the bowels are in a weak state, from cold or from the use of strong medicines, large quantities of air will be generated, the intestines not having sufficient strength to expel it spasm comes on, and is very excruciating. Warm water applied to the feet, either as a foot bath or in bottles, and the stomach warmer applied, will be found highly agreeable. Four drops of the oil of anise seed in a wine glass of penny-royal water made hot, have been found beneficial; but the best cure to be depended on is to strengthen the parts by tonics and cleansing the bowels of any bad matter secreted in them or in the stomach, for which object the No. 3 Mixture is to be taken, and No. 1, Tonic Powders, as directed in their envelope. Juniper, coriander, sweet flagroot and ginger are all good carminatives and may be taken without fear, cinnamon, peppermint, and indeed the whole list of simple aromatics. But as this is generally more to be regarded as the precursor of other diseases, volatile spirits may be found useful; twenty drops of ether nitre added to ten drops of laudanum has been used for some time by a friend of mine with great advantage; but I think other remedies, mentioned, safer and equally beneficial; as with the former it will always be necessary to in-

crease the dose from time to time. The essence of ginger has been found an excellent remedy, but I have found it necessary to blend some of these simples together, in order to render them the more effective, by mixing coriander, caraway and anise seed together in the shape of a tincture, and which I call Carminative Compound; directions accompany the bottle for use, but in this matter most mothers are acquainted with this remedy and generally keep it prepared by them. Perspiration by exercise will greatly facilitate the cure, and even warm water alone is not to be disregarded, having in many cases proved of the greatest value. Should the pain continue severe, fomentation of poppy heads and camomile will be found an anodyne. These pains or spasms frequently arise from inattention to the state of the body; it were better to fast three days, than delay medicine, when required, one hour.

CONTRACTIONS OF THE CORDS.

Under this head a variety of attacks may be considered. Rheumatism, gout, accident, or improper applications may produce it. Scrofula, wounds, cuts, bruises. When it comes on from rheumatism, it can only be remedied by friction, and embrocation, by the use of the champoo bath. And I will here take leave to state the case of a person in this city, who after upwards of thirty years' excruciating pain, and incapable

of exertion, was perfectly restored, and will answer to any inquiries made of him, as well as many others.

These baths are to be used in cases under this head, whatever the circumstances may be.

SWELLING, OR TUMOURS.

White swellings take place about the knees, and are very troublesome and difficult of cure. I have often failed in curing this disease, and cannot say I know any certain remedy, but have by embrocations succeeded lately with two, by dispersing them and establishing the health of my patients.

Tumours of the glands are much easier reduced, and with greater certainty. (See king's evil.) Swellings about the lower part of the abdomen sometimes occur from excessive exertion, and require an examination, lest rupture may have been produced. Cold will also cause a swelling of the glands in this part of the body. As this must absolutely be examined by a mother or friend, I will attempt as far as I can to give directions. If great injury be done, as by a fall from a horse, or by a heavy lift, or falling on any hard substance, if the swelling comes sudden, it should be pressed with the finger, if elastic, or yields to pressure, as if resisting the touch, a rupture may be expected, a strapping must be applied, and Lotion No. 10, which if immediately used, will be the means of reducing

the rupture, and cause the lymphatics to unite, and in the end, prevent the most unpleasant consequences. When this is not the case but merely caused by a cold it will be sufficient to bathe the part with warm vinegar, take a little nitre, bathe the feet in warm water, and keep your bed. Dropping the kernel of the ear, (as it is termed) or swelling of the glands, arises also from cold, and is easily relieved by the application of camphor embrocation, a gentle perspiration by taking a bowl of white wine whey, (see whey) and bathing the feet in warm water.

Small tumours at times will arise on the top of the head, and require the first medical advice, as they may be connected with the brain. In case of mental alienation, no instructions can with safety be given.

Swellings will occur at the joints of the fingers, which generally end in the chalky gout, and are by no means dangerous, but frequently disappear without medical applications.

When swellings come under the arms, it may arise from cold, if so they are easily reduced by embrocations or fomentations (see fomentation, &c.) as the case may be, but to enumerate all would far exceed our limits.

DISEASES OF THE LUNGS.

This is a part of the human frame the most necessary and difficult to protect against disease, and attention to the cure of, when taken place. Colds are the primary cause of most of the maladies which affect this organ—inflammation, bleeding, ulcers, coughs, ruptures, and in extreme cases, consumption.

INFLAMMATION.

This frequently proves fatal, but only on account of improper treatment, or want of attention to directions, or delay in applying in time for assistance. Bleeding cannot be dispensed with; from six to twelve leeches must be applied to the chest, and kept open by simple poultices for hours, and repeated according to circumstances. Restriction of food, gentle cathartics, diluent liquids, cataplasms (see cataplasms) to the feet; the head must be kept cool; free air, neither too cool or too warm must be admitted. The breast, chest, and knees, are to be rubbed with Embrocation, No. 3, every three hours. Ice is to be put in a bladder, and applied to the head; a little infusion of red rose leaves mildly acidulated with lemon juice, may be given as a gargle to the throat, and a little may be swallowed occasionally.

The Medicated Stomach Bath will be useful in res-

toring health to the organ, and prevent tubercles and ulcers. In a case where ulcers occur attention is to be paid to regimen, nourishing diet, but chiefly in liquid, as rich cordial, wines, milk, jellies, and great care against colds. After the inflammation has subsided Life Elixir should be had recourse to as directed ; and if a cough should follow, put Plaster No. 3 on the breast, and take Cough Drops according to directions, it is indispensable to keep the feet warm, for which purpose I recommend the Medicated Socks, and flannel next the skin on the breast. Proper attention to these directions will frequently prevent years of illness, and often deaths by consumption.

CONSUMPTION.

This is one of the most dreadful diseases, incident to the human frame. In some cases it is hereditary, but frequently imbibed from inattention to colds, or natural discharges, obstructions, king's evil, the effects of mercury, or long continuance of improper medicines.—I have known people take thousands of pills. Where such a quantity is necessary to cure any disease, if it does appear to affect a cure, a low nervous fever will sooner or later come on, and frequently end in consumption. If the medicine be so perfectly simple, it is not likely to be of much service, it is an opposite extreme, and all extremes are dangerous. Consump-

tion never comes on without giving timely warning, and is seldom attended to, until too late. The symptoms may generally be observed in time to save the life and comfort of the patient. Colds and coughs precede expectoration of frothy phlegm with debility. By applying the remedies, and strict attention to diet, it may be relieved at this stage, as I have proved in hundreds of cases. Bleeding of the lungs sometimes follow for a little while, which is not to be considered dangerous, unless to a severe extent; it is an effort of nature to throw off the matter which overcharges the part, and will at times prevent imposthumes or ulcers. The feet should be kept warm by Plasters, No. 7, as directed, as also to the breast, and decoctions of bitter herbs. The principal object is to keep the bowels in a proper state, and to strengthen the patient by mucilaginous food of light nature, milk, jellies, frog soup, garden snails boiled in milk, fish soups, Irish moss made into a strong jelly, change of air, frequently visiting tan-yards, keeping tan in the bed-room, &c.

My Life Elixir appears to have done more in this complaint, than any thing before known, to which is added Tonic Powders, now generally in use through France, but they must not be given, until the inflammation has subsided. As, however, every case according to its stage will require different treatment, no general rule can be laid down, as it is as wise, as merciful, to give hopes, even if none appears, as no one

can say how long the patient may linger. The only thing therefore, is to make life bearable, for when this disease has arrived at its last stage, death hath already dominion. It is unmerciful to be continually painting the horrors of death to a patient ; and a number of cases have occurred in my practice, where the confidence of the patient, amusement, travelling, &c. have been more the cause of cure than medicine ; this has determined me to follow such a course. It is true the medical adviser often suffers after by the taunts of the relatives for not performing the good promises made to the patient. This will be obviated by candor towards those who have wisdom enough to keep it to themselves. But the world is so constituted that were one enabled to save every case, (which was probable of cure) few are willing to give credit for the good done, but all to blame you for not doing that which was impossible ; and they might say, “ what care I had all the world died ” so my daughter had been saved. This may appear harsh, but it is too true.

When the patient has become bed-ridden, it is my system to rally and get her up for the purpose of change of air, give nutritious food as before described, and quieting anodynes to procure rest, and also throw off phlegm, if an imposthume have formed, the only remedy and the last is to suppurate it, by outward application, and inwardly by the Stomach Vegetable Bath, if it break, and is vomited up, danger is suspended,

if it escape to the cavity between the lungs and lining of the chest, it will be difficult to dislodge, and generally terminates the life in a few days.

When the patient grows very weak, throws up phlegm or puss, of a thick consistence of yellowish or green matter, the cough is hollow and dry, the temples sunk in, as also the pit of the stomach, the feet swell and indent on pressure of the finger, the face is flushed with fever, and the breath becomes short, obnoxious, and fatiguing, the pupil of the eye distended. The patient will feel a little better at times, and like the last flutterings of a flame, brighten up but to show she is going to another and a better world than this! In this stage of the disease it is folly to expect a cure; attention only can be paid to give the patient a little nourishing wine and water, and drops to prevent cough. When dissolution takes place, it is easy and sudden, perhaps while talking, or turning to sleep, or sitting in a chair, or walking the room; but the appearance of the patient is always so flattering as to leave the impression of surprise on the bystander or relative. It is possible to mistake this disease in its commencement, when inflammation of the lungs is followed by cold or cough, and frequently is given up, without a trial. Not only are there many remedies in the vegetable world, but also in the waters, such as Chalybeate or Iron Waters, Medicated Baths, Salt Water, and the inhabitants of the world of waters are of the highest

consequence. The ancients supposed broth made of the loach, (a little long fish found in ponds) of great service ; and not only this fish, but many others, such as sturgeon, the air-bladder of which is so glutinous, that the French make powerful cement of it. The air-bladder, or sound of the cod-fish, together with the fins, palate, &c., are found to be highly nutritious, cooling, and inoffensive nourishment. It makes an isinglass very superior to any you can buy ; it can be dissolved in milk, and taken at discretion, but it requires a change of diet, and air, as well as amusement. In this dreadful disease it has been my practice to take my patients out often in a carriage in order to find the effect of alteration of scene and air, the pulse becomes stronger and more even, until the return home, when a quiet sleep follows, which refreshes the patient, circulates the blood, improves the appetite, giving an encouragement to the sufferer, all of which contribute to her comfort, and, when possible, a cure. Warm plasters to the feet and chest, are highly beneficial at particular periods, but in this, as in all diseases with females, there are many inquiries to be made by which the medicine must be guided, and which cannot be mentioned here. I will only add it is another proof of the propriety of female physicians.

All acid fruits, which are perfectly ripe, are to be taken in any stage, but on no account green or premature. Lemons, oranges, currants, grapes, strawberries

are the best. Should the patient recover to ride or walk, every care must be taken to prevent accident; avoid jumping or sudden motion, as the state of the lungs will admit of rupture from a trifling cause. I lost a dear friend and patient, by being thrown from a gig, by which the breast-bone was driven on the lungs, ruptured the branches of the windpipe that pass through them, and caused death, after being got up from apparently the arms of death, to be able to ride twenty-five miles a day.

Travelling by water has been recommended by most writers, (I am told.) If for the sake of sea sickness, precisely the same sickness may be produced without it. If for change of scene, I consider it quite inferior to land travelling, and generally the patient dies before the end of the voyage. The best spots on earth for the cure of consumption are Southampton, (England) the isle of Wight, Guernsey, Jersey, on the same coast, and the south of France. Many of my friends who were recommended to visit the island of Madeira, thought they had recovered; one only do I remember, becoming quite hearty, but several died on the voyage.

Mr. Charles Gilbert who was not considered in the last stage, expired with a fit of sickness on board, while in view of Madeira. The proper place, in my humble opinion, is your own country, among your own friends, pleasant company, diversified scenes, travel-

ling on pleasant roads, viewing different changes, &c. And I must here observe, that an alteration in medicine is as beneficial as change of air, &c. Medicine often has a better effect by a short discontinuance, or an alterative. The Effervescent Tonic Draughts relieve the lungs, discharge the secreted wind, and act as tonic by strengthening the whole of the viscera. Great attention should be paid to change of linen, that it be well aired and of a warm kind, and not too often changed. The apartment should be large, airy and dry, facing to the south, too much warmth is to be avoided, as it produces excessive perspiration; after all, this disease is more to be dreaded than the cholera!!

THE HEART,

Is subject to diseases, ossification, or becoming a hard substance, or morbid enlargement, inflammation of the bag, (called the pericardium,) palpitation, spasms, &c. As all these matters cannot be described so as to be understood, we shall leave them to be examined by the surgeon, whose particular studies will enable him to be the best judge of the proper remedies. When spasm comes on, ether and essence of ginger, will be the best remedy, or the Anodyne Embrocation, No. 3, outwardly.

EPIDEMICS.

By this is meant the fevers which are contagious, small pox, blue cholera, (or asiatic,) measles, and the whole family of evils, which float in the air, and like an angel of evil, mark the door of the devoted. If mankind could number their days, dreadful would be their presumption.

The great Creator has in mercy and love wisely ordered all the ills of life as well as diseases, that we may ever remember "in the midst of life, we are in death," and by his mighty goodness doth send plagues upon the earth, to chasten us, for it is written "whom the Lord loveth, he chasteneth, and scourgeth every son, whom he receiveth," and rather should we rejoice at his condescension, in visiting us even in his mild displeasure, than say "better had I never been born."

Of fevers there are several kinds. The *brain*, the *lung*, the *nervous*, the *putrid*, the *remittent*, the *scarlet*, the *bilious* the *typhus*, and the *malignant*.

Much as has been said as to treatment in fevers I have seen much of them myself, and never yet found fresh air, cleanliness, coolness, and cold to the head, have but one effect, namely for the best. I never lost a patient by fever. From whatever cause, or under whatever name it may be classed, this is always to be attended to.

MALIGNANT FEVER.

This is called the spotted putrid fever, from its malignity, and fatal effects. This disease may rather be called a plague. When it takes place in a town or village, its ravages are horrible. It seems to prevail more in Europe than in the western hemisphere. But it will be found on examination, as the globe revolves on its axis, so nature has her rotary motions. In all other laws, and even in the obstructions of them, we see every day new diseases visit our land which were as common in other countries, as unexpected amongst us, for instance, the Asiatic cholera. Need I say more to prove the truth of this hypothesis, that all which occurs in any one part of the globe, to-day, may in the revolution of things, appear in other parts in succession. This fever is a disease dreaded in Europe, and justly so; its symptoms are easily described, and bear on its first appearance its credentials to be accredited a plague. It generally attacks the poor, the weak, the enervated, the infirm, or hypochondria, particularly those who unfortunately are already impregnated with quick silver, or in other words, mercury. Crowded places in a neighbourhood where many low families reside, in a small space, who are regardless of cleanliness, will generate it. And it may be reasonably supposed, most fevers occur from inattention to cleanliness, and sufficient air. How often

do we calculate the space which nature requires between trees, plants, or grain, and other produce of the earth, to prevent their being withered or immatured. Even so when mankind congregate or are crowded together, inhaling the impure air, charged with noxious vapors, passing through the stomach and lungs of many, and going on, it becomes putrid, and causes a fever in those who have become liable to its influence; (on this subject volumes might be written, let me hope it may fall into better hands, to treat of it properly.) Wholesome air, cleanliness and diet, will obviate the use of medicine often, particularly in fevers and other epidemics. To all, in case of fevers of whatever kind, I recommend the feet to be kept warm, by bathing every night in hot water, plenty of diluent liquids, plasters to the feet and chest, No. 2. Emetics are serviceable, and sometimes very proper to assist nature when she appears to make an exertion that way, if habitually costive. No. 1 Mixture should be immediately given as directed. Should great pain come on, and delirium ensue, leeches should be applied by a proper person to the temples; the head should be shaved, and ice in a bladder put on, and a wine-glass of No. 4, every night as directed. After the crisis, and if inflammation has ceased, Tonics No. 1, are to be given, as directed. It will be necessary to continue them, together with No. 4, for sometime, until the patient be perfectly recovered, and has regained her

strength, as soon as possible the patient should take a change of air, and if possible some distance from home. This will do more than medicine, great care should be observed to prevent her taking cold.

THE BRAIN FEVER.

This fever arises from an inflammation on the brain, caused by a determination of the blood to the head. Symptoms are cold shiverings, cold extremities, excessive pain and lassitude, and prostration of strength. It comes on with a dull drowsy appearance, with a sensation of great weight in the head, a disposition to lay the head forwards, on the forehead, listlessness or inattention, violent pains ensue with delirium, and at times short lucid intervals. Those most subject to this complaint are also subject to dropsy on the brain, for as all diseases attack the weakest part of the human system, it naturally follows that there must be a laxity of brain, or some predisposing cause for its attacking that organ. The fever of the brain can only be reduced in one way, by hot applications to the extremities, application of leeches to the temples, the hair should be removed from the head, ice applied in a bladder; attention must be paid to the habit of the body; warm diluents to cause perspiration, which should be kept up in the lower part of the body. This, however, is one of those diseases that ought not

to be tampered with ; it will be requisite to study all these directions, but if the symptoms become alarming the first medical talent should be called in.

THE LUNG FEVER,

Is preceded by an inflammation on the lungs, which is caused by a determination of the blood to that organ, while in an inflammatory state. Symptoms, great pain in the chest, difficulty of breathing, intense heat, pain in the head, great restlessness, and refusal of food. This, like all other fevers, differs so much in its symptoms under particular circumstances, it would be unwise to lay down any general rules for its treatment, therefore I will content myself with giving such precautionary measures to be adopted where it is difficult to obtain satisfactory medical aid. The first thing to be attended to is to bathe the feet in hot water, put applications of raw beef to them, place twelve leeches on the right side of the chest, which are to be kept open by plain bread poultices applied warm ; at this period a Purgative, No. 1, must be given. After the fever goes off, a cough generally is troublesome for some time ; I would, in these cases, recommend my Cough Drops, accompanied with horehound tea, sweetened with honey ; a dressed hair skin should be kept applied to the chest for some months, to prevent a relapse.

NERVOUS FEVER.

The nervous fever is more prevalent than any other. It may be supposed to arise from luxury, indulgence, fashion, and want of exercise. It attacks the weak, debilitated, and enervated system, those who adopt new methods of living on vegetable regimen, to the exclusion of nutritious foods or liquids, persevering in very long courses of one kind of medicine. Those who are in the habit of taking enormous quantities of pills which they consider simple, if it affects a cure of the particular disease, will sooner or later bring on a slow nervous fever; this is more often effected by the excessive use of mercurial preparations; taking cold from damp linen, either on the body, or damp beds.

The symptoms are great depression of spirit, want of appetite, great dread on the mind, a preconception of early death, and all the ills of hypochondria; fever comes on without any great degree of thirst, a sensation like cold water running through the limbs, with tremour, slight delirium or dizziness of the head, retching or vomiting about the seventh day. After proper applications a gentle moisture will come over the whole surface; at the ninth, sores will appear on the lips; a discharge either from the eyes or ears, are favourable symptoms. At this time hiccough may follow, or a slight cough, which, if accompanied with easy expectoration, a cure may be speedily expected;

if on the contrary, no expectoration takes place, but a dry cough, the tongue when put out appears dry and trembles, a sinking of the eyes, a dilated pupil, a swelling of the hands and feet, indicate death hath dominion. In the first stage of this disease, the remedies before described must be adhered to; but an ounce of faith in the medical adviser, will outweigh one hundred weight of nostrums. Particular attention must be paid to convince the patient of a speedy recovery, change of scene, diversity of company and amusement, a free current of wholesome air, and moderate quantities of nutritious cordials or wines; with all this the patient must be kept in a quiet position, being unable to undergo any fatigue. The cure of this disease depends entirely upon strengthening the patient in body, by proper regimen and medicines, the mind by gaiety and diversity. This is the only fever in which I have found that the warm Medicated Baths ought to be dispensed with; on the contrary I would recommend, when convalescent, my patent Chalybeate Shower Bath, in the commencement of this disease. I have always found it desirable to keep the extremities warm by means of plasters, give the patient No. 1, as directed; two or three glasses of wine, either port or claret, with a little water; it should be administered cold, as all drinks should be in this disease. Cold water must be avoided, particularly by females, for it must be evident to my reader the principal object is

to administer such remedies as will create strength, to enable her to combat this formidable foe. When an oppression or difficulty in breathing, which will only arise from too great a quantity of blood upon the lungs, twelve leeches should be placed on the chest, after which my Life Elixir should be given as directed. The feet as described before to be kept warm; after these applications give the patient my Effervescent Tonics, No. 2. Should the head wander or become delirious I would advise half a wine glass of ipicacuanha wine, and a blister behind each ear, this is only an extreme case, and which, I must say, I have never yet been obliged to resort to.

THE REMITTENT FEVER.

This fever takes its name from a remission of the symptoms which happen periodically, generally about every twelfth hour; but as it proceeds it becomes more irregular in its intermissions until proper remedies are given to regulate the time and shorten its duration. When brought to a proper intermittent, at regular hours, I call the fever under control, and the patient in a fair way of recovery. Symptoms of this disease vary more than most complaints, and therefore ought the more to be attended to. It is generally an inflammatory complaint, consequently great attention is to be paid to the diet, which should consist of mu-

cilaginous liquids or broth, and the same directions should be attended to as in the case of nervous fever. If necessary, mild aperients should be used, as No. 1 Mixture, followed by No. 2 Tonic, both of which are to be used according to direction. When the patient is able to walk or ride, great attention must be paid to guard against taking cold; indeed in this as well as in all other fevers, more depends upon good nursing than the doctor. A variety of herbs are recommended, amongst which, balm tea, sage tea, spear-mint, and others, all of which are good; thorough-wort is highly beneficial, but must not be persisted in too long, otherwise, instead of assisting to a cure, it is more likely to cause a relapse, by debilitating the system, so opposite to its first effects in small quantities. But this, like all other herbs will be found, on inquiry, to require assistance by being blended with others of the same genus.

THE SCARLET FEVER.

The scarlet fever is so named from the appearance of the skin. When it attacks one of a family it generally visits most in the house; it commits its ravages principally among young persons and children. It is to be guarded against in schools. The premonitory symptoms are those of the remittent fever; the difference, however is early discovered by the red spots or

blotches which soon make their appearance ; they are of a deeper color and broader than the measles. In this disease little medicine is needed, more depending upon good nursing and attention to diet. If, by inattention, the patient takes cold, it will become dangerous. Putrid or malignant symptoms will come on, in which case it frequently proves fatal ; in this case an ulcerated sore throat is followed by delirium ; we will, however, presume our gentle reader will follow the dictates to prevent the disease arriving at this state, by the preventives recommended in the nervous fever.

THE BILIOUS FEVER.

The bilious fever is of two kinds, the remittent or unremitting, it is accompanied by violent head ache, pain in the back and right side, high state of fever, together with vomiting or violent discharges in the other way. In this stage the Medicated Bath should be applied at 96, gradually lowering it for 10 minutes to 84; the patient is to be wrapt in a blanket, for one quarter of an hour, after which she is to be rubbed dry, placed in bed, and No. 2, Stomachic Purgative to be given as directed, a little warm camomile tea is to be copiously administered. After these applications it will require the same treatment as other fevers. All are liable to this disease ; however it generally attacks persons of se-

dentary habits, and those who work in low, marshy grounds, and are subject to extremes of heat and cold. When inflammation comes on, bleeding may be necessary. With proper attention this disease will yield in a few days; the treatment and diet should be the same as in

THE TYPHUS FEVER.

This fever I have known to prevail in towns and villages, till one third of the whole population has been carried off. The first symptoms are drowsiness, a great inclination to sleep, inaction, sickness at the stomach, with violent head ache, and cold tremours. This disease generally lasts thirty-one days; in its progress it prostrates the patient so low, that to persons who are unacquainted with the disease, it would seem almost impossible she could be raised. The applications, as directed before, to reduce the fever, must be applied. It is very necessary to keep the room well ventilated and fumigated, by means of the Fumigating Bath, or where this cannot be obtained, powdered nitre should be mixed with the oil of vitriol and set in the room, keeping it stirred with sulphur matches. Whatever liquids are given to the patient, should be mixed with water in which charcoal or charred roots have been steeped or boiled. In certain stages of this disease, when inflammatory symptoms

appear, it may be necessary to apply a blister or leeches to the chest and the temples; generally speaking, this fever must be treated as others have been directed to be; great attention being paid to keep the patient quiet and undisturbed, the apartment moderately cool, and to exclude all visitors from the bedroom; it is highly necessary to remove the slops immediately. I must here deeply impress the necessity of keeping the patient's spirits up, by the hope of speedy recovery. For remedies in this disease see malignant fever.

THE HAIR.

In the present age the hair is one of the principal ornaments of a female. Diseases of all kinds which debilitate the body, are apt to impoverish the hair; to prevent this after fevers or other severe illnesses, children should always have their heads shaved, and it should be kept shaved for some weeks, during which time my Hair Oil, or some other well known preparation should be applied. The hair then may be allowed to grow to a moderate length until the child is twelve years of age, when it should be put in its proper form to attain its full growth, which with proper application of the oil, it will attain in twelve months; become much longer, a better colour and more healthy than had it been suffered to grow long during the whole time.

It is generally supposed that cutting or clipping the ends of the hair, nourish the roots; this will have but a trifling effect, the hair of the head is not like the branch of a tree, through which the sap or strength runs unobstructed; but is full of joints or chambers, in some measure unconnected with each other. The life, as it may be called, of the root of the hair, is immediately in the centre of the scalp or skin; if it were not so, it could not be taken off without pain; this is more fully proved when the head is shaved very close and hard, or when hairs are torn out by the roots, we immediately feel pain; for this reason we attack the life or sap. This will prove the necessity of cutting the hair short, by which means we remove the diseased parts and assist the living particles or germs to produce a new and sufficient head of hair. There is another consideration equal with this, namely, the removal of superfluous hair; great attention should be paid to this with the female infant, for it is not only desirable but commendable to render the face as agreeable as possible. Nothing can appear more disagreeable than an unity of the eye-brows, it imparts a scowl and scorn to the countenance, and gives to the otherwise pleasant laugh, a degree of irony, which, to remove, must be a desirable object. For this purpose I have prepared a Depilatory for the removal of superfluous hair on any part of the face or skin.

THE EAR.

The ear ache generally proceeds from a neglected cold which produces tumour, or a collection of matter that prevents the vibration of sound upon the drum of the ear, and produces deafness. Nothing is more common than for persons to commence picking the ear by means of a bodkin or common brass pin, which is the worst thing that can be done. When deafness comes on, care should be had to ascertain the cause; syringe the ear with warm water, dip a small piece of lint in equal portions of laudanum and sweet oil made warm; place it in the ear and apply a bread poultice on the same; this should remain on one night; in the morning take out the lint from the ear; examine it well; if at the end a small quantity of yellow matter is perceivable, renew the application the next night; this will discharge the matter collected; the morning after syringe the ear with warm water again; keep a piece of dry lint applied to the ear for two or three days, after which apply a little almond oil. Should matter not appear on first removing the lint as before said, and there be no appearance of matter, but congealed wax, the only remedy is to continue syringing with hot water.

The ear, like the eye is a delicate organ, and intimately connected with the brain, requiring the greatest caution in all applications.

When deafness is of long standing, it will be found very difficult of cure. I am not aware of any specific, for in all cases it must be treated according to circumstances. If it arise from nervous affection it will be easily removed by Embrocation No. 3. See Tic Doloroux.

DISEASED EYES.

Ophthalmia. This has of late years been found to be an epidemic — a disease affecting the eyes. Formerly it was supposed to arise from improper applications during inflammation, or injury done to the eyes. About 1810 it visited the principal towns and villages of France and England, at which time it was common to see whole families of children attacked with it, and often grown people. On its first appearance, it was little understood, and consequently no regular system of medicine could be adopted; many, therefore, fell victims. In a short time proper and simple remedies were found by vegetable application, which has since proved a perfect cure for this disease. Symptoms: it comes on with inflammation of the eye-lids, dread of light, quick smarting pain in the eyes, small white specks appear on the ball of the eye. This disease once so dreaded, is now so simply cured as to be little regarded. My experience lately however, hath taught me it must not be treated with impunity, from the num-

ber of patients who have applied to me for relief under sufferings which evidently have arisen from neglect of this disease on its first appearance. For the cure of diseased eyes, see page 50.

THE FEET.

Corns and bunions are the most common complaints as well as the most troublesome. I have suffered much in my youth with them, and am therefore the more anxious to ascertain a cure. After trying every kind of plaster, I succeeded in finding a Dissolvent which completely eradicates the corn, however bad. The feet should be bathed in warm water, the outer part of the corn taken carefully off and gently cut round, the Corn Dissolvent Liquid applied as directed; in a few days the corn will come out without pain, and be effectually cured.

Bunions, or escapement of the toe joints are very painful, and at times very dangerous; certainly at all times inconvenient. These are removed by using Embrocation No. 4.

The nails of the toes frequently from neglect become painful, and persons have been known to lose the toe, and at times, life. This may always be prevented, by cutting them straight, and keeping the middle shaved or cut thin, by this means the ends will grow in a proper manner. Never cut the corners lower

than the centre, and on no account dig out the corners (as is usual) with a knife or scissors. Cancers frequently occur on the toes, or beneath the nail. Compound nails, to the thickness of the toe, sometimes form. The treatment for these should be as directed for corns. Swellings on the feet should be attended to, whether from cold, accident, or tumours, and dispersed or suppurated according to circumstances. For sprains, the best application is fomentation ;

2 oz. camomile flowers,
 2 oz. Turkey poppy heads,
 $\frac{1}{2}$ pint of vinegar,
 add 1 pint of water,

Boil these for fifteen minutes, apply for an hour, keep the part bandaged, and use the Cold Douche Bath daily. The same application without the bath, is best for hard swellings ; if soft, and a collection of matter, a bread poultice should be kept on until the tumour suppurates, which should be drawn with a little treacle ; and after healed up with Salve No. 1. In all these cases No. 1 should be taken during the cure, which will generally prove speedy.

THE LIPS, GUMS AND TEETH.

Most people are too well acquainted with this troublesome complaint, I mean the tooth ache. As soon as this pain comes on which is generally excru-

ciating, the patient flies to the dentist, to have it extracted. I have found from experience, that my Chinese Anodyne will cure the tooth ache, from whatever cause it may arise, but as there are many diseases occur which affect the jaws and gums, consequently produce violent pain, which may rather be considered obstructions in the lymphatics and nerves, preventing free circulation, and consequently morbidity and collection of matter, the result generally is, tic doloroux, or what is more common, rheumatic pain, ague, or nervous affection of the head. I merely state these things in the foregoing terms, believing they will be better understood than in the class in which they ought really to be described. When the face swells without any determinate pain to any particular tooth, it may be supposed to arise from cold, in which case a fomentation of camomiles and poppy heads should be applied in the following manner. Take two ounces of camomile flowers, one ounce snake root, two ounces poppy heads, put them in a quart of water, boil them fifteen minutes, take two pieces of flannel, about one quarter of a yard each, dip them in the hot liquid, ring them dry, apply them to the parts affected, replenish the same every five minutes. If, however, it be a determinate tooth ache, apply my Anodyne, as directed.

CANCERS OF THE GUMS OR TEETH.

Cancers frequently take place, from a collection of morbid matter in the gums and teeth. It is not only better under these circumstances, to extract the tooth, to get at the seat of disease, but it in general is a preventive to the decay of others. If the tooth be diseased or cancerous, it will be easily discovered after extraction, attached to it will be long but minute fibres, which will bleed copiously, the more so however the better; indeed the bleeding is to be continued by warm applications, by which means the coagulated or morbid matter is expunged from the whole of the jaw, the remaining teeth are by this means relieved and regain their healthy and nervous action. It will at times occur from cold, that tumours or gum biles will form, which in themselves are very inconvenient and painful, the best application to be used will be roast figs, raisins, or a poultice made of bread, brown sugar, and common soap.

The gums are frequently affected by scurvy; this disease extends itself also to the teeth, destroys the enamel, produces fetid breath, and engenders fever. In young persons I recommend the diseased teeth to be extracted, the remainder to be scaled or cleansed of the tartaric crust, and where they are too closely united pass the file between, the gums to be bled, and be perfectly cleansed by a soft brush dipped in orris

tooth wash, prepared by Messrs. Moffatt, Plummer & Co. State Street. I can with confidence recommend the Josephine Dentifrice, and my Black Tooth Paste, to be used as directed. The former will cleanse and purify the gums of diseases, the latter restore the enamel, and close up decayed fibres or holes in the teeth, fasten the gums, and by excluding the air, prevent tooth ache. I would always recommend the mouth to be well cleansed with cold water on going to bed.

THE LIPS.

In the winter season nothing is more common than chapped lips, it frequently becomes so bad as to separate the lips, which consequently will become difficult to cure. The best recommendation therefore is a preventive, the Roseate Lip Salve, which is prepared by me with great caution for that purpose.

THE BACK.

The spine or vertebræ column of the back, what is called crooked back or growing out of the spine, in general arises from injury received in infancy, from inexperience on the part of the accoucher at birth, or afterwards, from bad nursing, inattention, from accident, blow, fall or sudden fright.

Cases have occurred where violent convulsions have

produced contortion. From whatever cause it may arise, it should be as early attended to as observed, and at whatever age, from the infant to the adult. I have never been able to discover but one remedy, viz. the friction of the Champoo, the application of a Medicated Bath, and by rubbing in embrocation which creates an increased action and circulation, all these things, however, must depend much on the case itself, a proper exercise. Lively company and fresh air are all necessary.

The cure of this disease depends upon the age and state of the patient, it is common to introduce setons, issues, blisters and scarification, but I believe the medical faculty are of opinion with me, that the remedy is worse than the disease.

Tumours will sometimes form, which generally arise from scrofula humour, or other hereditary diseases, which very often become obstinate and difficult of cure, and affect the whole glandular system, and by improper treatment may be thrown on the vitals, in which case it generally proves fatal. To obviate these difficulties, to prevent such fatal results, to cure the wound, to strengthen the constitution, purify the blood, cleanse and organize the viscera, is the object of the medicines baths, and regimen prescribed.

THE REGIMEN.

The diet should be principally milk, rich, sweet, nutritious wines, strong jellies and the like. "Early to bed and early to rise;" I cannot too much enforce this wise old saying of our grandmothers; but particularly in this complaint, which depends so much on exercise or increased action of the nervous system. The patient should be particularly careful to avoid all acid and fomenting liquors; all vegetable bitters are good. My mode of proceeding with this complaint is to give No. 1, (or the fourteen bitters,) Medicated Bath three times a week, and Embrocation, No. I, to be rubbed on night and morning; all of which, however, have proper directions attached to them.

THE SKIN, OR SURFACE OF THE BODY.

People in general are little aware how many internal diseases arise from want of proper attention to the necessary evacuations, by means of perspiration. Any one could readily believe that to unroof a house, and deluge the whole of its inhabitants might be the means of colds, fevers, agues, rheumatism, tooth-ache, and all the various train of diseases. This is the case, my fair reader with your body, your surface or skin is the covering of the house; while that is kept in a proper and healthy state, all damps, effluvias,

and epidemics, will be excluded from the temple of the soul, which is your dwelling-house. It is easily conceived by the meanest capacity that where the cellars of a house are inundated with water, exhalations will arise throughout the whole of the apartments. Now your feet are the cellars of the tabernacle; if, therefore, they be damp and you want discretion in restoring to them their natural heat, at all times, when obstructed, the whole of the other apartments will imbibe cold and damp, which will produce in themselves harbingers of death. "See ye therefore to these things which I have written."

COUGHS AND COLDS.

Dr. — meeting the Marquis of — one day, observed how very ill he looked; his Lordship responded "I have only taken cold, Dr." "I am sorry to hear that, my Lord, as that is one of the worst diseases I am acquainted with." I make this remark in order to show how necessary it is to guard against colds, and still more so, to perfectly eradicate them by proper means when taken. It is easy to discover when we have taken cold, for it is invariably accompanied, if in the body, with cold shivering, cold feet; if in the head, by sneezing and drowsiness; if in the limbs, by what is called rheumatic pain or obstruction of the fluids; in all these cases the best remedy is the Medicated Bath, Life Elixir, and a warm bed.

Coughs proceed from neglected colds; the lungs and stomach become charged with coagulated saliva or phlegm, which produces a momentary convulsive effort to rid themselves from this weight, in order to regain their wonted tone, so as to respire freely. This exertion will be in proportion to the amount of embarrassment they labour under, or, in other words, the precise stage of the disease. Therefore we cannot in a case of this kind, give general directions for a cure, however, I shall content myself by advising warm applications to the feet, my Cough Drops for the stomach, warm bed, plentiful supply of diluent liquids, such as tea, wine-whey, &c. to be freely taken, followed by the use of No. 1 Bitters.

RHEUMATISM.

Rheumatism is caused by obstruction of the circulation of the fluids through the sympathetic nerves or tendons, by which means the globules or healthy state of the blood becomes pyrite or viscid, or, in other words, angry or in a state of commotion. For when the blood is in a proper and healthy state, it represents the universe, where every planet revolves on its own axis, and its own orbit, surrounded only by a healthy atmosphere.

Rotary motion is the gust of life; that which is globular is consonant with the laws of nature, and is

life ; that which is angular or determining to a point, must necessarily be governed by specific gravity or the power of attraction ; hence it arises, as acids produce pyrites in the blood, we may look to them as the primary cause of convulsion of the tendons, and lymphatics, through which they must pass ere they become embodied with the tide of life, or the circulation of the blood.

It does appear to me (the hypothesis, however, I will not pertinaciously adhere to) that the first attack of all chronic complaints may be early discovered by strict observance ; for instance, who ever saw a female laid up with the rheumatism or gout without previous notice from an indication, such as restlessness, starting and throbbing pains in the limbs, loss of appetite and ennui. If, therefore, it follows, as a matter of course, that these symptoms precede the complaint, the physician, like the hunter of the forest, who descries the howl of the wolf in time to avoid him, will by precautionary measures prevent the bane of the disease.

The remedy for this complaint, which in ancient Rome, would have been written in letters of gold, over the entrance of their oracles, requires only to be more generally known in this enlightened republic, to be properly appreciated. When I find, by the application, this disease has been in numerous cases perfectly eradicated, from thirty, forty, nay, fifty years'

suffering, I deem it no point of egotism, to say, it is worthy of public patronage and medical observance. I have before stated some cases, the number of which can be published, to show the truth of this assertion. My method is this, to give a regular course of No. 1, to purify the blood, to cleanse the whole of the viscera, to put nature into full operation, create internal heat, throw all concremented matter or viscid humour to the surface, and then by means of the Medicated Bath and Embrocation No. 3, completely to eradicate the disease. I am perfectly aware that it is said there is no cure for this complaint; the truth, however, has been fully proved by the numerous cases in this city of respectable inhabitants, who are ready to testify to the truth of this assertion; all I can say is, she that hath faith, let her follow me.

THE GOUT.

The experience that I have had in this disease has been dearly and painfully bought by years of anguish and night watching, and could my tears have washed away the disease, ere I was five years old the best and kindest of mothers would have been relieved. After many years sufferings, after numerous applications, such as wine of colchicum, essence of mustard, nitre, turpentine, and a variety of others commonly called specifics, the Gout Ointment prepared by me,

was applied with success, this encouraged me to an analysis of a variety of specifics for the gout, but of none could I find an anodyne principle. I could here give an account of many wonderful cures as they are called, but my fair reader will observe throughout this work that I have refrained from enumerating cures or putting before the public the names of those who willingly would have their cures made known, rather desiring that my system should remain to be proved before the grand tribunal of public opinion, whose verdict I shall implicitly abide by, the fairest of all passports to universal esteem. I have rather digressed from the grand object I had in view, brevity; my fair readers must excuse me for the deviation, but to return to our place, the cure will be performed by using Gout Ointment and Baths.

The gout, the king of terrors, this most dreaded of all complaints, and generally supposed incurable, is caused by too much acid in the blood or pyritical affection. The disease prevails in England, Ireland, and Scotland, and perhaps over the whole globe; and as I am told, is attributed to the damp exhalations emitted from the earth. I cannot, however, pretend to scientific research on this subject; all I can say is that I have succeeded in reducing this complaint, not "instanter, presto, quick and be gone," but by relaxing, by proper application, the inflammation of the tendons, lymphatics and tissues, by embrocations, by evapora-

tions, by means of perspiration, discharging the con-
 creted fluids, dissolving the obtuse particles or pyrites,
 restoring animal exertion, and throwing off the disease
 by perspiration and proper action on the intestines. It
 is customary in all nations, at least I have found it so
 in my travels over the globe, the moment the gout
 comes on, or symptoms of the gout, to give the patient
 cold water to drink ; to wrap the limb or limbs in hot
 flannel ; by which means a determination of blood is
 carried to the extremities, and carries the disease with
 it. This must not be repeated.

Symptoms of the gout are, in walking out, or rid-
 ing, you find a sharp pain come on in the great toe
 joint, or ankle joint, which will have the appearance of
 a sprain, or having trod on some hard substance. It
 will go off for a few hours, leaving the impression that
 you have received an injury ; the next paroxysm will
 give you the idea, that you have rheumatism ; this
 cold, aching, gnawing pain, after two or three attacks,
 will be perfectly ingratiated into your confidence, and
 be a determined, regular sojourner ; dear reader, (I
 have had it myself ;) when seated, and when the
 pains come on, try if you can, not to be of-
 fended with the jar of a door hastily shut ; or the has-
 ty rebuff of an old friend. If perchance your hus-
 band, your best beloved, stamp too hard upon the
 floor, or hang his coat awry, be not discomfited, make
 up your mind to bear these mountains of molehills ;

try and comfort yourself that in ten minutes the paroxysm will be over.

It is an hereditary complaint, and has been known to visit families from generation to generation ; we may therefore conclude it cannot be wholly eradicated from the system, but may certainly be relieved, and its visits become few and far between. By exercise and proper attention to perspiration, with attention to former directions, great relief may be obtained.

DROPSY.

There are several degrees or kinds of dropsy, dropsy on the brain, on the chest, in the legs, and in the abdominal region. The latter, when it attacks persons in the decline of life, will in most cases prove incurable. It may, however, be much remedied by proper medicine, the object of which is to brace the solids, and carry off the water. If, however, it be of very long standing, and a great quantity of water collects, the safest and best plan is to be tapped by an experienced surgeon. Solid and nourishing food, strong coffee should be taken as common drink, no spirituous or fomenting liquor. As much powdered nitre as a half teaspoonful should be taken four or five times a day in a cup full of warm penny-royal tea. No. 2 Mixture to be taken as directed. Exercise in the open air, if possible, will be found of the greatest

advantage, likewise riding either in a carriage or on horseback. I would recommend my Patent Medicated Bath. The operation of the bath is highly pleasant and exhilarating, and by the copious perspiration which it produces, carries off the collected water by degrees, and if the patient's constitution be good, with strength to bear a repetition of the baths, great relief will be found, and with youth a perfect cure may be expected. This disease is so perfectly understood by every one, it is unnecessary to speak of its symptoms.

Dropsy on the chest is more dangerous, and more difficult to detect. It will require a speedy remedy. The first and best is the bath before recommended; gentle vomits are also of great service. Mustard plasters should be applied to the feet after each bath.

Dropsy in the legs; symptoms are, in this disease, necessary to be described. Swelling of the legs frequently takes place without dropsy; it may be discovered by pressing the finger on those parts which will indent, a coldness pervades the whole limb. First, the swelling commences about the ancles; it gradually increases to the knee, accompanied with shivers throughout the system. On its first appearance a Medicated Bath should be used as a foot bath, Embrocation No. 6 to be rubbed on according to directions, and strict observance of the rules and directions given in the preceding page.

It is highly necessary that the legs should be well

bandaged up. For this purpose, take three yards of soft linen about three inches wide, which after using the Embrocation as directed, should be tightly bandaged by passing it under the foot, bringing it over the instep, twice or three times round the ankle, and so on to the knee.

WORMS.

Although I have treated of this disease in children, it is necessary to state that the symptoms and effects are different in adults; and I believe hundreds, nay thousands labour under this complaint, while they are being treated, or taking medicine for some fancied disease. It would not be credited were I to state the number of patients I have had in my practice, who to all appearance, were in the first stages of consumption, who have perfectly recovered, after proper medicine for this disease.

I have before stated the different kinds of worms which infest the juvenile frame, and to which adults are likewise subject. In children the symptoms are plain and decisive; in adults they are obscure and deceptive. They are generally discovered by a wasting of the body, darkness round the eyes, flushing of the face, sickness at the stomach after first waking in the morning, which is followed by a voracious appetite.

If they are of the worst kind, and a multiplicity of them, the features will be sometimes convulsed during sleep, a grinding of the teeth, a starting of the nerves; this is particularly the case with the tape worm.

The best method of ascertaining whether there are worms, is for the patient to fast for three hours after rising; taking on getting up, a wine glass of my Worm Mixture, and injections as they are described to be taken by the directions; two or three wine-glasses of the following tea should be taken during each day; snake root one ounce; gentian one ounce; camomile four ounces; orange peel two ounces; these are to be put in a pewter or wooden vessel, pour on two quarts of boiling water, cover it, and let it infuse eight or ten hours; strain it off and add one gill of brandy. It should be kept bottled up for use.

DERANGEMENT.

This disease is dreadful to contemplate, and one of the most awful visitations of Divine Providence. Were we but allowed to look into the wisdom of his glorious laws, we should discover this to be like all other maladies, only discords, directed for the purpose to make up the blessed harmony of an eternal existence of the soul. Here I must take leave to observe that the greatest sufferers are the relatives and friends, who are compelled to behold their dearest hopes, their best

expectations, which in many cases they for so many years have fondly cherished, in one moment, torn away by a whirlwind of despair. Those who have witnessed these scenes, can alone appreciate the tortures they are doomed to suffer; their sufferings are alleviated in some measure by the knowledge that while the object is lost to them, she is also unconscious of pain, or if any, at least trifling, and at lucid intervals. It has often struck me, that cranioscopy and phrenology so soon as they shall become more perfect and defined sciences, will be the means of introducing a remedy for all affections of the brain. I am aware that this will be thought at the present moment far-fetched, nay, by some ridiculous; for so were the sciences thought ten years since, nor is it improbable that a few years may accomplish the desirable object. Indeed on a careful examination of the brain, its form and structure, we find it apparently, a bag, a soft substance, assuming a variety of marks representing on its surface something in appearance like the surface of the moon through a telescope, leaving us in our ignorance to wonder that so simple a machine to the sight, should be the tabernacle of an eternal spirit, with the wonderful capacity of creating thought or ideas, numberless as the sands on the sea shore, and more rapid in succession than the twinkling of an eye. How much more wonderful is it, when for one moment we consider that every thought is indelibly printed on the tablet

of the memory, and every hour gives birth to its thousands of impressions. Let us proceed still to wonder, to admire, to love, and be thankful to that incomprehensible, indescribable love of the great Jehovah, who hath given us this mighty treasure, and hath vouchsafed in his wonderful condescension to pledge his glorious Son, for its salvation and eternal happiness; and who shall stop his hand, if we are lost in amazement at the present construction of our mortal frame. We hardly dare contemplate its wonderful operations when mortality shall become immortal. The very thought raises the poorest creatures on earth to the certainty, that if she is in peace with heaven, crowns and sceptres are worthless baubles, for she has a treasure, more valuable than earth itself, yea, "the great globe itself, shall dissolve, and like the baseless fabric of a vision leave not a trace behind!" But the immortal soul redeemed will rise to enjoy eternity.

It will not be expected, nor do I feel capable, of treating this subject in the way it deserves, we must however, in order to arrive at some knowledge, consider the intimate connexion between this organ, and the nervous system, or the seat of sensibility which is composed of a wonderful number of cords, from the largest, decreasing till they become too minute to be observed by the eye. The intimacy between the brain, and this part of the system is immediate and most powerful, hence it arises, that in attacks of para-

lysis we find, one half the brain, extending from the forehead, to the cerebellum, or the lower part of the back of the head, receives a shock, which is immediately conveyed to the nervous system as before described, and affects one half of the whole body ; hence, the attack impairs the memory, the hearing, and one half of the animal frame, leaving it as it were dead ; this will be quite sufficient to show us that if the whole of the brain receive a shock, paralysis will not take place, inasmuch as the sympathy is destroyed at once, in the twinkling of an eye ; so it is, that by the total derangement of the whole of the brain, the sympathetic action being destroyed, between the mind and the nervous system, the latter does not participate in the malady, so it is possible and indeed generally the case, while the memory and all capabilities of the brain, are destroyed or alienated, the body itself retains its health and action. We must leave this immense field of speculation and ascertain as far as possible the causes of derangement. Not only is the attachment of the nervous system so peculiarly and powerfully connected with the cause of the disease, but we have also to look to the life of relation or less connected parts of the system, as Gall describes it, the vegetable life, or what may be better understood by my fair reader, the will of the mind, conveyed to the muscular system, through the spinal marrow, to the heart, to the liver, the lungs, and every active part of the whole

frame ; and I think I am correct in stating, although it is a novel idea, that tens of thousands of scales, covering valves on the surface of the skin, rise at its command, in regular order. I will now proceed to give my reasons for these ideas.

The spinal marrow or the principal conductor to the whole of the sympathetic arrangement is charged with power superior to all the rest, governing all the actions, and principal secretions, by which it is evident that remedies may be applied through this organ for cure of numerous chronic complaints, for if it be true that there is a grand communicator, certainly it must be this is the organ. Applications must act upon to accelerate or retard its operations ; so in case of debility, I would give those remedies, which were calculated to brace and strengthen and prevent perspiration, which in this case will be relaxation. So also, in case of contraction, and the variety of chronic affections, I should adopt the opposite course, by producing perspiration, relaxing the fibres and tendons, so as to produce greater flexibility of the vertebræ column. It is therefore evident, that a derangement of the brain may at times proceed from a diseased state of the spinal marrow, this however, can only occur under circumstances more particularly applicable to the opposite sex. This disease may more properly be considered to arise from a diseased state of the passions, love, joy, grief, anger, religious melancholy, ennui, and

fear. Now all these passions arise from a particular diseased state of the brain, where the particular organs themselves are situated. See Dr. Gall on craniology. Now if it be true that these passions are developed by these organs so situated, it is equally true that we have arrived at the seat of disease, "and the knowledge of the disease is half the cure." Is it improbable by this knowledge that we may not by careful inquiry, apply remedies, to these obscure afflictions. If we contemplate a simple anatomy of the human frame, in the infancy of the science, shall we not readily observe, how incredible at that moment must have been the idea, that it ever could have arrived at the perfection it now is. Is it not probable therefore by industry and perseverance we may in time be able to combat the intricate diseases of the brain.

Derangement when it occurs from disappointed love, or misplaced affection, is seldom accompanied by premonitory symptoms; for this reason, the person makes it her constant study to hide from all around her, what she deems a weakness, and by every effort to dissemble her feelings, determined rather to die than to tell of the ills she bears, till the heart becomes overcharged with suffering and brings her to a premature grave, or what is worse, intombs the vital spirit in an animal sepulchre. To all such, I would advise, from whatever cause this killing despair may arise, to unbosom their cases to their friends or relatives, and

rather bear the ills we suffer than those we know not of. Derangement is sometimes brought on by the loss of a near friend or parent, in which case it generally assumes the form of a settled melancholy, and as in this case it is evident the organs of veneration are overthrown it may be presumed a most difficult case of cure. At other times it will be caused by a disorganized state of the blood, particularly in cases of scrofula, when the secretions become obstructed, either producing death or madness. A variety of cases have occurred where insane patients have recovered from sudden fright, either by accident or design; and as the watch sometimes stops, by a sudden shake it may be put in motion; so excessive emotion of any kind brought on the nervous system by fright, or accident, will overthrow reason, though perhaps not to the same extent, and by the very same means may it be replaced in its seat again. When this affliction occurs from excessive grief, it may be called a sensitive derangement of the brain, for it is evident, that the organ of attachment, friendship and sympathy, have been overcharged, or called upon by the affliction of the heart too forcibly, by which means they become paralyzed or morbid, consequently a greater impulse will be given to the neighboring organs, of combativeness or disposition to quarrel and fight. The organ of ambition, domination, and pride, will be disconcerted, but will still exercise their authority, and being somewhat

removed from their organ by the interposition of cunning, duplicity, intrigue, and dissimulation: thus the chaos of confusion is produced. Which organ, under these circumstances, shall I attack in order to reduce the malady and reproduce that beautiful harmony which once governed the whole? evidently the organ of veneration, or parental affection. Now then, to proceed, the first step is to remove the patient from the vestige, or sight of any thing belonging to the deceased, call the mind into action, particularly that organ, by some fresh attachment, change of scene, pleasant company, &c. together with a little proper medicine. Frequent instances have occurred in elevated minds, where ambition has met with a sudden check; the reasoning faculties have been overthrown; this organ is called the organ of pride, emulation, ambition, and may be considered totally incurable, inasmuch as we have a powerful enemy to contend with—the prepossessions of a powerful mind, being so intimately connected, and in its well regulated state having predominance over the organ called carnivorous instinct, or the organ of brutality and murder, it follows as a matter of course, this supreme power being impaired, or deprived of its authority, the latter organ becomes possessed of independent will, and thus it arises that the philanthropist in youth, by a strange but wonderful visitation of Deity becomes a murderer in his old age! And thus it is, we find in ancient history, kings

have left their thrones to become anchorites, and anchorites kings.

Dread, or, perhaps in other words to be considered the very height of fear, it is a common case with persons of a sanguinary habit, of a penurious disposition, and an enervated state of the muscular system, to have the greatest desire to be rich, at the same time to be deprived of the knowledge that they are already rich enough, little knowing the truth of the aphorism in the Holy Book, "the rich man said to himself, I will pull down my barns, and build up greater, and say to my soul, take thy rest. The fool knew not, that that night his soul would be required of him." How many were there around us, sometime since, who have incautiously plunged into eternity from trivial losses, thinking only of the loss, but forgetting to thank our Eternal Father for the abundance left behind. I cannot too forcibly imprint the propriety, justice, truth, religion, and gratitude, we ought to feel, when impowered by divine influence, to be able to bow to our chastisements, and with fortitude and courage to be enabled, to bear up against every affliction and privation, with the certain conviction, that it is the will of our Father in Heaven.

I must now consider, not only the variety of passions which influence the human brain, but the variety of circumstances, ages, and constitutions, inasmuch, as circumstances will produce a disorganization of the

brain, in one person, whose nerves, are in a predisposed state to receive a shock, which in one not under similar circumstances would pass by, a trifle light as air. To prove this hypothesis let us for a moment consider two daughters of a family, the one affianced to a gentleman who is now on his death bed: the beloved object dies; which of the two sisters will be the most affected? In one, (the one interested,) the whole sympathetic system will be called into action; the superior organs of the brain, such as veneration, adoration, &c. becoming overcharged, will produce derangement. Whereas, in the other the minor organs alone are affected, and relieved and discharged through tears.

It is very evident that the brain, although commonly considered an inorganic mass of matter, is truly a wonderful multiplicity of membranes, or fine leaves, representing a book; its indication is the memory; its innumerable folds or tissues, may be viewed as the leger or tablet in which every thought is so indelibly imprinted, that no human power can efface. The emanation of the Deity, or the vital spark being superior to all mortality to call these wonderful minute fibres into action as we would unfold a book; this is called memory; but in fact an exertion only, quick as the twinkling of an eye, to call us to an account of animal actions; the will so called, here interposes, the vital spirit takes its seat, and arraigns it at the bar of justice, and approves or denounces the actions of the body. True it is,

God hath given to every one this balance of justice which points out or indicates to us "To be, or not to be," or, in other words, right from wrong.

But to return to our subject, and to be brief, I must observe every case of derangement or alienation of intellect must be particularly and carefully studied; the cause, its origin, its duration, state of the patient, locality, family circumstances, medicines that have been administered, its duration, times and periods of paroxysms, periodical observations; and these more than any thing else, must be strictly watched. It has been the opinion of the most ancient, as well as the most modern astrologers, that the satellite, the moon, governs the living liquids of the vegetable and animal beings of this sublunary globe. It is an old hypothesis, not only that females, but all the feminine sex, in vegetable as well as animal matter, are more or less influenced by this orb. I could say much if it were proper to state it here; but my fair reader will readily appreciate my motive in merely adverting to the influence of Cynthia on the vegetable kingdom. In this matter I can state without fear of contradiction, it is not only known to empirics and quacks, but perfectly understood by the faculty, that all medicinal herbs are gathered at particular periods of the moon, and for their particular purposes under her particular influence. Now this is either correct or incorrect; if incorrect why is not the system exploded; if correct

and it is admitted to be so, then all my arguments are just. The idea may reasonably be entertained that the system itself is perfect, until made more perfect by experience and observation. Reverting back to our former position, of the influence of the moon upon the animal system, I will take advantage to show that in proportion as her influence is exerted upon the sensitive organs of vegetable plants, so also, pro-ratio in the proportion of superiority of the animal kingdom over the vegetable, would it be found to exercise its influence; pro-creation being the ultimum or zenith of the application of the laws of nature, it naturally arises that maturity is the standard of her laws. When her productions in either of the worlds, pro-creation or distribution takes place, in other words it may be called a multiplying of being in the order of nature, at the command of nature's God.

It never was nature's intention that artificial means should be used to counteract her wise and salutary laws; every thing necessary for the existence and comfort of mankind, as well as for the cure of all natural diseases; indeed, if we truly obeyed her laws, the catalogue of maladies would be but trivial; there then would not exist those dreadful complaints, which now form so numerous a train in the dance of death. Let us look at the history of the earlier ages of the world, where we see mankind exist for centuries; did they dive into the bowels of the earth for hell-bane or

mercury, otherwise quicksilver, or any of its vile preparations? No, they contented themselves with simple food, clothing and vegetable medicines; the most respected amongst men were botanists, who were the professors of the healing art; and indeed at this moment would the *Materia Medica* be a confused list of evils had not Linnæus lived to teach us this day the little that we know. If we look at the globe itself and consider it an immense shell of metallic substances, drawn by attraction to its centre of gravity, it is probably necessary that the heaviest metals are circulated in its interstices, to counteract revolutions that take place, (as water finds its level,) and thus retains its equilibrium on its axis; but we see above all the hard or primitive stratas a slight quantity of movable soil, which produces vegetation, wholesome and harmless—powerful and destructive only in the hands of the ignorant; but in none can there be found poison like mercury. All vegetable matter may be easily expelled from the system, mercury never; but after a time attacks and destroys the bones, flies to the head and produces madness. Witness the number of sufferers around us thus afflicted.

From whatever cause derangement arises, great care must be taken to ascertain the cause. No general rule can be laid down, as every case will require different treatment, but no case can possibly arise, where it will be justifiable to send the deranged per-

son where there are others in the same situation. Generally speaking, this disease may be considered as hereditary. It would be wise in families where it has visited, to use every preventive with the rising generation, by carefully watching their passions; and those which are found to predominate in too great a degree, should be carefully but nervously curbed. Attention should be paid to the inclination of pursuit, for we have seen the most talented musicians, theologians, orators, mechanists, as well as those who have excelled in all other branches of art and science, fall the prey to this malady, by the great stretch of intellect or powerful exertion of a particular organ of the brain. These observations will be found more valuable than they at first appear, and I would seriously recommend them to the consideration of every parent.

HYPOCHONDRIA.

This disease is a species of madness in a less degree. It generally affects persons of superior talent, and highly deficient in animal propensities. The back part of the head, or cerebellum will be found smaller than usual. Persons affected with this are generally under the influences of extremes; as we have found by experience, that the greatest comedians, mimics, wits and satirists, have been the greatest sufferers under the influence of ennui. Although the body

may be in perfect health, suffering of the mind must necessarily produce lassitude and dejection of spirits. The intimate connection between the mind and the heart, causes that member to be the greatest sufferer ; witness the continued sighing in old age. When the mind has become set, we cannot expect to make much impression, or give much relief ; but in youth every hope may be entertained, by proper attention to rouse them from their lethargy, to exertions, animations and enjoyment ; for this reason I would advise great attention to be paid to children, particularly females ; they should be kept lively, have plenty of exercise, plain solid food, light reading, change of scene, amusements, and above all, keep them from religious melancholy, and all kinds of dread ; more than one half suffer under this disease from false impressions of Divinity. The most perfect system of morality is taught by love, and admiration of our Heavenly Father, and rejoicing in strict obedience to his laws. How can the sceptic be happy ; where is her treasure, where is the foundation on which she will build the superstructure of her eternal existence ? To be continually showing the young mind all the torments of hell, and its imagery, withdraws her mind from that beautiful contemplation of God's attributes, and leaves the mind continually haunted by dread. I have before stated how necessary it is to watch the female while in her

teens, which will be the best safeguard against this, as well as other diseases.

CANCERS.

Unfortunately this disease is too well known; the heart sickens at the sight of the sufferer. My fair reader must here sympathize a little with me, and for a moment allow my profession any thing but envy; from morning to night constrained to behold the most afflicted objects, troubled with a variety of complaints, such as cancers, ulcers, wounds, scrofula, &c. and the most dreaded ills of life.

A commencement of a cancer may be known by a hard tumour or swelling in some of the glands; when it takes place in the breast it is most painful and dangerous. It is to the feeling a collection of hard morbid matter, and to be distinguished from scrofula or other tumours by a change of colour on the surface or skin. It cannot be taken too early, for if early discovered there is no difficulty in reducing it, in whatever part of the body it may be seated; if neglected, in a short time it will become large and very painful, the colour will assume a darker appearance; at this time professional assistance cannot be dispensed with. It is perfectly necessary to see the state of a patient previously to administering; if attention, and proper attention, be not paid at this time, it will break and become an ul-

cerated cancer, or it will be necessary to perform an operation with the lancet. The sore or ulcer will discharge a great quantity of corruption or fœtid matter, emitting a foul obnoxious smell. I have generally found females after the age of forty more subject to this disease than at any other period of life. It frequently will arise from a neglected blow, particularly where the necessary operations of nature have been obstructed in the female frame, habitual costiveness and the like. Therefore to prevent this disease let me recommend all females to keep their body in a healthy state, by not allowing, even for one day, inattention to the state of the body; proper exercise, sound and simple food, and by particularly, at all times, attending to any blows, accident or swelling, by immediately rubbing the part well for two or three days, with the following Embrocation, which ought to be kept in every family for use: take of gum champhor 1 ounce, oil of cajeput 1 ounce, alcohol, 4th proof, 4 ounces, this can be made by any chemist, and is a great safeguard when accident occurs.

After the cancer is discharged some time, filaments begin to extend and circulate like the roots of a tree, it increases daily in size, and the pain becomes excruciating; the fibres attach themselves to the neighbouring blood-vessels and nerves, by which means the brain participates most acutely in the suffering, sometimes causing derangement. In this stage of the disease,

the blood-vessels being attacked, hemorrhage commences, it is then called a bleeding cancer; in this case, and at this stage, if a speedy remedy be not applied, death ends the sufferings of the patient. The patient is to avoid all strong liquors, fomenting or acid liquids, keeping closely guarded against the air, dress the wound with my Mortification Salve, and in a short time it will be in a situation to apply my Cancer Dissolvent Liquid, which will effectually find its way to the remotest fibre, and in a short time may be extracted without an operation.

During the whole course of the disease, it will be necessary for the patient to take a regular course of my No. 1.

ULCERS.

In case of fever and other diseases, where mercurial preparations are given, the result will be, wounds in the leg. Mercury itself, from its specific gravity, will fall in the legs, or from its attraction to heat rise to the brain. The human system is capable of bearing in the circulation of the blood a certain quantum of weight, when this is overcharged, it is thrown to the extremities, or carried to the brain, not having sufficient power to retain it.

Ulcerated sore legs are frequently pronounced incurable. I have never yet seen the case, where a rem-

edy may not be applied. if not a cure, and in the most desperate cases. I have never yet had occasion to order amputation. As I am aware this may be thought extraordinary, I will briefly state my mode of procedure : wounds never occur, but by an exertion of nature, to throw off secreted matter, at enmity with the healthy functions of life, this may arise from a variety of diseases, which after having been apparently cured, the blood has been left in a vitiated state, the first thing therefore is to apply vegetable medicine, which first by cleansing the whole of the viscera, thins the blood, increases circulation, and by perspiration, carries off the impurities. The healthy appearance of the wound is the indicator ; the discharge will become healthy in appearance, the disagreeable effluvia arising from it will no longer be observed : by the application of my Wound Wash, in a short time the circular form of the wound will be destroyed, and angular projections will take place with a disposition to attach themselves to the opposite side ; the large wound becomes two small ones, one of these small ones will readily heal, the other become obstinate without showing the least disposition to heal, a thick mucous discharge will follow for a few days, when it will be necessary to cauterize the wound and scarify the leg around it, by gently touching the skin with a lancet. This must be done by a surgeon, after which my Wash is to be used as before directed. By dressing the wound every

day with my Mortification Ointment, with perseverance in taking Mixture No. 2, in a short time the parts will be made whole.

Diet must be observed, in all cases of wounds, ulcers or sores, unaccompanied by inflammation or fever, rich nutritious food, a little good wine, in the proportion of two wine glasses a day, will be proper; two things, however, are necessary to be attended to, cleanliness, by washing the wound frequently in common brown soap (in preference to castile) and by bandages perfectly to exclude the action of the atmospheric air. It is desirable that the limb affected should not have too much exertion, but it is equally desirable that it should be kept in motion, so that a proper circulation should be kept up.

INFLAMMATION.

All parts of the human system are subject to inflammation, being a pre-disposition to excitement, it is a determination of blood to that part.

Inflammation of the brain is more dangerous and more to be dreaded than in any other part of the system; delirium soon comes on and the patient is prostrated. The head should be immediately shaved, mustard cataplasms put to the feet, and leeches on the temples by an experienced nurse, or place your finger on the temples by which means you will ascer-

tain the pulse or throbbing of the principal artery, leeches are on no account to be placed on this spot, but on either side of it, six may be applied on each side of the head, ice in a bladder closely tied, must be applied to the back part of the head. A wine glass of ipicacuanha wine must be given as an emetic, after which No. 1 must be given every three hours for the first day, and must be repeated once a day afterward. These directions are only given to be acted upon when medical advice cannot be readily obtained; indeed where it can, I presume it will be followed.

INFLAMMATION OF THE INTESTINES.

This complaint frequently proves fatal from the want of proper attention, neglected costiveness produces constipation, the latter, inflammation. The symptoms of this disease are, excruciating pain in the regions of the abdomen, and by a pressure with the hand upon the part it will be found hard, and give the patient great pain, the feet are generally cold, accompanied with a numbness, the head will become hot, the pulse feverish and fluctuating, accompanied with thirst and a disposition to vomit.

REMEDIES.

The first object is to reduce the inflammation, and produce evacuation, for which purpose an injection must immediately be given, this I presume will be understood without further explanation, ten minutes after, the patient should be immersed in a water bath heated to 94° to the hips, she should be allowed to remain fifteen minutes, taken out and put in bed between blankets, cataplasms placed to the feet, (see cataplasms,) and the following fomentation applied to the bowels. Take two ounces camomile, two ounces poppy heads, one dram cajeput oil, boil in one quart of water, a half hour, after which, (see fomentation,) administer it, give a wine glass of No. 1 every four hours, (for sixteen hours) until it has its proper effect, after which it is to be given once a day, the diet is to be low, and every liquid the patient takes is to be composed of charcoal water or water in which charcoal has been immersed, for this purpose powdered charred blackberry root, closely stopped in bottles, where it can be obtained is the best, this may always be procured at Messrs. Moffat, Plummer & Co's. State Street, Boston, prepared under my direction; but as cases will arise too distant for immediate applications for this remedy, the common charcoal must be prepared in the following way, take of common charcoal four quarts, throw it into four gallons of spring water, it is to be stirred,

and then allowed to settle, the water taken from this, is to be used in every case. Of liquid given to the patient, nothing must be allowed to pass the mouth unless mixed with this.

THE KIDNEYS.

Inflammation of the kidneys generally arises from cold or obstruction of its secretions. The symptoms are easily discerned by a cessation of the urinary evacuations, and is, in the female frame, by the power of sympathy, conveyed to other more intricate parts, producing disorganization. When this takes place de-obstruents are necessary, or what may be better understood, forcing medicines, to produce an increased action of the obstructed organs, by which means coagulation is carried off and the morbidity reduced, the elasticity or living power reinstated, and the patient restored. In all these cases my De-obstruent Mixture and my Powders will be found a speedy cure.

CHILBLAINS.

However trivial this complaint may be in the eyes of some, I have known many to lose a toe, yea, even a limb, and in some extreme cases the life. As the prevention of this disease is within the means of every one, I shall here state that it is necessary in extreme

cold weather, to avoid putting the feet to the fire, or any sudden transition from heat to cold; make it a practice two or three times a week upon going to bed to rub a little brine, in which pork has been salted, on the feet and hands, in the morning wash them in cold water, this will prevent chilblains and keep the feet in a moderate state of heat during the day. If you unfortunately have them and they are not broken it will be only necessary to rub them with my Chilblain Embrocation, and when they are broken, my Chilblain Salve. These remedies will be found certain if applied according to directions.

CUTS.

Cuts, wounds or bruises, these are always more dangerous in cold weather. In case of a wound received from a knife or sharp instrument, it should be immediately bound up tight, without washing off the blood. If there should be any fear of an artery being cut through, a ligature should be immediately put above the wound, either a piece of ribbon or list, or in the absence of these a piece of string; but in simple cuts it will be only necessary to bind it up with a piece of linen; indeed strapping or sticking plaster ought to be kept in every house for this purpose; if hemorrhage continues and the bleeding becomes alarming, it may

be stopped by pouring on a few drops of the spirits of turpentine.

The principal thing is to exclude the atmospheric air. If the wound be of any consequence a little opening medicine should be taken.

BRUISES.

I have before observed that these cannot be too closely attended to. If an accident happen to any part of the body, particularly the head, the first thing is to ascertain if the skull be fractured; in all cases of this kind I should recommend a surgeon to be immediately called in, but in any other part of the body where a fracture or dislocation has not taken place, the part should be immediately rubbed with Embrocation, No. 6, or in the absence of this with equal proportions of camphorated spirit and distilled vinegar, if much swelling comes on and a great degree of blackness, leeches will be proper, after which fomentation as before directed.

BURNS OR SCALDS.

As these will naturally arise from accident, it may be presumed, remedies are not always at hand. The first thing is to apply a raw potatoe grated, mixed with linseed oil, for three hours, and then apply a

mixture composed of one half lime water, and one half linseed oil; this recommendation is, of course, for those who are out of reach of my medicine, for those who can obtain of me, or my agents, my Burn Lotion, the foregoing directions may be dispensed with, this may be safely and liberally applied immediately after the accident, and will in all cases, however bad, give perfect satisfaction.

It is necessary here to state that scalds or burns require particular attention against colds, if this precaution be used they will readily yield to a cure; as this, however, will sometimes take place, it will be necessary for me to state what may be done; the patient will suffer great pain, in order to ease this and reduce the inflammation, an apple poultice mixed with sweet oil, cold, must be applied; it will have two beneficial effects, reduce the inflammation and keep up a discharge where the ligaments or tendons may have been injured, this, however, is to be used with great caution, and with those who are not experienced nurses, it should be mixed with equal proportions of charred blackberry roots. All acids are dissolvents, this, however, perhaps is one of the mildest. Much depends upon the state of the blood and the habits of the body, if it be charged with foul humour it will fly to the part, cause it to swell, become purple, and be surrounded with white pustules of matter, and give an appearance to the inexperienced of premonitory mor-

tification; this, however, is not the case, still it is necessary to guard against these results, to alter the application, by placing on the wound a cold bread and water poultice, and to rub the neighbouring parts repeatedly with my Embrocation, No. 6; if this cannot readily be obtained, the following must be used until it can :

Take 2 oz. camphorated spirit,
 2 oz. linseed oil,
 2 oz. lime water,

to be well shaken together and to be used as directed above. No doubt my fair reader will consider this a very simple remedy, but I can assure her, she will have a high respect for it after using it; it is true, it would be better for me to describe its other component parts; this I must be excused from doing, because it would be giving away my patent right, and as I intend that my medicines shall be universally circulated it is a justice I owe myself to retain my secrets for a short time. A great deal depends upon dressing wounds of this description, they are to be treated, if in a healthy state, as blisters, and healed by applications of the same kind; I would always recommend the body to be kept open and the blood to be purified by the use of No. 2 Mixture; if fungus or proud flesh should appear in the wound, which will seldom occur if the foregoing directions be rigidly adhered to, make

free use of caustic, after which the wound may be healed by dressing it with my Golden Ointment.

As dreadful accidents will sometimes occur, such as children falling into the fire, &c. parents cannot be too particular in having remedies at hand ; in the absence of the other remedies, it is recommended in case of burn that the sufferer should be immersed in linseed oil, and in case of scald, the adjacent parts should be bathed with lime-water and linseed oil mixed in equal proportions. I am aware that this will be called gossip, nay, quackery, and by various other names, but I adhere to the practice, from a knowledge of the thousands who have received benefit ; and the firm conviction that it hath never failed. It is a matter of course, with every disease, that it assumes different forms in various stages, requiring a vigilant eye and a variety of applications suited to the occasion, and in truth I must admit, many cases may arise where the parent or friend will require superior assistance. When an extreme case arises the patient must be kept upon low diet, the natural secretions, evacuations and perspirations must be attended to, the whole of which will be promoted by proper attention to the foregoing directions, and also to the state of the atmosphere or heat of the room.

DEAFNESS.

Persons who are born deaf seldom, if ever, receive any benefit by medical applications, though thousands of cases have occurred, where it has pleased Divine Providence, to make the deaf to hear. Temporary deafness may arise from a variety of causes, tumours formed in the ear, gathering in the head, collection of wax in the drum of the ear, from fevers, and from colds, and the very reason why it is not oftener cured, is the want of these considerations ; it is true, that it is deafness in all cases, but in every case will a different remedy be necessary. For tumours, the best application is a bread and milk poultice, put into the ear warm on going to bed at night, this should be applied for two or three nights, until the tumour suppurates, after which the ear should be dressed by keeping a small piece of wool dipped in oil ; the ear wax in the ear may be removed, by dropping in warm oil of sweet almonds as hot as it can be borne, which should be worked about with the little finger, the next morning the ear should be syringed with warm milk and water.

Sir Ashley Cooper of London, has acquired great renown, for the cure of deafness by means of perforating the drum of the ear with a silver needle. I have known instances where surgeons have adopted this plan, without success, and at times attended with serious consequences, it is therefore my practice to

order such things as are simple, and can possibly do no harm.

CATARRH.

This disease is more prevalent in the New England States, than in any other part of the globe. It has cost me no little pains to arrive at a cure of this disease. One observation, that has struck me, I do not recollect having a patient during the whole of my practice, who had been a continued snuff-taker, this has led me to suppose, that the article when genuine, and unscented is good for the disease. To cure this disease it will require a course of medicine, No. 3, and my Catarrh Embrocation, to be used as directed, the feet should be put in warm water every night on going to bed, and the gargle used by rinsing the mouth and throat five and six times a day.

WARTS.

Warts and other excrescences of the skin are troublesome and more unsightly than painful; the whole of the body is subject to them, but the hands and face more particularly, but with little cost and trouble they may be easily removed by my Wart Ointment, one box of which will answer for a whole family.

CARBUNCLES.

Carbuncles or black worms in the skin of the face. Nothing can be more unsightly than to be troubled with these. By taking No. 3 as directed, and No. 4 Ointment they will be removed. The face is subject to a variety of eruptions, from impurities of the blood, from sudden transitions from heat to cold, or surfeits during hot weather. When the body is heated, as it is dangerous in some cases to drive in the eruptions too hastily, the patient should always undergo a thorough course of medicine, previous to any outward application. Many eruptions are the effort of nature to throw off the impurities lurking in the system, and in many cases, it would be proper to encourage the eruption, thereby assisting nature in her efforts, this is to be done without outward application, and by strict adherence to No. 1, as before directed.

ST. VITUS'S DANCE.

This disease generally attacks females, from the age of seven to that of womanhood, its first attack in general has the appearance of paralysis, with this distinction, that this attacks the extremity and ends in the brain, the other vice versa, the left leg is generally first attacked, it is thrown about in a variety of curious directions. Hence arises the name of the disease,

after a short time it is conveyed to the whole of the side and the arm, it then attacks such organs of the brain, as are connected with the sympathetic nerves of that side of the body. In looking into the formation of the female frame, we must necessarily calculate the influx and reflux of liquids, this leads us to suppose the proper mode of cure, is by assisting nature in all her operations to throw off the disease. Mercury is the universal remedy, this considered, it is not wonderful that it so often proves fatal. Strong cathartics are necessary, the perspiration must be kept up, for which purpose, No. 1 and No. 4 Mixture should be taken alternately, and my Life Elixir, on going to bed. The limb or limbs affected should be whipped with a bunch of sting nettles every few days, after which the parts should be rubbed with Embrocation No. 4.

ST. ANTHONY'S FIRE, OR ERYSIPELAS.

This disease attacks all ages, and both sexes, it generally arises from an inflammatory and impure state of the blood, brought on by an excess of some kind, such as transition from heat to cold, sudden fright, sudden chill, drinking cold water when the blood is heated, and the like, it generally attacks the hands, the feet, and the face, and at other times different parts of the body. This disease is so well known that a particular description of its symptoms is unne-

cessary, like all other inflammatory complaints, it requires to be managed with great caution, it is a very common thing for persons to treat this as the gout. Experience has taught me that baths and fomentations must be used with great caution. When the part affected becomes very much swollen, and has a purple appearance, and the surface becomes tight and glassy, accompanied with an eruption, medical assistance cannot be dispensed with. In general the object is to cleanse the stomach and intestines perfectly, to keep up a perspiration without raising up the heat of the body too high. In all cases this must be attended to previous to outward application. Stomachic Bitters No. 2, will act as cathartic and at the same time as a Tonic, and therefore a safe and proper medicine in any state of this disease.

TIC DOLOROUX.

Tic doloroux generally arises from a cold, caught in the nerve of a tooth extending to the whole sympathetic nerves on the whole side of the face, the intimate connexion between these nerves and the brain, renders the pain very excruciating, the pain itself is a kind of spasm coming on in paroxysms, of more or less duration in anguish. The tooth ache, although intolerable, bears no comparison with this; by many persons this is called the jumping tooth ache, by others

rheumatics in the head, by others ague in the face ; this has hitherto been considered incurable without an operation upon the nerves, by means of separating them with a lancet ; I have however never failed in curing this disease by applying my tooth ache drops as directed on its envelope, the object of which is to reduce the concretion of the nerve by a free discharge of saliva from the mouth, added to which is the Tic Doloroux Embrocation, to be applied outwardly as directed, this will be found, a safe, speedy and perfect cure for this malady.

WHITLOWS.

Whitlows : of these there are four kinds, one of which is called the water whitlow, coming on the side of the finger nail, with a great degree of inflammation, and consequently very painful ; the particular character of this is, that when it suppurates, it discharges a thin, watery matter, it frequently will re-gather ; as, however, whitlows are so well understood, it is unnecessary to describe this one more minutely ; the next kind is the black whitlow, at least, so called by nurses ; the symptoms are violent pains in the tendons of the whole hand and arm ; no appearance of a fester or gathering will take place for some days, although the pain is very excessive ; this, however, is easier reduced or suppurated than the former ; the third are the

whitlows of the toes, and these are also of two kinds, as above, assuming, however, a more dangerous form.

If attention be paid to this disease when it first comes on it may be easily reduced, whether on the finger or the toe. The following fomentation should be used, as hot as it possibly can be borne, on the part without intermission : take of camomile flowers, 2 oz. poppy heads and blackberry root of the same quantity, boil them for half an hour and apply them with flannels as directed ; after the pain goes off the parts should be rubbed frequently with camphorated spirit, for if it has been neglected for two or three days it frequently happens that the patient is obliged to undergo an operation by having the nail opened, and putting on a plaster of drawing salve ; if these remedies do not succeed it will be necessary to apply for a surgeon. This is one of those cases, however, where attention should always be paid to a preventive instead of a cure. They are frequently caused by the finger or hand being perforated by the needle ; seamstresses, or those who work much with their needle, should be very careful of the consequences of neglect, as they are much exposed to this disease. I have known them, however, to be caused by blows or neglected chilblains.

I have frequently had them myself, and found no difficulty in immediately reducing them by dipping the finger or fingers in boiling water, as hot as it pos-

sibly can be borne, nine times, when the first sharp pain comes on, this should be used immediately, and will be found an immediate preventive.

SCURVY.

Scurvy is of two kinds, land and sea scurvy; the former, however, we have only to treat of. It is common for inexperienced persons to consider every eruption on the surface, scorbutic; a disease, however, may be known by its usual symptoms, it attacks the gums and throat, producing a foetid breath, the hands and legs generally swell in wet weather, it is accompanied with a heavy drowsiness and lowness of spirit, it is an hereditary taint of the blood, and is, indeed, the first stage of the scrofula family of diseases; it generally visits the whole of the system, appearing on the surface in spots or blotches, of a pinkish cast, which become dry and scaly; in its later stages, it either ends in a settled dropsy, mortification of the bowels, or derangement of the brain. Scurvy is a diseased state of the blood, and those are most subject to it who live in damp houses, and on poor low diet. It has been said there is no cure for this, I am not conscious of ever failing in performing a cure, where I have been applied to in season, and where the patient has persevered in my directions.

To eradicate this disease from the system, time is

necessary, in order to throw into the blood a sufficient quantity of anti-scorbutic vegetable matter. It is highly necessary that no outward application should be used, without first taking a regular course of No. 3, with my Anti-Scorbutic drops.

LEPROSY.

This disease has latterly become less frequent, but there are some few cases that have come before me lately, which renders it incumbent for me to notice it. This is one of the plagues Moses had to contend with, and we find in his excellent laws,* wisdom and a wonderful medical foresight. We now see it is evident from the laws here laid down, in which every thing unclean or of a gross and diseased nature is forbidden, that Moses early discovered the animal kingdom were subject to diseases, and that these diseases in beasts of the field were readily conveyed to the human system, for want of precaution or knowledge in the time, seasons and kinds, as also the method of pro-creating them as articles of food ; he found that his people had become so indolent and neglectful of their habits and manner of living that it become absolutely necessary to institute these wise ordinances as sacred obligations. The first step he took was to look to the

* Leviticus, 11th Chapter.

purity of the wells of water, and the next to their regimen and diet, by this salutary system were the plagues of Egypt conquered. His examination was not only of the animal kingdom, but he devoted much time and scientific research to the vegetable world, where he found nothing to require being forbidden. It is therefore evident that he knew a free use of vegetable matter was the best antidote to animal disease — there are few who will disbelieve that this knowledge was given to him by the Deity for wise purposes, but in the present day, it is thought impossible for an individual to copy so wise an example, for these reasons I say leprosy can only be cured by observing these laws, abstaining from meat, and taking, thoroughly, vegetable medicines.

CHOLERA.

The blue Asiatic cholera, has committed desolating ravages over the whole face of the globe. There are but few places which have not been visited by this destroying angel, and those that have not may expect it. It has ever been the case, since the creation of the world that this globe has been from time to time visited by some dreadful scourge, as it were a struggle of nature to throw off an exuberance of population. When we look into the watery world, we see that the turbot fish produces two millions of oviary at a time,

and the whole of the finny tribe equally productive ; hence it seems that they are endowed with carnivorous instinct to destroy each other, and prevent the element they exist in, from their over-abundance, becoming charged with putridity, which would at once destroy the whole, and subvert nature's principles ; so we may conclude, there is the same wisdom that directs the scourges of mankind. Still, of course, it is our duty to render assistance to our fellow-creatures, and by the saving knowledge which he gives us of remedies, to stay the entire extinction of the human race. To those who have witnessed the ravages in Europe, Asia and America, little need be said to call up every feeling of horror ; but to those places that have not been visited with this scourge, every advice should be given we are capable of as a preventive as well as a cure. The symptoms of cholera are too decisive to be taken for any other disease ; no sooner is the person attacked than she is brought down by a relaxation of the bowels, a distressing head-ache comes on, violent vomiting followed by excruciating spasms of cramp in the intestines, a chill and tremour pervades the whole system, the features become convulsed, foaming and froth at the mouth, distortion of the extremities, with almost every agony that can be conceived ; the patient has the appearance of intoxication, and many cases have occurred where, until death has relieved them, the bystanders have felt no pity for

them. It has prevailed most in low, filthy, crowded neighbourhoods amongst the intemperate; here, indeed, the messenger of death seems to riot in revelry, and glory amid the havoc that is made; dreadful, indeed, is the sight of the town, city, or place when infected with this epidemic. That noble city, New York, certainly had a most desolate appearance, and was precisely that object Goldsmith had in view, when he penned his *Deserted Village*. In order to avoid this dreadful malady, the inhabitants of Boston expended considerable sums, in which they showed their courage, wisdom and philanthropy; not only has it been beneficial to their own province, but it has been a sort of stop to its career, and thereby rendered a service to the whole of the states. The exertions of the authorities and the execution of all the cautions that have been used has certainly shielded its citizens from this dreaded disease. And while we view with satisfaction the monument raised to the commander of battles, it would be far more pleasant to our feelings to see a monument of gratitude raised to those sisters of charity, who braved every danger to benefit their fellow-creatures.

I have had an opportunity of seeing thousands of cases, lived amongst it, and had it myself. The best preventive is cleanliness, fumigating the house, and taking a small portion of paregoric, in which should be put a few drops of the essence of cayenne; par-

ticular attention should be paid to keeping the feet warm, and keeping up a perspiration, but the greatest preventive of all is courage. Upon the first symptoms appearing, the patient should be put into a bath, as hot as it can be borne, for fifteen or twenty minutes, as much blood as circumstances will allow should be taken, an emetic consisting of twenty grains of ipicacuanha, ten grains of cayenne pepper, and a teaspoonful of salt should be given; if it does not produce its effects in three minutes it should be repeated, after this two teaspoonsful of my Life Elixir should be taken every four hours, this also should be taken as a preventive. Many of my friends attribute their escape from this malady to having had this on hand. Great attention should be paid to keep up a perspiration upon the patient, by wrapping her in blankets, put mustard cataplasms to the feet, bottles of hot water and my Medicated Stomach Warmer to the bowels, and, indeed, this is an instrument that every family ought to have, it can be had on application to me by my patients at any time.

Whenever this scourge visits a place, it is useless to fly from it, every person ought to remember it is their duty, who are not attacked, courageously to face the enemy and attend the sick; and it is also an extraordinary circumstance attending this disease, that those who have been most amongst it, as doctors and nurses, have escaped the malady, and fortitude has proved in

every part of the world the greatest preventive ; hence it arises that we ought to instil into the mind of every person from the earliest to the latest ages, the necessity of self-possession and self-command.

In habitations where the cholera has occurred, and the patient has died, it would be wise to fumigate the apartments, by pouring strong vinegar on a shovel or piece of iron made red hot, or the use of my fumigating lamp, this should be done three times a day, the following herbs should be put in a tea-kettle, the top should be closely shut, so that the steam may evaporate only through the spout into the apartment :

Take 2 oz. oil of cajeput,
 1 oz. oil of rhodium,
 1 oz. oil of thyme,
 2 oz. of camphor,
 4 oz. camomile flowers,

put the whole into four quarts of water, and keep it continually boiling, this will fumigate the room if placed on a chafing-dish, with fire under it ; this is also an excellent thing to be used in case of any epidemic.

Many medical men have advised temperance, but I have found from experience, that brandy, where it can be got genuine, should be taken in moderate quantities, as a preventive. With regard to diet, it should be nourishing and generous, with the food vegetables may with safety be used, all unripe fruit must be avoided.

PRICKLY HEAT.

Prickly heat or surfeit in the skin, is caused by sudden transition from heat to cold, and is usually felt when the body is warm in bed. The symptoms are a violent itching in the whole body, a restlessness in the system; the best remedy is to keep the patient tight in bed, keep the hands secure, keep a perspiration up, and give the patient weak warm brandy and water, a wine-glass every quarter of an hour, which prevents its striking inwardly and continues the perspiration, by this course it will entirely disappear in twenty-four hours, the patient should not leave her bed during the time the heat is out upon her.

SCALY TETTER.

This disease generally makes its appearance in the spring, and commonly on the face and hands; it assumes a scaly or rough appearance of the skin, with a slight redness on the right or left cheek, but seldom on both, and is often mistaken for scrofula, it appears in deep divided fissures or indentures, and may be considered a constitutional disease. It readily yields to proper medicines, but will return the ensuing spring in spite of any remedy that can be applied. I have frequently had patients labouring under other diseases, to whom I have recommended sea-bathing for the

particular disease under which they laboured, the effect has been, the disease has been cured and the tetter produced ; now this is evidently an effort of nature, and by her wise laws so ordained, that while we are expelling one disease, we have the misfortune to find an enemy in another shape. When this occurs it proves the strength of the constitution ; there is no doubt it is inherent, and therefore requiring a proper, steady, and persevering course of medicine ; and although it may not be called or thought one of the scrofula family, I have found the safest way of treating it is by my Anti-Scorbutic Mixture. This disease is more troublesome than dangerous, and more intimately connected with the opposite sex ; seafaring men are most liable to it. The best preventive is to avoid salt provisions, per contra, the free use of vegetables. When this disease becomes troublesome, a free perspiration must be kept up by bathing the feet in warm water on going to bed, taking a large portion of wine-whey, and a free use of Tetter Ointment, as described on its envelope. This disease, like the gout, although inconvenient and painful, is to be regarded as the precursor of old age and a strong constitution, rather than as a malady, for nature in all her movements hath her indicator, as the hand of the clock directs to the time.

NIGHT MARE.

It has long been a matter of speculation, as to the cause and effect of dreams. I do not recollect ever having seen any account or fair investigation of this cause, but who will assert, that they have never witnessed circumstances to arise or events happen, that they have not some recollection of having dreamt or thought of before. It may be said, the horses draw the carriage, but if the horses be separated from the carriage, and allowed to proceed, will they not make a greater progress? If therefore the body be at rest, the mind which never can be kept in a staid position, will fleet onward. Is it therefore impossible that while the body is asleep, and the memory inactive, that the mind should advance in its never ceasing inquiry of the future — and while the mortal parts are dormant it is possible the vital spark may migrate for a time, and visit the seventh heaven. What person must she be who cannot close her eyes, visit the moon in ideas, and traverse with the velocity of lightning the winged angel's track from sphere to sphere. But to return to our subject, the night mare, the cause of this unpleasant nocturnal interruption generally proceeds from an overcharged stomach, or from lying on the back, in which case the blood becomes stagnant in the several arteries, arising nearly to suffocation, those who have felt the oppression can best describe it. Accor-

ding to the position in which the body lays, and the state of the stomach, it will have its peculiar effect upon particular organs of the brain, and this in a great measure depends upon the predominant features or most active organs, hence it arises, in infants, with whom the organ of veneration and fraternal love is strong, we see in thousands of instances, when awake, "mother I have been dreaming, I thought you were killed," or perchance the offspring will issue forth other ejaculations of this nature. What is so common as the husband to awaken the wife, or the wife the husband, to hear her or him moaning, and when awake the natural question is, "of what have you been dreaming?" the answer will be, "I thought I saw you falling from a tremendous precipice, thank God it is but a dream." What organ then must have been affected? In all these things there must be an exciting cause, in this case it evidently appears the cerebellum or animal propensities, together with the superior organ of veneration, have been overcharged, perhaps by a gay day, or evening entertainment. In infants we see this in dreams, and in delirium brought on by fever. However strange it may appear, my Life Elixir, on being taken as directed, will produce steady and quiet sleep unalloyed by night mare or restlessness.

CRAMP.

Cramp arises from a spasmodic affection of the sympathetic nerves, persons of all ages are liable to it, it is neither hereditary nor epidemic, and seldom dangerous unless it attacks the vitals, in which case the greatest care is to be taken. A double dose of my Life Elixir should be immediately taken in a tumbler half filled with water as hot as it can be borne, cataplasms should be immediately applied to the feet, and bottles of hot water, the Medicated Stomach Warmer should be applied to the bowels;* this will seldom if ever fail, and will bring on a perspiration, and reduce the spasms, and the patient will enjoy a refreshing sleep. It is a very common thing for people when attacked with cramp in the limbs, to jump from a hot bed to a cold hearth, to drink cold water and other extremes equally dangerous. All extremes ought to be avoided; in all common cases of the cramp my Life Elixir, taken as directed, will be found a remedy. It would be well to rub the part affected with Embrocation No. 6, but in absence of this, camphorated spirits will be found useful. These directions followed, I have seldom known this disease to return. It is hard to say what is the cause of cramp, but that it is a sympathetic disease, there is no doubt, from the number of

* No family ought to be without this.

persons who receive a shock from sudden fright, or from violence of temper — I would strenuously recommend to persons suffering from spasmodic attacks, to make use of our Medicated Champoo Baths.

HICCOUGH.

Hiccoughs are spasms brought on by a secretion of wind, and is more troublesome than painful. The best thing to be given to children is warm water, or to carry it off by a sudden fright. It will arise from any cause that irritates the nervous system, from overloading the stomach. When it arises in fever it is considered the fore-runner of death. I have however, had many patients lately with whom this has come on, and have found my Life Elixir and Tonic Powders, together with a hot fomentation of herbs to the bowels, reduce it, after which I order mustard cataplasms to the feet; it is invariably followed by delirium. The head must then be shaved, leeches put on, and other applications put on as in fever, in cases where it is accompanied with inflammation of the intestines, clyster should be given in conjunction with the above, composed of

2 oz. fine powdered charred blackberry root,

2 oz. castor oil,

mixed with a half pint of water gruel, after this is given, the fomentation should be applied, and it will seldom fail: if this does not act in twenty minutes

a gentle vomit should be given—a wine glass of ipicacuanha wine ; however, in all cases the Tonic Powders, being an effervescent draught, will effectually cure the hiccough, and to those who are subject to this disease, I would always recommend my Tonic Powders to be kept in the house.

HEART BURN.

The heart burn arises from a disorganized state of the stomach, and not from any affection of the heart, as is sometimes supposed ; over eating and mixing a variety of viands in the stomach, fat meat, with fomenting liquors, gravy, and acids produce it, it sometimes however, will occur from a weak stomach, when the blood vessels are overcharged, or when a lady is *enceinte*, it will also proceed from an overcharge of bile, indigestion, &c. In the latter case the best remedy is Henry's calcined magnesia, after which a wine glass of brandy and water should be taken warm, persons affected with the gout, are subject to heart burn. Indeed it is a doubt in my mind, whether this affection of the viscera be not similar to the latter in the blood, for we find from experience, the paroxysm of the gout is reduced when this disease commences.

When it occurs with ladies, in the state we have before mentioned, attention should be paid to the habit of the body. Whether it be from indolence or ignorance,

or from false delicacy, there is not one lady out of ten who pays sufficient regard to it. The consequence is, a variety of diseases come on, which might have been obviated by proper attention; in this case I would recommend a sufficient dose of castor oil once a week, and the use of Stomachic Mixture. In common cases of the heart burn the remedy above described will be found sufficient. This disease is troublesome it is true, but seldom accompanied with danger, it however may be the harbinger of other and more dangerous complaints if not attended to. To children a dose of rhubarb and magnesia should be given.

PALSY.

This disease generally attacks the brain, impairs the memory and speech, and sometimes the optic nerves, producing dimness of sight, and sometimes blindness. When it attacks the right side of the head, it sometimes is partial, affecting the arm only, but generally affects the whole side of the body, in which case, the arm and leg of that side become paralyzed, when it attacks the right side, as in this case, there is little danger, but when the left side, it generally proves fatal. It has been said there is no cure for this complaint, and indeed medical authors assert, as I am told, there is no remedy in any of its stages. Now it would be ridiculous in me, to give instances of cure in for-

eign countries where no inquiry can be made, as to the truth of the assertion, I will therefore content myself by stating one case among many in this city, of Mrs. Culwer, she was brought to me, after many years' suffering under this complaint, her speech was nearly gone, her right side was paralyzed, the use of the limbs entirely gone, she has been under my hands three months, with the use of my Champoo Baths and medicines, she is now enabled to walk, her faculties are restored, and the arm and leg are nearly returned to the exercise of their proper functions, I merely state this, as one amongst numerous cases of received benefit from this treatment, will it hereafter be said this disease is incurable. My belief is, that with proper attention, industry, ingenuity, and perseverance, no disease is incurable.

SICK HEAD ACHE.

This disease generally proceeds from a disorganized state of the stomach, an obstruction of the biliary organs, or lobes of the liver, it also arises from other obstructions of the body, particularly in young females, the obstructions therefore are particularly to be looked to and such applications given as the case requires. When it occurs without any of these causes it may be considered a nervous head-ache — in the first instance, when it arises from bile, it will be necessary

to take a course of Anti-bilious Medicine, No. 2 Mixture, put the feet in warm water upon going to bed at night, have the bed warmed, and a pint of wine whey to be taken, this medicine will have the effect to remove any obstructions that may have taken place, and produce regular secretions, which with the perspirations that will occur, will in this case carry off the disease. The nervous head-ache will occur, without any of these symptoms or causes, by means of a determination of the blood to the brain, caused by an over action of any particular organ, by means of an exercise of the passion, such as grief, fear, love, or sudden emotion. In these cases, it will be necessary to apply my Anodyne Head-ache Drops, for in truth, it is a spasm of the nerve like the tooth-ache, and must be treated in the same way, by applying externally, on the temporal artery, behind the ear, and on the cerebellum or pole of the neck, by rubbing a small quantity every few hours of my Head-ache Drops, and here I cannot too strongly impress the necessity of a foot bath upon going to bed.

ASTHMA.

This disease is well known to every one, those who suffer under it, can alone describe the misery they undergo ; it is a diseased state of the lungs. When from any cause they become contracted or lose the power

of expansion, respiration then becomes difficult, considerable quantities of phlegm, causes continual expectoration. The cause of this disease may be dated to a neglected cold, nothing is more likely to produce Asthma than sitting in damp shoes or stockings, particularly putting on linen that has not been thoroughly aired, sleeping in a damp bed, or apartments that have been shut up for some time, thereby becoming charged with foul air. I believe one half the colds that are caught in country places, are taken in churches and chapels. What is more common for people, than to leave a warm room for a damp seat in a place of worship; and indeed it is high time that the places of worship should be more attended to, it is not sufficient that they should be aired the day before service, but they ought to be kept in such a state of atmospheric heat, that the congregation may run no risk in taking cold, if not, while we are paying our devotions to the Deity, we become self-murderers. Nothing is more improper than handling damp linen, and I remember a gentleman who lost his life by reading a damp news-paper. As these are the causes of this disease, too much attention cannot be paid to these things. It sometimes arises from contraction of the chest, or formation of the lungs themselves, and may be imparted from the mother to the child. It has been said the disease is incurable, true so far, that we cannot give new lungs, but I am perfectly persuaded,

very great relief can be given in all cases. A lady of this city on the wrong side of sixty, (her case was as bad as I recollect ever having seen,) has written me a letter of thanks for what she calls a cure, but certainly as her family states, she has received all the relief that was possible. In whatever stage of the disease my Life Elixir, and my Asthma Drops, taken as directed, will be found of the highest benefit, together with the Medicated Baths, which in cases of this kind are invaluable.

In some cases, what is called the dry asthma, no expectoration takes place, or what may be better understood, shortness of breath. This arises from a contracted state of the lungs rather than from any disease; it happens generally with sedentary persons; for its cure little medicine will be necessary, unless accompanied with cough, in this case the lungs will be diseased and the foregoing remedies should be applied, exercise however, is to be recommended, the use of the dumb bells, jumping, running up and down stairs, foot walking, acid fruits to be eaten, avoid damps, and above all things keep the feet dry and warm, and if possible in a gentle perspiration, place a warm plaster on the pit of the stomach, bathe the feet every other night in warm salt and water, and wine whey to be taken on going to bed, these together with the use of my Diet Drink No 3, will seldom fail to give all the relief that may be expected.

JAUNDICE.

There are two kinds of jaundice, the common, and black jaundice, the common jaundice is easily discovered ; it first makes its appearance in the white of the eye, which in some cases becomes quite yellow. The temples, and the sides of the nose become tinged, the water has the appearance of yellow die, and will actually stain white linen by its colour. This disease is caused by an obstruction of the biliary organs, the bile being stopped in its usual course, is taken up by the blood in its circulation and diffuses itself through the frame, if it be carried to the surface it is jaundice, if it be retained in the blood it produces bilious fever. Symptoms : the patient suffers great dejection of spirit, weariness, restlessness, lassitude, without the least inclination to move, with a great desire to sleep, but sleep visits her not. A great degree of heat in the mouth and nose, vomiting in the morning, loathing of food and indigestion. There is not much danger in this state of the disease if properly attended to, a gentle vomit should be taken, which with the use of my Jaundice Bitters will effectually remove the complaint in a short time. I have succeeded in curing a great many by these applications.

The black jaundice is more dangerous than the former, but the remedies will apply.

CHOLERA MORBUS.

This species of cholera has long been known amongst us, and although not like the Asiatic cholera, still it is a dangerous complaint. I have known it to assume the shape of an epidemic and go through a family; infants and young people are most liable to it, it is a prevailing disease in the summer season, and I think generally brought on by a too free use of unripe fruits, and at other times perhaps it arises from the quantity of animalculæ that infest the waters at this period of the year. Here I will take leave to recommend a most useful, safe, and cheap preventive, a large cask or hogshead, with a partition mid-way fixed tight, in the centre of which a hole should be cut, about three inches in diameter, in which a large piece of sponge should be inserted, and by means of nails or tacks secured. A bushel of charcoal should then be thrown in, on the top of the partition, leaving a vacuum below. The water which is then put into the cask will be purified by the charcoal, and filtered through the sponge, and may be drawn off by means of a tap, beautifully pure, this may seem simple, but by applying it for use, families will learn their doctors' bill will diminish, and their health increase; this ought to be made use of in every school.

This disease comes on by a violent griping, an excessive diarrhœa, and vomiting, pain in the head and

chest, coldness in the extremities, which is succeeded by spasms and contortions. The first thing to be done is to put the patient in a hot bath, medicated if possible by herbs and essential oils, a gentle emetic will be proper, after which my Life Elixir must be given. If the diarrhœa continues more than two or three days my Diarrhœa Mixture must be given, however, if this is not at hand, the common application must be used, two teaspoonsful of prepared chalk, two teaspoonsful of gumarabick, dissolved in a wine glass of warm water, every four hours, until an alteration takes place for the better. The infusion which I call Diarrhœa Mixture will have the effect to stay it in any stage. After an attack of this kind the patient cannot be too careful of taking cold. As a relapse frequently takes place, it will be necessary to take my Life Elixir for some days after a recovery. Flannels should be worn as a precautionary measure, regard should also be had to diet, it should be generous, a little good brandy and water will be found a useful medicine, from neglect inflammation comes on, in which case there is great danger to be apprehended, recourse in this instance must be had, to the remedies recommended. See inflammation of the bowels.

WHITE SWELLINGS.

These more frequently happen with the knee than any other part. If taken in time, before the cords become contracted, it may be easily reduced by fomentations and embrocations, a little gentle exercise of the leg is desirable; and as this frequently comes on by scrofula in the blood it is desirable to cleanse the blood by a regular course of my mixture; we generally find the patient debilitated, the object, therefore must be to give tonic medicine, rich and nutritious food; we generally find the lungs affected and other symptoms of consumption, the first object is to remedy these matters, to get up the strength and spirits of the patient, the next object is to examine strictly into the cause, it may arise from a blow, a sprain, or from neglected cold, in which case inflammation comes on, and the ligaments above and below the cap of the knee become enlarged, the vessels wounded discharge into the cavity fluids which otherwise would pass off, and cause the knee to enlarge to a considerable extent, it becomes very painful, and the patient wishes to keep the knee in a fixed position, by which means the limb declines, the cords become contracted and incapable of action, then the question arises, is the limb to come off? the doctors say yes, I say no, at any rate not until danger of life appears. I have patients now fast recovering, who have been ordered six

months ago to have their limbs taken off, it is now unlikely amputation will ever take place with them. Even when premonitory symptoms of mortification come on, it may be reduced by proper applications, as before stated, together with the use of my Mortification Salve.

As it is probable this book will fall into the hands of those at a distance from medicines, I shall proceed to describe the way in which this disease from its commencement should be treated: I would recommend a tournequet to be placed on the knee, or a tight bandage, which should be kept wet with Embrocation, No. 6; if in the summer season the cold Douche Bath will be found of the greatest service, and should be applied every morning. It ought on no account to be lanced or opened, for when this operation has been performed, it will then be dangerous to heal up the wound, nor is there any hopes in any application to bring on a suppuration of healthy discharge, but a thin watery discharge will continue to flow. The patient may continue in this state for a considerable period; the general practice has been to order the patient to be kept in a quiet position, from the fear of bringing on too great an excitement, consequently inflammation, but how this is reconciled with a morbid tunefaction, while at the same time they recommend arousing of the action of the absorbents is not reconcilable to my mind. I have always viewed this disease in the same light as a sprain, where the capsular

ligaments have become distressed or distended, and have always found cold lotions and stimulent applications, together with a free use of tonics is most serviceable. It is my practice to place stays on the knee, so formed as exactly to fit it, with the exception that it is left open two inches, and tightened every day as the patient is able to bear it, this has two good effects, the one is to express the fluid from the wound when opened, which is collected under the cap of the knee, and at the same time to strengthen the vessels and close the orifice of the wounded members. I have patients, who, after having been given up by the first medical talent, are now able to verify the truth of these assertions. It must be well known to the world at large, that the medical faculty have no cure for this disease, we hear of numerous patients in the hospitals, infirmaries and private dwellings, of what course has been pursued, the various changes of the disease, the death of the patient, and the post-mortum, but I have never heard of a perfect cure. Wherever I have been applied to early in this disease, I have seldom failed of a cure, and never a case where a limb was lost.

I will here state one case in order to show my method of procedure, and must be excused for not naming the medical gentleman under whose care the patient had been, or the means that had been resorted to for her relief, suffice it to say the limb was ordered

off; I ordered a thorough course of my mixture, embrocations outwardly applied on the limb, with a gentle degree of friction, added to this a strong aromatic vegetable bath, my Life Elixir was given to reduce cough and other symptoms of phthisis, the result was this, that the appetite is good, the health is perfectly restored, and she is able to walk without pain, and in fact may be considered free from disease, and the last time I heard from her, she informs me she is able to walk about the city of New York free from pain; but in truth, I must confess, the swelling has not been entirely reduced. I have many patients in Boston who are getting along equally well. Will it therefore be said hereafter, there is no remedy for this disease. It must be perfectly understood, that this is more of a surgical case, in which it cannot be expected I should more fully describe, but as I am seldom appealed to in this as in many other cases until medical talent has been exhausted, I would have my fair reader view me struggling with all the difficulties of the case, like Leonidas at the pass of Thermopylæ.

DIARRHŒA.

This disease comes on, with nausea, loss of appetite, extreme pain in the regions of the abdomen, great relaxation of the bowels, cold extremities, accompanied with cold chills, this is generally supposed to be

highly dangerous, but if properly treated in time it is easily reduced. A great number of my patients in Boston have been afflicted with this disease, and I am perfectly confident there is not one case that has not been cured.

The use of the Medicated Stomach Warmer will be found invaluable, and cannot be too highly recommended in this case, having received so much benefit myself from this application, it is with confidence I recommend it to my patient.

Great attention must be paid to the state of the patient, inquiries must be made as regards the habit of the body. If for a considerable period it has been costive, constipation may have been produced from irregularities of the system, obstructions of the necessary evacuations, inflammation will come on, followed by the incipient stages of mortification, although every attention must be paid in every stage of the disease, it must not be too hastily stopped, or too much neglected, if it proceeds from neglected cold or inflammation, the Medicated Stomach Bath should be immediately applied, my Diarrhœa Mixture as directed, and my Life Elixir taken every night, these remedies will never fail. If it proceeds from too frequent use of unripe fruit, or a disorganized state of the digestive organs, nature should be assisted, I would recommend one wine glass of my No. 1 Mixture, added to a quarter of a wine glass of good brandy, this will apparently

increase the disorder and distress of the patient, in order to relieve which my Life Elixir must be taken, Diarrhœa Mixture may then be proceeded in, and the cure effected, it must be apparent that the effect of this disease is to weaken the whole of the viscera, particularly of the elementary tube, great care therefore should be had, to diet and regimen, light nutritious food should be taken some days afterwards, onion or milk porridge, water gruel, &c. regard should also be had not to take fomenting liquors, charcoal mixed with milk, and sweetened with honey is the best drink that can be taken.

POISONS.

There is a numerous train of diseases under this head, internal poisons and external poisons. The best antidote for internal poisons is the use of the stomach pump, in the absence of which I would recommend a tea-spoonful of carbon of soda, mixed with a tumbler of vinegar and water, but as a matter of course when this occurs it will be necessary to apply for medical aid. It is useless to enter into further detail. External poisons may be communicated by various ways; the most dreadful of all wounds I have ever beheld, was that of an old man in this city, of twenty years' duration. His leg was swelled nearly to half the size of his body, and the wounds extended from the knee

to the ankle, and were from an inch to two inches in depth. It discharged a pint of fœtid matter a day, and the smell was so noxious as scarcely to be borne. Dr. Mott, while dressing it, was obliged to bandage his mouth and nose. Small pustules of black matter, about the size of the pupil of the eye, were removed with an instrument, and my Mortification Salve was applied, and the limb got better. This man was a reaper in the field, and stated it arose from having his leg stung with ivy.

An elderly lady, while boning a hare for the purpose of jugging, perforated the skin of her fore-finger. No notice was taken of it at the time, nor did she feel any pain for some days. About four days after, the arm began to swell, particularly from the elbow to the upper joint or shoulder, and the finger turned black, with a red streak of about the thickness of a line. I am not aware what medicine was given her, but her arm was opened by her medical attendant, and the eleventh day she expired. I merely mention this case to show the danger of these things. In all cases of this kind, from whatever cause it may proceed, a poultice of bread and water should be applied and persisted in, and it should be examined by a surgeon to see if any thing be secreted in the part. Wounds received from broken glass are highly dangerous, indeed more so than from any instrument whatever; in this case it should be dressed with a little yellow basilican or Venice turpentine.

The bite of the Mosquito is capable of creating a great deal of pain, and frequently danger; instances have been known where they have proved fatal. The worst case I ever saw was in New York, where a limb was ordered to be taken off. As it was a very near friend of mine, I determined to see what could be done. I succeeded in curing it by the following method:—a wine-glass of my Stomachic Bitters was taken morning and evening, and the wounds were washed two or three times a day with a decoction of snake-root; a healthy discharge was brought on and the wounds were gradually dried up and healed by the use of my Mortification Salve. In the cure of all poison, snake-root is indispensable.*

HYDROPHOBIA.

This dreadful malady, which for so many hundred years has been allowed to revel in destruction, has at length found a cure. The complaint arises from the bite of any animal that is in a rabid state. It appears to arise principally from an inflammatory state of the brain, communicated through the sympathetic nerves to the muscular system, and as we find these nerves more immediately connected with the nerves of the teeth, hence it is that the saliva of the mouth becomes first impregnated with the disease. Experience has

* This leg can be seen at any time at my house, where the same person resides.

proved that where mad dogs have bitten persons through leather or woollen cloth, the hydrophobia has not been communicated, hence it appears that the tuscan organ or tooth has been divested of the poisonous matter. It is true the teeth may lacerate the skin and even the tendons, and it is not impossible a small proportion of excitement may be communicated, without indeed being charged with rabid affection. So prevalent was this disease once in London, that the moment the patients were taken with decided symptoms, they were immediately smothered between two beds. Those alone who have witnessed this disease, can appreciate the sufferings of the patient. Many days, nay months pass away before this disease makes its appearance.

The first symptoms are a violent pain in the head and back, and immediately on perceiving water, the fit comes on in all its violence. The dread of water is so great, that with the most determined courage on the part of the patient, it has proved impossible to put it to the mouth. The only cures which have ever been effected have been by a Medicated Bath of very high temperature, and perhaps which in common cases would kill the patient. The use of it is warranted in this case, as we know full well if this does not cure the patient, she must die in the most excruciating pain. The cases on record of cures are sufficient to warrant the application. Doubtless, if it is early discovered the part should immediately be cauterized.

No course of advice can be offered as a preventive, as it happens purely by accident, nor can any course of medicine be recommended until danger is subdued. If the bath produce this happy effect, it should be repeated milder every time, and a decoction of Senna leaves and Snake-root should be given in as large quantities as the system will bear.

APOPLEXY.

This disease is caused by a determination of blood to the head. Sometimes it has been attributed to inebriation and violent passions, but I have known instances where it has occurred without any apparent excitement, and it is my opinion that it proceeds either from pre-disposition or a particular formation of the neck and head. We seldom find persons with a long thin neck and small quantity of cerebellum, attacked by this disease, while on the contrary, in a person with a short, thick neck, the back of the head broad, and the body inclined to corpulency, we find this disease generally occurs. It is true in these cases the animal propensities being so fully developed, may by a powerful exertion cause this disease. From whatever cause apoplexy may arise, a surgeon should immediately be applied to; bleeding alone is the remedy for this disease, but if a surgeon should not be at hand, let some one round take courage by the necessity of

the case, and if a lancet is wanted, let a small knife be used instantly to open a vein in the arm. By this promptitude many a life might be preserved. My object in treating of this disease is more to point out a preventive than a cure. All persons, when informed of their liability to an attack, will use caution to avoid any extreme either of passion or excitement, to avoid sudden emotion, lifting of heavy weights, and over-exercise. Care should be had also to live moderately and to avoid wine and spirits. By a careful examination of the back of the head, the size of the cerebellum will be easily discovered. If the ears are very wide apart, and that part of the head is fully developed, it may at once be concluded this person is a fair subject of attack. This disease attacks the opposite sex in the proportion of nine to one. This is accounted for when we discover the cerebellum of the male is universally much larger than that of the female, hence it arises that the animal propensities of man predominate so much more powerfully than that of the female. This I think, will show my argument to be just.

BATHING.

Bathing is coeval with the world, and has been acknowledged in all ages, not only to be highly beneficial to health, but absolutely necessary, not only as

the cure of diseases, but the preventive of maladies, and certain I am that if the use of them were strictly enjoined by families now, as they were in the early ages, one half of the premature deaths would not occur; witness the number of epidemics that would be prevented, for instance in case of cold and fever, the Medicated Bath being applied in season, will act as a preventive. Mahomet, whose knowledge of chemistry raised him to his throne, and proclaimed him a prophet, enjoined it as a special and holy rite in the Koran, for his disciples and subjects to bathe themselves at sunrise. It is a well known fact, that a similar bath to those I use, was practised by his directions with every professor of the healing art, and although the world attribute in this enlightened age, great deception and imposition to him; yet certain it is he must have performed extraordinary cures, ere he could have attained his wonderful celebrity, by vegetable preparations. He reduced the plagues, and other diseases in such desperate cases, that it is likely from such causes the idea was believed, he could raise the dead. Since that period to the present moment has bathing ever been regarded, nor is there much difference, if any, in the present mode of application. If it be necessary to state more in substantiation of their high repute, almost every chapter in holy writ will confirm it. There we find it so highly esteemed, nay revered as a duty to Deity, as to perform ablution

before entering the holy tabernacle, or performing morning orisons. It also was considered by the Patriarchs, and their descendants, as the highest honor that could be paid, to wash their feet, and anoint their head. Our blessed Saviour, while on earth, permitted Mary, to bathe his feet, with her tears, and wipe them with her hair; surely these are proofs enough to justify the belief, that they ought to be used by the healthy as well as the invalid, the former as a preventive, the latter as a cure. When the mud bath was first used at Rome, the inventor was threatened by destruction from the populace, he was denounced as a necromancer and as one dealing with the devil. He applied to the tribunal for a trial, they granted it, by giving him, what they considered a hopeless case, a man stricken with palsy; he was immersed in the bath a proper length of time, his judges expecting his death, but when removed he was much better, and after some few applications it is reported he recovered; his name was proclaimed and honored at the Forum, he however retreated from the city, disgusted with mankind, and nothing could induce him to return to society again. The Mud Bath has since been used in Europe, with great success, other cases I could give if it were necessary, I mention this as it is probable I may have recourse to it myself. I have made myself perfectly acquainted with baths of all descriptions, and have applied them, in almost every

case, and carefully watched their results. The Salt Water Bath, cold and warm, the Douche Bath, &c. Shower Baths, are all highly beneficial when properly applied, in proper cases; it is a very common thing to say baths can do you no harm, if they do you no good, now we will suppose a delicate young female, under particular circumstances ordered into a bath, neither hot nor cold, [the hot bath would have the effect of debilitating the system already enfeebled and bring on a weakness which would baffle a remedy. The cold bath would have the effect, of checking the proper efforts of nature, and cause a determination of blood to the brain, and in some cases I have known madness the result. Is it not therefore proper, that baths of all kinds should be administered, under the eye of a skillful person? It is unnecessary to continue this argument as it will be equally true in all other baths. In order to arrive at a proper knowledge of the use of them, we must consider their effect, and the object we have in view. Experience has proved, that the hot and cold Medicated Baths, are capable of doing all that can be produced by baths, except in some few particular cases. For a particular description of these baths see preface.

I beg leave here to introduce a few remarks from a very able and useful work, which ought to be in the hands of every one, it is termed the Dyspeptic Mon-

itor, by S. M. Avery, an eminent Physician, from page 138 of that work, I quote the following.

“Shampooing, rubbing, kneading, &c. Shampooing is a remedy, which we have borrowed from eastern nations, by whom it is much employed. It consists in violently kneading, rubbing, and working the part to which it is applied. In England it has been used in some complaints of the limbs and joints, and in distortion of the spine, from a loss of power in the muscles of the back, in the latter disease with very considerable advantage; it is principally applicable to muscular parts whose actions is impaired, and sometimes succeeds, when most other means have failed. It has been stated heretofore, that the food may linger too long in the stomach, undergo fermentation, and give rise to a variety of unpleasant sensations, flatulence and acidity, owing to the languid and tardy manner in which that organ contracts upon its contents. It has also been stated that a torpid condition of the bowels, which sometimes depends in a great measure upon inactivity in their muscular coats may occasion many of the symptoms which characterize dyspepsia, and indeed be the principal agent in producing it. In both of these cases then, provided there is no inflammatory action going on in any part of the abdomen, smart kneading and rubbing may be beneficial.

“In order to act upon the stomach, it must be more or less distended; of course the best time is soon

after eating, when by kneading from below upward ; it is forced against the liver and diaphragm, and its muscular coat roused to more vigorous action. Much of the weight and uneasy feeling which the dyspeptic experiences after eating, may be often removed by this process.

“ Since the first edition was prepared for the press, I have had further opportunity of observing the effects of shampooing, and am led to believe that a feeble contraction of the stomach upon the food is oftener a cause of imperfect digestion than has been generally suspected. It has been asserted, that the gastric juice is principally secreted in consequence of the stimulus of the food upon the inner coat of the stomach, and it seems not improbable that it is necessary for the stomach to contract with a certain degree of force upon the mass, in order to receive a sufficient impression to excite the secretion, as well as to prevent the gas, with which weak stomachs are almost constantly distended, from remaining betwixt it and its contents, and thus hindering digestion.

“ It seems also not impossible that the absorbing power of the stomach, may more or less depend upon the mouths of the absorbing vessels, being properly brought in contact with its contents.

“ We know that pressure applied to dropsical parts, will sometimes enable the vessels to take up the fluid.

“ From this it may be inferred, that shampooing may be often very useful by rousing the stomach and

duodenum, to more vigorous contraction. But what is still more conclusive is, that a large number of cases can be produced in which it has given immediate and great relief.

“ I am enabled to state from undoubted authority, that champoning and hot fomentations are the secret remedies which have lately attracted considerable attention in this city. The effect of smart pressure upon the pit of the stomach, in relieving some of the disagreeable sensations occasioned by indigestion, appears to have led to the use of the former, which is employed in all cases, and the hot fomentations have been resorted to in order to relieve that feeling of rigidity or spasmodic contraction of the large muscles which cover the stomach and bowels, (called the abdominal muscles,) complained of by some dyspeptics.

“ I will barely remark that this condition of the muscles, is entirely the effect of irritation in the stomach and bowels, and has nothing to do with occasioning the indigestion. Nothing is more common than to see it in children, suffering from colic pains, and in severe cholic in adults these muscles are sometimes so strongly contracted as to render the abdomen as hard to the touch as a board.

“ The fomentations (which are not applied in all cases) consist in cloths dipped in vinegar, over which a flat iron moderately hot is applied to maintain the warmth for a considerable time; sometimes they are used for a day or two before the champoning. The

champooing, however, is the principal remedy, and is performed as follows: If the person is standing up, he places his back against the wall, and the operator standing before him, with his hands open, commences kneading with the ends of his fingers, the pit of the stomach under the edges of the ribs, &c.* The pressure is directed upwards and against the spine, and is continued for fifteen, twenty, or thirty minutes, or until it occasions considerable sensation in the region of the stomach.

“In some cases, it is said the insensibility of these parts is so great, that it requires a good deal of kneading to have this effect, but when once brought about, it affords immediate relief.

“The invalid is then directed to practice the same thing upon himself, particularly after his meals. I have advised it to a number of cases, and can state, that sometimes it certainly acts like magic,—instantly removing every unpleasant feeling, and causing the stomach to act very promptly. But as I have heretofore observed, this effect is but temporary, unless the diet is regulated. In one instance, the person declared himself to be perfectly well, for more than a week, but had a return of his complaint in consequence of eating improper food, notwithstanding he continued the remedy.”

* This is not Champoing, or rather not the proper method. The champoo instrument must be used.

I have cited this authority, in order to show how highly the mere act of champooing is esteemed ; but when it is understood by my reader, that this forms but a trifling part of the benefit of our Patent Baths, for although it is acknowledged, as above stated, that the simple act of champooing is beneficial, yet it must be considered that previous to its application the body is put in a proper state of atmospheric heat, by being enveloped in vapour, by which means the pores of the skin are opened and in a proper state to receive the shampooing, together with embrocations and oils, as the case may require. The aromatic flavour arising from the medicated vapour, is highly grateful to the senses ; in this bath no unpleasant feeling can arise from chill, over-heat, faintness, or fear, its particular construction renders it so safe that it can be administered with safety to the nursing babe, or the aged matron. The greatest advantage of these baths, however, is to be attributed to its power of being altered and medicated to suit every disease. It is a well known fact that steam alone generated from water, by means of heat, has been found in some cases highly beneficial, provided no cold water is used, for that must be the very height of folly, although indeed, it were better for me not to make this remark, for the mischief of this system has brought me many patients, more than other systems (mercury excepted.) Patients in this city after twenty, thirty, nay, forty years'

have been cured by these baths. Need any thing farther be said of their utility. Our reason for obtaining a patent for our system, is that it may be diffused throughout the states, for wherever it is used certain will be the beneficial effects.

FAREWELL

ADDRESS TO MY READERS

Having perused this little volume, I may presume to think my friends and patrons are satisfied with this first number of a work, which, if favourably received, I intend to continue periodically. Since writing this little work, a variety of other reports have reached my ears; indeed, were I to receive a collection of them, it would take volumes, but there is not so glaring a contrast, as it is to pass unnoticed, viz: that no person can see me without paying! Now every one that has seen me knows the country; they have never paid me, nor has it ever been requested of them to pay for any advice I may have given or for any introduction to me. My system on this point is simply this, every female is

FAREWELL

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HAVING perused this little volume, I may presume to think my friends and patients are satisfied with this first number of a work, which, if favourably received, I intend to continue periodically.

Since writing this trifling work, a variety of other reports have reached my ears; indeed, were I to attempt a confutation of them, it would take volumes, but there is one so glaring, I cannot allow it to pass unnoticed, viz: that no person can see me without paying! Now every one that has seen me knows to the contrary; they have never paid me, nor has it ever been requested of them to pay for any advice I may have given, or for any introduction to me. My system on this point, is simply this, every female is

allowed to see me, who comes for medical aid ; if I can be of no service in the case, I am candid in saying so, and dismiss the patient without charge ; if the case is such that I can be useful, and which, conscientiously, I entertain a strong belief of relief, or cure, as the case may be, then I administer my medicines ; they are to be paid for at the time when taken, and no charge for advice.

To those of my patients who may have perused this little work, I feel a peculiar interest ; I have been enabled by the assistance of Divine Providence to relieve their maladies, and found in them warm friends, they will read this like the conversation of an old acquaintance, and will see me in my writings ; they will commence reading with candour, and unprejudiced will they go through its contents. Again, others who are not known personally to me, but yet are friendly to the Female Physician, to such, I would say, happy is the mind where candour dwells ; and who so proper as the Female Physician for the female frame ; and the last, though not least, are those, who not knowing me are not contented without doing all they can to injure me, either by propagating evil reports or hinting

at others who have been spreading this venom ; they will peruse this work to find fault, to criticise over its contents, in this point they will find occupation, but still they must acknowledge that experience has taught me something, and they yet may be brought to find out that the *one* whom they have tried to injure, has an inward monitor, at whose appeal she can confidently refer ; for true it is that my heart agrees with my conscience, in the verdict, “ void of offence towards God and man.” With the humble confidence, that as it hath pleased Divine Goodness to place in my hands power, as a steward in his household — “ Go forth and do good, neither turn to the left or the right,” but pursue thy path — in due time these things shall be made apparent.

A P P E N D I X .

Anodyne.—The best and safest anodyne, to give ease in pain, procure sleep, and prevent inflammation, as also to arrest diarrhœa, is my Life Elixir, as an internal application; but, exteriorly, my Anodyne Embrocation will be found desirable. Where internal ulcers or bruises have taken place, Doctor Dixon's Balsam, prepared by us, should be taken. It removes most internal complaints, and externally prepares wounds to heal, however bad, or of long continuance.

Acid.—Of the variety of acids, the safest and best, (for such purposes as are recommended to be so treated,) Lemon Juice will be found most desirable; particularly in fevers, it should be plentifully supplied. In contractions of the cords or tendons, it will be found invaluable. It is a strong dissolvent, and has, when combined with proper auxiliaries, performed cures, where no other preparations have had any effect. In the cure of white swellings and joint complaints, (but where the ligament of the knee cap is affected, it cannot be ventured on,) a tea spoonful of

super carbon of soda, thrown into a tumbler of lemonade, makes a highly pleasant draught in summer, or when fatigued. It is also an excellent method of administering some kinds of medicines. The following preparation will be found of more service in the prevention of disease than any other in common use, and should be used in families through the hot season. It is equally recommended to all ages. Take two gallons of water, one pint of lime or lemon juice, two Seville oranges, two pounds of lump sugar, half a pound of Jamaica ginger. Boil it three hours; strain it off; and, when cold, add a quarter of a pint of yeast. Let it ferment two days; put in two quarts of cold water—this will precipitate the particles. Bottle it off in half pint or pint bottles, corked and tied, and you will have an excellent effervescent drink. If it is not desired so strong, double the quantity may be made by a second boiling—adding the two brewings together before bottling. Lemons peeled and sliced, placed in a saucer, and covered with powdered lump sugar, are highly agreeable to the sick. It is also an excellent cosmetic.

Apples.—This agreeable fruit has acquired a celebrity in all countries; perhaps, unequalled by any other kind. It is welcomed at the gorgeous banquet; it is looked for on all occasions; and,

by its abundant supply, is within reach of all. The French, perhaps, use this fruit more freely than any other people; and still the very worst kinds grow in that country. Who that has sauntered a morning's stroll in the Garden of the Tuilleries, the Garden of Plants, or on the Boulevards, where almost every one has an apple and a piece of bread, will not agree it is wholesome? I have not the least doubt that this practice is a chief cause of so little complaint of dyspepsia in that country, together with a free use of cider. It is true, this system requires the use of spirits; and it is evident, that, when good with such light food, it may with safety be taken in small quantities. I am acquainted with a lady, upwards of a hundred years old, who, for fifty years, has taken a table spoonful of brandy every night, in a little water; and when indisposed, two or three. But I must agree, that it is dangerous to indulge in its use; and am aware that the temperance societies have saved thousands of lives; perhaps more than all the doctors, or all the preparations for patients' drink. I cannot help recommending, as the best apple tea, (particularly in fevers and inflammatory complaints) — six apples, peeled and sliced, are to be put into a jug; pour in three pints of boiling water; let it stand one hour; strain it off; add the juice of one lemon and a little lump sugar.

This may be freely administered. Apples also make a serviceable poultice in certain cases; which, however, must only be used when ordered. Apples boiled in milk, baked, roasted, &c. are excellent for children. I am pleased to see it so much in use in the United States, and beg to observe, that it ought to be encouraged. There is not a person, who has a complaint of dyspepsia, that ought not to make constant use of apples, (not those which are too acid,) but choose the medium — between sweet and sour.

Anodyne Soothing Syrup.—For infants cutting teeth, this is a safe and highly desirable preparation. It soothes pain, softens the gums, relaxes the cartilage of the jaw, and produces rest. See page 65.

Anodyne Toothache Drops.—This invaluable preparation is known throughout the whole world, and the immense sale of it is the best proof of its value. It will never fail to cure toothache, unless accompanied with tic doloroux — (in which case, see Tic Doloroux.)

Anodyne for Internal Complaints. See Life Elixir. Cordial for infants, with directions for use.

Antiscorbutic Mixture, for eruptions on the skin. See page 51. Nos. 1, 2, and 3. See page 155.

Antibilious—A vegetable mixture, called No. 2, Antibilious. See page 170.

Asthma.—Cough Drops are the same preparation as Asthma Drops. Ask for either. See page 172.

Barley Water.—Put half a tea cup of pearl barley into three pints of water; boil it down to two; strain it off, and add the juice of two lemons. An excellent drink for the sick.

Bitters.—Bitters are prepared in various ways, to suit the complaint, and are numbered from one to six. See the disease.

Blisters.—In fevers, blisters are highly beneficial; when delirium comes on, they are to be put behind the ears and back of the neck. As the expense is trifling, they had better be procured at an apothecaries.

Clysters.—Injections, when given, require care and attention, and with it, are highly serviceable and safe. For worms, a quarter of a pint of common lamp oil and a quarter of a pint of infusion of snakeroot every other day.

An injection of warm water and soap, or soap suds, is safe and beneficial; or salt water and sweet oil, warm milk and butter or oil may be used; and if the patient feel much pain, four tea spoonsful of Life Elixir may be mixed with it. If it be desirous that a strong action should take place, half a pint of water gruel, a little brown soap, and a table spoonful of molasses, will be

found best. In all cases, the Stomach Warmer should be applied after an injection of this kind.

Cataplasms.—There are a variety of methods of preparing these. It is only necessary to say, that the common poultice, made of mustard and vinegar, is the best and safest. Placed on the soles of the feet it is highly serviceable in fevers, pains in the bowels and head, and, indeed, in any pains of the body, brought on by cold.

Castor Oil is a safe and proper medicine to give at all ages; and ought to be taken by females every few weeks, if in health. The dose must, of course, be regulated according to the habits of the body.

Cough Drops.—These are admitted to be the best preparation known, and have been called, by my patients, magic drops. It is wonderful what cures they have effected.

Carminative Compound Mixture for children and adults, to expel wind from the intestines. An excellent thing to ease infants in pain, and to give rest. See page 77.

Corns.—Corn Dissolvent Liquid destroys corns effectually, if properly used. In Bottles.

Cancer Dissolvent.—This must not be used, unless I see the person myself.

Chilblains.—Salve, when broken; if not broken, the Chilblain Embrocation.

Catarrh Embrocation and Snuff will be found highly beneficial, together with Catarrh Gargle.

Diarrhœa Mixture.—This will be found efficient in curing this complaint.

Deobstruent Powders for females in early life, to produce regularity in the system; *to be taken as directed*.

Exercise.—See advice to young females, and Addenda at the end of the Appendix.

Embrocations.—One, two, three, four, five, six. Apply for them as directed, in each particular case.

Emetics.—These are so well understood, that it is unnecessary to prepare them. Ipicacuhana Wine is best. A wine glass full for a grown person; from seven to fifteen, three parts; and less in proportion, according to the age of the person.

Fomentations.—The great benefit of fomentations, to reduce swellings and inflammations, render them highly worthy of notice. They are prepared by boiling herbs in water, and administering them while hot, by dipping pieces of flannel into the liquid, wringing it dry, and laying it on the part; ~~continually changing it for about an hour.~~

Gout.—The preparation called Gout Ointment is used in early stages; in after stages, the Gout Embrocation.

Golden Ointment is used for burns, scalds, and wounds, to heal them after the first application has been used. See Burns, page 146.

Headache.—The Headache Snuff, a preparation similar to the Scephalic Snuff, will be found highly agreeable and beneficial.

Hemorrhoid Ointment, a perfect cure. No. 1 for the first box after No. 2, if wanted.

Lips.—The Lip Salve will be found deserving. It is put up in boxes for the pocket.

Mortification Salve, so called from its excellent effects in case of Mortification; but more so in cure of old ulcers, wounds, and cancers.

Ointment for Sore Heads,

Poultice.—Bread Poultice is made by either milk or water; but it seldom is necessary to apply it, where it is not also indispensable to add the charred blackberry root. A poultice for the eyes should be mixed with the Eye Wash, as I have described. A poultice to draw should be made of linseed, meal, soap and sugar. A poultice to reduce inflammation, of bran and vinegar; but fomentation is always better in this case.

Plasters are made to suit particular diseases, as described and known by Nos., from one to nine, differing in strength and composition. Ask for them as described in the disease.

Stomachic.—The Stomachic Bitters, prepared

by us, are so well known to the world, for the cures performed in debility, dyspepsia and enervation, that it is only necessary to mention them by that name. Directions accompany them.

Syphilis.—See page 53.

Tonics.—I am confident there is not a superior medicine to this in existence. The Tonic Powders are carefully prepared, and thousands are ready to attest their virtue. They are so blended with other ingredients as to make an agreeable effervescent draught. They are numbered according to the strength, from one to three; and are to be taken as directed in the envelope. Ask for the number according to the disease, as directed.

Tic Doloroux.—This painful disease, which has hitherto been thought incurable, can be effectually cured by the Tic Doloroux Embrocation, in conjunction with the Medicated Baths.

Warts.—This disagreeable excrecence of the skin, with other excrecences, may be cured by my Wart Ointment. See page 64.

The highest price of any one medicine is \$1,50 and the lowest is 25 cents. No charges made but for medicine.

A D D E N D A .

I would recommend, in the strongest terms, for those invalids who are troubled with pain in the side or sides, those of a nervous temperament, and, indeed, for all of weakly habits, the use of the Calisthenium or Gymnastic Exercises, as they are taught at the Masonic Temple, under the direction of Misses French and Hadley; and particularly to young misses who are growing, the advantages are incalculable. A trial of them will soon convince the invalid of their utility.—

(Invented by the eminent physician Dr. Clegg.)

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MRS. MOTT,
FEMALE PHYSICIAN,

WOULD inform her patients and the public in general, that she has located herself in Boston, at the corner of Lynde and Cambridge streets, where she will continue to administer her Systematic Vegetable Medicines, to those who are desirous of cure in all the complaints incident to the human frame.

The Patent Champoo and Medicated Baths, in connexion with the Medicines, will be under her direction for Females, and will be in daily operation. To those who are acquainted with these invaluable Baths, nothing may be said in their praise; to those who are not, one trial will convince them of their utility. The Baths will be open, at all times, to the patients of physicians, under their prescriptions.

To be had as above, Josephine Dentifrice, for whitening the teeth; the Tooth Paste, for preserving them and tightening the gums; Corn Liquid, with directions; Wart Ointment; Lip Salve; Chilblain Liquid and Salve; Toothache Drops; Tic Doloroux Embrocation; Headache Drops; Bunion Embrocation; Strengthening Powders and Stomachic Bitters.

PATENT FOR THE UNITED STATES.

MOTT's Patent Medicated and Champoo Baths, and Systematic Vegetable Medicine. These Baths are well known to the Medical Faculty as being patronized by the most eminent physicians of Europe and Asia, and are considered in the oriental empires as the greatest luxury they enjoy; being a preventive as well as a cure of contagious diseases; and they are now introduced in the United States in a new and perfect form, and with the greatest confidence of success. These Baths are medicated according to the disease. They are now open to the public, and will be administered to families or individuals, under the direction, or according to the prescription, of their physician.

DR. MOTT will undertake the cure (or the relief) of all Chronic Diseases, Wounds, (of however long standing,) Ulcers, Abscesses, internal or external, Gout, Rheumatism, Tic Doloroux, Cancers, Imposthumes, and other complaints incident to the human frame.

Dr. M. will personally superintend the various Baths, and attend to the prescriptions of the medical gentlemen in behalf of their patients.

Without boasting of the cures that have been performed, or pretending to any wonderful knowledge, he would merely say, that he would be hap-

py to render the Baths, and the System of Medicine itself, useful to the high medical talent of Boston, leaving it to an enlightened public to decide.

Those spacious premises, at the corner of Lynde and Cambridge streets, have been fitted up with great expense; and other places have been purchased, to be fitted up as auxiliary establishments. It may be proper to state, that no mercury or mineral preparations are used; no hot medicines or cold water; but it is in fact, an union of the simples of the *Materia Medica* with the *Herbal Medica* — therefore called *Vegetable*.

Teeth and Corns, he will undertake to extract scientifically; Bunions on the joints, compound or cancerous Toe Nails, and other diseases of the feet, diseases of the eyes, &c.

Male patients only are attended to by me. Females and children, by Mrs. Mott. No out door cases can be attended to.

N. B. Agents may purchase Patent Rights for villages, towns, or cities, in any part of the United States, with a guarantee exclusive, together with the Medicines and Book of Directions, by application to DR. MOTT, corner of Lynde and Cambridge streets.

Boston, Feb. 1, 1834.

