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FIRST LINES  
OF THE  
PRACTICE OF PHYSIC.

BY  
WILLIAM CULLEN, M. D.

LATE PROFESSOR OF THE PRACTICE OF PHYSIC IN THE  
UNIVERSITY OF EDINBURGH, &c.

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WITH PRACTICAL AND EXPLANATORY  
NOTES,

BY JOHN ROTHERAM, M. D.

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IN TWO VOLUMES.

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VOL. I.

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NEW-YORK :

PRINTED BY L. NICHOLS,  
FOR I. RILEY & Co. BOOK-SELLERS & STATIONERS,  
NO 1, CITY-HOTEL, BROADWAY.

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1805.  
Lew.



Anonymous

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## FIRST VOLUME.

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# P R E F A C E.

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**T**O deliver a System of the Doctrines and Rules proper for directing the Practice of Physic, is an undertaking that appears to me to be attended with great difficulty; and after an experience of more than forty years in that practice, as well as after much reading and reflection, it was with great diffidence that I ever entered upon such a work. It was, however, what seemed to be my duty as a Professor that induced me to make the attempt; and I was engaged in it by the same sentiments that the illustrious Dr. Boerhaave has expressed in the following passage of the preface to his Institutions: "Simul enim docendo admotus eram sensu, propriorum cogitatorum explicatione docentem plus proficere, quam si opus ab alio conscriptum interpretari suscipit. Sua quippe optime intelligit, sua cuique præcæteris placent, unde clarior fere doctrina, atque animata plerumque sequitur oratio. Qui vero sensa alterius exponit, infelicius sæpenumero eadem assequitur; quumque suo quisque sensu abundat, multa refutanda frequenter invenit, unde gravem frustra laborem aggravat, minusque incitata dictione utitur." It is well known, that a Text-book is not only extremely useful, but necessary to Students who are to hear Lectures; and from the same considerations that moved Dr. Boerhaave, I also wished to have one for myself; while at the same time, from some peculiar circumstances in my situation, I had some additional inducements to undertake such a work.

Before I was established as Professor of the Practice of Physic in this University, I had been employed in giving Clinical Lectures in the Royal Infirmary; and upon that occasion had delivered, what, in my own opinion, seemed most just with regard to both the nature and the cure of the diseases of which I had occasion to treat. But I soon found, that my doctrines were taken notice of, as new, and peculiar to myself; and were accordingly severely criticised by those who, having long before been trained up in the system of Boerhaave, had continued to think that that system neither required any change, nor admitted of any amendment. I found, at the same time, that my doctrines were frequently criticised by persons who either had not been informed of them correctly, or who seemed not to understand them fully; and therefore, as soon as I was employed to

teach a more complete system of the Practice of Physic, I judged it necessary to publish a Text-book, not only for the benefit of my hearers, but that I might also have an opportunity of obtaining the opinion of the public more at large, and thereby be enabled either to vindicate my doctrines, or be taught to correct them. These were the motives for my attempting the volumes I formerly published ; and now from many years experience of their utility to my hearers, as well as from the favorable reception they have met with from the public, I am induced to give a new edition of this Work, not only, as I hope, more correct in many parts, but also more complete and comprehensive in its general extent.

At the first publication of this work, it was intended chiefly for the use of those gentlemen who attended my lectures ; altho' even then for the reasons I have mentioned, it was rendered more full than text-books commonly are ; and, in the repeated editions I have since had occasion to give, I have been constantly endeavoring to render it more full and comprehensive. In these respects, I hope the present edition will appear to be rendered more fit for general use, and better calculated to afford satisfaction to all those who think they may still receive any instruction from reading on this subject.

While I thus deliver my work in its now more improved state, with the hopes that it may be of use to others as well as to those who hear my Lectures, I must at the same time observe, that it presents a system which is in many respects new, and therefore I apprehend it to be not only proper, but necessary, that I should explain here upon what grounds, and from what considerations, this has been attempted.

In the first place, I apprehend that, in every branch of science with respect to which new facts are daily acquired, and these consequently giving occasion to new reflections, which correct the principles formerly adopted, it is necessary from time to time, to reform and renew the whole system, with all the additions and amendments which it has received and is then capable of. That at present, this is requisite with regard to the Science of Medicine, will, I believe, readily occur to every person who at all thinks for himself, and is acquainted with the Systems which have hitherto prevailed. While, therefore, I attempt this, I think it may be allowable, and upon this occasion even proper, that I should offer some remarks on the principal Systems of Medicine which have of late prevailed in Europe, and that I should take notice of the present state of Physic as it is influenced by these. Such remarks, I hope, may be of some use to those who attempt to improve their knowledge by the reading of books.

Whether the practice of Physic should admit of reasoning, or be entirely rested upon experience, has long been, and may still be, a matter of dispute. I shall not, however, at present, enter upon the discussion of this; because I can venture to assert, that, at almost all times, the practice has been, and still is, with every person, founded more or less, upon certain principles established by reasoning; and therefore, in attempting to offer some view of the present state of Physic, I must give an account of those systems of the principles of science which have lately prevailed, or may be supposed still to prevail in Europe.

When, after many ages of darkness, which had destroyed almost the whole of ancient literature, learning was again restored in the fifteenth century;\* so from causes which are well known, it was the system of Galen alone that the Physicians of those days became acquainted with; and during the course of the sixteenth century, the study of Physicians was almost solely employed in explaining and confirming that system. Early, indeed, in the sixteenth century, the noted Paracelsus† had laid the foundation of a Chemical system which was in direct opposition to that of Galen; and, by the efficacy of the medicines employed by Paracelsus and his followers, their system came to be received by many: but the systematic Physicians continued to be chiefly Galenists, and kept possession of the Schools till the middle of the seventeenth century. It is not, however, necessary here to enter into any further detail respecting the fate of those two opposite sects; for the only circumstance concerning them, which I would at present point out, is, that in the writ-

\* At this period the medical knowledge of Europe was chiefly, and indeed solely, such as had been derived from the Arabians. At the conquest of Constantinople by the Turks, about the middle of the fifteenth century, several of the Greeks fled into Italy, and the people of Europe communicating with them, found them to be intelligent, and some of them even learned men; the Europeans were thence led to study the Greek language, in order to read the valuable books which these fugitives had so much extolled; and among other works, those of Galen particularly attracted the notice of the physicians, which to their great astonishment, contained all the medical knowledge that had been attributed to the Arabians. To the Greek writers, therefore, the physicians of those times closely applied their attention, thinking these books the only true fountains of medical knowledge; and thus it was that the Galenical doctrines became prevalent all over Europe.

† The remarkable circumstances in the life of *Aureolus Philippus Theophrastus Bombastus Paracelsus de Boenheim*, as he called himself, are too numerous for insertion in the narrow limits allotted to these Notes. He was born at the village of Einsiedlen, about two German miles from Zurich, in the year 1493. At three years old he was made an eunuch by an accident. He travelled all over the continent of Europe, obtaining knowledge in chemistry and physic, and then travelled about the country practising what he had learned. His chief remedies were opium and mercury, and his great success increased his celebrity. He cured the famous printer *Frobenius* of Basil of an inveterate disease; this cure brought him acquainted with *Erasmus*, and made him known to the magistracy of Basil, who elected him professor in 1527. He lectured two hours every day. While seated in his chair, he burnt with great solemnity, the writings of *Galen* and *Avicenna*; and declared to his audience, that if God would not impart the secrets of physic, it was not only allowable, but even justifiable to consult the devil. He soon left Basil, and continued to ramble about the country, generally intoxicated, and never changing his clothes, or even going to bed. He died after an illness of a few days, in an inn at Saltsburgh, in 1541, in his 48th year, tho' he had promised himself that, by the use of his elixir, he should live to the age of Methusalem.

ings of both, the explanations they severally attempted to give of the phenomena of health or sickness, turned entirely upon the state of the fluids of the body.

Such was the state of the science of physic till about the middle of the seventeenth century, when the circulation of the blood came to be generally known and admitted ; and when this, together with the discovery of the receptacle of the chyle, and of the thoracic duct, finally exploded the Galenic system. About the same period a considerable revolution had taken place in the system of Natural Philosophy. In the course of the seventeenth century, Galileo had introduced mathematical reasoning ; and Lord Bacon having proposed the method of induction, had thereby excited a disposition to observe facts, and to make experiments. These new modes of philosophizing, it might be supposed, would soon have had some influence on the state of medicine ; but the progress of this was slow. The knowledge of the Circulation did indeed necessarily lead to the consideration as well as to a clearer view of the Organic System in animal bodies ; which again led to the application of the mechanical philosophy towards explaining the phenomena of the animal œconomy ; and it was applied accordingly, and continued, till very lately, to be the fashionable mode of reasoning on the subject. Such reasoning, indeed, must still in several respects continue to be applied : but it would be easy to show, that it neither could, nor ever can be, applied to any great extent in explaining the animal œconomy ; and we must therefore look for other circumstances which had a greater share in modelling the system of Physic.

With this view, it may be remarked, that till the period just now mentioned, every Physician, whether Galenist or Chemist, had been so much accustomed to consider the state and condition of the fluids, both as the cause of disease, and as the foundation for explaining the operation of medicines, that what we may term an HUMORAL PATHOLOGY still continued to make a great part of every system. In these circumstances, it was soon perceived, that chemistry promised a much better explanation than the Galenic or Aristotelian philosophy had done ; and, therefore, while the latter was entirely laid aside, a chemical reasoning was every where received. Lord Bacon with his usual sagacity, had early observed, that chemistry promised a great number of facts, and he thereby gave it credit ; whilst the Corpuscularian philosophy, restored by Gassendi, readily united with the reasonings of the Chemists ; and the philosophy of Des Cartes readily united with both. From all these circumstances, an Humoral, and chiefly a Chemical Pathology, came to prevail very much till the end of the last century ; and has indeed,

continued to have a great share in our systems down to the present time.

It is proper now, however, to observe, that about the beginning of the present century, when every part of science came to be on a more improved and correct footing, there appeared in the writings of STAHL, of HOFFMAN, and of BOERHAAVE, three new, and considerably different, Systems of Physic; which have ever since had a great share in directing the practice of it. In order, therefore, to give a nearer view of the present state of Physic, I shall offer some remarks upon these different systems; endeavoring to point out the advantages, as well as the disadvantages of each, and how far they still prevail; or, according to my judgment, deserve to do so.

I shall begin with considering that of Dr. STAHL, which I think appeared first, and for a long time after was the prevailing system in Germany.

The chief and leading principle of this system is, that the rational soul of man governs the whole œconomy of his body. At all times, Physicians have observed, that the animal œconomy has in itself a power or condition, by which, in many instances, it resists the injuries which threaten it; and by which it also, on many occasions, corrects or removes the disorders induced, or arising in it. This power, Physicians very anciently attributed, under a vague idea, to an agent in the system, which they called NATURE; and the language of a *vis conservatrix et medicatrix nature*, has continued in the schools of medicine from the most ancient times to the present.

Dr. Stahl has explicitly founded his system on the supposition that the power of nature, so much talked of, is entirely in the rational soul. He supposes, that upon many occasions, the soul acts independently of the state of the body; and that, without any physical necessity arising from that state, the soul, purely in consequence of its intelligence perceiving the tendency of noxious powers threatening, or of disorders any wise arising in the system, immediately excites such motions in the body as are suited to obviate the hurtful or pernicious consequences which might otherwise take place.—Many of my readers may think it was hardly necessary for me to take notice of a system founded upon so fanciful an hypothesis; but there is often so much seeming appearance of intelligence and design in the operations of the animal œconomy, that many eminent persons, as Perrault in France, Nichols and Mead in England, Porterfield and Simson in Scotland, and Gaubius in Holland, have very much countenanced the same opinion, and it is therefore certainly entitled to some regard. It is not, however, necessary for me here to enter into any refutation of it. Dr. Hoffman has done this fully,

in his *Commentarius de differentia inter Hoffmanni doctrinam medico-mechanicam et G. E. Stahlii medico-organicam*; and both Boerhaave and Haller, though no favorers of materialism, have mentioned a doctrine very opposite to that of Stahl.

In my *Physiology* I have offered some arguments against the same; and I shall only add now, that whoever considers what has been said by Dr. Nichols in his *Oratio de Anima Medica*, and by Dr. Gaubius in some parts of his *Pathology*, must perceive, that the admitting of such a capricious government of the animal œconomy, as these authors in some instances suppose, would at once lead us to reject all the physical and mechanical reasoning we might employ concerning the human body. Dr. Stahl himself seems to have been aware of this; and therefore in his preface to Juncker's *Conspectus Therapeia Specialis*, has acknowledged, that his general principle was not at all necessary; which is in effect saying that it is not compatible with any system of principles that ought to govern our practice. Upon this footing, I might have at once rejected the Stahlian principle: but it is even dangerous to bring any such principle into view; for, after all Dr. Stahl had said in a passage just now referred to, I find, that, in the whole of their practice, both he and his followers have been very much governed by their general principle. Trusting much to the constant attention and wisdom of nature, they have proposed the *Art of curing by expectation*; have therefore, for the most part, proposed only very inert and frivolous remedies; have zealously opposed the use of some of the most efficacious, such as opium and the Peruvian bark; and are extremely reserved in the use of general remedies, such as bleeding, vomiting, &c.

Although these remarks, upon a system which may now be considered as exploded or neglected, may seem superfluous; I have been willing to give these strictures on the Stahlian system, that I might carry my remarks a little farther, and take this opportunity of observing, that, in whatever manner we may explain what have been called the operations of nature, it appears to me, that the general doctrine of *Nature curing diseases*, the so much vaunted *Hippocratic* method of curing, has often had a baneful influence on the practice of physic; as either leading physicians into, or continuing them in, a weak and feeble practice; and at the same time superseding or discouraging all the attempts of art. Dr. Huxham has properly observed that even in the hands of Sydenham it had this effect. Although it may sometimes avoid the mischiefs of bold and rash practitioners, yet it certainly produces that caution and timidity which have ever opposed the introduction of new and efficacious remedies. The opposition to chemical medicines in the sixteenth and seventeenth centuries, and the noted condemnation of Antimony by the Medical Faculty of

Paris, are to be attributed chiefly to those prejudices, which the physicians of France did not entirely get the better of for near an hundred years after. We may take notice of the reserve it produced in Boerhaave, with respect to the use of the Peruvian bark. We have had lately published, under the title *Constitutiones Epidemicae*, notes of the particular practice of the late Baron Van Swieten ; upon which the editor very properly observes, That the use of the bark, in intermitting fevers, appears very rarely in that practice ; and we know very well where Van Swieten learned that reserve.

I might go farther, and show how much the attention to the *Autocrateia*, allowed of, in one shape or other, by every sect, has corrupted the practice among all physicians, from Hippocrates to Stahl. It must, however, be sufficiently obvious, and I shall conclude the subject with observing, that although this *vis medicatrix naturæ*, must unavoidably be received as a fact ; yet whether it is admitted, it throws an obscurity upon our system ; and it is only where the impotence of our art is very manifest and considerable, that we ought to admit of it in practice.

To finish our remarks upon the Stahlion System, I shall shortly observe, that it did not depend entirely upon the *Autocrateia*, but also supposed a state of the body and diseases, that admitted of remedies ; which, under the power and direction of the soul, acted upon the organization and matter of the body, so as to cure its diseases. Upon this footing, the Stahlion pathology turned entirely upon Plethora and Cacoehymy. It was with respect to the former that they especially applied their doctrine of the *Autocrateia* in a very fantastical manner ; and, with respect to the latter, they have been involved in a humoral pathology as much as the systematic physicians who had gone before them, and with a theory so incorrect as not to merit the smallest attention. After all, I ought not to dismiss the consideration of the Stahlion system, without remarking, that as the followers of this system were very intent upon observing the method of nature, so they were very attentive in observing the phenomena of diseases, and have given us in their writings many facts not to be found elsewhere.

While the doctrines of Stahl were prevailing in the university of Halle, Dr. Hoffman,\* a professor in the same university proposed a system that was very different. He received into his system a great deal of the mechanical, Cartesian, and chemical doc-

\* Frederick Hoffman was born at Halle in the year 1660. He graduated in 1681 ; was made professor of physic there in the year 1693 ; and filled that chair till his death in 1742. A very remarkable circumstance of his life is, that he never took fees from his patients, but was content with his stipend. He was in high repute as a practitioner, and curing the Emperor Charles VI. and Empress, and Frederick I. of Prussia, of inveterate diseases, greatly increased his reputation. His works are collected into six volumes, folio, published at different times from 1748 to 1754. They abound with many useful practical directions ; but at the same time contain many frivolous remarks, and an abundance of conjectural theory.

trines of the systems which had appeared before : but with respect to these, it is of no consequence to observe in what manner he modified the doctrines of his predecessors, as his improvements in these respects were no ways considerable, and no part of them now remain ; and the real value of his works, beyond what I am just now going to mention, rests entirely on the many facts they contain. The merit of Dr. Hoffman and of his works is, that he made, or rather suggested, an addition to the system, which highly deserves our attention. Of this I cannot give a clearer account than by giving it in the author's own words. In his *Medicina Rationalis Systematica*, Tom III. § 1. chap. iv. he has given his *Genealogia morborum ex turbato solidorum et fluidorum mechanismo* ; and in the 47th and last paragraph of this chapter he sums up his doctrine in the following words : “ Ex hisce autem omnibus uberius hactenus excussis, per quam dilucide apparere arbitror, quod solus SPASMUS et simplex ATONIA, æquabilem, liberum, ac proportionatum sanguinis omnisque generis fluidorum motum, quibus excretionum successus et integritas functionum animi et corporis proxime nititur, turbando ac pervertendo, universam vitalem œconomiam subruant ac destruant ; atque hinc universa pathologia longe rectius atque facilius EX VITIO MOTUUM MICROSMICORUM IN SOLIDIS, quam EX VARIIS AFFECTIONIBUS VITIOSORUM HUMORUM, deduci atque explicari possit, adeoque omnis generis ægritudines internæ, ad PRÆTERNATURALES GENERIS NERVOZI AFFECTIONES sint referendæ. Etenim læsis quocunque modo, vel nervis per corpus discurrentibus, vel membranosis quibusvis nervosis partibus, illico motuum anomaliam, modo leviores, modo graviore subsequuntur. Deinde attentæ observatio docet, motus quosvis morbosos principaliter sedem figere et tyrannidem exercere in nervosis corporis partibus, cujus generis præter omnes canales, qui systaltico et diastaltico motu polentes, contentos succos tradunt, universum nimirum intestinorum et ventriculi ab œsophago ad anum canalem, totum systema vasorum arteriosorum, ductuum biliariorum, salivalium, urinariorum et subcutaneorum, sunt quoque membranæ nerveo-musculares cerebri et medullæ spinalis, præsertim hæc, quæ dura mater vocatur, organis sensoriis obductæ, nec non tunicæ illæ ac ligamenta, quæ ossa cingunt artusque firmant. Nam nullus dolor, nulla inflammatio, nullus spasmus, nulla motus et sensus impotentia, nulla febris humoris illius excretio, accidit, in qua non hæ partes patiantur. Porro etiam omnes, quæ morbos gignunt causæ, operationem suam potissimam perficiunt in partes motu et sensu præditas, et canales ex his coagmentatos, eorum motum, et cum hoc fluidorum cursum, pervertendo ; ita tamen, ut sicuti variæ indolis sunt, sic etiam varie in nerveas partes agant, iisdemque noxam affircent. Demum omnia quoque eximie virtutis medicamenta, non tam

in partes fluidas, earum crasin ac intemperiem corrigendo, quam potius in solidas et nervosas, earundem motus alterando ac moderando, suam edunt operationem : De quibus tamen omnibus, in vulgari usque eo recepta morborum doctrina, altum est silentium.\*

It is true, that Dr. Willis\* had laid a foundation for this doctrine, in his *Pathologia Cerebri et Nervorum*; and Baglivi had proposed a system of this kind in his *Specimen de fibra motrici et morbosa*. But in these writers it was either not extensively applied to diseases, or was still so involved in many physiological errors, that they had attracted little attention; and Dr. Hoffman was the first who gave any tolerable simple and clear system on the subject, or pointed out any extensive application of it to the explanation of diseases.

There can be no sort of doubt that the phenomena of the animal œconomy in health and in sickness, can only be explained by considering the state and affections of the primary moving powers in it. It is to me surprising that physicians were so long in perceiving this, and I think we are particularly indebted to Dr. Hoffman for putting us into the proper train of investigation; and it every day appears that Physicians perceive the necessity of entering more and more into this inquiry. It was this, I think, which engaged Dr. Kaaw Boerhaave to publish his work entitled *Impetum faciens*; as well as Dr. Gaubius to give the Pathology of the *Solidum vivum*. Even the Baron Van Swieten has upon the same view thought it necessary, in at least one particular, to make a very considerable change in the doctrine of his master, as he has done in his Commentary upon the 775th Aphorism. Dr. Haller has advanced this part of science very much by his experiments on irritability and sensibility. In these and in many other instances, particularly in the writings of Mr. Barthez of Montpellier, of some progress in the study of the affections in the Nervous System, we must perceive how much we are indebted to Dr. Hoffman for his so properly beginning it. The subject, however, is difficult: the laws of the Nervous System, in the various circumstances of the animal œconomy, are by no means ascertained; and from want of attention and observation with the view to a system on this subject, the business appears to many as an inexplicable mystery. There is no wonder therefore, that on such a difficult subject, Dr. Hoffman's system was imperfect and incorrect; and has had less influence on the writings and practice of Physicians since his time, than might have been expected. He

\* This illustrious physician was born at great Bedwin in Wiltshire in 1621. He took the degree of master of arts in 1642 at Oxford, where he was made professor of natural philosophy in 1660: and that same year he took the degree of M. D. His practice was extensive and successful. He was one of the first members of the royal society in London, whither he removed in 1666; and soon made his name as illustrious by his writings, as he had already done by his practice. His works had been often printed separately; but they were not collected till after his death, which happened on the 11th of November, 1675. One edition was published at Geneva in 1676, and another at Amsterdam in 1682, both in quarto.

himself has not applied his fundamental doctrine so extensively as he might have done; and he has every where intermixed a Humoral Pathology, as incorrect and hypothetical as any other. Though he differed from his colleague Dr. Stahl in the fundamental doctrines of his system, it is but too evident that he was very much infected with the Stahlion doctrines of Plethora and Cachochymy, as may be observed throughout the whole course of his work; and particularly in his chapter *De morborum generatione ex nimia sanguinis quantitate et humorum impuritate*.

But it is needless for me to dwell any longer upon the system of Hoffman; and I am next to offer some remarks on the system of Dr. Boerhaave, the contemporary of both the other Systematics, and who, over all Europe, and especially in this part of the world, gained higher reputation than either of the others.

Dr. Boerhaave\* was a man of general erudition; and, in applying to medicine, he had carefully studied the auxiliary branches of Anatomy, Chemistry, and Botany, so that he excelled in each. In forming a system of Physic, he seems to have studied diligently all the several writings of both ancient and modern Physicians; and, without prejudice in favor of any former systems, he endeavored to be a candid and genuine eclectic. Possessed of an excellent systematic genius, he gave a system superior to any that ever before appeared. As in the great extent, and seemingly perfect consistency, of system, he appeared to improve and refine upon every thing that had before been offered; and as in his Lectures he explained his doctrines with great clearness and elegance; he soon acquired a very high reputation, and his system was more generally received than any former had been since the time of Galen. Whoever will consider the me-

\* Voorhoot, a small village about two miles from Leyden, gave birth to this eminent physician on the last day of the year 1668. He was educated at Leyden, and took his first degree in philosophy 1690. His thesis on this occasion was a confutation of the doctrines of Epicurus, Hobbes, and Spinoza; in which he shewed great strength of genius and argument. Although he was at this time well qualified to enter into the church, which was his father's intention, yet he was diffident of his abilities, and chose to attend the lectures of divinity longer. His patrimony was however now exhausted, and he supported himself at the university by teaching mathematics, while he prosecuted his theological studies. This conduct was much approved by the eminent men both of the University and City, and procured for Boerhaave the friendship of Mr. Vanderburg the Burgomaster of Leyden. Under the patronage, and at the persuasion of this gentleman, Boerhaave applied himself to the study of physic with great ardor and indefatigable diligence. In a short time he became proficient in anatomy, chemistry, and the materia medica, which indeed are the basis of physic. Leaving Leyden he went to the university of Harderwick in Guelderland, and there took his degree of Doctor of Physic in July 1693. On his return to Leyden he still persisted in his intention of entering into the ministry, which luckily, for the sake of Physic, was frustrated by the following adventure: In a passage-boat where Boerhaave was, a discourse was accidentally started about the doctrines of Spinoza as subversive of religion; and one of the passengers, with vague invectives of blind zeal, opposed this philosopher's pretended mathematical demonstration. Boerhaave calmly asked him if he had read Spinoza's work, which he had so much derided. The bigot was suddenly struck dumb, and became fired with silent resentment. As soon as he arrived at Leyden, he spread abroad a rumor that Boerhaave was become a Spinozist. Boerhaave finding these prejudices to gain ground, thought it more prudent to pursue the science of physic, than risk the refusal of a licence for the pulpit. He now joined the practice of Physic to the theory. On the 18th of May, 1701, he commenced his lectures on the Institutes of Physic. In 1709, he was created professor of medicine and botany; and in 1718, he succeeded Le Mort in the professorship of Chemistry. In August 1722, he was seized with the gout, and was obliged to resign his professorship of Chemistry and Botany in 1729. He continued for some time to practice, but was at length obliged to quit that also; and he died on the 23d of September 1738.

rits of Dr. Boerhaave, and compare his system with that of former writers, must acknowledge that he was very justly esteemed, and gave a system which was at that time deservedly valued.

But, in the progress of an inquisitive and industrious age, it was not to be expected that any system should last so long as Boerhaave's has done. The elaborate Commentary of Van Swieten on Boerhaave's system of practice, has been only finished a few years ago; and though this Commentator has added many facts, and made some corrections, he has not, except in the particular mentioned above, made any improvement in the general system. It is even surprising that Boerhaave himself, though he lived near forty years after he had first formed his system, had hardly in all that time made any corrections of it or additions to it; the following is the most remarkable. In Aphorism 755, the words *forte et nervosi, tam cerebri quam cerebelli cordi destinati inertia*, did not appear in any edition before the fourth; and what a difference of system this points at, every physician must perceive.

When I first applied to the study of Physic, I learned only the system of Boerhaave; and even when I came to take a Professor's chair in this university, I found that system here in its full force; and as I believe it still subsists in credit elsewhere, and that no other system of reputation had been offered to the world, I think it necessary for me to point out particularly the imperfections and deficiencies of the Boerhaavian system, in order to show the propriety and necessity of attempting a new one.

To execute this, however, so fully as I might, would lead me into a detail that can hardly be admitted of here; and I hope it is not necessary, as I think, that every intelligent person, who has acquired any tolerable knowledge of the present state of our science, must in many instances, perceive its imperfections. I shall therefore touch only upon the great lines of this system; and from the remarks I am to offer, trust that both the mistakes and deficiencies which run through the whole of his works will appear.

Dr. Boerhaave's treatise of the diseases of the simple solid, has the appearance of being very clear and consistent, and was certainly considered by him as a fundamental doctrine; but, in my apprehension, it is neither correct nor extensively applicable, not to mention the useless, and perhaps erroneous, notion of the composition of earth and gluten; nor his mistake concerning the structure of compound membranes; nor his inattention to the state of the cellular texture; all of them circumstances which render his doctrine imperfect; I shall insist only upon the whole being very little applicable to the explaining the phenomena of health or sickness. The laxity or rigidity of the simple solid, does, indeed, take place at the different periods of life, and may perhaps, upon other occasions, occur as the cause of disease: But

I presume, that the state of the simple solid is, upon few occasions, either changeable or actually changed; and that, in ninety-nine cases of an hundred, the phenomena attributed to such a change, do truly depend on the state of the *solidum vivum*; a circumstance which Dr. Boerhaave has hardly taken notice of in any part of his works. How much this shows the deficiency and imperfection of his system, I need not explain. The learned work of Dr. Gaubius, above referred to, as well as many other treatises of late authors, point out sufficiently the defects and imperfections of Boerhaave on this subject.

After Dr. Boerhaave has considered the diseases of the solids, he in the next place attempts to explain the more simple diseases of the fluids; and there, indeed, he delivers a more correct doctrine of acid and alkali than had been given before: But, after all, he has done it very imperfectly. We have, indeed, since his time, acquired more knowledge upon the subject of digestion; and so much as to know, that a great deal more is yet necessary to enable us to understand in what manner the animal fluids are formed from the aliments taken in. And although Dr. Boerhaave has fallen into no considerable error with respect to a morbid acidity in the stomach, he could not possibly be complete upon that subject; and his notion of the effects of acidity in the mass of blood, seems to have been entirely mistaken, and is indeed not consistent with what he himself has delivered elsewhere.

His doctrine of alkali is somewhat better founded, but is probably carried too far; and the state of alkalescency and putrefaction, as well as all the other changes which can take place in the condition of animal fluids, are particulars yet involved in great obscurity, and are therefore still subjects of dispute.

There is another particular, in which Boerhaave's doctrine concerning the fluids appears to me imperfect and unsatisfactory; and that is, in his doctrine *de Glutinoso spontaneo*. The causes which he has assigned for it are by no means probable, and the actual existence of it is seldom to be proved. Some of the proofs adduced for the existence of a *phlegma calidum*, are manifestly founded upon a mistake with respect to what has been called the inflammatory crust, (See Van Sweiten's Commentary, page 96.) and the many examples given by Boerhaave of a *glutinosum* appearing in the human body, (*Aph.* 75.) are all of them nothing more than instances of collections or concretions found out of the course of the circulation.

If, then, we consider the imperfections of Dr. Boerhaave's doctrine with respect to the state and various condition of the animal fluids; and if at the same time we reflect how frequently he and his followers have employed the supposition of an acrimony or lentor of the fluids, as causes of disease, and for directing

the practice ; we must, as I apprehend, be satisfied, that his system is not only deficient and incomplete, but fallacious and apt to mislead. Although it cannot be denied, that the fluids of the human body suffer various morbid changes ; and that upon these, diseases may primarily depend ; yet I must beg leave to maintain, that the nature of these changes is seldom understood, and more seldom still is it known when they have taken place : that our reasonings concerning them have been, for the most part, purely hypothetical ; have therefore contributed nothing to improve, and have often misled, the practice of physic. In this, particularly, they have been hurtful, that they have withdrawn our attention from, and prevented our study of, the motions of the animal system, upon the state of which the phenomena of diseases do more certainly and generally depend. Whoever, then, shall consider the almost total neglect of the state of the moving powers of the animal body, and the prevalence of an hypothetical humoral pathology, so conspicuous in every part of the Boerhaavian system, must be convinced of its very great defects, and perceive the necessity of attempting one more correct.

After giving this general view, it is not requisite to enter into particulars ; but, I believe, there are very few pages of his aphorisms in which there does not occur some error or defect ; although, perhaps, not to be imputed to the fault of Boerhaave, so much as to this, that since his time a great collection of new facts has been acquired by observation and experiment. This, indeed, affords the best and most solid reason for attempting a new system : for when many new facts have been acquired, it becomes requisite that these should be incorporated into a system, whereby not only particular subjects may be improved, but the whole may be rendered more complete, consistent, and useful. Every system, indeed, must be valued in proportion to the number of facts that it embraces and comprehends ; and Mons. Quesney could not pay a higher compliment to the system of Boerhaave, than by saying that it exhibited *La medicine collective*.

But here it will, perhaps be suggested to me, that the only useful work on the subject of physic, is the making a collection of all the facts that relate to the art, and therefore of all that experience has taught us with respect to the cure of diseases. I agree entirely in the opinion ; but doubt if it can ever be properly accomplished, without aiming at some system of principles, by a proper induction and generalisation of facts : at least I am persuaded that it can be done not only very safely, but most usefully in this way. This, however, must be determined by a trial. I know that the late Mr. Lieutaud has attempted a work on the plan of collecting facts without any reasoning concerning their causes : And while I am endeavoring to give some account of the

present state of physic, I cannot dismiss the subject without offering some remarks upon the promising *Synopsis universæ medicinæ*, composed by the first physician of a learned and ingenious nation.

In this work there are many facts and much observation from the Author's own experience, which may be useful to those who have otherwise some knowledge and discernment; but, throughout the whole work, there is such total want of method, arrangement, system, or decision, that in my humble opinion, it can be of little use, and may prove very perplexing to those who are yet to learn. The distinction of the genera of diseases, the distinction of the species of each, and often even that of the varieties, I hold to be a necessary foundation of every plan of physic, whether dogmatical or empirical. But very little of this distinction is to be found in the work of Mr. Lieutaud; and in his preface he tells us, that he meant to neglect such *arguta sedulitas*. And indeed his method of managing his subject must certainly interrupt and retard all methodical nosology. His arrangement of diseases is according to no affinity, but that of the slightest and unimportant kind, the place of the body which they happen to affect. His *Generalia et incerta sedis*, have hardly any connection at all; the titles *Rheumatismis*, *Hypocondriasis*, *Hydrops*, follow one another. When he does attempt any general doctrine, it is not till long after he has treated of the widely scattered particulars. Under each particular title which he assumes, he has endeavored to enumerate the whole of the symptoms that ever appeared in a disease under that title; and this without aiming at any distinction between the essential and accidental symptoms, or marking the several combinations under which these symptoms do for the most part steadily appear. From the concurrence of accidental symptoms, the variety of the same disease is frequently considerable, a circumstance necessarily perplexing and distracting to young practitioners; but it seems strange to me, that an experience of thirty years, in considerable practice, could do nothing to relieve them.

Mr. Lieutaud has at the same time increased the confusion that must arise from this want of distinction, by his considering as primary diseases, what appear to me to be the symptoms, effects, and sequels, of other diseases only. Of this I think, the *Æstus morbosus*, *Virum exolutio*, *Dolores*, *Stagnatio sanguinis*, *Purulentia*, *Tremor*, *Pervigilium*, *Raucedo*, *Suffocatio*, *Vomica*, *Empyema*, *Singultus*, *Vomitus*, *Dolor Stomachi*, *Tenesmus*, all treated of under separate titles, are examples. A general symptomatology may be a very useful work, with a view to a System of Pathology; but with a view to practice without any System, it must have bad effects as leading only to a palliative practice,

and diverting from the proper efforts towards obtaining a radical cure. Mr. Lieutaud, indeed, has endeavored to exhibit the symptoms above mentioned as so many *primary diseases* : but he has seldom succeeded in this ; and, in delivering the practice he commonly finds it necessary to consider them as symptoms, and that not without some theory, implied or expressed, with respect to their proximate causes. His title of *Dolores* may be taken as an example of this ; and from which it may be readily perceived how far such treatises can be really useful.

In establishing a proper pathology, there is nothing that has been of more service than the dissection of morbid bodies. Mr. Lieutaud has been much and most commendably employed in this way, and in this Synopsis he has endeavored to communicate his knowledge on the subject ; but in my humble opinion, he has seldom done it in a manner that can be useful. In the same way that he has delivered the symptoms of diseases without any instructive arrangement ; so on the subject of the appearances after death, he has mentioned every morbid appearance that had ever been observed after the disease of which he is then treating : but these appearances are strangely huddled together, without any notice taken of those which belong to one set of symptoms or to another ; and with regard to the whole, without any attempt to distinguish between the causes of diseases and the causes of death ; although the want of such distinction is the well known ground of fallacy upon this subject. I take for an example, the appearances mentioned as having been observed after dropsy. Here morbid appearances, found in every part of the body, in every cavity of it, and in every viscus contained in these cavities, are enumerated : but which of these morbid states are more frequent or more rare, and which has been more particularly connected with the different causes or with the different state of symptoms previously recited, we are not informed, nor has he enabled us to discover. In short, the dissection of morbid bodies has been, and may be, highly useful ; but in order to be so, it must be under a different management from what we find either in this Synopsis, or even in the *Historia Anatomico-medica*.

I cannot dismiss this subject without remarking, that the dissection of morbid bodies, is chiefly valuable upon account of its leading us to discover the proximate causes of diseases ; and the great and valuable work of the illustrious Morgagni is properly intitled *De sibus et causis*. It may well seem surprising, then, that Lieutaud should find the whole of proximate causes *atra caligine mersas* ; and that he should never have thought of applying his dissections towards the ascertaining at least some of these.

But let me now proceed to consider the important part of every

practical work, and of this *Synopsis universæ medicinæ*: that is, the method of curing diseases.

Here, again, upon the same plan as in giving the histories of disease, the method of cure is delivered by enumerating the whole of the remedies that have ever been employed in a disease under the title prefixed; without assigning the species, or the circumstances to which the remedies, though of a very different and sometimes opposite nature, are particularly adapted. On the subject of Asthma, he very justly observes that physicians have been to blame in confounding, under this title, almost all the species of Dyspnœa; and he himself very properly considers Asthma as a disease distinct from all the other cases of Dyspnœa. Still, however, he considers Asthma as of many different species, arising from many different causes, which till we understand better, we cannot attempt to remove. Notwithstanding all this, he proceeds to deliver a very general cure. *Parum abest, says he, quia specifici titulo gaudeant pectoralia, vulneraria, et incidentia!* But from such language I receive no clear idea; nor can I obtain any clear direction from the enumeration of his medicines. *Baccæ juniperi, gummi, tragacanthum vel ammoniacum, sapo aqua picea, terebinthina, &c. quæ tamen haud indiscriminatim sunt usurpanda, sed pro re nata, deluctu opus est.* Very justly indeed, *deluctu opus est*; but here, as in many other instances, he gives us no sort of assistance.

From his endeavors, though not always successful, to neglect all system, his practice is generally delivered in a very indecisive manner; or, what has the same effect, in a way so conditional as will render it always difficult, and often impossible, for a young practitioner to follow him. Let us take, for example, his cure of Dropsy. "The cure may be begun by blood-letting in certain conditions; *but in others, it cannot be employed without danger.* It gives relief in difficult breathing; *but, after it is practised, the symptoms are aggravated, and rendered more obstinate.* It is not to be concealed that some persons have been cured by repeated blood-lettings, or spontaneous hæmorrhagies; *but it is at the same time known, that such a remedy inopportunately employed, has in many instances hastened on the fatal event.*"

In the same manner he treats of vomiting, purging, sweating, and the use of mineral waters; but I must confess, that he has no where removed any of my doubts or difficulties, and indeed he has sometimes increased them. He says, that hepatics, or aperients, such as the *lingua cervina, herbæ capillares, &c.* deserve commendation; but that when the disease has arisen to a certain degree, they have been, *for the most part, found to be useless.* He observes, that the powder of toads given in wine, to the quantity of a scruple or more, has succeeded with severals.

Such are commonly, the methods of cure delivered by Mr. Lieutaud, *longiori et forte felicissima praxi edoctus*.

It would be tedious to enter further into that detail, which a criticism of this immethodical and uninstrucive work might lead me into ; but, if the bounds proper for this preface did not prevent me, I would particularly show that the work is far from being free from those reasonings which the author pretends to avoid, and would affect even to despise. He still holds the doctrines of the CONCOCTION and CRITICAL EVACUATION of MORBIFIC MATTER ; doctrines depending upon subtile theories, and which, in my opinion, can in no wise be ascertained as matters of fact. Mr. Lieutaud likewise is still very much upon the old plan of following NATURE, and therefore gives often what I consider as a feeble and inert practice. The *hamectantia, diluentia, demulcentia, et temperantia*, are with him very universal remedies, and often those which alone are to be employed.

The mention of these medicines might lead me to take notice of Mr. Lieutaud's second volume, in which, *ab insula remediorum farragine alienus*, he promises a great reformation upon the subject ; but this falls so far short of the idea of British physicians, that I need not make any remarks upon it. With respect to his list of simples, or *Emporetica*, as he is pleased to term them, an English apothecary would smile at it ; and with respect to his *Officinalia*, I believe they are to be found no where but in the *Codex Medicamentarius* of Paris ; and in his *Magistralia* his doses are generally such as the most timid practitioner of this country would hardly descend to ; and such as none of our practitioners of experience would depend upon. In short, the whole of the work, both with respect to the theories with which it abounds, and to the facts which it gives, will not, in my apprehension, bear any serious criticism. But I must conclude ; and shall only say further, that such as I have represented it, is this work, executed by a man of the first rank in the profession. It is indeed for that reason I have chosen it as the example of a work, upon the plan of giving facts only, and of avoiding the study or even the notice of the proximate causes of diseases ; and with what advantage such a plan is pursued, I shall leave my readers to consider.

In the following treatise I have followed a different course. I have endeavored to collect the facts relative to the diseases of the human body, as fully as the nature of the work and the bounds necessarily prescribed to it would admit : but I have not been satisfied with giving the facts, without endeavoring to apply them to the investigation of proximate causes, and upon these to establish a more scientific and decided measure of cure. In aiming at this, I flatter myself that I have avoided hypothesis, and what

have been called *theories*. I have, indeed, endeavored to establish my general doctrines, both physiological and pathological ; but I trust that these are only a generalisation of facts, or conclusions from a cautious and full induction ; and if any one shall refuse to admit, or directly shall oppose, my general doctrines, he must do it by showing that I have been deficient or mistaken in assuming and applying facts. I have, myself, been jealous of my being sometimes imperfect in these respects ; but I have generally endeavored to obviate the consequences of this, by proving, that the proximate causes which I have assigned, are true in fact, as well as deductions from any reasoning that I may seem to have employed. Further, to obviate any dangerous fallacy in proposing a method of cure, I have always been anxious to suggest that which, to the best of my judgment, appeared to be the method approved of by experience, as much as it was the consequence of system.

Upon this general plan I have endeavored to form a system of physic that should comprehend the whole of the facts relating to the science, and that will, I hope, collect and arrange them in better order than has been done before, as well as point out in particular those which are still wanting to establish general principles. This which I have attempted may, like other systems, hereafter suffer a change ; but I am confident that we are at present in a better train of investigation than physicians were in before the time of Dr. Hoffman. The affections of the motions and moving powers of the animal economy, must certainly be the leading inquiry in considering the diseases of the human body. The inquiry may be difficult ; but it must be attempted, or the subject must be deserted altogether. I have therefore assumed the general principles of Hoffman, as laid down in the passage which I have quoted above ; and if I have rendered them more correct, and more extensive in their application ; and more particularly, if I have avoided introducing the many hypothetical doctrines of the Humoral Pathology which disfigured both his and all the other systems which have hitherto prevailed ; I hope I shall be excused for attempting a system, which upon the whole may appear new.

EDINBURGH, Nov. 1789.

# FIRST LINES

OF THE

## PRACTICE OF PHYSIC.

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### INTRODUCTION.

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1.] IN teaching the PRACTICE of PHYSIC, we endeavor to give instruction for *discerning, distinguishing, preventing, and curing* diseases, as they occur in particular persons.

2.] The art of DISCERNING and DISTINGUISHING diseases, may be best attained by an accurate and complete observation of their phenomena, as these occur in concurrence and in succession, and by constantly endeavoring to distinguish the peculiar and inseparable concurrence of symptoms, to establish a METHODICAL NOSOLOGY, or an arrangement of diseases according to their genera and species, founded upon observation alone, abstracted from all reasoning. Such an arrangement I have attempted in another work, to which in the course of the present I shall frequently refer.

3.] The PREVENTION of diseases depends upon the knowledge of their remote causes ;\* which is partly delivered in the general Pathology, and partly to be delivered in this treatise.

4.] The CURE of diseases is chiefly, and almost unavoidably founded in the knowledge of their proximate causes.† This requires an acquaintance with the Institutions of Medicine ; that is, the knowledge of the structure, action, and functions of the human body ; of the several changes which it may undergo ; and of the several powers by which it can

\* Remote causes are of two kinds, viz. the predisposing and the exciting, or, as it is sometimes called, the occasional. The predisposing is that which renders the body liable or capable of being affected by disease when the exciting cause is applied. No disease can exist without an occasional cause ; yet it is necessary, that at the same time, the state of the body should be such as to admit that cause to take effect, or act. The predisposing cause is inherent in the body ; but it may nevertheless be induced or changed by an external cause still more remote. Thus plethora may be the predisposing cause of many diseases, yet that same plethora may be induced by various causes previously acting on the body. The prevention of diseases is to avoid the exciting cause, and to correct that state of the body, which renders it capable of being affected by the exciting cause.

† Proximate causes are those which immediately produce the disease, and whose removal cures the disease.

be changed. Our knowledge of these particulars, however, is still incomplete, is in many respects doubtful, and has often been involved in mistake and error. The doctrine, therefore, of proximate causes, founded upon that knowledge, must be frequently precarious and uncertain. It is, however, possible for a judicious physician to avoid what is vulgarly called theory, that is, all reasoning founded upon hypothesis, and thereby many of the errors which have formerly taken place in the Institutions of Medicine. It is possible also for a person who has an extensive knowledge of the facts relative to the animal œconomy in health and sickness, by a cautious and complete induction, to establish many general principles which may guide his reasoning with safety; and while at the same time, a physician admits as a foundation of practice those reasonings only which are simple, obvious and certain, and for the most part admits as proximate causes those alone that are established as matters of fact rather than as deductions of reasoning, he may with great advantage establish a system of practice chiefly founded on the doctrine of proximate causes. But when this cannot be done with sufficient certainty, the judicious and prudent physician will have recourse to EXPERIENCE alone; always, however, aware of the hitherto incomplete and fallacious state of Empiricism.

5.] With a strict attention to these considerations in the whole of the following Treatise, I proceed to treat of particular diseases in the order of my Methodical Nosology.

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## PART I.

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### *OF PYREXIÆ, OR FEBRILE DISEASES.*

6.] **P**YREXIÆ, or febrile diseases, are distinguished by the following appearances. After beginning with some degree of cold shivering, they show some increase of heat, and an increased frequency of pulse, with the interruption and disorder of several functions, particularly some diminution of strength in the animal functions.

7.] Of these Pyrexiaë I have formed a class, and have subdivided it into five orders of FEVERS, INFLAMMATIONS, ERUPTIONS, HEMORRHAGIES, and FLUXES.—See Synopsis Nosologiæ Methodicæ, Edit. 3. 1780.

# BOOK I.

## OF FEVERS.

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### CHAPTER I.

#### *OF THE PHENOMENA OF FEVERS.*

8.] **T**HOSE diseases are more strictly called FEVERS, which have the general symptoms of Pyrexia, without having along with them any topical affection that is essential and primary, such as the other orders of the Pyrexiaë always have.

9.] Fevers, as differing in the number and variety of their symptoms, have been very properly considered as of distinct genera and species. But we suppose that there are certain circumstances in common to all the diseases comprehended under this order, which are therefore those essentially necessary to, and properly constituting the nature of fever. It is our business especially, and in the first place, to investigate these; and I expect to find them as they occur in the paroxysm, or fit, of an intermittent fever, as this is most commonly formed.

10.] The phenomena to be observed in such a paroxysm are the following. The person is affected, first, with a languor or sense of debility, a sluggishness in motion, and some uneasiness in exerting it, with frequent yawning and stretching. At the same time, the face and extremities become pale; the features shrink; the bulk of every external part is diminished; and the skin over the whole body, appears constricted, as if cold had been applied to it. At the coming on of these symptoms, some coldness of the extremities, though little taken notice of by the patient, may be perceived by another person. At length, the patient himself feels a sensation of cold, commonly first in his back, but, from thence, passing over the whole body; and now his skin feels warm to another person. The patient's sense of cold increasing, produces a tremor in all his limbs, with frequent successions or rigors of the trunk of the body. When this sense of cold, and its effects, have continued for some time, they become less violent, and are alternated with

warm flushings. By degrees, the cold goes off entirely ; and a heat, greater than natural prevails, and continues over the whole body. With this heat, the color of the skin returns, and a preternatural redness appears, especially in the face. Whilst the heat and redness comes on, the skin is relaxed and smoothed, but for some time continues dry. The features of the face, and other parts of the body, recover their usual size, and become even more turgid. When the heat, redness, and turgescence have increased and continued for some time, a moisture appears upon the forehead, and by degrees becomes a sweat, which gradually extends downwards over the whole body. As this sweat continues to flow, the heat of the body abates ; the sweat, after continuing some time, gradually ceases ; the body returns to its usual temperature ; and most of the functions are restored to their ordinary state.\*

11.] This series of appearances gives occasion to divide the paroxysm into three different stages ; which are called the COLD, the HOT, and the SWEATING STAGES or *Fits*.

In the course of these, considerable changes happen in the state of several other functions, which are now to be mentioned.

12.] Upon the first approach of languor, the pulse becomes sometimes slower, and always weaker than before. As the sense of cold comes on, the pulse becomes smaller, very frequent, and often irregular. As the cold abates and the heat comes on, the pulse becomes more regular, hard and full ; and in these respects, increases till the sweat breaks out. As the sweat flows, the pulse becomes softer, and less frequent, till the sweat ceasing altogether, it returns to its usual state.

13.] The respiration also suffers some changes. During the cold stage, the respiration is small, frequent and anxious, and is sometimes attended with a cough : as the hot stage comes on, the respiration becomes fuller and more free ; but continues still frequent and anxious, till the flowing of the sweat relieves the anxiety, and renders the breathing less frequent and more free. With the ceasing of the sweat, the breathing returns to its ordinary state.

14.] The natural functions also suffer a change. Upon the approach of the cold stage, the appetite for food ceases, and does not return till the paroxysm be over, or the sweat

\* This description of a paroxysm is truly admirable. The symptoms are most accurately described, and the order of their succession most strictly attended to by the author.

has flowed for some time. Generally during the whole of the paroxysm, there is not only a want of appetite, but an aversion from all solid, and especially animal food. As the cold stage advances, there frequently comes on a sickness and nausea, which often increase to a vomiting of a matter that is for the most part bilious. This vomiting commonly puts an end to the cold stage, and brings on the hot. As the hot stage advances, the nausea and vomiting abate; and when the sweat breaks out, they generally cease altogether.

15.] A considerable degree of thirst is commonly felt during the whole course of the paroxysm. During the cold stage, the thirst seems to arise from the dryness and clamminess of the mouth and fauces, but during the hot stage, from the heat which then prevails over the whole body; and as the sweat flows, the mouth becomes moister, and the thirst, together with the heat gradually abates.\*

16.] In the course of a paroxysm, there is often a considerable change in the state of the secretions. The circumstances just now mentioned, show it in the secretion of the saliva and mucus of the mouth; and it is still more remarkable with respect to the urine. During the cold stage, the urine is almost colorless, and without cloud or sediment. In the hot stage it becomes high colored, but is still without sediment. After the sweat has flowed freely, the urine deposits a sediment, commonly lateritious, and continues to do so for some time after the paroxysm is over.

17.] Excepting in certain uncommon cases which are attended throughout with a diarrhœa, stools seldom occur till towards the end of a paroxysm, when commonly a stool happens, which is generally of a loose kind.†

18.] Analogous to these changes in the state of the secretions, it frequently happens, that tumors subsisting on the surface of the body, suffer during the cold stage of fevers, a sudden and considerable detumescence; but generally, though not always, the tumors return to their former size during the sweating stage. In like manner, ulcers are some-

\* The thirst in the cold and hot stages of the paroxysm seems to be a provident design of nature, and has been held forth as an argument for the existence of the *vis medicatrix nature*. The paroxysm concludes with a profuse sweat; the production of this sweat requires an additional quantity of fluidity; and nature, by means of the thirst, seems anxious to supply the quantity of fluid matter necessary for the perspiration that is requisite to remove the disease.

† The author's expression is here somewhat awkward: the meaning of the passage is, that stools seldom occur in the two first stages of a paroxysm, except in peculiar cases attended with diarrhœa; and if a stool happens about the end of the paroxysm, it is generally of a loose kind.

A spontaneous diarrhœa always increases the violence of the symptoms, and the obstinacy of the disease. Hence the absurd practice of prescribing purges in agues, which never fail to exacerbate the paroxysms, and prolong their continuance. If any uneasiness arises from accumulated feces in the colon or rectum, they may be removed by emollient clysters.

times dried up during the cold stage ; and return again to discharge matter during the sweating stage, or after the paroxysm is over.

19.] Certain changes appear also in sensation and thought. During the cold stage, the sensibility is often greatly impaired ; but when the hot stage is formed, the sensibility is recovered, and often considerably increased.

20.] With respect to the intellectual functions, when the cold stage comes on, attention and recollection become difficult, and continue more or less so during the whole paroxysm. Hence some confusion of thought takes place, and often arises to a delirium, which sometimes comes on at the beginning of the cold stage, but more frequently not till the hot stage be formed.

21.] It belongs also to this place to remark, that the cold stage sometimes comes on with a drowsiness and stupor, which often increase to a degree that may be called comatose, or apoplectic.

22.] We have still to add, that sometimes, early in the cold stage, a headach comes on ; but which, more commonly, is not felt till the hot stage be formed, and then is usually attended with a throbbing of the temples. The headach continues till the sweat breaks out ; but as this flows more freely, that gradually goes off. At the same time with the headach, there are commonly pains of the back, and of some of the great joints ; and these pains have the same course with the headach.

23.] These are nearly the whole, and are at least the chief of the phenomena which more constantly appear in the paroxysm of an intermittent fever ; and we have pointed out their ordinary concourse and succession. With respect to the whole of them, however, it is to be observed, that in different cases, the several phenomena are in different degrees ; that the series of them is more or less complete ; and that the several parts or stages in the time they occupy, are in a different proportion to one another.

24.] It is very seldom that a fever consists of a single paroxysm, such as we have now described ; and it more generally happens, after a certain length of time has elapsed from the ceasing of the paroxysm, that the same series of phenomena again arises, and observes the same course as before ; and these states of FEVER and APIREXIA often continue to alternate with one another for many times. In such cases, the length of time from the end of one paroxysm to the be-

ginning of another, is called an INTERMISSION; and the length of time from the beginning of one paroxysm to the beginning of another next succeeding, is called an INTERVAL.

25.] When the disease consists of a number of paroxysms, it is generally to be observed, that the intervals between them are nearly equal; but these intervals are of different lengths in different cases. The most usual interval is that of forty-eight hours, which is named the TERTIAN period. The next most common is that of seventy-two hours, and is named the QUARTAN period. Some other intervals are also observed, particularly one of twenty-four hours, named therefore, the QUOTIDIAN; and the appearance of this is pretty frequent. But all other intervals longer than that of the quartan are extremely rare, and probably are only irregularities of the tertian or quartan periods.\*

26.] The paroxysms of pure intermittent fevers are always finished in less than twenty-four hours: and though it happens that there are fevers which consist of repeated paroxysms, without any entire intermission between them; yet in such cases it is observed, that though the hot and sweating stages of the paroxysm do not entirely cease before the twenty-four hours from their beginning have expired, they suffer, however, before that time, a considerable abatement or REMISSION of their violence; and at the return of the quotidian period, a paroxysm is in some shape renewed, which runs the same course as before. This constitutes what is called a REMITTENT FEVER.

27.] When in these remittents the remission is considerable, and the return of a new paroxysm is distinctly marked by the symptoms of a cold stage at the beginning of it; such fevers retain strictly the appellation of REMITTENTS. But when it happens, as it does in certain cases, that the remission is not considerable, is perhaps without sweat, and that the returning paroxysm is not marked by the most usual symptoms of a cold stage, but chiefly by the aggravation or EXACERBATION of a hot stage, the disease is called a CONTINUED FEVER.

28.] In some cases of continued fever, the remissions and exacerbations are so inconsiderable as not to be easily

\* Of the quotidian, tertian, and quartan intermittents there are many varieties and forms; as the double tertian, having a paroxysm every day, with the alternate paroxysms similar to one another. The double tertian, with two paroxysms every other day. The triple tertian, with two paroxysms on one day, and another on the next. The double quartan, with two paroxysms on the first day, none on the second and third, and two again on the fourth day. The double quartan, with a paroxysm on the first day, another on the second, but none on the third. The triple quartan, with three paroxysms every fourth day. The triple quartan, with a paroxysm every day, every fourth paroxysm being similar.

observed or distinguished ; and this has led physicians to imagine, that there is a species of fever subsisting for several days together, and seemingly, consisting of one paroxysm only. This they have called a CONTINENT FEVER ; but, in a long course of practice, I have not had an opportunity of observing such a fever.

29.] It is, however, to be observed here, that the fevers of a continued form are to be distinguished from one another ; and that, while some of a very continued form do still belong to the section of intermittents, there are others which, though still consisting of separate and repeated paroxysms, yet as different from their causes and circumstances from intermittents, are to be distinguished from the whole of these, and are more strictly to be called and considered as CONTINUED.\* Such are most of those which have been commonly supposed to be CONTINENT ; and those which by most writers have been simply named CONTINUED ; and which term I have employed as the title of a section, to be distinguished from that of INTERMITTENT.

I shall here add the marks by which, in practice, these different continued fevers may be distinguished from one another.

Those fevers of a continued form, which, however, still belong to the section of Intermittents, may be distinguished by their having passed from an intermittent or remittent form, to that of a continued ; by their showing some tendency to become intermittent, or at least remittent ; by their being known to have been occasioned by marsh miasmata ; and for the most part, by their having but one paroxysm, or exacerbation and remission, in the course of twenty-four hours.

On the other hand, Continued Fevers, to be more strictly so called, may be distinguished by their showing little tendency to become intermittent or remittent in any part of their course, and especially after the first week of their continuance ; by their being occasioned by human contagion, at least by other causes than the marsh miasmata ; and by their having pretty constantly an exacerbation and remission twice in the course of twenty-four hours. In both cases, the knowledge of the nature of the epidemic for the time prevailing, may have a great share in determining the nature of the particular fever.

\* This passage is very obscure : the author's meaning is, that some continued fevers put on the appearance of intermittents ; but being different, in some peculiar and material circumstances, from intermittents, are not to be classed with them.

30.] With respect to the form, or TYPE of fevers, this further may be observed, That the quartan, while it has the longest interval, has at the same time, the longest and most violent cold stage ; but, upon the whole, the shortest paroxysm: That the tertian, having a shorter interval than the quartan, has at the same time, a shorter and less violent cold stage; but a longer paroxysm: And lastly, that the quotidian, with the shortest interval, has the least of a cold stage ; but the longest paroxysm.

31.] The type of fevers is sometimes changed in their course. When this happens, it is generally in the following manner: Both tertians and quartans change into quotidians, quotidians into remittents, and these last become often of the most continued kind. In all these cases, the fever has its paroxysm protracted longer than usual, before it changes into a type of more frequent repetition.

32.] From all this a presumption arises, that every fever consists of repeated paroxysms, differing from others chiefly in the circumstances and repetition of the paroxysms; and therefore, that it was allowable for us to take the paroxysm of a pure intermitten as an example and model of the whole.

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## CHAPTER II.

### *OF THE PROXIMATE CAUSE OF FEVER.*

33.] **T**HE proximate cause\* of fever seems hitherto to have eluded the research of physicians ; and I shall not pretend to ascertain it in a manner that may remove every difficulty ; but I shall endeavor to make an approach towards it, and such as I hope, may be of use in conducting the practice in this disease : while at the same time I hope to avoid several errors which have formerly prevailed on this subject.

34.] As the hot stage of fever is so constantly preceded by a cold stage, we presume that the latter is the cause of the former ; and therefore that the cause of the cold stage

\* The author, in this chapter, delivers his favorite doctrine of universal spasm. It is by no means new, as he himself confesses in the preface, but borrowed from Hoffman. The author, however, greatly improved the original idea, and brought the system to a greater degree of perfection than it had been before. That there are weighty objections against it, cannot indeed be denied ; it contains, however, much ingenuity ; and Dr. Cullen (by introducing it in this university) raised his name high in the annals of medical fame.

is the cause of all that follows in the course of the paroxysm.—See Boerh. Aph. 1756.

35.] To discover the cause of the cold stage of fevers, we may observe, that it is always preceded by strong marks of a general debility prevailing in the system. The smallness and weakness of the pulse, the paleness and coldness of the extreme parts, with the shrinking of the whole body, sufficiently show that the action of the heart and larger arteries is, for the time, extremely weakened. Together with this, the languor, inactivity, and debility of the animal motions, the imperfect sensations, the feeling of cold, while the body is truly warm, and some other symptoms, all shew that the energy of the brain is, on this occasion, greatly weakened; and I presume, that as the weakness of the action of the heart can hardly be imputed to any other cause, this weakness also is a proof of the diminished energy of the brain.

36.] I shall hereafter endeavor to show, that the most noted of the remote causes of fever, as contagion, miasmata, cold and fear, are of a sedative nature; and therefore render it probable that a debility is induced. Likewise, when the paroxysms of a fever have ceased to be repeated, they may again be renewed, and are most commonly renewed by the application of debilitating powers. And further, the debility which subsists in the animal motions and other functions through the whole of fever, renders it pretty certain that sedative or debilitating powers\* have been applied to the body.

37.] It is therefore evident, that there are three states which always take place in fever: a state of debility, a state of cold, and a state of heat; and as these three states regularly and constantly succeed each other in the order we have mentioned them, it is presumed that they are in the series of cause and effect with respect to one another. This we hold as matter of fact, even although we should not be able to explain in what manner, or by what mechanical means these states severally produce each other.

38.] How the state of debility produces some of the symptoms of the cold stage, may perhaps be readily explained; but how it produces all of them, I cannot explain otherwise than by referring the matter to a general law of the animal œconomy, whereby it happens, that pow-

\* A purge administered six or seven days after the appearance of any paroxysm, has frequently occasioned a relapse, and is a practice that ought to be carefully avoided. I have generally found that purges given in the beginning of the disease, increase the difficulty of curing it.

ers which have a tendency to hurt and destroy the system, often excite such motions as are suited to obviate the effects of the noxious power. This is the *VIS MEDICATRIX NATURÆ*, so famous in the schools of physic; and it seems probable, that many of the motions excited in fever are the effects of this power.

39.] That the increased action of the heart and arteries, which takes place in the hot stage of fevers, is to be considered as an effort of the *vis medicatrix naturæ*, has been long a common opinion among physicians; and I am disposed to assert, that some part of the cold stage may be imputed to the same power. I judge so, because the cold stage appears to be universally a means of producing the hot; because cold, externally applied, has very often similar effects; and more certainly still, because it seems to be in proportion to the degree of tremor in the cold stage, that the hot stage proceeds more or less quickly to a termination of the paroxysm, and to a more compleat solution and longer intermission. See 30.

40.] It is to be particularly observed, that during the cold stage of fever, there seems to be a spasm induced every where on the extremities of the arteries, and more especially of those upon the surface of the body. This appears from the suppression of all excretions, and from the shrinking of the external parts; and although this may perhaps be imputed in part to the weaker action of the heart in propelling the blood into the extreme vessels; yet, as these symptoms often continue after the action of the heart is restored, there is reason to believe that a spasmodic constriction has taken place; that it subsists for some time, and supports the hot stage; for this stage ceases with the flowing of the sweat, and the return of other excretions, which are marks of the relaxation of vessels formerly constricted. Hoffman. Med. rat. System. Tom. 4. P. 1. Sect. 1. Cap. 1. art. 4.

41.] The idea of fever, then, may be that a spasm of the extreme vessels, however induced, proves an irritation to the heart and arteries; and that this continues till the spasm is relaxed or overcome. There are many appearances which support this opinion; and there is little doubt that a spasm does take place, which proves an irritation to the heart, and therefore may be considered as a principal part in the proximate cause of fever. It will still, however, remain a question, what is the cause of this spasm; whether

it be directly produced by the remote cause of fever, or if it be only a part of the operation of the *vis medicatrix naturæ*.

42.] I am disposed to be of the latter opinion, because in the *first* place, while it remains still certain that a debility lays the foundation of fever, it is not obvious in what manner the debility produces the spasm, and what seems to be its effect, the increased action of the heart and arteries; and *secondly*, because, in almost all the cases, in which an effort is made by the *vis medicatrix naturæ*, a cold fit and a spasm of the extreme vessels are almost always the beginnings of such an effort. See Gaub. Pathol. Medicin. art. 750.

43.] It is therefore presumed, that such a cold fit and spasm, at the beginning of fever, is a part of the operation of the *vis medicatrix*; but, at the same time, it seems to me probable, that during the whole course of the fever, there is an atony subsisting in the extreme vessels, and that the relaxation of the spasm requires the restoring of the tone and action of these.

44.] This it may be difficult to explain; but I think it may be ascertained as a fact, by the consideration of the symptoms which take place, with respect to the functions of the stomach in fevers, such as the anorexia, nausea, and vomiting. (14.)

From many circumstances it is sufficiently certain, that there is a consent between the stomach and the surface of the body: and in all cases of the consent of distant parts, it is presumed to be by the connection of the nervous system, and that the consent which appears, is between the sentient and moving fibres of the one part with those of the other, is such, that a certain condition prevailing in the one part, occasions a similar condition in the other.

In the case of the stomach and surface of the body, the consent particularly appears by the connexion which is observed between the state of the perspiration, and the state of the appetite in healthy persons; and if it may be presumed that the appetite depends upon the state of tone in the muscular fibres of the stomach, it will follow, that the connexion of appetite and perspiration depends upon a consent between the muscular fibres of the stomach, and the muscular fibres of the extreme vessels, or of the organ of perspiration, on the surface of the body.

It is further in proof of the connexion between the appetite and perspiration, and at the same time of the circumstances on which it depends, that cold applied to the surface

of the body, when it does not stop perspiration, but proves a stimulus to it, is always a powerful means of exciting appetite.

Having thus established the connexion or consent mentioned, we argue, that as the symptoms of anorexia, nausea, and vomiting, in many cases, manifestly depend upon a state of debility or loss of tone in the muscular fibres of the stomach; so it may be presumed, that these symptoms in the beginning of fever, depend upon an atony communicated to the muscular fibres of the stomach, from the muscular fibres of the extreme vessels on the surface of the body.

That the debility of the stomach which produces vomiting in the beginning of fevers, actually depends upon an atony of the extreme vessels on the surface of the body, appears particularly from a fact observed by Dr. Sydenham. In the attack of the plague, a vomiting happens, which prevents any medicine from remaining on the stomach; and Dr. Sydenham tells us, that in such cases he could not overcome this vomiting but by external means applied to produce a sweat; that is, to excite the action of the vessels on the surface of the body.

The same connexion between the state of the stomach and that of the extreme vessels on the surface of the body, appears from this also, that the vomiting, which so frequently happens in the cold stage of fevers, commonly ceases upon the coming on of the hot, and very certainly upon any sweat's coming out (14.) It is indeed probable, that the vomiting in the cold stage of fevers, is one of the means employed by nature for restoring the determination to the surface of the body; and it is a circumstance affording proof, both of this, and of the general connexion between the stomach and surface of the body, that emetics thrown into the stomach, and operating there, in the time of the cold stage, commonly put an end to it, and bring on the hot stage.

It also affords a proof of the same connexion, that cold water, taken into the stomach produces an increase of heat on the surface of the body, and is very often a convenient and effectual means of producing sweat.

From the whole we have now said on this subject, I think it is sufficiently probable, that the symptoms of anorexia, nausea, and vomiting, depend upon, and are a proof of, an atony subsisting in the extreme vessels on the surface of the body; and that this atony therefore, now ascertained as a

matter of fact, may be considered as a principal circumstance in the proximate cause of fever.

45.] This atony\* we suppose to depend upon a diminution of the energy of the brain; and that this diminution takes place in fevers, we conclude, not only from the debility prevailing in so many functions of the body, mentioned above (35.) but particularly from symptoms which are peculiar to the brain itself. Delirium is a frequent symptom of fever; and as from the physiology and pathology we learn that this symptom commonly depends upon some inequality in the excitement of the brain or intellectual organ; we hence conclude, that, in fever, it denotes some diminution in the energy of the brain. Delirium, indeed, seems often to depend upon an increased impetus of the blood, in the vessels of the brain, and therefore attends phrenitis. It frequently appears also in the hot stage of fevers, accompanied with a headach and throbbing of the temples. But as the impetus of the blood in the vessels of the head is often considerably increased by exercise, external heat, passions, and other causes, without occasioning any delirium; so, supposing that the same impetus, in the case of fever, produces delirium, the reason must be, that at the same time, there is some cause which diminishes the energy of the brain, and prevents a free communication between the parts concerned in the intellectual functions. Upon the same principles also, I suppose there is another species of delirium, depending more entirely on the diminished energy of the brain, and which may therefore arise, when there is no unusual increase of the impetus of the blood in the vessels of the brain. Such seems to be the delirium occurring at the beginning of the cold stage of fevers, or in the hot stage of such fevers as show strong marks of debility in the whole system.

46.] Upon the whole, our doctrine of fever is explicitly this. The remote causes (36.) are certain sedative powers applied to the nervous system, which diminishing the energy of the brain, thereby produce a debility in the whole of the functions, (35.) and particularly in the action of the extreme vessels, (43. 44.) Such, however, is, at the same time, the nature of the animal œconomy, (38.) that this debility proves an indirect stimulus to the sanguiferous system; whence, by the intervention of the cold stage, and spasm connected with it, (39. 40.) the action of the heart and

\* The reader will perceive, that the whole of the doctrine delivered in this chapter is hypothetical.

larger arteries is increased, (40) and continues so (41.) till it has had the effect of restoring the energy of the brain, of extending this energy to the extreme vessels, of restoring therefore their action, and thereby especially overcoming the spasm affecting them; upon the removing of which, the excretion of sweat, and other marks of the relaxation of excretories, take place.

47.] This doctrine will, as I suppose, serve to explain not only the nature of fever in general, but also the various cases of it which occur. Before proceeding, however, to this, it may be proper to point out the opinions, and as I apprehend, the mistakes, which have formerly prevailed on this subject.

48.] It has been supposed, that a lentor or viscosity prevailing in the mass of blood, and stagnating in the extreme vessels, is the cause of the cold stage of fevers and its consequences. But there is no evidence of any such viscosity previously subsisting in the fluids; and as it is very improbable that such a state of them can be very quickly produced, so the suddenness with which paroxysms come on, renders it more likely that the phenomena depend upon some cause acting upon the nervous system, or the primary moving powers of the animal economy. See Van Swieten apud Boerh. Aph. 775.

49.] Another opinion, which has been almost universally received, is, that a noxious matter introduced into, or generated in, the body, is the proximate cause of fever; and that the increased action of the heart and arteries, which forms so great a part of the disease, is an effort of the *vis medicatrix naturæ* to expel this morbid matter; and particularly to change or concoct it, so as to render it either altogether innocent, or at least, fit for being more easily thrown out of the body. This doctrine, however, although of as great antiquity as any of the records of physic now remaining, and although it has been received by almost every school of medicine, yet appears to me to rest upon a very uncertain foundation. There are fevers produced by cold, fear, and other causes, accompanied with all the essential circumstances of fever, and terminating by sweat; but, at the same time, without any evidence or suspicion of morbid matter.

There have been fevers suddenly cured by a hemorrhagy, so moderate as could not carry out any considerable portion of a matter diffused over the whole mass of blood; nor can

we conceive how the morbid matter could be collected or determined to pass off by such an outlet as in that case is opened.

Even supposing a morbid matter were present, there is no explanation given, in what manner the concoction of it is performed; nor is it shown that any such change does in fact take place. In certain cases, it is indeed evident, that a noxious matter is introduced into the body, and proves the cause of fever; but, even in these cases, it appears that the noxious matter is thrown out again, without having suffered any change; that the fever often terminates before the matter is expelled; and that, upon many occasions, without waiting the supposed time of concoction, the fever can be cured, and that by remedies which do not seem to operate upon the fluids, or to produce any evacuation.

50.] While we thus reason against the notion of fever being an effort of nature, for concocting and expelling a morbid matter; I by no means intend to deny that the cause of fever frequently operates upon the fluids, and particularly produces a putrescent state of them. I acknowledge that this is frequently the case; but, at the same time, I maintain, that such a change of the fluids is not commonly the cause of fever; that very often it is an effect only; and that there is no reason to believe the termination of the fever to depend upon the expulsion of the putrid matter.

51.] Another opinion which has prevailed, remains still to be mentioned. In intermittent fevers, a great quantity of bile is commonly thrown out by vomiting; and this is so frequently the case, that many have supposed an unusual quantity of bile, and perhaps a peculiar quality of it, to be the cause of intermittent fevers. This however, does not appear to be well founded. Vomiting, by whatever means excited, if too often repeated, with violent straining, seems to be powerful in emulging the biliary ducts, and commonly throws out a great deal of bile. This will happen especially in the case of intermittent fevers. For, as in the state of debility and cold stage of these fevers, the blood is not propelled in the usual quantity into the extreme vessels, and particularly into those on the surface of the body, but is accumulated in the vessels of the internal parts, and particularly in the vena portarum; so this may occasion a more copious secretion of bile.

These considerations will, in some measure, account for the appearance of an unusual quantity of bile in intermittent

fevers; but the circumstance which chiefly occasions the appearance of bile in these cases, is the influence of warm climates and seasons. These seldom fail to produce a state of the human body, in which the bile is disposed to pass off, by its secretories, in greater quantity than usual; and perhaps also changed in its quality, as appears from the disease of cholera, which so frequently occurs in warm seasons. At the same time, this disease occurs often without fever; and we shall hereafter render it sufficiently probable, that intermittent fevers, from the most part arise from another cause, that is, from marsh effluvia; while on the other hand, there is no evidence of their arising from the state of the bile alone. The marsh effluvia however, commonly operate most powerfully in the same season that produces the change and redundance of the bile; and therefore considering the vomiting, and other circumstances of the intermittent fevers which here concur, it is not surprising that autumnal intermittents are so often attended with effusions of bile.

This view of the subject does not lead us to consider the state of the bile as the cause of intermittents, but merely as a circumstance accidentally concurring with them, from the state of the season in which they arise. What attention this requires in the conduct of the disease, I shall consider hereafter.

52.] From this view of the principal hypotheses which have hitherto been maintained with respect to the proximate cause of fever, it will appear, that fevers do not arise from changes in the state of the fluids; but that, on the contrary, almost the whole of the phenomena of fevers lead us to believe, that they chiefly depend upon changes in the state of the moving powers of the animal system. Though we should not be able to explain all the circumstances of the disease, it is at least of some advantage to be led into the proper train of investigation. I have attempted to pursue it; and shall now endeavor to apply the doctrine already delivered, towards explaining the diversity of fevers.

## CHAPTER III.

*OF THE DIFFERENCE OF FEVERS, AND ITS CAUSES.*

53.] **T**O ascertain the difference of fevers, I think it necessary to observe, in the first place, that every fever of more than one day's duration, consists of repeated, and in some measure separate paroxysms; and that the difference of fevers taken notice of above (from 25. to 30.) appears to consist in the different state of paroxysms, and in the different circumstances of their repetition.

54.] That fevers generally consist of distinct, and in some measure separately repeated paroxysms, I have alledged above to be matter of fact; but I shall here endeavor to confirm it, by assigning the cause.

55.] In every fever, in which we can distinctly observe any number of separate paroxysms, we constantly find that each paroxysm is finished in less than twenty-four hours; but as I cannot perceive any thing in the cause of fevers determining to this, I must presume it to depend on some general law\* of the animal economy. Such a law seems to be that which subjects the economy, in many respects to a diurnal revolution. Whether this depends upon the original conformation of the body, or upon certain powers constantly applied to it, and inducing a habit, I cannot positively determine; but the returns of sleep and watching, of appetites and excretions, and the changes which regularly occur in the state of the pulse, show sufficiently, that in the human body a diurnal revolution takes place.

56.] It is this diurnal revolution which, I suppose determines the duration of the paroxysms of fevers; and the constant and universal limitation of these paroxysms, (as observed in 55.) while no other cause of it can be assigned, renders it sufficiently probable, that their duration depends upon, and is determined by, the revolution mentioned. And that these paroxysms are connected with that diurnal revolution, appears further from this, that though the intervals of paroxysms are different in different cases, yet the times of the accession of paroxysms are generally fixed to

\* The reader will find entertainment in admiring the ingenuity of the author, in contriving several articles for maintaining his doctrine. One hypothesis piled on the top of another, almost without end.

one time of the day ; so that Quotidians come on in the morning, Tertians at noon, and Quartans in the afternoon.

57.] It remains to be remarked, that as Quartans and Tertians are apt to become Quotidians, these to pass into the state of Remittents, and these last to become Continued ; and that, even in the Continued form, daily exacerbations and remissions are generally to be observed ; so all this shows so much the power of diurnal revolution, that when in certain cases, the daily exacerbations and remissions are with difficulty distinguished, we may still presume, that the general tendency of the economy prevails, that the disease still consists of repeated paroxysms, and, upon the whole, that there is no such disease as that which the schools have called a Continent Fever. I expect that this doctrine will be confirmed by what I shall say hereafter, concerning the periodical movements observed in continued fevers.

58.] It being thus proved, that every fever, of more than one day's duration, consists of repeated paroxysms ; we, in the next place, remark, that the repetition of paroxysms depends upon the circumstances of the paroxysms which have already taken place. From what was observed (in 30. and 31.) it appears, that the longer paroxysms are protracted, they are the sooner repeated ; and therefore, that the cause of the frequent repetition is to be sought for in the cause of the protraction of paroxysms.

59.] Agreeably to what is laid down in 46. and to the opinion of most physicians, I suppose, that in every fever there is a power applied to the body, which has a tendency to hurt and destroy it, and produces in it certain motions which deviate from the natural state ; and at the same time, in every fever which has its full course, I suppose, that in consequence of the constitution of the animal economy, there are certain motions excited, which have a tendency to obviate the effects of the noxious power, or to correct and remove them. Both these kinds of motion are considered as constituting the disease.

But the former is perhaps strictly the morbid state, while the latter is to be considered as the operation of the *vis medicatrix naturæ* of salutary tendency, and which I shall hereafter call the REACTION of the system.

60.] Upon the supposition that these two states take place in every paroxysm of fever, it will appear to be chiefly in the time of the hot stage that the reaction operates in removing the morbid state ; and therefore as this operation succeeds

more or less quickly, the hot stage of paroxysms will be shorter or longer. But as the length of paroxysms depends chiefly upon the duration of the hot stage, so the longer duration of this and of paroxysms, must be owing either to the obstinacy of resistance in the morbid state, or to the weakness of the salutary reaction; and it is probable that sometimes the one, and sometimes the other of these circumstances takes place.

61.] It seems to be only by the state of the spasm, that we can judge of the resistance of the morbid state of fever; and with respect to this spasm I observe, that either the cause exciting it may be different in different cases; or, though the cause should be the same in different persons, the different degree of irritability, in each may give occasion to a greater or lesser degree of spasm; and therefore, the reaction in fever being given, the continuance of the hot stage, and of the whole paroxysm, may be longer or shorter, according to the degree of spasm that has been formed.

62.] One cause of the obstinacy of spasm in fevers may be clearly perceived. In inflammatory diseases, there is a diathesis phlogistica prevailing in the body, and this diathesis we suppose to consist in an increased tone of the whole arterial system. When, therefore, this diathesis accompanies fever, as it sometimes does, it may be supposed to give occasion to the febrile spasm's being formed more strongly, and thereby to produce more protracted paroxysms. Accordingly we find, that all inflammatory fevers are of the continued kind; and that all the causes of the diathesis phlogistica have a tendency to change intermittent into continued fevers. Continued fevers, then, being often attended with the diathesis phlogistica, we conclude, that, in many cases, this is the cause of their continued form.

63.] In many fevers, however, there is no evidence of any diathesis phlogistica being present, nor of any other cause of more considerable spasm; and, in such cases, therefore, we must impute the protraction of paroxysms, and the continued form of the fever, to the weakness of reaction. That this cause takes place, we conclude from hence, that, in many cases of fever, wherein the separate paroxysms, are the longest protracted, and the most difficultly observed, we find the most considerable symptoms of a general debility: and therefore we infer, that in such cases, the protracted paroxysms, and continued form, depend upon a weaker reaction; owing either to the causes of debility applied having

been of a more powerful kind, or from circumstances of the patient's constitution favoring their operation.

64.] Upon these principles we make a step towards explaining in general, with some probability, the difference of fevers; but must own, that there is much doubt and difficulty in applying the doctrine to particular cases. It applies tolerably well to explain the different states of intermittents, as they are more purely such, or as they approach more and more to the continued form: but several difficulties still remain with respect to many circumstances of intermittents; and more still with respect to the difference of those continued fevers, which we have distinguished in our Nosology as different from intermittents, and as more especially entitled to the appellation of Continued, (see Syn. Nos. Meth. P. V. Ch. I. Sect. II. ) and explained more fully above.

65.] From the view given (63 and 64.) of the causes of the protraction of paroxysms, and therefore of the form of Continued Fevers, strictly so called, it seems probable, that the remote causes of these operate by occasioning either a phlogistic diathesis, or a weaker reaction; for we can observe, that the most obvious difference of continued fevers depends upon the prevalence of one or other of these states.

66.] Continued fevers have been accounted of great diversity; but physicians have not been successful in marking these differences, or in reducing them to any general heads. The distinctions made by the ancients are not well understood; and, so far as either they or the modern nosologists have distinguished continued fevers by a difference of duration, their distinctions are not well founded, and do not apply in such a manner as to be of any use. We think it agreeable to observation, and to the principles above laid down, (63. 64.) to distinguish continued fevers according as they shew either an inflammatory irritation or a weaker reaction.

67.] This distinction is the same with that of fevers into the INFLAMMATORY and NERVOUS; the distinction at present most generally received in Britain. To the first as a genus, I have given the name of Synochus; to the second, that of Typhus; and little studious whether these names be authorised by the ancient use of the same terms, I depend upon their being understood by the characters\* annexed to

\* These characters are, Synocha. Calor plurimum auctus; pulsus frequens, validus, et durus; urina rubra; sensorii functiones plurimum turbatae; vires multum imminutae.

them in our Nosology, which I apprehend to be founded on observation.

68.] By these characters I think continued fevers may in practice be distinguished ; and if that be the case, the principles above laid down will be confirmed.

69.] Besides these differences of continued fever, now mentioned, I am not certain of having observed any other that can be considered as fundamental. But the most common form of continued fevers, in this climate, seems to be a combination of these two genera ; and I have therefore given such a genus a place in our Nosology, under the title of Synochus. At the same time, I think that the limits between the Synochus and Typhus will be with difficulty assigned ; and I am disposed to believe, that the Synochus arises from the same causes as the Typhus, and is therefore only a variety of it.

70.] The Typhus seems to be a genus comprehending several species. These, however, are not yet well ascertained by observation ; and in the mean time we can perceive that many of the different cases observed, do not imply any specific difference, but seem to be merely varieties arising from a different degree of power in the cause, from different circumstances of the climate or season in which they happen, or from different circumstances in the constitution of the persons affected.

71.] Some of the effects arising from these circumstances require to be particularly explained.

One is, an unusual quantity of bile appearing in the course of the disease. This abundance of bile may possibly attend some continued fevers, strictly so called ; but, for the reasons above explained, it more commonly attends intermittents, and we believe, it might have been enumerated (29.) among the marks distinguishing the latter kind of fevers from the former. But though an unusual quantity of bile should appear with continued fevers, it is considered in this case, as in that of intermittents, to be a coincidence only, owing to the state of the season, and producing no different species or fundamental distinction, but merely a variety of the disease. I think it proper to observe here, that it is probable that the most part of the continued fevers named Bilious, have been truly such as belong to the section of Intermittents.

72.] Another effect of the circumstances occasionally varying the appearance of typhus, is a putrescent state of

the fluids. The ancients, and likewise the moderns, who are in general much disposed to follow the former, have distinguished fevers, as putrid, and non putrid: but the notions of the ancients, on this subject, were not sufficiently correct to deserve much notice; and it is only of late that the matter has been more accurately observed, and better explained.

From the dissolved state of the blood, as it presents itself when drawn out of the veins, or as it appears from the red blood's being disposed to be effused and run off by various outlets, and from several other symptoms to be hereafter mentioned, I have now no doubt, how much soever it has been disputed by some ingenious men, that a putrescency of the fluids, to a certain degree, does really take place in many cases of fever. This putrescency, however, often attends intermittent, as well as continued fevers, and of the continued kind, both the synochus and typhus, and all of them in very different degrees; so that whatever attention it may deserve in practice, there is no fixing such limits to it as to admit of establishing a species under the title of PUTRID.

73.] Beside differing by the circumstances already mentioned, fevers differ also by their being accompanied with symptoms which belong to diseases of the other orders of pyrexia. This sometimes happens in such a manner, as to render it difficult to determine which of the two is the primary disease. Commonly, however, it may be ascertained by the knowledge of the remote cause, and the prevailing epidemic, or by observing the series and succession of symptoms.

74.] Most of our systems of physic have marked, as a primary one, a species of fever under the title of HECTIC; but as it is described, I have never seen it as a primary disease. I have constantly found it as a symptom of some topical affection, most commonly of an internal suppuration; and as such it shall be considered in another place.

75.] The distinction of the several cases of intermittent fever I have not prosecuted here; both because we cannot assign the causes of the differences which appear; and because I apprehend that the differences which in fact occur may be readily understood from what is said above (25. 26. and 27.) and more fully from our Methodical Nosology, Ch. I. Sect. I.

## CHAPTER IV.

## OF THE REMOTE CAUSES OF FEVER.

76.] **A**S fever has been held to consist chiefly in an increased action of the heart and arteries, physicians have supposed its remote causes to be certain direct stimulants fitted to produce this increased action. In many cases, however, there is no evidence of such stimulants being applied; and in those in which they are applied, they either produce only a temporary frequency of the pulse, which cannot be considered as a disease; or, if they do produce a permanent febrile state, it is by the intervention of a topical inflammation, which produces a disease different from what is strictly called fever. (8.)

77.] That direct stimulants are the remote causes of fever, seems farther improbable; because the supposition does not account for the phenomena attending the accession of fevers, and because other remote causes can with greater certainty be assigned.

78.] As fevers are so generally epidemic, it is probable, that some matter floating in the atmosphere, and applied to the bodies of men, ought to be considered as the remote cause of fevers: And these matters present in the atmosphere, and thus acting upon men, may be considered either as *CONTAGIONS*, that is, effluvia arising directly or originally from the body of a man under a particular disease, and exciting the same kind of disease in the body of the person to whom they are applied; or *MIASMATA*, that is, effluvia arising from other substances than the bodies of men, producing a disease in the person to whom they are applied.

79.] Contagions have been supposed to be of great variety; and it is possible this may be the case; but that they truly are so, does not appear clearly from any thing we know at present. The genera and species of contagious diseases, of the class of the *Pyrexia* at present known, are in number not very great. They chiefly belong to the order of Fevers, to that of *Exanthemata*, or that of *Profluvia*. Whether there be any belonging to the order of *Phlegmasia*, is doubtful; and though there should, it will not much increase the number of contagious pyrexia. Of the contagious exanthemata and profluvia, the number of species is

nearly ascertained ; and each of them is so far of a determined nature, that though they have now been observed and distinguished for many ages, and in many different parts of the world, they have been always found to retain the same general character, and to differ only in circumstances, that may be imputed to season, climate, and other external causes, or to the peculiar constitutions of the several persons affected. It seems, therefore probable, that in each of these species, the contagion is of one specific nature ; and that the number of contagious exanthemata or profluvia is hardly greater than the number of species enumerated in the systems of nosology.

80.] If, while the contagious exanthemata and profluvia are thus limited, we should suppose the contagious pyrexia to be still of great and unlimited variety, it must be with respect to the genera and species of continued fevers. But if I be right in limiting, as I have done, the genera of these fevers (67.—70.) it will appear likely that the contagions which produce them are not of great variety : and this will be much confirmed, if we can render it probable that there is one principal, perhaps one common, source of such contagion.

81.] To this purpose it is now well known, that the effluvia constantly arising from the living human body, if long retained in the same place, without being diffused in the atmosphere, acquire a singular virulence ; and, in that state, being applied to the bodies of men, become the cause of a fever which is highly contagious.

The existence of such a cause is fully proved by the late observations on jail and hospital fevers : and that the same virulent matter may be produced in many other places, must be sufficiently obvious : and it is probable that the contagion arising in this manner, is not, like many other contagions, permanent and constantly existing ; but that, in the circumstances mentioned, it is occasionally generated. At the same time, the nature of the fevers from thence, upon different occasions, arising, renders it probable that the virulent state of human effluvia is the common cause of them, as they differ only in a state of their symptoms ; which may be imputed to the circumstances of season, climate, &c. concurring with the contagion, and modifying its force.

82.] With respect to these contagions, though we have spoken of them as of a matter floating in the atmosphere, it is proper to observe, that they are never found to act

but when they are near to the sources from whence they arise ; that is, either near to the bodies of men, from which they immediately issue ; or near to some substances which, as having been near to the bodies of men, are imbued with their effluvia, and in which substances these effluvia are sometimes retained in an active state for a very long time.

The substances thus imbued with an active and infectious matter, may be called, *Fomites* ; and it appears to me probable, that contagions, as they arise from fomites, are more powerful than as they arise immediately from the human body.

83.] Miasmata are next to be considered. These may arise from various sources, and be of different kinds ; but we know little of their variety, or of their several effects. We know with certainty only one species of miasma, which can be considered as the cause of fever ; and, from the universality of this, it may be doubted if there be any other.

84.] This miasma, so universally the cause of fever, is that which arises from marshes or moist ground, acted upon by heat. So many observations have now been made with respect to this, in so many different regions of the earth, that there is neither any doubt of its being in general a cause of fevers, nor of its being very universally the cause of intermittent fevers, in all their different forms. The similarity of the climate, season, and soil, in the different countries in which intermittents arise, and the similarity of the diseases, though arising in different regions, concur in proving, that there is one common cause of these diseases, and that this is the marsh miasma.

What is the particular nature of this miasma, we know not ; nor do we certainly know whether or not it differs in kind ; but it is probable that it does not ; and that it varies only in the degree of its power, or perhaps as to its quantity, in a given space.

85.] It has been now rendered probable, that the remote causes of fevers (8.) are chiefly Contagions or Miasmata, and neither of them of great variety. We have supposed that miasmata are the cause of intermittents, and contagions the cause of continued fevers, strictly so named ; but we cannot with propriety employ these general terms. For, as the cause of continued fevers may arise from fomites, and may, in such cases, be called a Miasma ; and as other miasmata also may produce contagious diseases ; it will be proper to distinguish the causes of fevers, by using the terms

*Human* or *Marsh Effluvia*, rather than the general ones of *Contagion* or *Miasma*.

86.] To render our doctrine of fever consistent and complete, it is necessary to add here, that those remote causes of fever, human and marsh effluvia, seem to be of a debilitating or sedative quality. They arise from a putrescent matter. Their production is favored, and their power increased, by circumstances which favor putrefaction; and they often prove putrefactive ferments with respect to the animal fluids. As putrid matter, therefore, is always with respect to animal bodies, a powerful sedative, so it can hardly be doubted, that human and marsh effluvia are of the same quality: and it is confirmed by this, that the debility which is always induced, seems to be in proportion to the other marks that appear of the power of those causes.

87.] Though we have endeavored to show that fevers generally arise from marsh or human effluvia, we cannot, with any certainty, exclude some other remote causes, which are commonly supposed to have at least a share in producing those diseases. And I proceed, therefore, to enquire concerning these causes; the first of which that merits attention, is the power of cold applied to the human body.

88.] The operation of cold on a living body, is so different in different circumstances, as to be of difficult explanation; it is here, therefore, attempted with some diffidence.

The power of cold may be considered as absolute or relative.

The *absolute* power is that by which it can diminish the temperature of the body to which it is applied. And thus, if the natural temperature of the human body is, as we suppose it to be, that of 98 degrees of Fahrenheit's thermometer;\* every degree of temperature less than that, may be considered as cold with respect to the human body; and, in proportion to its degree, will have a tendency to diminish the temperature of the body. But as the living human body has in itself a power of generating heat, so it can sustain its own proper heat to the degree above mentioned, though surrounded by air or other bodies of a lower temperature than itself; and it appears from observation, that, in this climate, air, or other bodies applied to the living man, do not diminish the temperature of his body, unless the tem-

\* In every instance of our mentioning degrees of heat or cold, we shall mention them by the degrees in Fahrenheit's scale: and the expression of higher or lower shall always be according to that scale.

perature of the bodies applied be below 62 degrees. From hence it appears, that the absolute power of cold in this climate, does not act upon the living human body, unless the cold applied be below the degree just now mentioned.

It appears also that the human body's being surrounded by air of a lower temperature than itself, is necessary to its being retained in its proper temperature of 98 degrees: for, in this climate, every temperature of the air above 62 degrees, applied to the human body, though still of a lower temperature than itself, is found to increase the heat of it. And from all this it appears, that the absolute power of cold with respect to the human body, is very different from what it is with respect to inanimate bodies.

89.] The *relative* power of cold with respect to the living human body, is that power by which it produces a sensation of cold in it; and with respect to this, it is agreeable to the general principle of sensation, that the sensation produced, is not in proportion to the absolute force of impression, but according as the new impression is stronger or weaker than that which had been applied immediately before. Accordingly, with respect to temperature, the sensation produced by any degree of this, depends upon the temperature to which the body had been immediately before exposed; so that whatever is higher than this feels warm, and whatever is lower than it, feels cold; and it will therefore happen that the opposite sensations of heat and cold may on different occasions arise from the same temperature, as marked by the thermometer.

With respect to this, however, it is to be observed, that though every change of temperature gives a sensation of cold or heat as it is lower or higher than the temperature applied immediately before, the sensation produced is, in different cases, of different duration. If the temperature at any time applied is under 62 degrees, every increase of temperature applied will give a sensation of heat; but if the increase of temperature does not arise to 62 degrees, the sensation produced will not continue long, but be soon changed to a sensation of cold. In like manner, any temperature, applied to the human body, lower than that of the body itself, gives a sensation of cold; but if the temperature applied does not go below 62 degrees, the sensation of cold will not continue long, but be soon changed to a sensation of heat.

It will appear hereafter, that the effects of the sensation

of cold will be very different, according as it is more permanent or transitory.

90.] Having thus explained the operation of cold, as absolute or relative, with respect to the human body, I proceed to mention the general effects of cold upon it.

1. Cold, in certain circumstances, has manifestly a *sedative* power. It can extinguish the vital principle entirely, either in particular parts, or in the whole body; and considering how much the vital principle of animals depends upon heat, it cannot be doubted that the power of cold is always more or less directly sedative.

This effect may be said to take place from every degree of absolute cold; and when the heat of the body has upon any occasion been preternaturally increased, every lower temperature may be useful in diminishing the activity of the system; but it cannot diminish the natural vigor of the vital principle, till the cold applied is under 62 degrees; nor even then will it have this effect, unless the cold applied be of an intense degree, or be applied for some length of time to a large portion of the body.

2. It is equally manifest, that in certain circumstances, cold proves a *stimulus* to the living body, and particularly to the sanguiferous system.

It is probable, that this effect takes place in every case, in which the temperature applied produces a sensation of cold; and this, therefore, as depending entirely on the relative power of cold, will be in proportion to the change of temperature that takes place.

It appears to me probable, that every change of temperature, from a higher to a lower degree, will prove more or less stimulant; excepting when the cold applied is so intense, as immediately to extinguish the vital principle in the part.

3. Beside the sedative and stimulant powers of cold, it is manifestly also a powerful *astringent*, causing a contraction of the vessels on the surface of the body, and thereby producing a paleness of the skin, and a suppression of perspiration; and it seems to have similar effects when applied to internal parts. It is likewise probable, that this contraction, as it takes place especially in consequence of the sensibility of the parts to which the cold is applied, will in some measure be communicated to other parts of the body; and that thereby the application of cold proves a *tonic* power with respect to the whole system.

These effects of tonic and astringent power seem to take place both from the absolute and relative power of cold; and therefore every application of it, which gives a sensation of cold, is in its first effect, both astringent and stimulant, though the former may be often prevented from being either considerable or permanent, when the latter immediately takes place.

91.] It will be obvious, that these several effects of cold cannot all take place at the same time, but may in succession be variously combined. The stimulant power taking place obviates the effects, at least the permanency of the effects, that might otherwise have arisen from the sedative power. That the same stimulant power prevents these from the astringent, I have said above; but the stimulant and tonic powers of cold are commonly, perhaps always, conjoined.

92.] These general effects of cold now pointed out are sometimes salutary, frequently morbid; but it is the latter only I am to consider here, and they seem to be chiefly the following.

1. A general inflammatory disposition of the system, which is commonly accompanied with Rheumatism, or other Phlegmasiæ.

2. The same inflammatory disposition accompanied with Catarrh.

3. A Gangrene of particular parts.

4. A Palsy of a single member.

5. A Fever, or Fever strictly so called (8) which it often produces by its own power alone, but more commonly it is only an exciting cause of fever by concurring with the operation of human or marsh effluvia.

93.] Cold is often applied to the human body without producing any of these morbid effects, and it is difficult to determine in what circumstances it especially operates in producing them. It appears to me, that the morbid effects of cold depend partly upon certain circumstances of the cold itself, and partly on certain circumstances of the person to whom it is applied.

94.] The circumstances of the cold applied, which seem to give it effect, are, 1. The intensity or degree of the cold; 2. The length of time during which it is applied; 3. The degree of moisture at the same time accompanying it; 4. Its being applied by a wind or current of air; 5. Its be-

ing a vicissitude, or sudden and considerable change of temperature, from heat to cold.

95.] The circumstances of persons rendering them more liable to be affected by cold, seem to be, 1. The weakness of the system, and particularly the lessened vigor of the circulation, occasioned by fasting, by evacuations, by fatigue, by a last night's debauch, by excess in venery, by long watching, by much study, by rest immediately after great exercise, by sleep, and by preceding disease. 2. The body, or its parts, being deprived of their accustomed coverings. 3. One part of the body being exposed to cold, while the rest is kept in its usual or a greater warmth.

96.] The power of these circumstances (95) is demonstrated by the circumstances enabling persons to resist cold. These are a certain vigor of constitution, exercise of the body, the presence of active passions, and the use of cordials.

Besides these, there are other circumstances which, by a different operation, enable persons to resist cold acting as a sensation; such as, passions engaging a close attention to one object, the use of narcotics, and that state of the body in which sensibility is greatly diminished, as in maniacs. To all which is to be added, the power of habit with respect to those parts of the body to which cold is more constantly applied, which both diminishes sensibility and increases the power of the activity generating heat.

97.] Besides cold, there are other powers that seem to be remote causes of fever; such as fear, intemperance in drinking, excess in venery, and other circumstances, which evidently weaken the system. But whether any of these sedative powers be alone the remote cause of fever, or if they only operate either as concurring with the operation of marsh or human effluvia, or as giving an opportunity to the operation of cold, are questions not to be positively answered: they may possibly of themselves produce fever, but most frequently they operate as concurring in one or other of the ways above mentioned.

98.] Having now mentioned the chief of the remote causes of fevers, it may be further observed, that these will arise more or less readily, according as miasmata and contagions are more or less prevailing and powerful, or as these are more or less favored by the concurrence of cold and other sedative powers.

## CHAPTER V.

## OF THE PROGNOSIS OF FEVERS.

99.] **A**S fevers (by 60) consist of both morbid and salutary motions and symptoms, the tendency of the disease to a happy or fatal issue, or the prognostic in fevers, has been established by marking the prevalence of the morbid or of the salutary symptoms; and it might be properly so established, if we could certainly distinguish between the one and the other of these kind of symptoms: but the operation of the reaction, or salutary efforts of nature in curing fevers, is still involved in so much obscurity, that I cannot explain the several symptoms of it so clearly as to apply them to the establishing prognostics; and this, I think, may be done better, by marking the morbid symptoms which shew the tendency to death in fevers.

100.] This plan of the prognostics in fevers must proceed upon our knowledge of the causes of death in general, and in fevers more particularly.

The causes of death, in general, are either direct or indirect.

The first are those which directly attack and destroy the vital principle, as lodged in the nervous system; or destroy the organization of the brain immediately necessary to the action of that principle.

The second, or the indirect causes of death, are those which interrupt such functions as are necessary to the circulation of the blood, and thereby necessary to the due continuance and support of the vital principle.

101.] Of these general causes, those which operate more particularly in fevers seem to be, *first*, The *violence of reaction*; which either by repeated violent excitements, destroys the vital power itself; or, by its violence, destroys the organization of the brain necessary to the action of that power; or, by the same violence, destroys the organization of the parts more immediately necessary to the circulation of the blood.

*Secondly*, The cause of death in fevers may be a *poison*, that is, a power capable of destroying the vital principle; and this poison may be either the miasma or contagion which was the remote cause of the fever, or it may be a putrid matter generated in the course of the fever. In both cases,

the operation of such a power appears either as acting chiefly on the nervous system, inducing the symptoms of debility; or as acting upon the fluids of the body, inducing a putrescent state in them.

102.] From all this it appears, that the symptoms showing the tendency to death in fevers, may be discovered by their being either the symptoms

Of *violent reaction* ;

Of *great debility* ;

Or, of a *strong tendency to putrefaction in the fluids*.

And upon this supposition, I proceed now to mark those symptoms more particularly.\*

103.] The symptoms which denote the *violence of reaction*, are 1. The increased force, hardness, and frequency, of the pulse. 2. The increased heat of the body. 3. The symptoms which are the marks of a general inflammatory diathesis, and more especially of a particular determination to the brain, lungs, or other important viscera. 4. The symptoms which are the marks of the cause of violent reaction ; that is of a strong stimulus applied, or of a strong spasm formed, the latter appearing in a considerable suppression of the excretions.

104.] The symptoms which denote a *great degree of debility*, are,

In the ANIMAL FUNCTIONS : I. The weakness of the voluntary motions ; II. The irregularity of the voluntary motions, depending on their debility ; III. The weakness of sensation ; IV. The weakness and irregularity of the intellectual operations.

In the VITAL FUNCTIONS : I. The weakness of the pulse ; II. The coldness and shrinking of the extremities ; III. The tendency to a *deliquium animi* in an erect posture ; IV. The weakness of respiration.

In the NATURAL FUNCTIONS : I. The weakness of the stomach, as appearing in anorexia, nausea, and vomiting ; II. Involuntary excretions, depending upon a palsy of the sphincters ; III. Difficult deglutition, depending upon a palsy of the muscles of the fauces.

105.] *Lastly*, The symptoms denoting the *putrescent state of the fluids*, are,

\* No part of medical knowledge is so serviceable in the practice of physic as prognostics. It wonderfully assists in the cure of all diseases, but more especially fevers, and other acute disorders. The young reader, therefore, ought to be particularly attentive to this part of the work. What the author advances is very different from what has gone before. We have here no hypothesis or fancies, no suppositions unsupported by facts ; but on the contrary, truths deduced from a careful observation of nature, and arranged in a distinct and perspicuous manner.

I. With respect to the stomach ; the loathing of animal food, nausea, and vomiting, great thirst, and a desire of acids.

II. With respect to the fluids ; 1. The blood drawn out of the veins not coagulating as usual ; 2. Hemorrhagy from different parts, without marks of increased impetus ; 3. Effusions under the skin or cuticle, forming patechiæ, maculæ, and vibices ; 4. Effusions of a yellow serum under the cuticle.

III. With respect to the state of the excretions ; fetid breath, frequent loose and fetid stools, high colored turbid urine, fetid sweats, and the fetor and livid color of blistered places.

IV. The candaverous smell of the whole body.

106.] These several symptoms have very often, each of them singly, a share in determining the prognostic ; but more especially by their concurrence and combination with one another ; particularly those of debility with those of putrescency.\*

107.] On the subject of the prognostic, it is proper to observe, that many physicians have been of opinion there is something in the nature of fevers which generally determines them to be of a certain duration ; and therefore that their terminations, whether salutary or fatal, happen at certain periods of the disease, rather than at others. These periods are called the **CRITICAL DAYS** ; carefully marked by Hippocrates and other ancient physicians, as well as by moderns of the greatest eminence in practice ; whilst at the same time many other moderns, of no inconsiderable authority, deny their taking place in the fevers of these northern regions which we inhabit.

108.] I am of opinion that the doctrine of the ancients, and particularly that of Hippocrates, on this subject, was well founded ; and that it is applicable to the fevers of our climate.

109.] I am of this opinion, *first*, Because I observe that the animal economy, both from its own constitution, and from habits which are easily produced in it, is readily subjected to periodical movements. *Secondly*, Because, in the diseases of the human body, I observe periodical movements to take place with great constancy and exact-

\* It may not be amiss to explain this circumstance a little more fully. Coldness of the extremities may alone be sufficient to induce practitioners to think the issue of the disease fatal ; yet if this symptom be combined with a weakness and irregularity of the intellectual operations, and these two accompanied with involuntary, loose, and fetid evacuations of stool, and urine, DEATH may be pronounced to be at no great distance.

ness ; as in the case of intermittent fevers, and many other diseases.

110.] These considerations render it probable, that exact periodical movements may take place in continued fevers ; and I think there is evidence of such movements actually taking place.

111.] The critical days, or those on which we suppose the termination of continued fevers especially to happen, are, the *third, fifth, seventh, ninth, eleventh, fourteenth, seventeenth, and twentieth.* We mark none beyond this last ; because, though fevers are sometimes protracted beyond this period, it is, however, more rarely ; so that there are not a sufficient number of observations to ascertain the course of them ; and further, because it is probable that, in fevers long protracted, the movements become less exact and regular, and therefore less easily observed.

112.] That the days now mentioned are the critical days, seems to be proved by the particular facts which are found in the writings of Hippocrates. From these facts, as collected from the several writings of that author by *M. de Haen*, it appears, that of one hundred and sixty-three instances of the termination of fevers, which happened on one or other of the first twenty days of the disease, there are one hundred and seven, or more than two-thirds of the whole number, which happened on one or other of the eight days above mentioned ; that none happened on the second or thirteenth day ; and upon the eighth, tenth, twelfth, fifteenth, sixteenth, eighteenth, and nineteenth, there are but eighteen instances of termination, or one ninth of the whole.

113.] As the terminations which happen on the seven days last mentioned, are, upon the whole, few ; and, upon any one of them, fewer than those which happen on any of our supposed critical days ; so there are therefore nine days which may be called **NONCRITICAL** ; while, on the other hand, the many terminations which happened on the seventh, fourteenth, and twentieth days, afford a proof both of critical days in general, and that these are the chief of them. Hereafter I shall mention an analogy that renders the power of the other critical days sufficiently probable.

114.] It appears further, that as, of the terminations which were final and salutary, not a tenth part happened on the noncritical days ; and of the terminations which were final and fatal, though the greater number happened on the critical days, yet above a third of them happened on the non-

critical ; so it would appear that the tendency of the animal economy is to observe the critical days, and that it is by the operation of some violent and irregular cause that the course of things is sometimes turned to the noncritical.

115.] What has been said gives sufficient ground for presuming, that it is the general tendency of the animal economy to determine the periodical movements in fevers to be chiefly on the critical days. At the same time, we must acknowledge it to be a general tendency only ; and that in particular cases, many circumstances may occur to disturb the regular course of it. Thus, though the chief and more remarkable exacerbations in continued fevers happen on the critical days, there are truly exacerbations happening every day ; and these from certain causes, may become considerable and critical. Further, though intermittent fevers are certainly very strongly determined to observe a tertian or quartan period, we know there are certain circumstances which prevent them from observing these periods exactly, and which render them either anticipating or postponing so much, that the days of paroxysms come to be quite changed ; and it is allowable to suppose, that the like may happen with respect to the exacerbations of continued fevers, so as thereby to disturb the regular appearance of critical days.

A particular instance of this occurs with respect to the sixth day of fevers. In the writings of Hippocrates, there are many instances of terminations happening on the sixth day ; but it is not therefore reckoned among the critical days ; for of the terminations happening on that day, there is not one which proves finally of a salutary kind ; the greater number are fatal ; and all the rest are imperfect, and followed with a relapse. All this shews, that some violent cause had, in these cases, produced a deviation from the ordinary course of nature ; that the terminations on the sixth day are nothing more than anticipations of the seventh, and therefore a proof of the power of this last.\*

116.] The doctrine of critical days has been much embarrassed by some dissonant accounts of it, which appear in the writings imputed to Hippocrates.† But this may be

\* This idea of the general tendency of nature to preserve a regularity in the animal motions, is a most ingenious explanation of the apparent irregularities in the termination of fevers. It is perhaps one of the best defences of the critical days that ever appeared, because it explains in a most satisfactory manner, why the termination on the sixth day should not be salutary. The violence of the disturbing cause excites motions which nature has not the power of withstanding, and which are either the immediate causes of death or induce such morbid affections as prove ultimately fatal.

† To enter into a critical enquiry, whether the works handed down to us as the writings of Hippocrates are really the productions of that great man, or compilations from various physi-

justly accounted for from these writings being truly the works of different persons, and from the most genuine of them having suffered many corruptions ; so that, in short, every thing which is inconsistent with the facts above laid down, may be ascribed to one or other of these causes.

117.] This, further, has especially disturbed the doctrine of critical days, that Hippocrates himself attempted perhaps too hastily, to establish general rules, and to bring the doctrine to a general theory, drawn from Pythagorean opinions concerning the power of numbers. It is this which seems to have produced the idea of odd days, and of a quaternary and septenary period, doctrines which appear so often in the writings of Hippocrates. These, however, are inconsistent with the facts above laid down ; and indeed, as Asclepiades and Celsus have observed, are inconsistent with one another.

118.] Upon the whole, therefore, it is apprehended, that the critical days above assigned are truly the critical days of Hippocrates, and may be consistently explained in the following manner.

119.] From the universality of tertian or quartan periods in intermittent fevers, we cannot doubt of there being, in the animal economy, a tendency to observe such periods ;\* and the critical days above mentioned are consistent with this tendency of the economy, as all of them mark either tertian or quartan periods. These periods, however, are not promiscuously mixed, but occupy constantly their several portions in the progress of the disease ; so that, from the beginning to the eleventh day, a tertian period takes place, and, from the eleventh to the twentieth, and perhaps longer, a quartan period is as steadily observed.

120.] What determines the periods to be changed about the eleventh day, we have not clearly perceived ; but the fact is certain : for there is no instance of any termination on the thirteenth, that is, the tertian period next following the eleventh ; whereas, upon the fourteenth, seventeenth, and twentieth, which mark quartan periods, there are forty-three instances of terminations, and six only on all the intermediate days between these.

cians, would be foreign to the design of this work. The style of them is, if I may be allowed the expression, homogeneous ; the same provincial dialect prevails through the whole of them ; and they are extremely remarkable, especially such of them as respect the critical days, for being rather a detail of observed facts, than reasonings brought to support a favorite hypothesis. It is probable indeed that Hippocrates, who has got the credit of the work, might have been indebted to many of his cotemporaries for some of the materials that compose them ; but the sameness of the style is a strong presumptive argument that they are the production of one person, or at least of their having been reduced to their present form by one and the same hand. Dr. Cullen's other supposition, of their having suffered many, and, he might have added, material corruptions, seems highly probable.

\* The Author might have added, or periods compounded of these two.

This prevalence of a quartan period leaves no room for doubting that the twentieth, and not the twenty-first, is the critical day marked by Hippocrates, though the last is mentioned as such in the common edition of the Aphorisms, taken from an erroneous manuscript, which Celsus also seems to have copied.

121.] A consistency with the general tendency of the system renders the series of critical days we have mentioned, probably the true one; and the only remaining difficulty in finding what we have delivered to be the same with the genuine doctrine of Hippocrates, is the frequent mention of the fourth as a critical day.

It is true there are more instances of terminations happening on this day, than on some of those days we have asserted to be truly critical: but its inconsistency with the more general tendency, and some other considerations, lead us to deny its being naturally a critical day; and to think that the instances of terminations, which have really occurred on the fourth day, are to be reckoned among the other irregularities that happen in this matter.

122.] I have thus endeavored to support the doctrine of critical days, chiefly upon the particular facts to be found in the writings of Hippocrates: And although I might also produce many other testimonies of both ancient and modern times; yet it must be owned, that some of these testimonies may be suspected to have arisen rather from a veneration of Hippocrates, than from accurate observation.

123.] With respect to the opinions of many moderns who deny the prevalence of critical days, they are to be little regarded, for the observation of the course of continued fevers is known to be difficult and fallacious; and therefore the regularity of that course may have often escaped inattentive and prejudiced observers.

124.] Our own observations amount to this, That fevers with moderate symptoms, generally the cases of the synocha, frequently terminate in nine days, or sooner, and very constantly upon one or other of the critical days which fall within that period: but it is very rare, in this climate, that cases of either the typhus or synochus terminate before the eleventh day; and when they do terminate on this day, it is for the most part fatally. When they are protracted beyond this time, I have very constantly found, that their terminations were upon the fourteenth, seventeenth, or twentieth day.

In such cases, the salutary terminations are seldom attended with any considerable evacuation. A sweating frequently appears, but is seldom considerable; and I have hardly ever observed critical and decisive terminations attended with vomiting, evacuations by stool, or remarkable changes in the urine. The solution of the disease is chiefly to be discerned from some return of sleep and appetite, the ceasing of delirium, and an abatement of the frequency of the pulse. By these symptoms we can often mark a crisis of the disease: but it seldom happens suddenly and entirely; and it is most commonly from some favorable symptoms occurring upon one critical day, that we can announce a more entire solution upon the next following.

Upon the whole, I am persuaded, that if observations shall be made with attention, and without prejudice, I shall be allowed to conclude with the words of the learned and sagacious Gaubius, “Fallor, ni sua constiterit HIPPOCRATI auctoritas, GALENO fides, NATURÆ virtus et ordo.”

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## CHAPTER VI.

### OF THE METHOD OF CURE IN FEVERS.

#### SECT. I.

##### *Of the Cure of Continued Fevers.*

125.] **A**S it is allowed, that in every fever which has its full course, there is an effort of nature of a salutary tendency, it might be supposed that the cure of fevers should be left to the operations of nature, or that our art should be only directed to support and regulate these operations, and that we should form the indications accordingly. This plan, however, I cannot adopt, because the operations of nature are very precarious, and not so well understood as to enable us to regulate them properly. It appears to me, that trusting to these operations has often given occasion to a negligent and inert practice; and there is reason to believe, that an attention to the operations of nature may be often superseded by art.

126.] The plan which to me appears to be most suitable is that which forms the indications of cure upon the view

of obviating the tendency to death ; while at the same time the means of executing these indications are directed by a proper attention to the proximate cause of fevers.

Upon this plan, in consequence of what has been laid down above on the subject of the prognostic, we form three general indications in the cure of continued fevers ; and the one or other of these is to be employed according as the circumstances of the fever (102.) shall direct.

The first therefore is, *To moderate the violence of reaction.*

The second is, *To remove the causes or obviate the effects of debility.* And,

The third is, *To obviate or correct the tendency of the fluids to putrefaction.*

127.] The first indication may be answered, that is, the violence of reaction may be moderated,

1. By all those means which diminish the action of the heart and arteries.

2. By those means which take off the spasm of the extreme vessels, which we suppose to be the chief cause of violent reaction.

128.] The action of the heart and arteries may be diminished,

1. By avoiding or moderating those irritations, which in one degree or other, are almost constantly applied to the body.

2. By the use of certain sedative powers.

3. By diminishing the tension and tone of the arterial system.

129.] The irritations (128. 1.) almost constantly applied, are the impressions made upon our senses ; the exercise of the body and mind ; and the taking in of aliments. The avoiding these as much as possible, or the moderating their force, constitute what is rightly called the **ANTIPHLOGISTIC REGIMEN**, proper to be employed in almost every continued fever.

130.] The conduct of this regimen is to be directed by the following rules and considerations.

1. Impressions on the external senses, as being stimulant to the system, and a chief support of its activity, should be avoided as much as possible ; those especially of more constant application, those of a stronger kind, and those which give pain and uneasiness.

No impression is to be more carefully guarded against

than that of external heat; while at the same time, every other means of increasing the heat of the body is to be shunned. Both these precautions are to be observed as soon as the hot stage is fully formed, and to be attended to during its continuance; excepting in certain cases, where a determination to sweating is necessary, or where the stimulant effects of heat may be compensated by circumstances which determine it to produce a relaxation and revulsion.

2. All motion of the body is to be avoided, especially that which requires the exercise of its own muscles; and that posture of the body is to be chosen which employs the fewest muscles, and which keeps none of them long in a state of contraction. Speaking, as it accelerates respiration, is particularly to be refrained from.

It is to be observed, that every motion of the body is the more stimulant, in proportion as the body is weaker.

3. The exercise of the mind also is a stimulus to the body; so that all impressions, which lead to thought, and those especially which may excite emotion or passion, are to be carefully shunned.

With respect to avoiding impressions of all kinds, an exception is to be made in the case of a delirium coming on, when the presenting of accustomed objects may have the effect of interrupting and diverting the irregular train of ideas then arising in the mind.

4. The presence of recent aliment in the stomach proves always a stimulus to the system, and ought therefore to be as moderate as possible. A total abstinence for some time may be of service; but as this cannot be long continued with safety we must avoid the stimulus of aliment, by choosing that kind which gives the least.\* We suppose that alimentary matters are more stimulant, according as they are more alkaliescent; and this leads to avoid all animal, and to use vegetable food only.

As our drinks also may prove stimulant, so all aromatic and spirituous liquors are to be avoided; and in answering the present indication, all fermented liquors, excepting those of the lowest quality, are to be abstained from.†

\* In addition to these directions, it may be mentioned, that if the patient have a desire for food, which is seldom the case, he ought to make very sparing and frequent meals. Much food taken at once, proves a greater stimulus than the same quantity taken at several different times; especially if sufficient quantities of diluting mucilaginous drink, such as lintseed tea, barley-water, water-gruel, &c. be taken along with it.

† Thin liquors are the best in cases of this kind: of these we may either use water alone, or weak lintseed tea, thin barley-water, toast and water, whey, currant-jelly dissolved in water, with a variety of such like mucilaginous acescent drinks. They ought to be taken in small quantities, and often.

131.] Besides these stimulant powers more constantly applied, there are others which, although occasionally only, yet, as commonly accompanying fevers, must be attended to and removed.\*

One is, the sense of thirst, which, as a powerful stimulus, ought always, in one way or other to be removed.†

Another stimulus frequently arises from crudities, or corrupted humors in the stomach; and it is to be removed by vomiting, by dilution, or by the use of acids.‡

A third stimulus often arises from the preternatural retention of fæces in the intestines; and ought to be removed by frequent laxative glysters.∥

A fourth stimulus to be constantly suspected in fevers, is a general acrimony of the fluids, as produced by the increase of motion and heat, joined with an interruption of the excretions. This acrimony is to be obviated or removed by the taking in of large quantities of mild antiseptic liquors.§

132.] The avoiding of irritation in all these particulars, (130. and 131.) constitutes the antiphlogistic regimen absolutely necessary for moderating the violence of reaction; and, if I mistake not, is proper in almost every circumstance of continued fevers; because the propriety and safety of employing stimulants is often uncertain; and because several of those above mentioned, beside their stimulant powers, have other qualities by which they may be hurtful.

It appears to me, that the supposed utility of stimulants, in certain cases of fever, has often arisen from a mistake in having ascribed to their stimulant, what really depended upon their antispasmodic power.

133.] A second head of the means (128. 2.) for moderating the violence of reaction, comprehends certain sedative powers, which may be employed to diminish the activity of the whole body, and particularly that of the sanguiferous system.

\* This passage might have been more clearly expressed thus: besides the stimulant powers more constantly applied, others, only occasionally accompanying fevers, must be attended to and removed.

† The drinks mentioned in the former note are best adapted to this purpose.

‡ The vegetable acids are the most suitable, especially the juices of acid fruits, as the juices of oranges, lemons, currants or apples, diluted with water. In some cases the mineral acids have been much extolled, especially the nitrous, when united with the spirit of wine. The spiritus ætheris nitrosi of the last London Pharmacopœia is used with success in these cases. It may be given in barley water, to the quantity of twenty or twenty-five drops within the hour.

∥ The preference of glysters to purging medicines is obvious.—The action even of the most gentle laxatives is always attended with some degree of stimulus, while glysters, especially the mild ones, seldom produce that effect. The best glyster in these cases, is half a point of milk, with as much water, two ounces of oil, and one ounce of brown sugar, or, what is better than sugar, two ounces of manna.

§ The chief of these are the acid fruits diluted with water: to which we may add the decoction of malt, of radix graminis, (the *Triticum repens* of Linne,) infusions of sage, mint, and other plants of that natural order which Linne calls *Spirantia*.

The *first* of these to be mentioned is the application of cold.

Heat is the chief support of the activity of the animal system; which is therefore provided in itself with a power of generating heat. But, at the same time we observe, that this would go to excess, were it not constantly moderated by a cooler temperature in the surrounding atmosphere. When, therefore, that power of the system generating heat is increased, as is commonly the case in fevers, it is necessary not only to avoid all means of increasing it further, but it seems proper also to apply air of a cooler temperature; or at least to apply it more entirely and freely, than in a state of health.

Some late experiments in the small pox and in continued fevers, show that the free admission of cool air to the body, is a powerful remedy in moderating the violence of reaction; but what is the mode of its operation, to what circumstances of fever it is peculiarly adapted, or what limitations it requires, I shall not venture to determine, till more particularly instructed by further experience.

134.] A *second* sedative power which may be employed in fevers, is that of certain medicines, known, in the writings on the *Materia Medica*, under the title of REFRIGERANTS.

The chief of these are acids of all kinds, when sufficiently diluted; and they are, in several respects, remedies adapted to continued fevers. Those especially in use are, the Vitriolic and Vegetable; and, on many accounts, we prefer the latter.\*

135.] Another set of refrigerants are, the Neutral Salts, formed of the vitriolic, nitrous or vegetable acids; with alkalines, either fixed or volatile. All these neutrals, while they are dissolving in water, generate cold; but as that cold ceases soon after the solution is finished, and as the salts are generally exhibited in a dissolved state, their refrigerant power in the animal body does not at all depend upon their power of generating cold with water. The neutral chiefly employed as a refrigerant, is Nitre; but all the

\* The vitriolic acid is harsh to the taste, and frequently acts as an astringent; it is therefore not always admissible. The best vegetable acids for this purpose, are as was said above, the natural juices of acid fruits. The acid of tartar is the best refrigerant we have: there is an excellent formula of it in the Swedish Pharmacopœia, under the title of Pulvis refrigerans, which consists chiefly of the essential salt of tartar and sugar. The dose of the acid of tartar, prepared according to Scheele's prescription, is half a scruple, or fifteen grains, in the hour, largely diluted with a mucilaginous liquor.

others compounded as above mentioned, partake more or less of the same quality.\*

136.] Besides these neutrals, some metallic salts also have been employed as refrigerants in fevers; and particularly the Sugar of Lead. But the refrigerant powers of this are not well ascertained; and its deleterious qualities are too well known to admit of its being freely used.

137.] Under the *third* general head (128. 3.) of the means to be employed for moderating the violence of reaction, are comprehended the several means of diminishing the tension, tone, and activity, of the sanguiferous system. As the activity of this system depends, in a great measure, upon the tone, and this again upon the tension of the vessels, given to them by the quantity of fluids they contain, it is evident, that the diminution of the quantity of these must diminish the activity of the sanguiferous system.

138.] The quantity of fluids contained in the sanguiferous system, may be diminished most conveniently by the evacuations of blood-letting and purging.

139.] Nothing is more evident, than that blood-letting is one of the most powerful means of diminishing the activity of the whole body, especially of the sanguiferous system; and it must therefore be the most effectual means of moderating the violence of reaction in fevers. Taking this as a fact, I omit inquiring into its mode of operation and shall only consider in what circumstances of fevers it may be most properly employed.

140.] When the violence of reaction, and its constant attendant, a phlogistic diathesis, are sufficiently manifest; when these constitute the principal part of the disease, and may be expected to continue throughout the whole of it as in the cases of *synocha*; then blood-letting is the principal remedy, and may be employed as far as the symptoms of the disease may seem to require, and the constitution of the patient will bear. It is, however, to be attended to, that a greater evacuation than is necessary, may occasion a slower recovery, may render the person more liable to a relapse, or may bring on other diseases.

141.] In the case of *synocha*, therefore, there is little doubt about the propriety of blood-letting: but there are other species of fever, as the *synochus*, in which a violent

\* Nitre has been long used as a refrigerant. In too large quantities, however, it has often done harm. It may therefore be necessary to guard the young practitioner against giving nitre in a larger quantity than two drachms in the twenty-four hours, nor in doses of above ten grains, well diluted with mucilaginous drinks.

reaction and phlogistic diathesis appear, and prevail during some part of the course of the disease; while at the same time, these circumstances do not constitute the principal part of the disease, nor are to be expected to continue during the whole course of it, and it is well known, that in many cases, the state of violent reaction is to be succeeded, sooner or later, by a state of debility from the excess of which the danger of the disease is chiefly to arise. It is, therefore, necessary, that, in many cases, blood-letting should be avoided, and even although, during the inflammatory state of the disease, it may be proper, it will be necessary to take care that the evacuation be not so large as to increase the state of debility which is to follow.

142.] From all this it must appear, that the employing blood-letting, in certain fevers, requires much discernment and skill, and is to be governed by the consideration of the following circumstances;

1. The nature of the prevailing epidemic.
2. The nature of the remote cause.
3. The season and climate in which the disease occurs.
4. The degree of phlogistic diathesis present.\*
5. The period of the disease.
6. The age, vigor, and plethoric state of the patient.
7. The patient's former diseases and habits of blood-letting.
8. The appearance of the blood drawn out.
9. The effects of the blood-letting that may have been already practised.

143.] When after the consideration of these circumstances, blood-letting is determined to be necessary, it should be observed, that it is more effectual, according as the blood is more suddenly drawn off, and as the body is at the same time more free from all irritation, and consequently when in a posture in which the fewest muscles are in action.

144.] Another evacuation whereby the quantity of fluids contained in the body can be considerably diminished, is that of purging.

145.] If we consider the quantity of fluids constantly present in the cavity of the intestines, and the quantity which may be drawn from the innumerable excretories that open into this cavity, it will be obvious, that a very great evacuation can be made by purging; and, if this be done by a stimulus applied to the intestines, without being at the

\* The phlogistic diathesis is explained in art. 247.

same time communicated to the rest of the body, it may, by emptying both the cavity of the intestines, and the arteries which furnish the excretions poured into it, induce a considerable relaxation in the whole system ; and therefore, purging seems to be a remedy suited to moderate the violence of reaction in fevers.

146.] But it is to be observed, that as the fluid drawn from the excretories opening into the intestines, is not all drawn immediately from the arteries, as a part of it is drawn from the mucous follicles only ; and what is even more immediately drawn from the arteries, is drawn off slowly, so the evacuation will not, in proportion to its quantity, occasion such a sudden depletion of the red vessels, as blood-letting does ; and therefore cannot operate so powerfully in taking off the phlogistic diathesis of the system.

147.] At the same time, as this evacuation may induce a considerable degree of debility ; so, in those cases, in which a dangerous state of debility is likely to occur, purging is to be employed with a great deal of caution ; and more especially as the due measure of the evacuation is more difficult to be applied than in the case of blood-letting.

148.] As we shall presently have occasion to observe, that it is of great importance, in the cure of fevers, to restore the determination of the blood to the vessels on the surface of the body ; so purging, as in some measure taking off that determination, seems to be an evacuation not well adapted to the cure of fevers.

149.] If, notwithstanding these doubts, (146. 147. and 148.) it shall be asserted, that purging, even from the exhibition of purgatives, has often been useful in fevers ; I would beg leave to maintain, that this has not happened from a large evacuation ; and therefore, not by moderating the violence of reaction, excepting in the case of a more purely inflammatory fever, or of exanthemata of an inflammatory nature. In other cases of fever, I have seen a large evacuation by purging, of mischievous consequence ; and if upon occasion, a more moderate evacuation has appeared to be useful, it is apprehended to have been only by taking off the irritation of retained fæces, or by evacuating corrupted humors, which happened to be present in the intestines ; for both of which purposes, frequent laxatives may be properly employed.\*

\* Purges ought to be very cautiously administered in fevers ; and such only are to be used as operate with the least irritation. In fevers attended with local inflammation, we may be under no apprehension of danger even from the brisker purges, as Glauber's salt, given in the quantity of

150.] Another set of means (127. 2.) for moderating the violence of reaction in fevers, are those suited to take off the spasm of the extreme vessels, which we believe to be the irritation that chiefly supports the reaction.

Though I have put here this indication of taking off the spasm of the extreme vessels, as subordinate to the general indication of moderating the violence of reaction; it is, however, to be observed here, that as fever universally consists in an increased action of the heart, either in frequency or in force, which in either case is supported by a spasm of the extreme vessels, so the indication for removing this is a very general one, and applicable in almost every circumstance of fever, or at least, with a few exceptions, to be taken notice of hereafter.

151.] For taking off the spasm of the extreme vessels, the means to be employed are either internal or external.

152.] The internal means (151.) are,

1. Those which determine the force of the circulation to the extreme vessels on the surface of the body, and, by restoring the tone and activity of these vessels, may overcome the spasm on their extremities.

2. Those medicines which have the power of taking off spasm in any part of the system, and which are known under the title of ANTISPASMODICS.

153.] Those remedies which are fit to determine to the surface of the body, are,

1. DILUENTS.
2. NEUTRAL SALTS.
3. SUDORIFICS.
4. EMETICS.

154.] Water enters, in a large proportion, into the composition of all the animal fluids, and a large quantity of it is always diffused through the whole of the common mass. Indeed, in a sound state, the fluidity of the whole mass depends upon the quantity of water present in it. Water, therefore is the proper diluent of our mass of blood; and other fluids are diluent only in proportion to the quantity of water they contain.

an ounce, or an ounce and a half, or three or four ounces of the infusum sennæ, with half an ounce of Glauber's salt and a drachm or two of tincture of jalap; but in fevers where no topical inflammation appears, the purges, if necessary, must be of the mildest kind, such as manna, cassia, &c. and they must be given in small and often repeated dozes. In most fevers the intestines may be sufficiently evacuated by taking half an ounce of manna, and a scruple of cream of tartar, every hour till it operates, diluting plentifully at the same time with barley-water. The phosphorated soda, lately introduced into practice by the ingenious Dr. Pearson of London, is well calculated for these cases. The dose of it is an ounce or ten drachms in barley-water or broth.

155. Water may be said to be the vehicle of the several matters which ought to be excreted; and in a healthy state the fulness of the extreme vessels, and the quantity of excretions, are nearly in proportion to the quantity of water present in the body. In fever, however, although the excretions are in some measure interrupted, they continue in such quantity as to exhale the more fluid parts of the blood; and while a portion of them is at the same time necessarily retained in the larger vessels, the smaller and the extreme vessels, both from the deficiency of fluid, and their own contracted state, are less filled, and therefore allowed to remain in that condition.

156.] To remedy this contracted state, nothing is more necessary than a large supply of water or watery fluids, taken in by drinking or otherwise; for as any superfluous quantity of water is forced off by the several excretories, such a force applied, may be a means of dilating the extreme vessels, and of overcoming the spasm affecting their extremities.

157.] Accordingly the throwing in of a large quantity of watery fluids has been, at all times, a remedy much employed in fevers; and in no instance more remarkably, than by the Spanish and Italian physicians, in the use of what they call the *Dieta aqua*.

158.] This practice consists in taking away every other kind of aliment and drink, and in giving in divided portions every day, for several days together, six or eight pounds of plain water, generally cold, but sometimes warm. All this, however, is to be done only after the disease has continued for some time, and, at least, for a week.\*

159.] A second means (153. 2.) of determining to the surface of the body, is by the use of neutral salts. These, in a certain dose taken into the stomach, produce, soon after, a sense of heat upon the surface of the body; and, if the body be covered close and kept warm, a sweat is readily brought out. The same medicines, taken during the cold stage of a fever, very often put an end to the cold

\* Simply as a diulent, water is undoubtedly the best drink than can be used, but by adding a small quantity of mucilage to it, two intentions are answered at the same time, viz. diluting and overcoming the acrimony; hence the propriety of barley-water, water-gruel, linseed tea, all made extremely weak; of very slight decoctions, of malt, of bread-crusts, or even the gelatinous parts of young animals, as calf's feet, or the more solid hartshorn shavings, &c. These animal substances must however, be used in great moderation, and only in those cases where the patient requires nourishment. When this watery regimen is carried to a great length, the patient turns anasarctous; but this effect may be prevented by some of the neutral salts, of which Kali acetatum of the London Pharmacopœia is most preferable, on account of its diuretic quality. The dose of it may be carried as far as half an ounce or six drachms in the day. The same intention may also be answered by eating water-cresses, radishes if in season, or a little of the out rind of turnips; all which are diuretics.

stage, and bring on the hot ; and they are also remarkable for stopping the vomiting which so frequently attends the cold stage of fevers. All this shows, that neutral salts have a power of determining the blood to the surface of the body, and may therefore be of use in taking off the spasm which in fevers subsists there.

160.] The neutral most commonly employed in fevers, is that formed of an alkali with the native acid of vegetables,\* but all the other neutrals have more or less of the same virtue ; and perhaps some of them, particularly the ammoniacal salts, possess it in a stronger degree.†

161.] As cold water taken into the stomach, often shows the same diaphoretic effects with the neutral salts, it is probable that the effect of the latter depends upon their refrigerant powers mentioned above, (134.) What is the effect of the neutral salts, given when they are forming and in a state of effervescence ? It is probable that this circumstance may increase the refrigerant power of these salts, and may introduce into the body a quantity of fixed air ; but for these purposes it would seem proper to contrive that the whole of the effervescence should take place in the stomach.‡

162.] A third means (153. 3) of determining to the surface of the body, and taking off the spasm subsisting there, is by the use of sudorific medicines, and of sweating.

163.] The propriety of this remedy has been much disputed ; and specious arguments may be adduced both for and against this practice.

In favor of the practice it may be said,

1. That, in healthy persons, in every case of increased action of the heart and arteries, a sweating takes place, and is seemingly the means of preventing the bad effects of such increased action.

\* The following is the usual dose of it every three or four hours :

Rx. Sal. Absinth.  $\mathcal{D}$ i.  
 Succ. Limon.  $\mathfrak{z}$ ss. vel. q. s. ad. saturationem ;  
 Adde Aq. Fontanæ  $\mathfrak{z}$ iss.  
 Syrup. commun.  $\mathfrak{z}$ ii.  
 M. f. haust.

† The form and dose of this is the same with the foregoing, only using the volatile alkali instead of the fixed. The aqua ammonia acetata of the London Pharmacopœia is one of the ammoniacal salts, and may be given in doses of two drachms every four hours, diluted with an ounce and a half of water.

‡ It is certainly extremely useful in suppressing vomitings in fevers. The method of producing the effervescence in the stomach is as follows : Let the patient take the acid first, diluted with a sufficient quantity of water, and immediately after let him swallow the alkali, also diluted. The proportion of the alkali to the acid must be learned from chemistry. If the mild fixed alkali is good, it will saturate about twelve times its weight of lemonjuice.

2. That, in fevers, their most usual solution and termination is by spontaneous sweating.

3. That, even when excited by art, it has been found manifestly useful, at certain periods, and in certain species of fever.

164.] Upon the other hand, it may be urged against the practice of sweating,

1. That as in fevers a spontaneous sweating does not immediately come on, so there must be in these some circumstances different from those in a state of health, and which may therefore render it doubtful whether the sweating can be safely excited by art.

2. That in many cases, the practice has been attended with bad consequences. The means commonly employed have a tendency to produce an inflammatory diathesis; which, if not taken off by the sweat following their use, must be increased with much danger. Thus, sweating employed to prevent the accessions of intermitting fevers, has often changed them into a continued form, which is always dangerous.

3. The utility of the practice is further doubtful, because sweating, when it happens, does not always give a final determination; as must be manifest in the case of intermitting, as well as in many continued fevers, which are sometimes in the beginning attended with sweatings that do not prove final; and, on the contrary, whether spontaneous or excited by art, seem often to aggravate the disease.

165.] From these considerations, it is extremely doubtful if the practice of sweating can be admitted very generally; but at the same time, it is also doubtful, if the failure of the practice, or the mischiefs said to have arisen from it, have not been owing to the improper conduct of the practitioner. With respect to this last, it is almost agreed among physicians,

1. That sweating has been generally hurtful, when excited by stimulant, heating, and inflammatory medicines.

2. That it has been hurtful, when excited by much external heat, and continued with a great increase of the heat of the body.

3. That it is always hurtful, when it does not soon relieve, but rather increases, the frequency and hardness of the pulse, the anxiety and difficulty of breathing, the head-ach, and delirium.

4. That it is always hurtful, if it be urged when the

sweat is not fluid, and when it is partial, and on the superior parts of the body only.

166.] In these cases, it is probable, that either an inflammatory diathesis is produced, which increases the spasm on the extreme vessels; or that, from other causes, the spasm is too much fixed to yield easily to the increased action of the heart and arteries; and, upon either supposition, it must be obvious, that urging the sweat, as ready to produce a hurtful determination to some of the internal parts, may be attended with very great danger.

167.] Though the doubts started (164.) are to be attended to; and although the practices (165.) having been found hurtful, are therefore to be rejected; it still remains true,

1. That sweating has certainly been often useful in preventing the accession of fevers, when the times of this have been certainly foreseen, and a proper conduct employed.

2. That, even after fevers have in some measure come on, sweating, when properly employed, either at the very beginning of the disease, or during its approach and gradual formation, has often prevented their further progress.

3. That, even after pyrexia have continued for some time, sweating has been successfully employed in curing them, as particularly in the case of rheumatism.

4. That certain fevers, produced by a very powerful sedative contagion, have been generally treated, so far as we yet know, most successfully by sweating.

168.] These instances (167.) are in favor of sweating, but give no general rule; and it must be left to further experience to determine how far any general rule can be established in this matter. In the mean time, if the practice of sweating is to be attempted, we can venture to lay down the following rules for the conduct of it.

1. That it should be excited without the use of stimulant inflammatory medicines.

2. That it should be excited with as little external heat, and with as little increase of the heat of the body, as possible.

3. That when excited, it should be continued for a due length of time, not less than twelve hours, and sometimes for twenty-four or forty-eight hours; always however, providing that it proceeds without the circumstances mentioned (165. 3. 4.)

4. That for some part of the time, and as long as the person can easily bear, it should be carried on without admitting of sleep.\*

\* This direction is not always absolutely necessary.

5. That it should be rendered universal over the whole body : and, therefore, particularly, that care be taken to bring the sweating to the lower extremities.

6. That the practice should be rendered safer by moderate purging, excited at the same time.

7. That it should not be suddenly checked by cold any how applied to the body.

169.] When attention is to be given to these rules, the sweating may be excited, 1. By warm bathing, or a fomentation of the lower extremities. 2. By frequent draughts of tepid liquors chiefly water, rendered more grateful by the addition of the light aromatic,\* or more powerful by that of a small quantity of wine. 3. By giving some doses of neutral salts.† 4. Most effectually, and perhaps most safely, by a large dose of an opiate, joined with a portion of neutral salts, and of an emetic.‡

In what cases may cold water, thrown into the stomach in large quantities, be employed to excite sweating? See CELSUS, Lib. III. Cap. vii—ix.

170.] The fourth means (153. 1.) of determining to the surface of the body, and thereby taking off the spasm affecting the extreme vessels, is by the use of emetics.

171.] Emetics, and particularly antimonial emetics, have been employed in the cure of fevers ever since the introduction of chemical medicines: but for a long time, they were employed by chemists and chemical practitioners only: and although of late the use of them has become very general, their efficacy is still disputed, and their manner of operating is not commonly explained.||

\* The light aromatics here mentioned are sage, mint, balm, &c. For the purpose of sweating, white wines answer best, especially the thin fresh wines; as also Rhenish wines, particularly Hock. They must be taken warm and plentifully diluted. Wine whey is also a very powerful sudorific, as are also wheys made with vinegar, cream of tartar, the juices of acid fruits or with dulcified spirit of nitre.

† Neutral salts may be given in the quantity of two scruples or a drachm: but the patient must nevertheless drink large quantities of warm water. The tartarous tartarissatus is the neutral most frequently used for producing sweats; its dose is generally one scruple, but it may be increased to two drachms.

‡ This is the well known Dover's powder, now called in the London Pharmacopœia, *pulvis ipecacuanhæ compositus*. It consists of eight parts of neutral salt, one of opium, and one of ipecacuanha; so that 10 grains of it are an ordinary dose: But it has been given to the quantity of a scruple without any bad consequences, and that dose repeated every two or three hours, till the effect was produced. In general, however, doses of 12 or 15 grains are the most usual, and are found by experience to be the best. The Dover's powder, when given in larger quantities, often nauseates, and is rejected by vomit. In the Edinburgh Pharmacopœia, the Dover's powder consists of 9 parts of neutral salt, one of opium, and one of ipecacuanha. The dose of this, therefore, will be nearly the same as the dose of the former; 11 grains of the Edinburgh Dover's powder being equivalent to 10 of the London. In administering this powder, it may be necessary to observe, that the patient ought to refrain from drinking for at least an hour after taking it, because it nauseates more readily if much diluted in the stomach; and if the nausea be so great as to produce vomiting, its effects as a sudorific are considerably diminished: when, however, a sweat is produced, thin diluting drinks may and ought to be plentifully given; for in such cases, it is evident from the effect, that the medicine has passed out of the stomach, and that no material nausea can then be produced by it.

|| All the antimonial emetics are violent in their effects, and are sometimes attended with disagreeable consequences. Emetic tartar is found from experience to be the safest of them; but

172.] Vomiting is, in many respects, useful in fevers; as it evacuates the contents of the stomach; as it emulges the biliary and pancreatic ducts; as it evacuates the contents of the duodenum, and perhaps, also of a larger portion of the intestines; as it agitates the whole of the abdominal viscera, expedes the circulation in them, and promotes their several secretions; and lastly, as agitating also the viscera of the thorax, it has like effects there. All these several effects are in many cases and circumstances of fever, procured with advantage; but do not properly fall under our view here, where we are to consider only the effect of vomiting in determining to the surface of the body.

173.] This effect we do not impute to the exercise of vomiting in agitating the whole frame; but to the particular operation of emetics upon the muscular fibres of the stomach, whereby they excite the action of the extreme arteries on the surface of the body, so as thereby effectually to determine the blood into these vessels, remove the atony, and take off the spasm affecting them.

174.] That such is the power of emetic, will appear from the several considerations mentioned above (44); and therefore, that they are remedies well suited to the cure of fevers.

175.] Emetics, for that purpose, are administered in two different ways: that is, either in such doses as may excite full and repeated vomitings; or in such doses as may excite sickness and nausea only, with little or no vomiting at all.

176.] Full vomiting is best suited to the several purposes mentioned (172.) and is also well suited to determine to the surface of the body, so as thereby to obviate the atony and spasm which lay the foundation of fever. Thus vomiting, excited a little before the expected accession of the paroxysm of an intermittent, has been found to prevent the paroxysm altogether. And it has been observed also, that when contagion has been applied to a person, and first discovers its operation, a vomit given will prevent the fever, which was otherwise to have been expected. See LIND on *Fevers and Infection*.

177.] These are advantages to be obtained by exciting vomiting at the first approach of fevers, or of the paroxysms of fevers; and after fevers are formed, vomiting may also be

it is not always of the same strength, unless peculiar attention be paid to the making of it. The prescription for it in the last Edinburgh Pharmacopœia is preferable to that in the London. Some Chemists think that it would be better to use boiling water alone, and omit the alkaline salt, alleging that the alkali renders the precipitation variable in point of strength: But this opinion is erroneous. The alkali is used in order to free the precipitate more completely from any remains of the muriatic acid, making it thereby a milder powder and a more perfect calx.

employed to take off, perhaps entirely, the atony and spasm, or at least to moderate these, so that the fever may proceed more gently and safely.

178.] It is seldom, however, that vomiting is found to produce a final solution of fevers; and after they are once formed, it is commonly necessary to repeat the vomiting several times; but this is attended with inconvenience, and sometimes with disadvantage. The operation of full vomiting commonly soon ceases, and the exercise of vomiting is often a debilitating power; and therefore, when the vomiting does not remove the atony and spasm entirely, it may give occasion to their recurring with greater force.

179.] For these reasons, after fevers are fully formed, physicians have thought proper to employ emetics in nauseating doses only. These are capable of exciting the action of the extreme vessels, and their operation is more permanent. At the same time, they often show their power by exciting some degree of sweat, and their operation is rendered more safe, by their commonly producing some evacuation by stool.

180.] Such are the advantages to be procured by nauseating doses of emetics; and it only remains to mention, what are the medicines most fit to be employed in that manner; what are the most proper times for exhibiting, and what is the best manner of administering them.

181.] The emetics at present chiefly in use, are, Ipecacuanha and Antimony.

The former may be employed for every purpose of emetics, particularly those mentioned (172.) It may likewise be employed, either in larger or smaller doses for determining to the surface of the body; but, even in very small doses, it so readily excites vomiting, as to be with difficulty employed for the purpose of nauseating only; and however employed there is reason to believe, that its effects are less permanent, and less powerfully communicated from the stomach to the rest of the system than those of Antimony.

182.] This therefore, is generally preferred; and its preparations, seemingly various, may all be referred to two heads; the *one* comprehending those in which the reguline part is in a condition to be acted upon by acids; and therefore, on meeting with acids in the stomach becomes active; and the *other* comprehending those preparations in which the reguline part is already joined with an acid, rendering it active.

183.] Of each kind there are great numbers, but not differing essentially from one another. It will be enough for us to compare the Calx Antimonii Nitrata of the Edinburgh Dispensatory with the Emetic Tartar of the same. The former, as I judge, is nearly the same with what is called James' Powder.\* Which of these is best suited to the cure of fevers, as above explained, seems doubtful; but it appears to me, that, although the former may have some advantages from its slower operation, and may thereby seem to be more certainly sudorific and purgative, yet the uncertainty of its dose renders it inconvenient, has often given occasion to the timid to be disappointed, and to the bold to do mischief. On the other hand, the dose of the Emetic Tartar can be exactly ascertained; and I think it may be exhibited in such a manner as to produce all the advantages of the other.

184.] Whichsoever of these preparations be employed, I judge the most proper time for exhibiting them, to be the time of accessions; or a little before, when that can be certainly known. In continued fevers, the exacerbations are not always very observable; but there is reason to think, that one commonly happens about noon, or soon after it, and another in the evening; and that these, therefore, are the most proper times for exhibiting emetics.

185.] With respect to the manner of administration, that of the Calx Nitrata is simple, as the whole of what is judged a proper dose is given at once, and no more can properly be given till the time, of the next accession.†

The administration of the Emetic Tartar is different. It is to be given in small doses, not sufficient to excite vomiting; and these doses, after short intervals, are to be repeated for several times, till sickness, nausea, and some, but not much, vomiting, come on. The difference of this administration must depend upon the dose, and the length of the intervals at which it is given. If it be intended that the medicine should certainly operate by stool, the doses are made small, and the intervals long. On the contrary, when vomiting is proper, or when much purging ought to be avoided, and there-

\* The pulvis antimonalis of the London Pharmacopœia is intended as a substitute for, or imitation of, James' powder. The dose of it is 7 or 8 grains. It is by no means so sure in its operations as the emetic tartar; yet it has been much extolled by several eminent modern practitioners.

† The dose is ten or twelve grains. This calx, however, is very uncertain in its operations, sometimes acting with great violence, and sometimes scarcely producing any perceptible effects.

fore some vomiting must be admitted, the doses are made larger and the intervals shorter.\*

186.] With respect to both kinds of preparations, the repetition is to be made at the times of accession, but not very often: for if the first exhibitions duly managed, have little effect, it is seldom that the after exhibitions have much, and it sometimes happens that the repeated vomitings, and especially repeated purges, do harm by weakening the patient.

187.] The other set of internal medicines, (152. 2.) which I suppose may be useful in taking off the spasm of the extreme vessels, are those named Antispasmodic. How many of these may be properly employed, I am uncertain; and their mode of operation is involved in great obscurity. It is certain, however, that opium, camphor, musk, and perhaps some others, have been employed in fevers with advantage; but the circumstances in which they are especially proper and safe, I find difficult to ascertain; and therefore cannot venture here to lay down any general doctrine concerning them.

188.] The external means (151.) suited to take off the spasm of the extreme vessels, are BLISTERING and WARM BATHING.

189.] What are the effects of Blistering, so frequently employed in fevers, is not yet agreed upon among physicians; and many different opinions have been maintained on this subject, drawn not only from reasoning, but also from presumed experience. I must not, however, enter into controversy; but shall deliver my own opinion in a few words.

190.] I am persuaded, that the small quantity of cantharides absorbed from a blistering plaster, is not sufficient to change the consistence of the mass of blood; and therefore that such a quantity can neither do good, by resolving phlogistic lentor, if it exists; nor do harm, by increasing the dissolution of the blood arising from a putrid tendency in

\* The dose of the Antimonium tartarisatum should never exceed three grains. The best method of giving it is, to dissolve three grains in six ounces of water; and of this mixture give two table spoonfuls: if no vomiting ensues within twenty minutes, repeat the dose, and continue to give a table spoonful every ten minutes, till the vomiting is excited, which must be encouraged by drinking plentifully of camomile tea, or a thin water gruel. If the emetic tartar be intended for a sudorific, two table spoonfuls of the following solution every two or three hours will perhaps be more proper than small doses of the other.

℞. Antimonii tartarisati gr. ii.

Aq. Cinnamon. simpl. ℥ii.

— Font. ℥vi.

M. F. Julap.

it. I therefore neglect entirely the effects of cantharides upon the fluids.

191.] The inflammation produced by the application of cantharides to the skin, affords a certain proof of their stimulant power; but in many persons, the effect of that stimulus is not considerable; in many it is not communicated to the whole system; and even when the effect does take place in the whole system, it seems to be taken off entirely, by the effusion and evacuation of serum from the blistered part. I conclude, therefore, that neither much good is to be expected, nor much harm to be apprehended, from the stimulant power of blistering; and the certainty of this conclusion is established, by the great benefit arising from the proper practice of blistering in inflammatory diseases.

192.] Much has been imputed to the evacuation occasioned by blistering; but it is never so considerable as to affect the whole system; and therefore can neither, by sudden depletion, relax the sanguiferous vessels, nor, by any revulsion, affect the general distribution of the fluids.

193.] The evacuation, however, is so considerable as to affect the neighboring vessels; and the manifest utility of blistering near the part affected, in inflammatory diseases, leads me to believe, that blistering, by deriving to the skin, and producing an effusion there, relaxes the spasm of the deeper seated vessels. I apprehend it to be in this manner, that the tumor of a joint, from an effusion into the cellular texture under the skin, takes off the rheumatic pain affecting that joint.

194.] Analogous to this, it may be held, that the good effects of blistering in continued fevers, arise from its relaxing the spasm of the extreme vessels, by a communication of the blistered part with the rest of the skin; and this is illustrated by the effect of blistering in cholic and dysentery.

195.] It appears to me, that blistering may be employed at any period of continued fevers; but that it will be of most advantage in the advanced state of such fevers, when the reaction being weaker, all ambiguity from the stimulant power of blistering is removed, and when it may best concur with other circumstances tending to a final solution of the spasm.

196.] From the view of this matter given in (193. and 194.) it will appear, that the part of the body to which blisters ought to be applied, is indifferent, excepting upon the

suspicion of topical affection, when the blistering ought to be made as near as possible to the part affected.

197.] Whether SINAPISMS and other RUBEFACIENTIA, act in a manner analogous to what we have supposed of blistering, may be doubtful; but their effects in rheumatism, and other inflammatory diseases render it probable.

198.] The other external means of taking off the spasm of the extreme vessels, is Warm Bathing. This was frequently, and in various circumstances, employed by the ancients; but till very lately has been neglected by modern physicians. As the heat of the bath stimulates the extreme vessels, and, with the concurrence of moisture, also relaxes them, it seems to be a safe stimulus, and well suited to take off the spasm affecting them.

199.] It may be applied to the whole body by immersion; but this is, in many respects, inconvenient; and whether some of the inconveniences of immersion might not be avoided by a vapour-bath, I have not learned from experience. I know, however, from much experience, that most of the purposes of warm bathing can be obtained by a fomentation of the legs and feet, if properly administered, and continued for a due length of time, which ought not to be less than an hour.

200.] The marks of the good effects of such a fomentation, are, the patient's bearing it easily, its relieving delirium, and inducing sleep.

201.] Having now considered the several means of satisfying the first general indication in the cure of fevers, I proceed to the second (126.) which is, *To remove the cause, or obviate the effects of debility.*

202.] Most of the sedative powers inducing debility, cease to act soon after they have been first applied; and, therefore, the removing them is not an object of our present indication. There is only one which may be supposed to continue to act for a long time; and that is, the contagion applied: but we know nothing of the nature of contagion that can lead us to any measures for removing or correcting it. We know only its effects as a sedative power inducing debility, or as a ferment inducing a tendency to putrefaction in the fluids. The obviating the latter will be considered under our third general indication, and the former alone is to be considered here.

203.] The debility induced in fevers by contagion, or other causes, appears especially in the weaker energy of the

brain; but in what this consists, or how it may be directly restored, we do not well know. As nature, however, does, seemingly for this purpose, excite the action of the heart and arteries, we ascribe the continuance of debility to the weaker reaction of the sanguiferous system; so that the means to be employed for obviating debility, are immediately directed to support and increase the action of the heart and arteries; and the remedies used are TONICS or STIMULANTS.

204.] In contagious diseases, both from the effects which appear, and from dissections, it is known that the tone of the heart and arteries is considerably diminished; and that tonic remedies, therefore, are properly indicated.

These are to be considered as of two kinds; the first being the power of cold, the second that of tonic medicines.

205.] The power of cold, as a tonic, I have mentioned above; (90.) and it is employed, in fevers, in two ways; either as the cold matter is thrown into the stomach, or as it is applied to the surface of the body.

206.] As it has been shown above, that the tonic power of cold can be communicated from any one part to every other part of the system; so it will readily be allowed, that the stomach is a part as fit for this communication as any other; and that cold drink, taken into the stomach, may, therefore, prove an useful tonic in fevers.

207.] This the experience of all ages has confirmed; but, at the same time, it has been frequently observed, that, in certain circumstances, cold drink, taken into the stomach, has proved very hurtful; and, therefore, that the use of cold drink in fevers requires some limitations. What these limitations should be, and what are all the circumstances which may forbid the use of cold drink, is difficult to determine; but it seems clearly forbidden, in all cases where a phlogistic diathesis prevails in the system, and more especially when there are topical affections of an inflammatory nature.

208.] The other method of employing cold as a tonic, is, by applying it to the surface of the body. The application of cold air to the surface of the body, as a refrigerant power fit to moderate the violence of reaction, I have spoken of above; (133.) but probably it may also be considered here as a tonic, and useful in cases of debility.

209.] Not only cool air, but cold water also, may be applied to the surface of the body, as a refrigerant, and perhaps as a tonic. The ancients frequently applied it with

advantage, to particular parts, as a tonic ; but it is a discovery of modern times, that in the case of putrid fevers, attended with much debility, the body may be washed all over with cold water.

210.] This was first practised at Breslew in Silesia, as appears from a dissertation, under the title of *Epidemia verina quæ Wratislaviam, anno 1737, afflixit*, to be found in the appendix to the *Acta. Nat. Curios.* Vol. X. And from other writers we find, that the practice has passed into some of the neighboring countries ; although in this island, so far as I know, we have hitherto had no experience of it.

211.] The medicines which have been employed in fevers, as tonics, are various. If the *Saccharum Saturni* has been found useful, it is, probably, as a tonic, rather than as a refrigerant ; and the *Ens Veneris*, or other preparations of iron which have been employed, can act as tonics only. The preparations of copper, from their effects in epilepsy, are presumed to possess a tonic power ; but whether their use in fevers be founded upon their tonic or their emetic powers may be uncertain. The use of arsenic and of alum, in intermitent fevers, seems manifestly to depend upon their tonic power. And, upon the whole, there may occur cases of continued fevers, which may be cured by tonics taken from the fossil kingdom ; but the use of these has been rare, as well as the effects uncertain ; and physicians have employed, more commonly, the vegetable tonics.

212.] A great variety of these has been employed in the cure of intermitent fevers ; but how many of them may be employed in continued fevers, or in what circumstances of these fevers is not well ascertained ; and I shall now only consider the question with respect to the most celebrated of these tonics, the Peruvian Bark.\*

\* When or how the inhabitants of Peru first discovered the febrifuge powers of this bark is involved in fable and uncertainty. They appear, however, to have long known its virtue although we have no proofs of their revealing it to the Europeans before the middle of the last century. The Spaniards call the tree which produces it *Palo de Calenturas*, or fever tree. Linne calls it *Cinchona officinalis*, in memory of the Countess of Cinchon, the Spanish viceroy's lady in Peru, who was the first European that had been cured by it. It was first brought into Italy by a Jesuit about the year 1649, and distributed through Europe by the fathers of that order ; hence the names *Cortex* and *Pulvis Jesuiticus*, *Pulvis Patrum*. By Cardinal de Lugo's influence a cargo of it was procured and brought to Rome soon after ; whence it received the name of *Pulvis Cardinalis de Lugo*.

As this bark is a medicine of considerable importance, it may not be improper to join a short description of the external qualities of the best sort. It is in concave pieces, scarcely ever exceeding the fourth part of a cylinder cut longitudinally. It breaks short, and when broken evidently appears to be composed of three distinct and separate coats, viz. one outer thin coat, that is somewhat rugged, often covered with moss of different kinds, and is of a reddish brown color like cinnamon. The middle coat is considerably thicker, of a closer texture and deeper color than the first, and is less brittle but more resinous than any other part. The third or innermost coat is woody and fibrous, and of a brightish red, at least considerably brighter than either of the others. From this description of the bark, great care must be taken in powdering it, not to leave much gross powder, but to pass the whole of it through the sieve, because the

213.] This bark has been commonly considered as a specific, or as a remedy of which the operation was not understood. But it is certainly allowable to inquire into this matter ; and I apprehend it may be explained.

214.] To this purpose it is to be remarked, that as, in many cases, the effects of the bark are perceived soon after its being taken into the stomach, and before it can possibly be conveyed to the mass of blood, we may conclude, that its effects do not arise from its operating on the fluids ; and must, therefore, depend upon its operating on the nerves of the stomach, and being thereby communicated to the rest of the nervous system. This operation seems to be a tonic power, the bark being a remedy in many cases of debility, particularly in gangrene ; and, as the recurrence of the paroxysms of intermittent fevers depends upon a recurrence of atony, (35. and 36.) so probably the bark, by its tonic power, prevents the recurrence of these paroxysms ; and this is greatly confirmed by observing, that many other tonic medicines answer the same purpose.

215.] If the operation of the bark may be thus explained, from its possessing a tonic power, it is easy to perceive why it is improper when a phlogistic diathesis prevails ; and from the same view, we can ascertain in what cases of continued fever it may be admitted. These are either after considerable remissions have appeared, when it may be employed to prevent the return of exacerbations, on the same footing that it is used in intermittent fevers, or in the advanced state of fevers, when all suspicion of an inflammatory state is removed, and a general debility prevails in the system ; and its being then employed is sufficiently agreeable to the present practice.

216.] With respect to the use of the bark, it is proper to add, that good effects are to be expected from it, almost only when given in substance and in large quantity.\*

217.] Another set of Medicines to be employed for ob-

most resinous, and consequently the most effectual, part of the bark is the longest and most difficult to powder.

With respect to the two kinds of bark so much talked of and noticed a few years ago, it may be proper to observe, that they seem to be the production of the same tree. The Spaniards always selected such pieces as those above described out of the original packages, and rejected the thin, pale, and quilled sort, which the English preferred. It is certain that both the red, pale, quilled, and a variety of gradation between them, all occur in the same chest as originally imported ; and it is extremely improbable that the bark of different kinds of trees should be packed together. Be this matter however as it may, experience gives the preference to what is called the red bark, and this sort ought surely to be used.

\* The doses of the bark can only be determined from the state of the patient's stomach and the violence of the disease : It is usual to give a drachm of the powder at a dose, and repeat it every two or three hours, according to the exigency of the case, or the state of the patient's bowels. It frequently passes off by stool when given too liberally ; this inconvenience is obviated by giving a few drops,  $\frac{ss}$  or  $\frac{℥j}{2}$  of laudanum, with each dose.

viating debility and its effects, are the direct stimulants (203.) These, in some measure, increase the tone of the moving fibres; but they are different from the tonics, as more directly exciting and increasing the action of the heart and arteries. This mode of their operation renders the use of them ambiguous; and when an inflammatory diathesis is present, as so often happens in the beginning of fevers, the effects of these stimulants may be very hurtful; but it still remains probable, that in the advanced state of fevers, when debility prevails, they may be useful.

218.] What are the stimulants that may be most properly employed, I am uncertain, as the use of them in this age has been rare; but I am disposed to believe that, of all kinds, wine is the best.

219.] Wine has the advantage of being grateful to the palate and stomach, and of having its stimulant parts so much diluted, that it can be conveniently given in small doses; so that it may be employed with sufficient caution; but it is of little service, unless taken pretty largely.\*

220.] It may be supposed, and on good grounds, that wine has an operation analogous to that of opium, and some other narcotic medicines. It may indeed be said, that we can distinctly mark its stimulant power only, which renders its effects in the phrenitic delirium manifestly hurtful, and, in the mild delirium, depending on debility, as remarkably useful. But in all this the analogy with opium is still obvious; and it is probable, that both wine and opium are more useful by their sedative and antispasmodic, than by their stimulant powers.

221.] These are the means of answering our second general indication; (126. 2.) and I now proceed to the third, which is, *To obviate or to correct the tendency of the fluids to putrefaction.*

222.] This may be done,

1. By avoiding any new application of putrid or putrescent matter.
2. By evacuating the putrid or putrescent matter already present in the body.
3. By correcting the putrid or putrescent matter remaining in the body.

\* Wine is a valuable cordial, and is much superior to most other stimulants; it raises the pulse, supports the vis vitæ, promotes diaphoresis, and resists putrefaction. With respect to the medical differences of wines, it may suffice to observe, that the effects of full bodied wines are more lasting than those of the thinner. Red wines are subastringent, and consequently possess a tonic virtue, and are hence more proper in fevers of all kinds where wine is at all admissible, than white wines are. All sweet wines are nutritive and in general more stimulating than others; but they heat much and are apt to turn sour on the stomach.

4. By supporting the tone of the vessels, and thereby resisting further putrefaction, or obviating its effects.

223.] The further application of putrid or putrescent matter may be avoided,

1. By removing the patient from places filled with corrupted air.

2. By correcting the air from which he cannot be removed.

3. By preventing the accumulation of the patient's own effluvia, by a constant ventilation, and by a frequent change of bed-clothes and body linen.

4. By the careful and speedy removal of all excremental matters from the patient's chamber.

5. By avoiding animal food or correcting it.

224.] The putrid or putrescent matter, already present in the body, may be evacuated partly by evacuating frequently the contents of the intestines,\* and more effectually still, by supporting the excretions of perspiration and urine, by the plentiful use of diluents.†

225.] The putrid or putrescent matter, remaining in the body, may be rendered more mild and innocent by the use of diluents; or may be corrected by the use of antiseptics. These last are of many and various kinds; but which of them are conveniently applicable, or more particularly suited to the case of fevers, is not well ascertained. Those most certainly applicable and useful, are, acescent aliments, acids‡ of all kinds, neutral salts|| and fixed air.§

\* The evacuants to be used in these cases are, the milder purges, such as manna, &c. Rhu-barb and senna may also be used; but we must avoid the drastic purges, such as jalap, scammony, aloes, and similar resinous purges. Calomel has been found very useful in these cases: It may be given to the quantity of 8 or 10 grains, and 3 ounces of the infusum sennæ, with half an ounce of Glauber's salt may be given, about 10 or 12 hours after it, to accelerate its operation.

† The diluents necessary in these cases must all be mixt with a little port wine or claret. Warm port wine and water is the best diluent.

‡ Whether all kinds of acids are to be used as antiseptics is somewhat doubtful. The mineral acids, especially the vitriolic, have been much recommended; but the vegetable acids seem much more efficacious. As their mildness allows us to give them in very large quantities, and as they more easily enter into a union with the animal fluids than the fossile acids do, they seem more suitable antiseptics in these cases. Whether there is any difference between the native vegetable acids and vinegar, with respect to their antiseptic qualities, was formerly much disputed by practitioners. Physicians, however, have now settled this question: and are generally of opinion, that in cases of putrescence arising from fevers, the fermented acid is most proper; but in cases of putrescence without fever, they prefer the native acid juices.

|| The antiseptic power of the different neutral salts is extremely various. According to the reasoning in the foregoing note, those consisting of a vegetable acid base ought to be preferred; and indeed experience confirms the opinion. The Spiritus Mindereri would perhaps be useful, if it could be prevented from passing too hastily off by sweat and urine. In doses of a drachm every two hours, it is less subject to promote sweat and urine, than when given in the usual dose of half an ounce. Lemon juice, saturated with volatile alkali, has often been successfully used in these cases; especially when they are taken either in the act of effervescence, or separately, the one immediately after the other.

§ The antiseptic qualities of fixed air are much doubted by several eminent physicians. The giving it is frequently very difficult, and sometimes even impossible. The author might have added several other antiseptics to the short list he has given: What he has mentioned, however, are such as are generally used, or approved of by practitioners. Camphor is a considerable an-

226.] The progress of putrefaction may be considerably retarded, and its effects obviated, by supporting the tone of the vessels ; and this may be done by tonic remedies ; the chief of which are, Cold, and Peruvian Bark, both sufficiently treated of above, (205. *et seq.*)

227.] I have now finished the consideration of the three general indications to be formed in the cure of continued fevers ; and have mentioned most of the remedies which have been, upon any occasion, employed in this business. It was necessary, in the first place, to consider these indications and remedies separately, and to explain the operation of the latter more generally ; but from what has been now delivered, compared with what was said above, concerning the difference of fevers, and the signification of their several symptoms in forming the prognostic, I expect it will not be difficult to assign the indication, and to select and combine the several remedies mentioned, so as to adapt them to the several species and circumstances of continued fevers.

I think it may be useful for my Readers to have the whole of the cure of CONTINUED FEVERS brought under one View, as in the following TABLE.

### IN THE CURE OF CONTINUED FEVERS,

#### THE INDICATIONS ARE,

##### I. *To moderate the violence of reaction.*

Which may be done by,

1. Diminishing the action of the heart and arteries, by
- A. Avoiding or moderating those irritations which are almost constantly applied to the body ; as,
  - a. The impressions made upon our senses, particularly,
    - α. Increased heat, whether arising from

antiseptic, but it is of too heating a quality to be given in such quantities as seem necessary. The common dose of it is from 1 to 10 grains, and it is best exhibited in the form of a bolus ; in which form it may also be joined with some other antiseptic, as

R. Camphor. gr. viii.  
 Spt. Vini. gutt. x.  
 Pulv. Rad. Contrayerv. ℥ii.  
 Syr. Simpl. q. s.  
 M. f. bol.

This dose may be repeated every 6 hours, or oftener, especially if the pulse be low or weak. In using camphor the practitioner ought to remember that this medicine, when given in large quantities, frequently occasions delirium. Peculiar attention must therefore be paid to that symptom, and the doses of camphor regulated with caution,



III. *To obviate or correct the tendency of the fluids to putrefaction, by*

1. Avoiding the application of putrid or putrescent matter, by
  - A. Removing the patient from places filled with corrupted air.
  - B. Correcting the air, from which he cannot be removed.
  - C. Avoiding the accumulation of the patient's own effluvia, by
    - a. A constant ventilation,
    - b. Frequently changing the bed-clothes and body-linen.
  - D. Removing carefully and speedily all excremental matters.
  - E. Avoiding animal food, or correcting it.
2. Evacuating the putrid or putrescent matter already present in the body, by,
  - A. Evacuating frequently the intestines.
  - B. Supporting the excretions of perspiration and urine, by
    - a. Diluents,
    - b. Neutral salts.
3. Correcting the putrid or putrescent matter remaining in the body, by
  - A. Diluents,
  - B. Antiseptics,
  - C. Fixed air.
4. Resisting farther putrefaction, or obviating its effects, by
  - Supporting the tone of the vessels, by
  - Tonic remedies.

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SECTION II.

*Of the Cure of Intermittent Fevers.*

228.] IT still remains to consider the cure of intermit- tent fevers; and with respect to these, we form also three general indications.

1. *In the time of intermission, to prevent the recurrence of paroxysms.*
2. *In the time of paroxysms, to conduct these so as to obtain a final solution of the disease.*
3. *To take off certain circumstances which might prevent the fulfilling of the two first indications.*

229.] The first indication may be answered in two ways;

1. By increasing the action of the heart and arteries some time before the period of accession, and supporting that in- creased action till the period of the accession be over, so as thereby to prevent the recurrence of the atony and spasm

of the extreme vessels which give occasion to the recurrence of paroxysms.

2. Without increasing the action of the heart and arteries, the recurrence of paroxysms may be prevented, by supporting the tone of the vessels and thereby preventing atony, and the consequent spasm.

230.] For the purpose mentioned in 229. 1. the action of the heart and arteries may be increased,

1. By various stimulant remedies, internally given, or externally applied, and that without exciting sweat.

2. By the same remedies, or others so managed as to excite sweating, and to support that sweating till the period of accession be for some time past.

3. By nauseating doses of emetics, given about an hour before the time of accession, thereby supporting and increasing the tone and action of the extreme vessels.

231.] The tone of the extreme vessels may be supported without increasing the action of the heart and arteries (229.

2.) by various tonic medicines; as,

1. Astringents alone.

2. Bitters alone.

3. Astringents and bitters conjoined.

4. Astringents and aromatics conjoined.

5. Certain metallic tonics.

6. Opiates.

Lastly, an impression of horror.

A good deal of exercise, and as full a diet as the condition of the patient's appetite and digestion may allow of, will be proper during the time of intermission, and may be considered as belonging to this head.

232.] Of all the tonic remedies mentioned (231.) the most celebrated, and perhaps the most certainly effectual, is the Peruvian bark, the tonic power of which we have endeavored to demonstrate above (214.) and have at the same time explained its use in continued fevers.

The same observation as made in 216. is especially proper in the case of intermittents: and further, with respect to these, the following observations or rules are offered here.

1. That the bark may be employed with safety at any period of intermittent fevers, providing that, at the same time, there be neither a phlogistic diathesis prevailing in the system, nor any considerable or fixed congestion present in the abdominal viscera.

2. The proper time for exhibiting the bark in intermit-

tent fevers, is during the time of intermission; and where intermissions are to be expected, it is to be abstained from in the time of paroxysms.

3. In remittents, though no entire apyrexia occurs, the bark may be given during the remissions; and it should be given even though the remissions be inconsiderable, if, from the known nature of the epidemic, intermissions or considerable remissions, are not to be soon expected, and that great danger is apprehended from repeated exacerbations.

4. In the case of genuine intermittents, while a due quantity of bark is to be employed, the exhibition of it ought to be brought as near to the time of accession as the condition of the patient's stomach will allow.

5. In general, in all cases of intermittents, it is not sufficient that the recurrence of paroxysms be stopped for once by the use of the bark; a relapse is commonly to be expected, and should be prevented by the exhibition of the bark, repeated at proper intervals.\*

\* The quantity of bark to be given in the intermission must be as great as the stomach can possibly bear. It is very common to give 2 ounces during the intermission, in doses of half a drachm or two scruples every hour, especially in quartans. But it has been found more successful in its operations, when we begin with small doses, viz. one scruple in the commencement of the intermissions, and increase the dozes to one drachm towards the end of it. The bark sometimes sits better on the stomach by adding to it about an eighth or a fourth of its weight of some aromatic antiseptic. Virginian snake root answers this intention very well. An ounce of red bark and 2 drachms of snake root taken during the intermission of a tertian, if the stomach can bear it, or if no diarrhoea comes on, generally prevents the next paroxysm. In case of diarrhoea being produced by bark, ten or twelve drops of laudanum are to be given three or four times with each dose of the bark. The substances generally joined with the bark in prescription, seem calculated either to promote its efficacy or reduce it to the intended form, without having regard to the agreeableness of the composition. This, however, is a point of great consequence, as the taste of the bark, and the large quantity of it necessary for the cure, make the patient frequently loath it before its use ought to be discontinued. When made into an electuary or bolus with syrups, it sticks about the mouth and fauces; whence its taste remains a long while; but when made into an electuary with mucilage, it passes down freely, scarcely leaving any taste behind it. The taste of the bark is very effectually concealed by liquorice root in a decoction, or by the extract in an electuary. The extract of logwood also conceals the taste of the bark, and an electuary made with it, and a sufficient quantity of mucilage, is a very elegant form. Decoctions, infusions, and tinctures of the bark are much less efficacious than the substance. The extract and the resin are seldom employed in the cure of intermittents, except when other forms will not sit on the stomach. The formula in the last London Pharmacopoeia is the best, being a compound of both the extract and resin; for the watery extract is strong in bitterness, but weak in astringency, and the resin is strong in astringency, but weak in bitterness, and both qualities are necessary for curing intermittents. About 10 or 12 grains of the extract are equivalent to half a drachm of the powder. When a paroxysm has been stopped by the bark, it is by no means safe to abandon the use of this medicine altogether, as a relapse is always to be apprehended. The doses are gradually to be diminished, and the intervals between the times of giving them are to be increased: After tertians, we may diminish the quantity daily one half, till we arrive at 2 drachms; and these 2 drachms ought to be continued in doses of 2 scruples thrice a day for eight days; after which period, 2 scruples ought to be given night and morning for a week longer: after quartans, when the dose is reduced to two drachms a day, it will be prudent to continue giving this quantity daily for a fortnight, and half a drachm night and morning for a fortnight longer. In order the more effectually to prevent a relapse, great attention must be paid to diet and regimen. Patients are generally extremely voracious after the cure of intermittents; and indeed they require considerable nutrition to supply the waste occasioned by the fever. Small quantities of food are to be taken at once and to be often repeated; and the most nutritive, and at the same time, easily digestible food, must be chosen, as broths with barley and white flesh meat, roast lamb, veal, chickens, new laid eggs, broiled fresh fish, &c. Acrid, acescent, and irritating aliments, and acids are to be carefully avoided. The drink ought to be in moderate quantity, but rich and strong; as mild ale, port wine and water. With respect to the regimen proper for convalescents from intermittents, it may suffice to observe, that sleep may be indulged in. Exercise without fatigue is of great use, either by walking, by riding on horseback, or in a carriage,

233.] Our second general indication for conducting the paroxysms of intermittent fevers, so as to obtain a final solution of the disease, may be answered,

1. By exhibiting emetics during the time of the cold stage, or at the beginning of the hot.

2. By opiates given during the time of the hot stage.\*

234.] The circumstances which may especially prevent the fulfilling of those two indications, and therefore give occasion to our third, are a phlogistic diathesis prevailing in the system, and congestions fixed in the abdominal viscera. The first must be removed by blood-letting and the antiphlogistic regimen; the second by vomiting and purging.

Where these measures are not immediately effectual, I hold it safer to attempt the cure of the disease by the means pointed out in general in 229, rather than by those in article second of the same paragraph.

according to the strength of the patient. But above all, cold must be carefully avoided; for nothing more effectually produces a relapse than an imprudent exposure to cold damp air, or a neglect in keeping the body properly clothed. The practice of giving purges after the cure of intermittents is highly blameable, and is frequently the cause of a relapse. Should costiveness be troublesome, it may be removed by very mild emollient glysters.

\* This practice of giving vomits in the end of the cold stage and an opiate after their operation, is old. It is mentioned by Sydenham, Boerhaave, Van Swieten, and most practical writers. It must not, however, be indiscriminately used. It is seldom attended with any salutary effect, except in vernal intermittents, and in the earlier periods of the disease; and it is constantly attended with disadvantage when the disease has been of long continuance.

## BOOK II.

### OF INFLAMMATIONS, OR PHLEGMASIE.

#### CHAPTER I.

##### OF INFLAMMATION IN GENERAL.

##### SECTION I.

##### *Of the Phenomena of Inflammation.*

235.] **W**HEN any part upon the surface of the body is affected with unusual redness, heat, pain and tumor, we name the disease an Inflammation or Phlegmasia. These symptoms of inflammation are never consider-

able, without the whole system being, at the same time, affected with pyrexia.

236.] As the external, so likewise the internal parts may be affected with inflammation; and we judge them to be so, when, together with pyrexia, there is a fixed pain in any internal part, attended with some interruption in the exercise of its functions.

237.] We judge of the presence of inflammation also from the state of the blood drawn out of the veins. When the blood, after cooling and concreting, shows a portion of the gluten separated from the rest of the mass, and lying on the surface of the crassamentum; as such separation happens in all cases of more evident phlegmasia; so, in ambiguous cases, we, from this appearance, joined with other symptoms, infer the presence of inflammation. At the same time, it must be observed that as several circumstances in blood-letting, may prevent this separation of gluten from taking place in blood otherwise disposed to it; so, from the absence of such appearance, we cannot always conclude against the presence of inflammation.

238.] I cannot easily give any other general history of the phenomena of inflammation than what is contained in the three preceding paragraphs; and the variations which may take place in its circumstances, will occur to be more properly taken notice of under the several heads of the particular genera and species to be hereafter mentioned, I proceed, therefore, to inquire into the proximate cause of inflammation in general.

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## SECTION II.

### *Of the Proximate Cause of Inflammation.*

239.] The phenomena of inflammation (235.) all concur in showing, that there is an increased impetus of the blood in the vessels of the part affected; and as, at the same time, the action of the heart is not always evidently increased, there is reason to presume, that the increased impetus of the blood in the particular part is owing especially to the increased action of the vessels of that part itself.

240.] The cause of this increased action in the vessels of a particular part is, therefore, what we are to consider as the proximate cause of inflammation.

In many cases, we can manifestly perceive, that inflammation arises from the application of stimulant substances to the part. When the application of such stimulants, therefore, is evident, we seek for no other cause of inflammation; but as, in many cases, such application is neither evident, nor, with any probability, to be supposed, we must in such cases, seek for some other cause of the increased impetus of the blood in the vessels of the part.

241.] Many physicians have supposed, that an obstruction of the extreme vessels, any how produced, may prove a cause of inflammation; and particularly, that this may arise from an obstruction formed by a matter stopping up these vessels. But many difficulties attend this doctrine.\*

1. The opinion seems chiefly to have arisen from the appearance of the blood described in (237.) when the separated gluten was considered as a preternatural and morbid matter; but we now know very certainly, that this gluten is constantly a constituent part of the human blood; and that it is only a peculiar separation of the parts of the blood that happens in consequence of inflammation and some other circumstances, which gives occasion to the appearance that was falsely considered as a mark of a morbid lensor in the blood.

2. There are no experiments directly in proof of a preternatural lensor prevailing in the mass of blood; nor is there any evidence of certain parts of the blood occasionally acquiring a greater density and force of cohesion than ordinary; neither is there any proof of the denser or more coherent parts being present in the mass of blood, in such greater proportion than usual, as to occasion a dangerous spissitude. The experiments of Dr. Browne Langrish on this subject afford no conclusion, having been made on certain parts of the blood separated from the rest, without attending to the circumstances of blood-letting, which very much alter the state of the separation and concretion of the blood drawn out of the veins.

3. The supposition of a preternatural lensor or viscosity of the blood, is not well founded; for it is probable, that nature has specially provided against a state of the fluids, so incompatible with the exercise of the most important functions of the animal economy. While motion continues to prevent any separation of parts, and heat continues to

\* This is the Boerhaavian doctrine which the author here refutes, many objections might be made against several parts of this refutation; but to examine it minutely, is foreign to my purpose, and would require more room than the narrow limits of these notes can possibly allow.

preserve the fluidity of the more viscid, there seems to be always so large a proportion of water present as to give a sufficient fluidity to the whole. I must own that this is not absolutely conclusive; but I still repeat it, as giving a probability to the general argument.

4. In the particular case of inflammation, there are several circumstances which render it probable that the blood is then more fluid than usual.

5. I presume that no such general lensor, as Boerhaave and his disciples have supposed, does ever take place; because if it did, it must shew more considerable effects than commonly appear.

6. Besides the supposition of an obstructing lensor, physicians have supposed, that an obstruction may be formed by an impermeable matter of another kind, and that such an obstruction may also be the cause of inflammation. This supposition is what is well known in the schools under the title of an *error loci*; but it is an opinion that I cannot find to be at all probable; for the motion of the blood in the extreme vessels is so weak and slow, as readily to admit a retrograde course of it; and therefore, if a particle of blood should happen to enter a vessel whose branches will not allow of its passage, it will be moved backwards, till it meet with a vessel fit for transmitting it; and the frequent ramifications and anastomoses of the extreme arteries are very favorable to this. I must own indeed, that this argument is not absolutely conclusive; because I allow it to be pretty certain that *error loci*, does actually upon occasion happen; but for the reasons I have given, it is probable that it seldom happens, and is therefore rarely the cause of inflammation; or if it be, that it is not merely by the obstruction that it produces; as, among other reasons, I conclude particularly from the following argument.

7. Though an obstruction should be supposed to take place, it will not be sufficient for producing the effects, and exhibiting the phenomena, that appear in inflammation. The theory that has been commonly employed on this occasion is by no means satisfying; and, in fact, it appears, from many observations and experiments, that considerable obstructions may be formed, and may subsist, without producing the symptoms of inflammation.

242.] Obstruction, therefore, from a matter stopping up the vessels, *Gaub. Pathol.* 249. i. is not to be considered as

the primary cause of inflammation ; but at the same time, it is sufficiently probable, that some degree of obstruction does take place in every case of inflammation. The distension, pain, redness and tumor, attending inflammation, are to be explained only by supposing, that the extremities of the arteries do not readily transmit the unusual quantity of blood impelled into them by the increased action in the course of these vessels. Such an obstruction may be supposed to happen in every case of an increased impetus of the blood ; but it is probable, that in the case of inflammation, there is also a preternatural resistance to the free passage of the fluids.

243.] From the doctrine of fever, we are led to believe, that an increased action of the heart and arteries is not supported for any length of time by any other means than a spasm affecting the extreme vessels ; and that the same spasm takes place in inflammation seems likely, because that every considerable inflammation is introduced by a cold stage, and is accompanied with that and other circumstances of pyrexia. It seems also probable, that something analogous to this occurs even in the case of those inflammations which appear less considerable, and to be purely topical.

244.] From all this, the nature of inflammation may in many cases be explained in the following manner. Some causes of inequality in the distribution of the blood may throw an unusual quantity of it upon particular vessels, to which it must necessarily prove a stimulus. But, further, it is probable, that, to relieve the congestion, the *vis medicatrix naturæ* increases still more the action of these vessels ; and which, as in all other febrile diseases, it effects by the formation of a spasm on their extremities.

245.] A spasm of the extreme arteries, supporting an increased action in the course of them, may therefore be considered as the proximate cause of inflammation ; at least, in all cases not arising from direct stimuli applied ; and even in this case the stimuli may be supposed to produce a spasm of the extreme vessels.

246.] That, in inflammation, there is the concurrence of a constriction of the extreme vessels, with an increased action in the other parts of them, seems probable, from the consideration of Rheumatism. This is a species of inflammation which is often manifestly produced, either by cold applied to over distended vessels, or by causes of an increased impetus, and over distention in vessels previously

constricted. Hence the disease especially appears at seasons liable to frequent and considerable vicissitudes of heat and cold.

To this we may add, that the parts of the body most frequently affected with inflammation, are those exposed, both to over distention, from a change in the distribution of the fluids, and, at the same time, to the immediate action of cold. Hence, quinsies, and pneumonic inflammations, are more frequent than any others.

247.] That a spasm of the extreme vessels takes place in inflammation, is to be further presumed from what is at the same time the state of the whole arterial system. In every considerable inflammation, though arising in one part only, an affection is communicated to the whole system, in consequence of which an inflammation is readily produced in other parts beside that first affected. This general affection is well known among physicians, under the name of the *DIATHESIS PHLOGISTICA*. It appears most commonly in persons of the most rigid fibres: is often manifestly induced by the tonic or astringent powers of cold; is increased by all tonic and stimulant powers applied to the body; is always attended with a hardness of the pulse; and is most effectually taken off by the relaxing power of blood-letting. From these circumstances, it seems probable, that the diathesis phlogistica consists in an increased tone, or contractility, and perhaps in an increased contraction of the muscular fibres of the whole arterial system. Such a state of the system seems often to arise, and subsist for some time, without the apparent inflammation of any particular part; but such a state of the system renders it likely, that a spasm may at the same time readily arise in any of the extreme vessels, and a particular inflammation be there produced. It does, however, appear also, that the general diathesis frequently arises from inflammation begun in a particular part.

248.] I have thus endeavored, in the case of inflammation, to explain the state of the whole system, as well as that of the part more particularly affected. The latter I have considered as when in its first formation; but after it has subsisted for some time, various changes take place in the part affected; and of these I must now take notice.

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### SECTION III.

#### *Of the Terminations of Inflammation.*

249.] IF an inflammation be cured while the state and texture of the part remain entire, the disease is said to be terminated by RESOLUTION.

This happens when the previous congestion and spasm have been in a moderate degree, and the increased impetus of the blood has been sufficient to overcome the spasm, to dilate the vessels and to remove the congestion so that the part is restored to its ordinary and healthy state.

A resolution takes place also when the increased impetus of the fluids has produced an increased exhalation into the adjoining cellular texture, or an increased excretion in some neighboring part, and has thereby relaxed the spasm, and relieved the congestion, in the vessels of the part more particularly affected.

Lastly, A resolution may take place, when the increased impetus of the blood in the whole system occasions an evacuation, which, though in a distant part, may prove sufficient to take off the phlogistic diathesis of the whole system, and thereby relieve the congestion and spasm of the particular part affected by inflammation.

250.] The tumor which appears in inflammation may be imputed in part to the congestion of fluids in their proper vessels; but is owing chiefly to an effusion of matter into the adjoining cellular texture; and, accordingly, tumors seldom appear but in parts adjoining to a lax cellular texture. If, in this case, the matter effused be only a larger quantity of the ordinary exhaling fluid, this, when the free circulation in the vessels is restored, will be readily absorbed, and the state of the part will become the same as before. But, if the increased impetus of the blood in an inflamed part, dilate the exhalant vessels to such a degree, that they pour out an entire serum, this will not be so readily reabsorbed; and, from the experiments of Sir John Pringle, and especially from those of Mr. Gaber, *Miscell. Taurin.* Vol. II. we learn, that the serum, under stagnation, may suffer a particular change, by having the gluten present in it changed into a white, opaque, moderately viscid, mild liquor.

which we name *PUS*. When this change takes place in the inflamed part, as it is at the same time attended with an abatement of the redness, heat, and pain, which before distinguished the inflammation, so the disease is said to be terminated by *SUPPURATION*; and an inflamed part, containing a collection of *pus*, is called an *ABSCESS*.

251.] In inflammation, the tendency of it to suppuration may be discovered by the long continuance of the inflammation, without the symptoms of resolution; by some remission of the pain of distention; by the pain becoming of a throbbing kind, more distinctly connected with the pulsation of the arteries being fuller and softer; and often by the patient's being frequently affected with cold shiverings. The period at which this takes place is not determined, but may be sometimes sooner, sometimes later. When the tendency is determined, the time necessary to a complete suppuration is different in different cases.

When *pus* is completely formed, the pain in the part entirely ceases, and a weight is felt in it. If the collection be formed immediately under the skin, the tumor becomes pointed, the part becomes soft, and the fluctuation of the fluid within can commonly be perceived; while at the same time, for the most part, the redness of the skin formerly prevailing is very much gone.

252.] In abscesses, while the *pus* is formed of one part of the matter which had been effused, the other and thinner parts are reabsorbed, so that in the abscess, when opened, a *pus* alone appears. This *pus*, however, is not the converted *gluten* alone; for the conversion of this being the effects of a particular fermentation, which may affect the solid substance of the part, and perhaps every solid of animal bodies; so it most readily, and particularly, effects the cellular texture, eroding much of it, which thereby becomes a part of the *pus*. It generally happens also, that some of the smaller red vessels are eroded, and thereby some red blood often appears mixed with the *pus* in abscesses. Upon the whole, the internal surface of an abscess is to be considered as an ulcerated part.

253.] This account of suppuration explains, why an abscess, when formed, may either spread into the cellular texture of the neighboring parts; or by eroding the incumbent teguments, be poured out upon the surface of the body, and produce an open ulcer.

254.] We have here given the idea of an abscess as a

collection of matter following inflammation; but the term has been applied to every collection of matter effused, and changed by stagnation in an inclosed cavity.

The matter of abscesses, and of the ulcers following them is various, according to the nature of what is effused, and which may be,

1. A matter thinner than serum.
2. An entire and pure serum.
3. A quantity of red globules.
4. A matter furnished by particular glands seated in the part.
5. A mixture of matters from different sources, changed by peculiar fermentation.

It is the second only which affords a proper pus; the effusion whereof, whether in suppurating parts or ulcers, seems to be the peculiar effect of an inflammatory state of the vessels; and for this reason it is, that, when ulcers do not produce a proper pus, a circumstance always absolutely necessary to their healing, we in many cases, bring the ulcers to a state of proper suppuration, by the application of stimulants exciting inflammation, such as balsams, mercury, copper, &c.

255.] When the matter effused into the cellular texture of an inflamed part, is tainted with a putrid ferment, this produces in the effused matter, a state approaching more or less to that of putrefaction. When this is in a moderate degree, and effects only the fluids effused, with the substance of the cellular texture, the part is said to be affected with GANGRENE; but if the putrefaction affect also the vessels and muscles of the part, the disease is said to be a SPHACELUS.

256.] A gangrene, and its consequences, may arise from a putrid ferment diffused in the mass of blood, and poured out with the serum effused, which it operates upon more powerfully while the serum is stagnant, and retained in the heat of the body: but it may also arise from the peculiar nature of the matter effused being disposed to putrefaction; as particularly seems to be the case of the red globules of the blood effused in a large quantity. In a third manner also, a gangrene seems frequently to arise from the violent excitement of the inflammation destroying the tone of the vessels; whereby the whole fluids stagnate and run into putrefaction, which taking place in any degree, destroys still further the tone of the vessels, and spreads the gangrene.

257.] In inflammation, the tendency to gangrene may be apprehended from an extreme violence of pain and heat in the inflamed part, and from a great degree of pyrexia attending the inflammation.

The actual coming on of gangrene may be perceived by the color of the inflamed part changing from a clear to a dark red ; by blisters arising upon the part ; by the part becoming soft, flaccid, and insensible ; and by the ceasing of all pain while these appearances take place.

As the gangrene proceeds, the color of the part becomes livid, and by degrees quite black ; the heat of the part entirely ceases ; the softness and flaccidity of the part increase ; it loses its consistence, exhales a cadaverous smell, and may then be considered as affected with sphacelus.

258.] Gangrene is thus a *third* manner in which inflammation terminates ; and the schools have commonly marked a *fourth* termination of inflammation ; which is, by a scirrhus, or an indolent hardness of the part formerly affected with inflammation. This however, is a rare occurrence, and does not seem to depend so much upon the nature of inflammation, as upon the circumstances of the part affected. It is in glandular parts chiefly that scirrhusity is observed ; and it is probably owing to the parts readily admitting a stagnation of the fluids. I have observed, that inflammation seldom induces scirrhus ; but that this more commonly arises from other causes ; and when inflammation supervenes, which it is sooner or later apt to do, it does not so commonly increase, as change the scirrhusity into some kind of abscess. From these considerations it does not seem necessary to take any further notice of scirrhus as a termination of inflammation.

259.] There are, however, some other terminations of inflammation, not commonly taken notice of, but now to be mentioned.

One is, by the effusion of a portion of the entire mass of blood, either by means of rupture or of anastomosis, into the adjoining cellular texture. This happens especially in inflammations of the lungs, where the effused matter, by compressing the vessels, and stopping the circulation, occasions a fatal suffocation ; and this is perhaps the manner in which pneumonic inflammation most commonly proves fatal.

260.] Another kind of termination is, that of certain inflammations on the surface of the body, when there is

poured out under the cuticle a fluid, which being too gross to pass through its pores, therefore separates it from the skin, and raises it up into the form of a vesicle containing the effused fluid ; and by which effusion the previous inflammation is taken off.

261.] Beside these already mentioned, I believe there is still another manner in which inflammation terminates. When the internal parts are affected with inflammation, there seems to have been almost always upon their surface, an exudation, which appears partly as a viscid concretion upon their surface ; and partly as a thin serous fluid effused into the cavities in which the inflamed viscera are placed. Though we have become acquainted with these appearances only, as very constantly accompanying those inflammations which have proved fatal, it is however probable, that like circumstances may have attended those which were terminated by resolution, and may have contributed to that event. It is in favor of this supposition that there are instances of pneumonic inflammation terminating in a hydrothorax.

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#### SECTION IV.

##### *Of the Remote Causes of Inflammation.*

262.] THE remote causes of inflammation may be reduced to five heads.

1. The application of stimulant substances ; among which are to be reckoned the action of fire, or burning.
2. External violence operating mechanically in wounding, bruising, compressing, or overstretching the parts.
3. Extraneous substances, lodged in any part of the body, irritating by their chemical acrimony or mechanical form, or compressing by their bulk or gravity.
4. Cold, in a certain degree, not sufficient immediately to produce gangrene.
5. An increased impetus of the blood determined to a particular part.

It will not be difficult to understand how these remote causes, singly, or in concurrence, produce the proximate cause of inflammation.

263.] It does not appear, that in different cases of inflammation, there is any difference in the state of the proximate

cause, except in the degree of it ; and though some difference of inflammation may arise from the difference of the remote causes, yet this is not necessary to be taken notice of here ; because the different appearances which attend different inflammations may be referred, for the most part, to the difference of the part affected ; as will appear when we shall consider the several genera and species marked in the Nosology. When I come to treat of these, I shall find a more proper occasion for taking notice of the different states of the proximate, or of the differences of the remote cause, than by treating of them in general here.

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## SECTION V.

### *Of the Cure of Inflammation.*

264.] THE indications of cure in inflammation are different, according as it may still be capable of resolution, or may have taken a tendency to the several other terminations above mentioned. As the tendency to these terminations is not always immediately evident, it is always proper, upon the first appearance of inflammation, to attempt the cure of it by resolution. For this purpose, the indications of cure are,

1. To remove the remote causes, when they are evident, and continue to operate.
2. To take off the phlogistic diathesis affecting either the whole system, or the particular part.
3. To take off the spasm of the particular part, by remedies applied either to the whole system, or to the part itself.

265.] The means of removing the remote causes will readily occur, from considering the particular nature and circumstances of the different kinds. Acrid matters must be removed, or their action must be prevented, by the application of correctors or demulcents.\* Compressing and overstretching powers must be taken away ; and, from their several circumstances, the means of doing so will be obvious.

\* If the matter causing the inflammation be an acid, then the application of an alkaline substance will be proper : If, on the contrary, the inflammation be produced by an alkali, then an acid must be applied. In many cases, however, the acrid substances causing inflammation are neither alkaline nor acid : and, in such cases, or when we cannot find a proper corrector, we must use demulcents, which by their obtunding quality, sheath the acrimony, or defend the parts to which they are applied from being irritated or corroded.

266.] The means of taking off the phlogistic diathesis of the system, are the same with those for moderating the violence of reaction in fever, which are mentioned and treated of from (127 to 159,) and therefore need not be repeated here. I only observe, that in the use of those remedies, there is less occasion for any reserve than in many cases of fever; and more particularly, that topical bleedings\* are here particularly indicated and proper.

267.] The means of taking off the spasm of the particular part are nearly the same as those mentioned above, for taking off the spasm of the extreme vessels in the case of fever, and which are treated of from (150. to 200.) Only it is observed here, that some of these are here especially indicated, and that some of them are to be directed more particularly to the part especially affected; the management of which will be more properly considered when we shall treat of particular inflammations.†

268.] When a tendency to suppuration (251.) is distinctly perceived, as we suppose it to depend upon the effusion

\* The advantages of topical bleedings, in most cases of local inflammation are very great. They may be performed by cupping, or what is in many cases more preferable, by leeches. Cupping acts sometimes as a stimulus, especially on parts which are tendinous or fleshy, or where the cellular substance is thin, and thus frequently increases the inflammation which we would wish to resolve.

† The resolution of an inflamed part is considerably assisted by the application of discutients; and in most cases when the general system is not affected, these discutients alone frequently succeed in dissolving an incipient phlegmon. Solutions of lead in vinegar are the applications which the best modern practitioners generally approve. Goulard's extract was supposed by the vulgar to be a new remedy; and his panegyric on it, tended in a considerable degree to render the use of lead more universal than it had been before his time. There are, however, many weighty objections against the formula used by that gentleman; the chief one is, that on account of the different strength of the vinegar employed, and of the degree of heat used in the process, we can never accurately ascertain the quantity of lead dissolved in the acid; and consequently the efficacy of this preparation must be uncertain. The Saccharum Saturni, which is always of the same strength, is therefore preferable to Goulard's extract: and as vinegar is a powerful discutient itself, it has been usual to add a quantity of vinegar to the solution of the sugar of lead in distilled water. The following proportions have been found in general to be the best:

R. Sacchar. Saturn. ʒi.  
Acet. Gallic. opt. ʒiv.  
Aq. font. distillatæ ʒxxxii.

M.

In the application of this solution, it is of great consequence that the parts affected should be continually moistened with it. Poultices made of fresh bread crumb, and as much of the above solution as is necessary, are in general preferable to any other mode of applying it; but it sometimes happens that the inflamed part is so extremely painful and tender, as not to bear the great weight of a poultice; and in such cases we must have recourse to pieces of soft linen, moistened with the solution. Both these applications, viz. poultices, or wet pledgets, must always be applied cold, and be frequently renewed when they become warm, hard or stiff. This is the most approved method of applying lead for the purpose of resolving inflammations; yet it frequently happens that practitioners meet with patients whose prepossessions for a popular remedy are so great that there is no persuading them from using it. The method of making Goulard's extract and Vegeto-Mineral Water are therefore subjoined,

Take Litharge of Gold, one pound,  
French White-Wine Vinegar, a quart,

Boil them in an earthen vessel, on a slow fire, for an hour and an half, constantly stirring them with a wooden spatula, and when cold, pour off the clear liquor, which must be kept in well stopped glass phials. The Vegeto-Mineral water is made by adding a hundred drops of the above extract to a quart of water, and four tea-spoonfuls of French Brandy.

of a fluid which cannot be easily reabsorbed, so it becomes necessary that this fluid be converted into pus, as the only natural means of obtaining its evacuation; and as the effusion is, perhaps, seldom made without some rupture of the vessels, to the healing of which a pus is absolutely necessary; so, in the case of a tendency to suppuration, the indication of cure always is, to promote the production of a perfect pus as quickly as possible.

269.] For this purpose, various remedies, supposed to possess a specific power, have been proposed; but I can perceive no such power in any of them; and in my opinion, all that can be done is, to favor the suppuration by such applications as may support a proper heat in the part, as by some tenacity, may confine the perspiration of the part, and as, by an emollient quality, may weaken the cohesion of the teguments, and favor their erosion.\*

270.] As, in the case of certain effusions, a suppuration is not only unavoidable, but desirable, it may be supposed, that most of the means of resolution formerly mentioned should be avoided; and accordingly our practice is commonly so directed. But as we observe, on the one hand, that a certain degree of increased impetus, or of the original circumstances of inflammation, is requisite to produce a proper suppuration; so it is then especially necessary to avoid those means of resolution that may diminish too much the force of the circulation. And as, on the other hand, the impetus of the blood, when violent, is found to prevent the proper suppuration; so, in such cases, although a ten-

\* Poultices of various kinds have been recommended for this purpose. It is however, of little consequence what their ingredients are, provided they be emollient, and applied warm. The white bread poultice is in common use, and answers in general very well; the addition of a little oil keeps it from becoming hard, and is at the same time serviceable as an emollient. A poultice of bruised linseed well boiled with milk and water is strongly recommended by some writers, and indeed not without reason, on account of its very great emollient quality.

As heat is absolutely necessary for the production of matter in tumors, it is of great consequence that the poultices should not be suffered to cool on the part, and that they should be often renewed. Mr. Bell has given excellent directions for applying poultices, with the intention of promoting suppuration.

“Warm fomentations and poultices, (says that rational practitioner) are the means usually employed for the application of heat to an inflamed part; and when these are regularly and frequently renewed, nothing, it is probable, can more effectually answer the purpose. But in the ordinary manner in which they are applied, and as the cataplasms are renewed only once, or at most twice a day, they must always, it is imagined, do more harm than good. For as soon as the degree of heat they at first possessed is dissipated, the moisture kept up by them, with the consequent evaporation that ensues, must always render the part much colder than if it had been merely wrapped up in flannel, without the use of any such application.

“In order to receive all the advantages of such remedies, the part affected should be well fomented with flannels, pressed out of any warm emollient decoction, applied as warm as the patient can easily bear them, continued at least half an hour at once, and repeated four or five times a day.

“Immediately after the fomentation is over, a large emollient poultice should likewise be applied warm, and renewed every second or third hour at farthest. Of all the forms recommended for emollient cataplasms, a common bread and milk poultice, with a due proportion of butter or oil, is perhaps the most eligible; as it not only possesses all the advantages of the others, but can at all times be more easily procured.”—Treatise on Ulcers, Edition of 1787, p. 67.

dency to suppuration may have begun, it may be proper to continue those means of resolution which moderate the force of the circulation.

With respect to the opening of abscesses, when completely formed, I refer to the writings on surgery.\*

271.] When an inflammation has taken a tendency to gangrene, that event is to be prevented by every possible means; and these must be different, according to the nature of the several causes occasioning that tendency, as may be understood from what has been already said of them. After a gangrene has, in some degree, taken place, it can be cured only by the separation of the dead from the living parts. This, in certain circumstances, can be performed by the knife, and always most properly, when it can be so done.

In other cases, it can be done by exciting a suppuratory inflammation on the verge of the living part, whereby its cohesion with the dead may be every where broken off, so that the latter may fall off by itself. While this is doing, it is proper to prevent the further putrefaction of the part, and its spreading wider. For this purpose, various antiseptic applications have been proposed: But it appears to me, that, while the teguments are entire, these applications can hardly have any effect; and, therefore, that the fundamental procedure must be to scarify the part so as to reach the living substance, and, by the wounds made there, to excite the suppuration required. By the same incisions also, we give access to antiseptics, which may both prevent the progress of the putrefaction in the dead, and excite the inflammation necessary on the verge of the living part.†

\* For a particular account of knowing when abscesses are completely formed, at what period they ought to be opened, and the manner of opening them, the reader can consult no author preferable to Mr. Bell.

† The author mentioned in the preceding note treats this subject in his usual rational manner, and with no less perspicuity than judgment. Contrary to the opinion of all former writers on gangrene, he disapproves of scarifications, and the subsequent application of antiseptics and stimulants. Mr. Bell's reasoning against this practice is to the following purport: The degree of inflammation requisite, and indeed necessary, for the separation of the dead parts, is only very slight, and when too violent, it fails to produce the desired effect. Scarifications, and the subsequent application of stimulants, which increase the inflammation too much, are therefore hurtful. Again, in scarifying, there is a considerable risk of wounding large blood vessels, nerves or tendons; besides the disadvantage of allowing the putrescent fluids of the gangrene to enter more freely the sound parts, by increasing the surface of the wound. With respect to the application of antiseptics, it is justly remarked, that although these medicines have the quality of preserving *dead* animal substances from corruption, they by no means produce the same effect on *living* animal substances. But the concluding argument is of much greater weight, viz. that, in a long course of extensive practice, no advantages ever accrued from scarification.

These objections against promiscuous scarification were first proposed by Mr. Bell in his *Treatise on Ulcers*, about 12 years ago; and the novelty of the opinion excited the attention of almost every practitioner. At present, however, it is universally adopted, and would of itself, independent of the many improvements Mr. Bell has made in surgery, perpetuate his justly acquired fame.

272.] When the gangrene proceeds from a loss of tone; and when this, communicated to the neighboring parts, prevents that inflammation which, as I have said, is necessary to the separation of the dead part from the living; it will be proper to obviate this loss of tone, by tonic medicines given internally; and, for this purpose, the Peruvian bark has been found to be especially effectual. That this medicine operates by a tonic power, I have endeavored to prove above, (214.) and from what is said in 215. the limitations to be observed in employing it may also be learned. When the gangrene arises from the violence of inflammation, the bark may not only fail of proving a remedy, but may do harm: and its power as a tonic is especially suited to those cases of gangrene which proceed from an original loss of tone, as in the case of palsy and œdema; or to those cases of inflammation where a loss of tone takes place, while the original inflammatory symptoms are removed.\*

273.] The other terminations of inflammation either do not admit of any treatment, except that of preventing them by the means of resolution; or they belong to a treatise of surgery, rather than to this place.

Having thus, therefore, delivered the general doctrine, I proceed now to consider the particular genera and species of inflammation.

It has been hinted above (263.) that the difference of inflammation arises chiefly from the difference of the part affected: I have therefore arranged them as they are CUTANEOUS, VISCERAL, or ARTICULAR; and in this order they are now to be considered.

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## CHAPTER II.

### OF INFLAMMATION, MORE STRICTLY CUTANEOUS.

274.] **C**UTANEOUS inflammations are of two kinds, commonly distinguished by the names of PHLEGMON and ERYSIPELAS.

\* The bark must be given in these cases in large quantities; and as the pulse is in general very small, Port wine must be used along with it. Beside the use of these remedies, a good nourishing diet is absolutely requisite, with such a quantity of strong generous wine as is sufficient to keep up the pulse, and induce the necessary slight degree of inflammation. When indeed the patient is extremely languid, and much reduced, the warm stimulating cordials, as camphor, confectio cardiaca, spiritus aromaticus volatilis, &c. may be used with advantage.

Of the latter there are two cases, which ought to be distinguished by different appellations. When the disease is an affection of the skin alone, and very little of the whole system, or when the affection of the system is only symptomatical of the external inflammation, I shall give the disease the name of ERYTHEMA; but when the external inflammation is an exanthema, and symptomatical of an affection of the whole system, I shall then name the disease ERYSIPELAS.\*

275.] It is the erythema only that I am to consider here.

For the distinction between Erythema and Phlegmon, I have formerly referred to the characters given of them in our Nosology. See *Synops. Nosolg. Meth.* Vol. II. p. 5. gen. vii. spec. 1. and 2. But I think it proper now to deliver the characters of them more fully and exactly here, as follows.

A phlegmon is an inflammatory affection of the skin, with a swelling, rising generally to a more considerable eminence in the middle of it; of a bright red color; both the swelling and color being pretty exactly circumscribed; the whole being attended with a pain of distention, often of a stounding or throbbing kind, and frequently ending in supuration.

An Erythema, Rose, or St. Anthony's fire, is an inflammatory affection of the skin, with hardly any evident swelling; of a mixed and not very bright red color, readily disappearing upon pressure, but quickly returning again; the redness of no regular circumscription, but spreading unequally and continuing almost constantly to spread upon the neighboring part; with a pain like to that from burning; producing blisters, sometimes of a small, sometimes of a larger size; and always ending in a desquamation of the scarf-skin, sometimes in gangrene.

This subject I am not to prosecute here, as properly belonging to surgery, the business of which I am seldom to enter upon in this work; and shall therefore observe only as necessary here, that the difference of these appearances seems to depend on the different seat of the inflammation. In the phlegmon, the inflammation seems to affect especially the vessels on the internal surface of the skin communicating with the lax subjacent cellular texture; whence a more copious effusion, and that of serum convertible into pus, takes place. In the erythema, the inflammation seems to have its seat in the vessels on the external surface of the

\* The Erysipelas is particularly described in article 626, et seq.

skin, communicating with the rete mucosum, which, does not admit of any effusion, but what separates the cuticle, and gives occasion to the formation of a blister, while the smaller size of the vessels admits only the effusion of a thin fluid, very seldom convertible into pus.

Besides these differences in the circumstances of these two kinds of inflammation, it is probable that they also differ with respect to their causes. Erythema is the effect of all kinds of acrids externally applied to the skin; and, when arising from an internal cause, it is from an acrimony, poured out on the surface of the skin under the cuticle. In the phlegmon an acrimony is not commonly evident.

276.] These differences in the seat and causes of the phlegmon and erythema being admitted, it will be evident, that when an erythema affects any internal part, it can take place in those only whose surfaces are covered with an epithelion, or membrane analogous to the cuticle.

277.] The same distinction between the seat and causes of the two diseases will, as I judge, readily explain what has been delivered by practical writers, with respect to the cure\* of these different cutaneous inflammations. But I shall not, however, prosecute this here, for the reason given above; (275.) and, for the same reason, shall not say any thing of the variety of external inflammation, that might otherwise be considered here.†

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### CHAPTER III.

#### OF OPHTHALMIA, OR INFLAMMATION OF THE EYE.

278.] **T**HE inflammation of the eye may be considered as of two kinds; according as it has its seat in the membranes of the ball of the eye, when I would name it *OPHTHALMIA MEMBRANARUM*; or as it has its seat in the sebaceous glands placed in the tarsus, or edges of the eyelids, in which case it may be termed *OPHTHALMIA TARSI*.

\* The method of curing an erysipelas is delivered in article 708, et sequent.

† The cure of erythema is chiefly effected by the antiphlogistic regimen already sufficiently described. Although bleeding, purging, and the general remedies for resolving an inflammation, will in most cases, cure an erythema, yet as it is a disease frequently depending on a peculiar acrimony, we shall always find great advantage from the external use of emollients applied cold, or mucilaginous diluents taken internally. The disease, however, is seldom dangerous, and generally terminates favorably.

These two kinds are very frequently combined together, as the one may readily excite the other; but they are still to be distinguished according as the one or the other may happen to be the primary affection, and properly as they often arise from different causes.

279.] The inflammation of the membranes of the eye, affects especially, and most frequently, the adnata, appearing in a turgescence of its vessels; so that the red vessels which are naturally there, become not only increased in size, but there appear many more than did in a natural state. This turgescence of the vessels is attended with pain, especially upon the motion of the ball of the eye; and this like every other irritation applied to the surface of the eye, produces an effusion of tears from the lachrymal gland.

This inflammation commonly, and chiefly, affects the adnata spread on the anterior part of the bulb of the eye; but usually spreads also along the continuation of that membrane on the inside of the palpebræ; and as that is extended on the tarsus palpebrarum, the excretories of the sebaceous glands opening there are also frequently affected. When the affection of the adnata is considerable, it is frequently communicated to the subjacent membranes of the eye, and even to the retina itself, which thereby acquires so great a sensibility, that the slightest impression of light becomes painful.

280.] The inflammation of the membranes of the eye is in different degrees, according as the adnata is more or less affected, or according as the inflammation is either of the adnata alone, or of the subjacent membranes also; and upon these differences, different species have been established, and different appellations given to them. But I shall not, however, prosecute the consideration of these, being of opinion, that all the cases of the Ophthalmia membranarum differ only in degree, and are to be cured by remedies of the same kind, more or less employed.

The remote causes of Ophthalmia are many and various; as,

1. External violence, by blows, contusions, and wounds, applied to the eyes; and even very slight impulses applied, whilst the eyelids are open, to the ball of the eye itself, are sometimes sufficient for the purpose.

2. Extraneous bodies introduced under the eyelids, ei-

ther of an acrid quality, as smoke and other acrid vapors,\* or of a bulk sufficient to impede the free motion of the eyelids upon the surface of the eyeball.

3. The application of strong light, or even of a moderate light long continued.

4. The application of much heat, and particularly of that with moisture.

5. Much exercise of the eyes in viewing minute objects.

6. Frequent intoxication.

7. Irritation from other and various diseases of the eyes.

8. An acrimony prevailing in the mass of blood, and deposited in the sebaceous glands on the edges of the eyelids.

9. A change in the distribution of the blood, whereby either a more than usual quantity of blood, and with more than usual force, is impelled into the vessels of the head, or whereby the free return of the venous blood from the vessels of the head is interrupted.

10. A certain consent of the eyes with the other parts of the system, whereby from a certain state of these parts, either a simultaneous, or an alternating affection of the eyes, is produced.

281.] The proximate cause of Ophthalmia, is not different from that of inflammation in general; and the different circumstances of Ophthalmia may be explained by the difference of its remote causes, and by the different parts of the eye which it happens to affect. This may be understood from what has been already said; and I shall now therefore proceed to consider the CURE.

282.] In the cure of Ophthalmia, the first attention will be always due to the removing of the remote causes, and the various means necessary for this purpose will be directed by the consideration of these causes enumerated above.

The Ophthalmia membranarum requires the remedies proper for inflammation in general; and when the deeper seated membranes are affected, and especially when a pyrexia is present, large general bleedings may be necessary. But this is seldom the case; as the Ophthalmia, for the most part, is an affection purely local, accompanied with little or no pyrexia. General bleedings, therefore, from the arm or foot, have little effect upon it; and the cure is chiefly to be obtained by topical bleedings, that is, blood

\* Hence chemists, when much employed in processes where copious noxious vapors arise, ought to be extremely careful to avoid them as much as possible.

drawn from vessels near the inflamed part; and opening the jugular vein or the temporal artery, may be considered as in some measure of this kind. It is commonly sufficient to apply a number of leeches\* round the eye; and it is perhaps better still to draw blood from the temples, by cupping and scarifying.† In many cases, a very effectual remedy is, that of scarifying the internal surface of the inferior eyelid; and more so still, is cutting the turgid vessels upon the adnata itself.‡

283.] Besides blood-letting, purging, as a remedy suited to inflammation in general, has been considered as peculiarly adapted to inflammations in any of the parts of the head, and therefore to Ophthalmia; and it is sometimes useful; but, for the reasons given before with respect to general bleeding, purging in the case of Ophthalmia does not prove useful in any degree in proportion to the evacuation excited.

284.] For the relaxing the spasm in the part, and taking off the determination of the fluids to it, blistering near the part has commonly been found useful.§

285.] Electrical sparks taken from the eye will often suddenly discuss the inflammation of the adnata; but the effect is seldom permanent, and even a frequent repetition seldom gives an entire cure.

286.] Ophthalmia, as an external inflammation, admits of topical applications. All those, however, that increase the heat and relax the vessels of the part, prove commonly hurtful; and the admission of cool air to the eye, the proper application of cold water immediately to the ball of the eye, and the application of various cooling and astringent medicines, which at the same time do not pro-

\* Ten or twelve may be applied at once, and when many are employed together, they generally produce a better effect, than if fewer be employed repeatedly: That is twelve at once are more efficacious than three at a time repeated four times a day.

† Cupping and scarifying the temples ought to be performed with very great caution, because of the numerous ramifications of considerable branches of arteries in those places.

‡ These operations require great nicety. For the particular method of performing them, the reader is referred to the writers on Surgery.

§ Much harm ensues from these operations when injudiciously performed: they ought therefore to be refrained from, except when a very skillful and expert surgeon can be procured. They are seldom serviceable, except they be repeated several times. Cutting the vessels of the adnata is perhaps the best preventative of an opacity of the Cornea that we know: and wherever there is the least tendency to an opacity, the practice should be put in execution. The operation ought to be repeated daily for two, three, or four weeks, or even longer, if a cure is not accomplished sooner.

¶ The part where blisters are usually applied in Ophthalmia are behind the ear, or the nape of the neck. The blisters ought to be kept open by the subsequent application of the mild blistering ointment, if they assume appearances of healing.

Setons in the neck are sometimes recommended; but where speedy relief is required, they are of little service, because they seldom begin to discharge till the expiration of a few days; besides they are extremely troublesome to the patient: and if the phlogistic diathesis be considerable, they sometimes become so exceedingly inflamed as to produce many disagreeable circumstances that might have been avoided.

duce much irritation, prove generally useful; even spirituous liquors, employed in moderate quantity, have often been of service.\*

287.] In the cure of Ophthalmia, much care is requisite to avoid all irritation, particularly that of light; and the only safe and certain means of doing this is by confining the patient to a very dark chamber.

288.] These are the remedies of the Ophthalmia membranarum; and in the Ophthalmia tarsi, for as it is produced by Ophthalmia membranarum, the same remedies may be necessary. As, however, the Ophthalmia tarsi may often depend upon an acrimony deposited in the sebaceous glands of the part, so it may require various internal remedies according to the nature of the acrimony in fault; for which I must refer to the consideration of scrophula, syphilis, or other diseases with which this Ophthalmia may be connected; and when the nature of the acrimony is not ascertained, certain remedies, more generally adapted to the evacuation of acrimony, such, for instance, as mercury, may be employed.†

289.] In the Ophthalmia tarsi, it almost constantly happens that some ulcerations are formed on the tarsus. These require the application of mercury or copper, either of which may by itself sometimes entirely cure the affection; and these may even be useful when the disease depends upon a fault of the whole system.

290.] Both in the Ophthalmia membranarum, and in the Ophthalmia tarsi, it is necessary to obviate that gluing or sticking together of the eye-lids which commonly happens in sleep; and this may be done by insinuating a little of any mild unctuous medicine, of some tenacity between the eye-lids before the patient shall go to sleep.‡

\* A solution of a scruple of sugar of lead in four ounces of distilled water, is a very effectual application; some authors recommend equal parts of white vitrol and sugar of lead dissolved in distilled water. These collyria, as they are called, do infinite mischief if they are too strong.

† If, therefore, the patient complains of the least smarting on their application, it will be necessary to dilute them with the addition of more distilled water. They ought to be applied cold, and pledgets moistened with them ought to be frequently renewed when they grow hot or dry. An additional direction may be added, viz. that the solution of saccharum saturni be always made in distilled water, especially when it is to be used as a collyrium, because the least impregnation of any mineral acid, however combined, decomposes the sugar of lead.

‡ Cold poultices of rasped raw potatoes or turnips are sometimes very efficacious. They may be applied in a fine muslin bag, and ought to be renewed whenever they grow warm.

§ If the ophthalmia be venereal, mercury is the only remedy, and external applications have little effect. If scrophula is the cause, relief is often speedily procured by an application of the Coagulum a luminis, or the unguentum citrinum, now called unguentum hydrargyri nitratum in the London Pharmacopœia. The unguentum tutiæ has been used in many cases with advantage, as has also the unguentum cerussæ acetatæ. But these topical applications never effect a permanent cure.

¶ Hog's lard, fresh pressed linseed-oil, or oil of almonds, answer this intention very well, or the unguentum spermatis ceti, of the London Pharmacopœia.

## CHAPTER IV.

*OF PHRENZY, OR PHRENITIS.*

291.] **T**HIS disease is an inflammation of the parts contained in the cavity of the cranium; and may affect either the membranes of the brain, or the substance of the brain itself. Nosologists have apprehended, that these two cases might be distinguished by different symptoms, and therefore by different appellations: but this does not seem to be confirmed by observation and dissection; and therefore I shall treat of both cases under the title of Phrenzy, or Phrenitis.

292.] An idiopathic phrenzy is a rare occurrence, a sympathetic more frequent; and the ascertaining either the one or the other is, upon many occasions, difficult. Many of the symptoms by which the disease is most commonly judged to be present, have appeared, when from certain considerations, it was presumed, and even from dissection it appeared, that there had been no internal inflammation; and on the other hand, dissections have shown, that the brain had been inflamed, when few of the peculiar symptoms of phrenzy had before appeared.\*

293.] The symptoms by which this disease may be most certainly known, are a vehement pyrexia, or a violent deep-seated headach, a redness and turgescence of the face and eyes, an impatience of light and noise, a constant watching and a delirium impetuous and furious. Some nosologists have thought these symptoms peculiar to an inflammation of the membranes, and that the inflammation of the substance of the brain was to be distinguished by some degree of coma attending it. It was for this reason that in the Nosology I added the Typhomania to the character of Phrenitis; but upon further reflection, I find no proper foundation for this; and if we pass from the characters above delivered, there will be no means of fixing the variety that occurs.

I am here, as in other analogous cases, of opinion, that the symptoms above mentioned of an acute inflammation, always mark inflammations of membranous parts; and that

\* This sentence is very obscure; the Author meant to say, that the diagnostic symptoms of this disease are uncertain.

an inflammation of the paronchyma or substance of viscera, exhibits, at least commonly, a more chronic affection.

294.] The remote causes of phrenzy, are all those which directly stimulate the membranes or substance of the brain; and particularly all those which increase the impetus of the blood in the vessels of the brain. Among these the exposure of the naked head to the direct rays of a very warm sun, is a frequent cause. The passions of the mind, and certain poisons, are amongst the remote causes of phrenzy; but in what manner they operate is not well understood.\*

295.] The cure of phrenzy is the same with that of inflammation in general; but in phrenzy the most powerful remedies are to be immediately employed. Large and repeated blood-letting is especially necessary; and the blood should be drawn from vessels as near as possible to the part affected. The opening of the temporal artery has been recommended, and with some reason: but the practice is attended with inconvenience; and I apprehend that opening the jugular veins may prove more effectual; but at the same time, it will be generally proper to draw blood from the temples by cupping and scarifying.

296.] It is probable, that purging, as it may operate by revulsion, may be of more use in this than in some other inflammatory affections.

For the same purpose of revulsion, warm pediluvia are a remedy; but at the same time somewhat ambiguous. The taking off the force of the blood in the vessels of the head by an erect posture, is generally useful.

297.] Shaving of the head is always proper and necessary for the admission of other remedies. Blistering is commonly

\*Practitioners have in general admitted two kinds of phrenzy, viz. the idiopathic or true phrenzy, and the symptomatic. The former is what the author describes in the text; and, as he has omitted to describe the latter, which in article 292, he acknowledges to be the more frequent of the two, I shall enumerate its symptoms.

The symptomatic phrenzy is constantly preceded by some very acute inflammatory fever. Its approach may be suspected by a suppression of the excretions, by colorless stools, by a black dry, and rough tongue, by pale and watery urine, which sometimes has black or dark brown clouds floating in it, by a desire but inability to sleep, by picking the bed clothes, by the eyes appearing fierce, and the vessels of the albuginea becoming turgid, and by a few drops of blood distilling from the nose.

When most of these symptoms appear in inflammatory fevers, we justly apprehend an attack of the phrenzy, and ought to have immediate recourse to such remedies as will lessen its violence, or altogether prevent its access. Large bleedings, if the pulse permits, must be made on the lower extremities, emollient glysters are to be frequently injected, laxatives administered, fomentations applied to the feet and legs, cupping glasses applied on the thighs, and the patient must be forced to drink plentifully, for he is seldom thirsty in these cases, although his tongue be parched. Besides these general remedies, peculiar attention must be paid to the primary disease; and the treatment of the symptomatic phrenzy will vary according to the nature of the disease by which it is produced.

No part of the practice of physic requires more judgment and sagacity in the practitioner, than ascertaining the proper mode of treating the symptomatic phrenzy in different fevers. To enter fully into the subject, would require more room than these notes allow. I can only therefore recommend the young practitioner to pay great attention to it. He will find many useful practical directions for the treatment of these cases, in most of the medical writers, both ancient and modern, especially Sydenham and Van Sweiten.

useful in this disease, but chiefly when applied near the part affected.\*

298.] Every part of the antiphlogistic regimen is here necessary, and particularly the admission of cold air. Even cold substances, applied close to the head, have been found safe and highly useful; and the application of such refrigerants as vinegar, is certainly proper.†

299.] It appears to me certain, that opiates are hurtful in every inflammatory state of the brain; and it is to be observed, that, from the ambiguity mentioned in (292.) the accounts of practitioners, with regard to the *juvantia* and *lædientia* in this disease, are of very uncertain application.

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## CHAPTER V.

### *OF THE QUINSY, OR CYNANCHE.*

300.] **T**HIS name is applied to every inflammation of the internal fauces; but these inflammations are different, according to the part of the fauces which may be affected, and according to the nature of the inflammation. In the *Nosology*, therefore, after giving the character of the *Cynanche* as a genus, I have distinguished five different species, which must here likewise be separately considered.

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#### SECTION I.

##### *Of the Cynanche Tonsillaris.*

301.] **T**HIS is an inflammation of the mucous membrane of the fauces, affecting especially that congeries of mucous follicles which forms the tonsils, and spreading from thence along the velum and uvula, so as frequently to affect every part of the mucous membrane.

\* It has been usual to apply a large blistering plaister over the whole head, and suffer it to remain on for eight and forty hours. This, however, hinders the application of other very powerful remedies. Shaving the head of a frantic patient is always a troublesome operation; but the very great benefit arising from it, renders it absolutely necessary in all cases; and the physician ought therefore to advise it on the first suspicion of an approaching phrenzy.

† Many eminent practitioners have dissuaded the use of these refrigerant applications to the newly shaven head; the immediate relief which the mere shaving generally procures seems to indicate the propriety of the practice: and experience has not discovered any material disadvantages attending it, but on the contrary, much benefit accruing from it.

302.] The disease appears by some tumor, sometimes considerable, and by a redness of the parts; is attended with a painful and difficult deglutition; with a pain sometimes shooting into the ear; with a troublesome clamminess of the mouth and throat; with a frequent, but difficult, excretion of mucous; and the whole is accompanied with a pyrexia.

303.] This species of quinsy is never contagious. It terminates frequently by resolution,\* sometimes by suppuration, but hardly ever by gangrene; although in this disease some sloughy spots commonly supposed to be forerunners of gangrene, sometimes appear upon the fauces.

304.] This disease is commonly occasioned by cold externally applied, particularly about the neck. It affects especially the young and sanguine, and a disposition to it is often acquired by habit; so that from every considerable application of cold to any part of the body, this disease is readily induced. It occurs especially in spring and autumn, when vicissitudes of heat and cold frequently take place. The inflammation and tumor are commonly at first most considerable in one tonsil; and afterwards abating in that, increase in the other.

305.] In the cure of this inflammation, some bleeding may be proper: but large general bleedings will seldom be necessary. The opening of the ranular veins seems to be an insignificant remedy; and leeches set upon the external fauces are of more efficacy.

306.] At the beginning of the disease, full vomiting has been frequently found to be of great service.†

307.] This inflammation may be often relieved by moderate astringents, and particularly by acids applied to the inflamed parts.‡ In many cases, however, nothing has been found to give more relief than the vapor of warm water received into the fauces by a proper apparatus.

308.] The other remedies of this disease are rubefacient or blistering medicines, applied externally to the neck; and with these, the employment of antiphlogistic purgatives,§

\* As the most frequent termination of this disease is by resolution, this mode of cure must always be attempted, and will seldom fail of proving successful.

† The formula of an emetic may be seen in the note on art. 185.

‡ Various have been the opinions of physicians respecting the kind of gargles proper in these cases. A pint of tincture of roses, with two drachms of honey, has often been found serviceable. The following gargle is frequently used with success. Boil an ounce of oak-bark, bruised in a quart of water, till half is evaporated, and to the strained liquor add an ounce of honey of roses, and a drachm of allum. Sage tea, with honey, is in common use, and frequently answers every purpose.

§ Glauber's Salts answer the end of purges in these cases very well, especially if the patient drinks copiously during the operation.

as well as every part of the antiphlogistic regimen, excepting the application of cold.

309.] This disease, as we have said, often terminates by resolution, frequently accompanied with sweating; which is therefore to be prudently favored and encouraged.\*

310.] When this disease shall have taken a tendency to suppuration, nothing will be more useful, than the frequent taking into the fauces the steams of warm water.† When the abscess is attended with much swelling, if it break not spontaneously, it should be opened by a lancet; and this does not require much caution, as even the inflammatory state may be relieved by some scarification of the tonsils.

I have never had occasion to see any case requiring bronchotomy.

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## SECTION II.

### *Of the Cynanche Maligna.*

311.] THIS is a contagious disease, seldom sporadic, and commonly epidemic. It attacks persons of all ages but more commonly those in a young and infant state. It attacks persons of every constitution when exposed to the contagion, but most readily the weak and infirm.

312.] This disease is usually attended with a considerable pyrexia; and the symptoms of the accession of this, such as frequent cold shiverings, sickness, anxiety, and vomit-

\* Dover's powder is an excellent sudorific in these cases. The method of giving it has been described in a former note, in art. 169. Many other sudorifics, however, are found to answer tolerably well, as wine-whey, whey made with dulcified spirit of nitre, vinegar-whey, sage tea, with several other drinks of a similar kind. The following bolus is often very efficacious, especially when the patient drinks largely of sage or balm tea.

Rx. Camphor. gr. viii.  
 Opii pur. gr. i.  
 Tart. Vitriolat. ℥i.  
 Tere in mortario marmoreo; et adde  
 Confect. cardiac. ʒi. vel. q. s. ut fiat bolus.

Small doses of tartar emetic taken in such quantities as to produce a slight nausea without vomiting, are also good sudorifics. Two table-spoonfuls of the following julep may be taken every half hour, till the effect be produced, drinking, at the same time, plentifully of some warm diluent.

Rx. Tartar. emetic. gr. iii.  
 Aq. font. ʒvii.  
 Syr. Papaveris rubri, ʒi.  
 M. f. julep.

† Very convenient apparatus for this purpose are made by most tin-workers. Beside the steam of warm water here recommended, external applications to the throat and sides of the neck have a considerable effect in forwarding the suppuration, as warm poultices, fomentations, &c.

ing, are often the first appearances of the disease. About the same time, a stiffness is felt in the neck, with some uneasiness in the internal fauces, and some hoarseness of the voice. The internal fauces, when viewed appear of a deep red color, with some tumor; but this last is seldom considerable, and deglutition is seldom difficult or painful. Very soon a number of white or ash colored spots appear upon the inflamed parts. These spots spread and unite, covering almost the whole fauces with thick sloughs; which falling off, discover ulcerations. While these symptoms proceed in the fauces, they are generally attended with a coryza which pours out a thin acrid and fetid matter, excoriating the nostrils and lips. There is often also, especially in infants, a frequent purging; and a thin acrid matter flows from the anus excoriating this and the neighboring parts.

313.] With these symptoms, the pyrexia proceeds with a small, frequent, and irregular pulse; and there occurs a manifest exacerbation every evening, and some remission in the mornings. A great debility appears in the animal functions; and the sensorium is affected with delirium, frequently with coma.

314.] On the second day, or sometimes later, efflorescences appear upon the skin, which are sometimes in small points hardly eminent; but, for the most part, in patches of a red color, spreading and uniting so as to cover the whole skin. They appear first about the face and neck, and in the course of some days spread by degrees to the lower extremities. The scarlet redness is often considerable on the hands and extremities of the fingers, which feel stiff and swelled. This eruption is often irregular, as to the time of its appearance, as to its steadiness, and as to the time of its duration. It usually continues four days, and goes off by some desquamation of the cuticle; but neither on its first appearance, nor on its desquamation, does it always produce a remission of the pyrexia, or of the other symptoms.

315.] The progress of the disease depends on the state of the fauces and of the pyrexia. When the ulcers on the fauces, by their livid and black color, by the fetor of the breath, and by many marks of acrimony in the fluids, show a tendency to gangrene, this takes place to a considerable degree; and the symptoms of a putrid fever constantly increasing, the patient dies, often on the third day, some-

times later, but for the most part before the seventh. The acrimony poured out from the diseased fauces must necessarily, in part, pass into the pharynx, and there spread the infection into the œsophagus, and sometimes through the whole of the alimentary canal, propagating the putrefaction, and often exhausting the patient by a frequent diarrhœa.

The acrid matter poured out in the fauces being again absorbed, frequently occasions large swellings of the lymphatic glands about the neck, and sometimes to such a degree as to occasion suffocation.

It is seldom that the organs of respiration escape entirely unhurt, and very often the inflammatory affection is communicated to them. From dissections it appears, that, in the Cynanche maligna, the larynx and trachea are often affected in the same manner as in the Cynanche trachealis; and it is probable, that, in consequence of that affection, the Cynanche maligna often proves fatal by such a sudden suffocation as happens in the proper Cynanche trachealis; but there is reason to suspect, that upon this subject dissectors have not always distinguished properly between the two diseases.

316.] These are the several fatal terminations of the Cynanche maligna; but they do not always take place. Sometimes the ulcers of the fauces are of a milder nature; and the fever is more moderate, as well as of a less putrid kind. And when, upon the appearance of the efflorescence on the skin, the fever suffers a remission; when the efflorescence continues for three or four days, till it has spread over the whole body, and then ends by a desquamation, giving a further remission of the fever; this often entirely terminates, by gentle sweats, on or before the seventh day; and the rest of the disease terminates in a few days more, by an excretion of sloughs from the fauces; while sleep, appetite, and the other marks of health return.

From what is said in this and the preceding paragraph, the prognostics in this disease may be readily learned.

317.] In the cure of this disease, its septic tendency is chiefly to be kept in view. The debility, with which it is attended, renders all evacuations by bleeding and purging improper, except in a few instances where the debility is less, and the inflammatory symptoms more considerable. The fauces are to be preserved from the effects of the acrid matter poured out upon them, and are therefore to be fre-

quently washed out by antiseptic gargles\* or injections; and the septic tendency of the whole system should be guarded against and corrected by internal antiseptics, especially by the Peruvian bark given in substance, from the beginning, and continued through the course of the disease. † Emetics, both by vomiting and nauseating, prove useful, especially when employed early in the disease. When any considerable tumor occurs, blisters applied externally will be of service, and in any case may be fit to moderate the internal inflammation. ‡

\* When the violence of the symptoms is moderate, and when the ulceration is slight, sage tea, or tea made of rose leaves, or both together, may be sufficient. A gargle made of a pint of sage and rose tea, three spoonfuls of vinegar, and one spoonful of honey, has been found as efficacious as any of the sharper antiseptics with the mineral acids. Dr. Fothergill's gargle is,

R. Decoct. pectoral. ℥xii. cui inter coquendum adde  
Rad. contrayerv. contus. ℥ss.  
Liquori colato admisce,  
Acet. vin. alb. ℥ii.  
Tict. myrrh. ℥i.  
Mel. opt. ℥vi.

But he often used it with a drachm of the Mel Egyptiacum dissolved in two ounces of it.

The Mel Egyptiacum is a very harsh application, and ought to be cautiously used. If the sloughs cast off so slowly as to require a powerful application, it is better practice to touch them with Mel Egyptiacum by means of an armed probe, than to use gargles in which it is an ingredient. In this disease, a strict attention must be given to the use of gargles and injections for the throat, because the cure seems to depend in part on procuring a discharge from the glands of the fauces which these gargles induce, and also because they are the only means of retarding the progress of the ulcers.

† The quantity of bark given ought to be very considerable, viz. as much as the stomach and intestines can possibly bear; half a drachm or two scruples every hour, with a glass of good Port wine. A scruple of confectio cardiaca, joined with each dose of the bark, has a double effect of making the bark less nauseous, and of preventing in some measure, a tendency to a diarrhœa, but opium is a sovereign remedy for removing this symptom when it is actually present.

In administering the bark, great care must be taken to avoid a diarrhœa, which is a very dangerous symptom in any period of the disease, but especially after the third or fourth day, when the patient is in a considerable state of debility.

Children are more frequently attacked with this disease than adults; and it is sometimes extremely difficult to prevail on them to take a sufficient quantity of this necessary and valuable, though nauseous medicine. In these cases glysters with powdered bark have been used with very great success. Two drachms of the fine powder may be given in five or six ounces of barley-water, every 3 or 4 hours to very young children, and half an ounce or 6 drachms to children of 8 or 10 years old, in three quarters of a pint of barley-water. If the first glyster comes away too speedily, two or three grains of opium may be added to the subsequent glysters.

‡ In addition to the method of cure here delivered, it may be proper to observe, that as the cure depends much on the removal of every thing putrid from the patient, it is absolutely necessary to have the room well ventilated, but not with cold air. The reason for this precaution is, that the patient always complains of the least admission of cold air, becoming sick and oppressed, probably in consequence of the sudden disappearance of the efflorescence which always accompanies the disease. The linen ought frequently to be changed, the patient kept clean, the mouth and throat frequently washed, and great plenty of liquid vegetable nutriment must be given, with generous wine.

A hemorrhage from the nose, mouth, or ears, very frequently occurs in the later stages of a malignant sore throat. This discharge is by no means critical, but always a dangerous symptom, and must be stopped with the utmost expedition. It is the consequence of some arterial branch being corroded by the mortification. If the hemorrhage withstands the usual means of tents dipped in vinegar, or a solution of alum, &c. recourse must be had to opium and bark; and the Port wine must be given sparingly.

In the advanced stages, a diarrhœa frequently appears, especially in children; it proceeds from the putrid and acrid matter of the ulcers being received into the intestines. It can only be prevented, or effectually removed, by a careful attention to keep the mouth as clean as possible.

## SECTION III.

*Of the Cynanche Trachealis.*

318.] THIS\* name has been given to an inflammation of the glottis, larynx, or upper part of the trachea whether it affect the membranes of these parts, or the muscles adjoining. It may arise first in these parts, and continue to subsist in them alone; or it may come to affect these parts from the Cynanche tonsillaris or maligna spreading into them.

319.] In either way it has been a rare occurrence, and few instances of it have been marked and recorded by physicians. It is to be known by a peculiar ringing sound of the voice, by difficult respiration, with a sense of straitening about the larynx, and by a pyrexia attending it.

320.] From the nature of these symptoms, and from the dissection of the bodies of persons who had died of this disease, there is no doubt of its being of an inflammatory nature. It does not, however, always run the course of inflammatory affections, but frequently produces such an obstruction of the passage of the air, as suffocates, and thereby proves suddenly fatal.

321.] If we judge rightly of the nature of this disease, it will be obvious, that the cure of it requires the most powerful remedies of inflammation, to be employed upon the very first appearance of the symptoms. When a suffocation is threatened, whether any remedies can be employed to prevent it, we have not had experience to determine.

322.] The accounts which books have hitherto given us of inflammations of the larynx, and the parts connected with it, amount to what we have now said; and the instances recorded have almost all of them happened in adult persons; but there is a peculiar affection of this kind happening especially to infants, which till lately has been little taken notice of. Dr. Home is the first who has given any distinct account of it; but, since he wrote, several other authors have taken notice of it, (see MICHAELIS *De angina polyposa sive membrancia, Argentorati* 1778) and have given different opinions with regard to it. Concerning this diversity of

\* This disease has been supposed to be new, and confined chiefly to infants. It is, however, described by many of both the antient and modern writers. Boerhaave describes it in his 801st and 802d Aphorism. It is, indeed, uncommon in adults, and most frequent in infants. It was never rightly understood, however, till Dr. Home, the Professor of the *Materia Medica* in this University, investigated its nature, and pointed out the only effectual method of cure.

opinions I shall not at present inquire ; but shall deliver the history and cure of this disease, in so far as these have arisen from my own observation, from that of Dr. Home, and of other skilful persons in this neighborhood.

323.] This disease seldom attacks infants till after they have been weaned. After this period, the younger they are, the more they are liable to it. The frequency of it becomes less as children become more advanced ; and there are no instances of children above twelve years of age being affected with it. It attacks children of the midland countries, as well as those who live near the sea. It does not appear to be contagious, and its attacks are frequently repeated in the same child. It is often manifestly the effect of cold applied to the body ; and therefore appears most frequently in the winter and spring seasons. It very commonly comes on with the ordinary symptoms of a catarrh ; but sometimes the peculiar symptoms of the disease show themselves at the very first.

324.] These peculiar symptoms are the following : A hoarseness, with some shrillness and ringing sound, both in speaking and coughing, as if the noise came from a brazen tube. At the same time, there is a sense of pain about the larynx, some difficulty of respiration ; with a whizzing sound in inspiration, as if the passage of the air were straitened. The cough which attends it, is commonly dry ; and if any thing be spit up, it is a matter of a purulent appearance, and sometimes films resembling portions of a membrane. Together with these symptoms, there is a frequency of pulse, a restlessness, and an uneasy sense of heat.

When the internal fauces are viewed, they are sometimes without any appearance of inflammation : but frequently a redness and even swelling, appear ; and sometimes in the fauces there is an appearance of matter like to that rejected by coughing. With the symptoms now described and particularly with great difficulty of breathing, and a sense of strangling in the fauces, the patient is sometimes suddenly taken off.

325.] There have been many dissections made of infants who had died of this disease ; and almost constantly there has appeared a preternatural membrane lining the whole internal surface of the upper part of the trachea, and extending in the same manner downwards into some of its ramifications. This preternatural membrane may be easily separated, and sometimes has been found separated in part,

from the subjacent proper membrane of the trachea. This last is commonly found entire, that is, without any appearance of erosion or ulceration; but it frequently shows the vestiges of inflammation, and is covered by a matter resembling pus, like to that rejected by coughing; and very often a matter of the same kind is found in the bronchiæ, sometimes in considerable quantity.

326.] From the remote causes of this disease; from the catarrhal symptoms commonly attending it; from the pyrexia constantly present with it; from the same kind of preternatural membrane being found in the trachea when the cynanche maligna is communicated to it; and, from the vestiges of inflammation on the trachea discovered upon dissection; we must conclude, that the disease consists in an inflammatory affection of the mucous membrane of the larynx and trachea, producing an exudation analogous to that found on the surface of inflamed viscera, and appearing partly in a membranous crust, and partly in a fluid resembling pus.

327.] Though this disease manifestly consists in an inflammatory affection, it does not commonly end either in suppuration or gangrene. The peculiar and troublesome circumstance of the disease seems to consist in a spasm of the muscles of the glottis, which by inducing a suffocation, prevents the common consequences of inflammation.

328.] When this disease terminates in health, it is by a resolution of the inflammation, by a ceasing of the spasm of the glottis, by an expectoration of the matter exuding from the trachea, and of the crusts formed there; and frequently it ends without any expectoration, or at least with such only as attends an ordinary catarrh.

329.] When the disease ends fatally, it is by a suffocation; seemingly, as we have said, depending upon a spasm affecting the glottis; but sometimes, probably, depending upon a quantity of matter filling the bronchiæ.

330.] As we suppose the disease to be an inflammatory affection, so we attempt the cure of it by the usual remedies of inflammation, and which for the most part I have found effectual. Bleeding, both general and topical,\* has often

\* The topical bleeding is best performed by leeches. Three or four may be applied at once on each side of the trachea, or on the trachea itself. Notwithstanding this recommendation of topical bleeding, previous general bleeding is absolutely necessary in every case, and ought never to be omitted. It frequently produces relief even while the blood is flowing from the vein; but, in these cases, it is imprudent to stop the evacuation, even on the total removal of the symptoms. As much blood must be drawn as the infant can bear to lose, and leeches ought moreover to be applied, as above directed; for it frequently happens, that, when all the symptoms suddenly disappear, the disease returns in a few hours with redoubled violence, and speedily puts an end to the child's life.

given immediate relief; and by being repeated, has entirely cured the disease. Blistering also, near to the part affected, has been found useful. Upon the first attack of the disease, vomiting, immediately after bleeding, seems to be of considerable use, and sometimes suddenly removes the disease. In every stage of the disease, the antiphlogistic regimen is necessary, and particularly the frequent use of laxative glysters.\* Though we suppose that a spasm affecting the glottis is often fatal in this disease, I have not found antispasmodic medicines to be of any use.

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#### SECTION IV.

##### *Of the Cynanche Pharyngæa.*

331.] IN the Cynanche tonsillaris, the inflammation of the mucous membrane often spreads upon the pharynx, and into the beginning of the œsophagus, and thereby renders deglutition more difficult and uneasy; but such a case does not require to be distinguished as a different species, from the common Cynanche tonsillaris; and only requires that bloodletting, and other remedies, should be employed with greater diligence than in ordinary cases. We have never seen any case, in which the inflammation began in the pharynx, or in which this part alone was inflamed; but practical writers have taken notice of such a case; and to them, therefore, I must refer, both for the appearances which distinguish it, and for the method of cure.

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#### SECTION V.

##### *Of the Cynanche Parotidæa.*

332.] THIS is a disease known to the vulgar, and among them has got a peculiar appellation, in every country of Europe; † but has been little taken notice of by medical writers. It is often epidemic, and manifestly contagious.

\* Laxative glysters are to be carefully distinguished from purging glysters, which generally irritate too violently, and thus increase the inflammatory diathesis. It is of little consequence what the compositions of glysters be, provided they contain some Glauber's or Epsom salt, and are sufficiently large. The common glyster with milk and water, and a little Epsom salt, answers sufficiently well.

† It is called here, and in many parts of Great-Britain, *The Mumps*.

It comes on with the usual symptoms of pyrexia, which is soon after attended with a considerable tumor of the external fauces and neck.—This tumor appears first as a glandular moveable tumor at the corner of the lower jaw ; but the swelling soon becomes uniformly diffused over a great part of the neck, sometimes on one side only, but more commonly on both. The swelling continues to increase till the fourth day ; but from that period it declines, and in a few days more passes off entirely. As the swelling of the fauces recedes, some tumor affects the testicles in the male sex, or the breasts in the female. These tumors are sometimes large, hard, and somewhat painful ; but in this climate are seldom either very painful or of long continuance. The pyrexia attending this disease is commonly slight, and recedes with the swelling of the fauces ; but sometimes, when the swelling of the testicles does not succeed to that of the fauces, or when the one or the other has been suddenly repressed, the pyrexia, becomes more considerable, is often attended with delirium, and has sometimes proved fatal.

333.] As this disease commonly runs its course without either dangerous or troublesome symptoms, so it hardly requires any remedies. An antiphlogistic regimen and avoiding cold, are all that will be commonly necessary. But when, upon the receding of the swellings of the testicles in males, or of the breasts in females, the pyrexia comes to be considerable, and threatens an affection of the brain, it will be proper, by warm fomentations, to bring back the swelling ; and by vomiting, bleeding, or blistering, to obviate the consequences of its absence.

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## CHAPTER VI.

### *OF PNEUMONIA, OR PNEUMONIC INFLAMMATION.*

334.] **U**NDER this title I mean to comprehend the whole of the inflammations affecting either the viscera of the thorax, or the membrane lining the interior surface of that cavity : for neither do our diagnostics serve to ascertain exactly the seat of the disease ; nor does the difference in the seat of the disease exhibit any considerable variation in the state of the symptoms, nor lead to any difference in the method of cure.

335.] Pneumonic inflammation, however various in its seat, seems to me to be always known and distinguished by the following symptoms : pyrexia, difficult breathing, cough and pain in some parts of the thorax. But these symptoms are, on different occasions, variously modified.

336.] The disease almost always comes on with a cold stage, and is accompanied with the other symptoms of pyrexia ; though, in a few instances, the pulse may not be more frequent, nor the heat of the body increased beyond what is natural. Sometimes the pyrexia is from the beginning accompanied with the other symptoms ; but frequently it is formed for some hours before the other symptoms become considerable, and particularly before the pain be felt. For the most part, the pulse is frequent,\* full, strong, hard, and quick ;† but in a few instances, especially in the advanced state of the disease, the pulse is weak and soft, and at the same time irregular.

337.] The difficulty of breathing is always present, and most considerable in inspiration ; both because the lungs do not easily admit of a full dilatation, and because the dilatation aggravates the pain attending the disease. The difficulty of breathing is also greater, when the patient is in one posture of his body rather than another. It is generally greater when he lies upon the side affected ; but sometimes the contrary happens. Very often the patient cannot lie easy upon either side, finding ease only when lying on his back ; and sometimes he cannot breathe easily, except when in somewhat of an erect posture.

338.] A cough always attends this disease ; but in different cases, is more or less urgent and painful. It is sometimes dry, that is, without any expectoration, especially in the beginning of the disease ; but more commonly it is, even from the first, moist, and the matter spit up various both in consistence and color ; and frequently it is streaked with blood.‡

339.] The pain attending this disease, is in different cases, felt in different parts of the thorax, but most frequently in one side. It has been said to affect the right side

\* A frequent pulse is when there is a great number of strokes in a given time.

† A quick pulse is when the stroke itself is quick, although the number in a given time be not very great.

‡ It is therefore no tautology to mention both *frequent* and *quick*, as they are really distinct, and may be both present at once ; but, if the pulse be above an hundred in a minute, the physician must have a very nice sense of feeling to distinguish between a quick and a slow beat.

§ Young practitioners should not be alarmed at this symptom ; nor should they suppose it a dangerous one ; it is, on the contrary, a salutary symptom, and ought not to be restrained, either by too rigorous an adherence to the antiphlogistic regimen, or by the use of styptics and other astringents.

more frequently than the left ; but this is not certain ; while on the other hand, it is certain that the left side has been very often affected. The pain is felt sometimes as if it were under the sternum ; sometimes in the back between the shoulders ; and when in the sides, its place has been higher or lower, more forward or backward : but the place of all others most frequently affected, is about the sixth or seventh rib, near the middle of its length, or a little more forward. The pain is often severe and pungent ; but sometimes more dull and obtuse, with a sense of weight rather than of pain. It is most especially severe and pungent when occupying the place last mentioned. For the most part it continues fixed in one place ; but sometimes shoots from the side to the scapula on one hand, or to the sternum and clavicle on the other.

340.] The varying state of symptoms now mentioned, does not always ascertain precisely the seat of the disease. To me it seems probable, that the disease is always seated, or at least begins, in some part of the pleura ; taking that membrane in its greatest extent, as now commonly understood ; that is, as covering not only the internal surface of the cavity of the thorax, but also as forming the mediastinum, and as extended over the pericardium, and over the whole surface of the lungs.

341.] There is, therefore, little foundation for distinguishing this disease by different appellations taken from the part which may be supposed to be chiefly affected. The term Pleurisy, might with propriety be applied to every case of the disease ; and has been very improperly limited to that inflammation which begins in, and chiefly affects the *pleura costalis*. I have no doubt that such a case does truly occur ; but, at the same time, I apprehend it to be a rare occurrence ; and that the disease much more frequently begins in, and chiefly affects, the pleura investing the lungs, producing all the symptoms supposed to belong to what has been called the *Pleuritis vera*.

342.] Some physicians have imagined, that there is a case of pneumonic inflammation particularly entitled to the appellation of *Peripneumony* ; and that is, the case of an inflammation beginning in the parenchyma or cellular texture of the lungs, and having its seat chiefly there. But it seems to me very doubtful, if any acute inflammation of the lungs or any disease which has been called *Peripneumony* be of that kind. It seems probable, that every

acute inflammation begins in membranous parts ; and, in every dissection of persons dead of peripneumony, the external membrane of the lungs, or some part of the pleura, has appeared to have been considerably affected.

343.] An inflammation of the pleura covering the upper surface of the diaphragm, has been distinguished by the appellation of *Paraphrenitis*, as supposed to be attended with the peculiar symptoms of delirium, risus sardonicus, and other convulsive motions : but it is certain, that an inflammation of that portion of the pleura, and affecting also even the muscular substance of the diaphragm, has often taken place without any of these symptoms ; and I have not met with either dissections, or any accounts of dissections, which support the opinion, than an inflammation of the pleura covering the diaphragm, is attended with delirium more commonly than any other pneumonic inflammation.

344.] With respect to the seat of pneumonic inflammation, I must observe further, that although it may arise and subsist chiefly in one part of the pleura only, it is however frequently communicated to other parts of the same, and commonly communicates a morbid affection through its whole extent.

345.] The remote cause of pneumonic inflammation, is commonly cold applied to the body, obstructing perspiration, and determining to the lungs ; while at the same time the lungs themselves are exposed to the action of cold. These circumstances operate especially, when an inflammatory diathesis prevails in the system ; and, consequently, upon persons of the greatest vigor ; in cold climates in the winter season ; and particularly in the spring, when vicissitudes of heat and cold are frequent. The disease, however, may arise in any season when such vicissitudes occur.

Other remote causes also may have a share in this matter ; such as every means of obstructing, straining,\* or otherwise injuring,† the pneumonic organs.

Pneumonic inflammation may happen to persons of any age, but rarely to those under the age of puberty : and most commonly it affects persons somewhat advanced in life, as those between forty-five and sixty years ; those too, especially of a robust and full habit.

\* Violent exertions in speaking, singing, playing on wind instruments, running up hill, or in short, any exercise that increases the action of the lungs.

† Receiving noxious vapors into the lungs is sometimes the cause of pneumonic inflammation ; especially corrosive or other acrid poisonous vapors, as the fumes of arsenic, of sulphur, of the muriatic acid, and similar caustic and destructive exhalations. Chemists, therefore, in making experiments, or artists who work on substances yielding such vapors, should be careful to avoid them.

The pneumonic inflammation has been sometimes so much an epidemic, as to occasion a suspicion of its depending upon a specific contagion; but I have not met with any evidence in proof of this.—See MORGAGNI *de causis et sedibus morborum*, epist. xxi. art. 26.

346.] The pneumonic, like other inflammations, may terminate by resolution, suppuration, or gangrene; but it has also a termination peculiar to itself, as has been hinted above (259); and that is, when it is attended with an effusion of blood into the cellular texture of the lungs, which soon interrupting the circulation of the blood through this viscus, produces a fatal suffocation. This, indeed, seems to be the most common termination of pneumonic inflammation, when it ends fatally; for, upon the dissection of almost every person dead of the disease, it has appeared that such an effusion had happened.

347.] From these dissections also we learn, that pneumonic inflammation commonly produces an exudation from the internal surface of the pleura; which appears partly as a soft viscid crust, often of a compact, membranous form, covering every where the surface of the pleura, and particularly those parts where the lungs adhere to the pleura costalis, or mediastinum; and this crust seems always to be the cement of such adhesions.

The same exudation shows itself, also, by a quantity of a serous whitish fluid, commonly found in the cavity of the thorax; and some exudation or effusion is usually found to have been made likewise into the cavity of the pericardium.

348.] It seems probable, too, that a like effusion is sometimes made into the cavity of the bronchiæ: for, in some persons who have died after laboring under a pneumonic inflammation for a few days only, the bronchiæ have been found filled with a considerable quantity of a serous and thickish fluid; which, I think, must be considered rather as the effusion mentioned, having had its thinner parts taken off by respiration, than as a pus so suddenly formed in the inflamed part.

349.] It is, however, not improbable, that this effusion, as well as that made into the cavities of the thorax and pericardium, may be a matter of the same kind with that which, in other inflammations is poured into the cellular texture of the parts inflamed, and there converted into pus; but, in the thorax and pericardium, it does not always as-

sume that appearance, because the crust covering the surface prevents the absorption of the thinner part. This absorption, however, may be compensated in the bronchiæ by the drying power of the air; and therefore the effusion into them may put on a more purulent appearance.

In many cases of pneumonic inflammation, when the *SPUTA* are very copious, it is difficult to suppose that the whole of them proceed from the mucus follicles of the bronchiæ. It seems more probable that a great part of them may proceed from the effused serous fluid we have been mentioning; and this too will account for the sputa being so often of a purulent appearance. Perhaps the same thing may account for that purulent expectoration, as well as that purulent matter found in the bronchiæ, which the learned Mr. de Haen says he had often observed, when there was no ulceration of the lungs: and this explanation is at least more probable than Mr. de Haen's supposition of a pus formed in the circulating blood.

350.] To conclude this subject, it would appear, that the effusion into the bronchiæ which we have mentioned, often concurs with the effusion of red blood in occasioning the suffocation, which fatally terminates pneumonic inflammation; that the effusion of serum alone may have this effect; and that the serum poured out in a certain quantity, rather than any debility in the powers of expectoration, is the cause of that ceasing of expectoration which very constantly precedes the fatal event. For, in many cases, the expectoration has ceased, when no other symptoms of debility have appeared, and when upon dissection, the bronchiæ have been found full of liquid matter. Nay, it is even probable, that in some cases, such an effusion may take place, without any symptoms of violent inflammation; and in other cases, the effusion taking place, may seem to remove the symptoms of inflammation which had appeared before, and thus account for those unexpected fatal terminations which have sometimes happened. Possibly this effusion may account also for many of the phenomena of the *Peripneumonia Notha*.

351.] Pneumonic inflammation seldom terminates by resolution, without being attended with some evident evacuation. An hæmorrhagy from the nose happening upon some of the first days of the disease, has sometimes put an end to it; and it is said that an evacuation from the hemorrhoidal veins, a bilious evacuation by stool, and an evacu-

ation of urine with a copious sediment, have severally had the same effect: but such occurrences have been rare and unusual.

The evacuation most frequently attending, and seeming to have the greatest effect in promoting resolution, is an expectoration of a thick, white, or yellowish matter, a little streaked with blood, copious, and brought up without either much or violent coughing.

Very frequently the resolution of this disease is attended with, and perhaps produced by a sweat, which is warm, fluid, copious over the whole body, and attended with an abatement of the frequency of the pulse, of the heat of the body and of other febrile symptoms.

352.] The prognostics in this disease are formed from observing the state of the principal symptoms.

A violent pyrexia is always dangerous.

The danger, however, is chiefly denoted by the difficulty of breathing. When the patient can lie on one side only; when he can lie on neither side, but upon his back only; when he cannot breathe with tolerable ease, except the trunk of his body be erect; when, even in this posture, the breathing is very difficult, and attended with a turgescence and flushing of the face, together with partial sweats about the head and neck, and an irregular pulse; these circumstances mark the difficulty of breathing in progressive degrees, and, consequently, in proportion, the danger of the disease.

A frequent violent cough aggravating the pain is always the symptom of an obstinate disease.

As I apprehend that the disease is hardly ever resolved, without some expectoration; so a dry cough must be always an unfavorable symptom.

As the expectoration formerly described, marks that the disease is proceeding to a resolution; so an expectoration which has not the conditions there mentioned, must denote at least a doubtful state of the disease; but the marks taken from the color of the matter, are for the most part fallacious.

An acute pain, very much interrupting inspiration, is always the mark of a violent disease; though not of one more dangerous, than an obtuse pain, attended with very difficult respiration.

When the pains, which at first had affected one side only, have afterwards spread into the other; or when leav-

ing the side first affected, they entirely pass into the other; these are always marks of an increasing, and therefore of a dangerous, disease.

A delirium coming on during a pneumonic inflammation, is constantly a symptom denoting much danger.

353.] When the termination of this disease proves fatal, it is on one or other of the days of the first week, from the third to the seventh. This is the most common case; but, in a few instances, death has happened at a later period of the disease.

When the disease is violent, but admitting of resolution, this also happens frequently in the course of the first week; but, in a more moderate state of the disease, the resolution is often delayed to the second week.

The disease, on some of the days from the third to the seventh, generally suffers a remission; which, however, may be often fallacious, as the disease does sometimes return again with as much violence as before, and then with great danger.

Sometimes the disease disappears on the second or third day, while an erysipelas makes its appearance on some external part: and if this continue fixed, the pneumonic inflammation does not recur.

354.] Pneumonia, like other inflammations, often ends in suppuration or gangrene.\*

355.] When a pneumonia, with symptoms neither very violent nor very slight, have continued for many days, it is to be feared it will end in a suppuration. This, however, is not to be determined precisely by the number of days: for, not only after the fourth, but even after the tenth day, there have been examples of a pneumonia ending by a resolution; and if the disease has suffered some intermission and again recurred, there may be instances of a resolution

\* As this termination of Pneumonia is always fatal, it is highly necessary that the physician should be able to know when a gangrene is to be suspected, that he may take the proper means for preventing it; or, when it is absolutely formed, that he may save his reputation, by informing the patient's relations of the impending danger, and the fatal consequences with which such a termination is attended: I shall therefore add some of the more remarkable diagnostics of an incipient gangrene in this disease.

A purulent spitting, streaked with deep colored blood, or with a blackish matter; a fetid breath; a rattling in the throat; a dejected countenance; a dim eye; a languid quick pulse; the blood drawn from a vein void of the inflammatory crust; fetid green stools in abundance; urine of a bright flame color, or depositing a black sediment of a scaly appearance.

More symptoms of this fatal termination are unnecessary; for, if most of those above mentioned be present, the physician has no other duty to perform than warn the friends of the patient that death may be soon expected.

It may be farther remarked, that, when a gangrene is begun, the patient is considerably freed from pain, and both himself and his attendants have great hopes of his recovering; a few hours, however, soon undeceives them, and raises the reputation of the physician, who has pronounced a true prognosis. See some other diagnostics of gangrene in the notes on article 359.

happening at a much later period from the beginning of the disease, than that just now mentioned.

356.] But if a moderate disease, in spite of proper remedies employed, be protracted to the fourteenth day without any considerable remission, a suppuration is pretty certainly to be expected; and it will be still more certain, if no signs of resolution have appeared, or if an expectoration which had appeared shall have again ceased, and the difficulty of breathing has continued or increased, while the other symptoms have rather abated.

357.] That in a pneumonia, the effusion is made, which may lay the foundation of a suppuration, we conclude from the difficulty of breathing becoming greater when the patient is in a horizontal posture,\* or when he can lie more easily upon the affected side.

358.] That in such cases, a suppuration has actually begun, may be concluded from the patient's being frequently affected with slight cold shiverings, and with a sense of cold felt sometimes in one, and sometimes in another part of the body. We form the same conclusion also from the state of the pulse, which is commonly less frequent and softer, but sometimes quicker and fuller than before.

359.] That a suppuration is already formed, may be inferred from there being a considerable remission† of the pain which had before subsisted, while along with this, the cough, and especially the dyspnœa, continue, and are rather augmented. At the same time, the frequency of the pulse is rather increased;‡ the feverish state suffers considerable exacerbations every evening, and by degrees, a hectic in all its circumstances comes to be formed.

360.] The termination of pneumonia by gangrene, is much more rare than has been imagined; and when it does occur, it is usually joined with the termination by effusion (346.) and the symptoms of the one are hardly to be distinguished from those of the other.

361.] The cure of pneumonic inflammation, must proceed upon the general plan (264.) but the importance of the

\* In all Pneumonic affections, the breathing is generally more difficult when the patient lies in an horizontal posture; it cannot therefore be admitted as a diagnostic of an effusion.

† The young physician must be on his guard with respect to this symptom; for it is also a symptom of an incipient, or an already formed gangrene; he ought therefore to be peculiarly attentive to the concomitant symptoms which the author enumerates, viz the continuance of augmentation of the difficulty of breathing and the cough, both of which either totally disappear, or are considerably lessened on the supervention of gangrene.

‡ The increased frequency of the pulse is also a symptom of a gangrene being formed; but, if that increased frequency be attended with febrile exacerbations in the evenings, then and then only can the physician be sure that the disease has terminated in suppuration, and not in gangrene.

part affected, and the danger to which it is exposed, require that the remedies be fully, as well as early employed.

362.] The remedy chiefly to be depended upon, is that of bleeding at the arm; which will be performed with most advantage in the arm of the side most affected, but may be done in either arm, as may be most convenient for the patient or the surgeon. The quantity drawn must be suited to the violence of the disease, and to the vigor of the patient; and generally ought to be as large as this last circumstance will allow. The remission of pain, and the relief of respiration, during the flowing of the blood, may limit the quantity to be then drawn; but if these symptoms of relief do not appear, the bleeding should be continued till the symptoms of a beginning syncope come on. It is seldom that one bleeding however large, will prove a cure of this disease; and although the pain and difficulty of breathing may be much relieved by the first bleeding, these symptoms commonly, and after no long interval, recur, often with as much violence as before. In the event of such recurrence the bleeding is to be repeated, even in the course of the same day, and perhaps to the same quantity as before.

Sometimes the second bleeding may be larger than the first. There are persons who, by their constitution, are ready to faint even upon a small bleeding; and in such persons this may prevent the drawing so much blood at first as a pneumonic inflammation might require; but, as the same persons are frequently found to bear after-bleedings better than the first, this allows the second and subsequent bleedings to be larger, and to such a quantity as the symptoms of the disease may seem to demand.

363.] It is according to the state of the symptoms, that bleedings are to be repeated; and they will be more effectual when practised in the course of the first three days, than afterwards; but they are not to be omitted, although four days of the disease may have already elapsed. If the physician shall not have been called in sooner; or if the bleedings practised during the first days shall not have been large enough, or even although these bleedings shall have procured some remission; yet upon the recurrence of the urgent symptoms, the bleeding should be repeated at any period of the disease, especially within the first fortnight; and even afterwards, if a tendency to suppuration be not evident, or if, after a seeming solution, the disease shall have again returned.

364.] With respect to the quantity of blood which ought,

or which with safety may be taken away, no general rules can be delivered, as it must be very different, according to the state of the disease and constitution of the patient.

In an adult male of tolerable strength, a pound of blood, avoirdupois, is a full bleeding. Any quantity above twenty ounces, is a large, and any quantity below twelve a small, bleeding. A quantity of from four to five pounds, in the course of two or three days, is generally as much as such patients will safely bear; but, if the intervals between the bleedings and the whole of the time during which the bleedings have been employed have been long, the quantity taken upon the whole may be greater.\*

365.] When a large quantity of blood has been already taken from the arm, and when it is doubtful if more can with safety be drawn in that manner, some blood may still be taken by cupping and scarifying. Such a measure will be more particularly proper, when the continuance or recurrence of pain, rather than the difficulty of breathing, becomes the urgent symptom; and then the cupping and scarifying should be made as near to the pained part as can conveniently be done.

366.] An expectoration takes place sometimes very early in this disease; but if, notwithstanding that, the urgent symptoms should still continue, the expectoration must not supersede the bleedings mentioned; and during the first days of the disease, its solution is not to be trusted to the expectoration alone. It is in a more advanced stage only, when the proper remedies have been before employed, and when the symptoms have suffered a considerable remission, that the entire cure may be trusted to a copious and free expectoration.

367.] During the first days of the disease, I have not found that bleeding stops expectoration. On the contrary, I have often observed bleeding promote it; and it is in a more advanced stage of the disease only, when the patient,

\* Bleedings produce the best effect when the blood is drawn off as quickly as possible in a large full stream; and, in order to prevent syncope, the patient ought to be laid horizontally, or even with his head lower than his trunk. With respect to the quantity of blood to be drawn at once, or in the whole course of the disease, no general directions can be given; it must depend entirely on the circumstances of the disease and of the patient. In general, it is usual to continue the discharge until the patient can either breathe more freely, or feels a considerable abatement of the pain. If, however, the pain does not abate while the blood continues to flow, but signs of fainting appear, the blood must then be immediately stopped.

If the pain and other symptoms continue violent, or return after the first bleeding, it will then be necessary to have recourse to the operation; and it must be repeated frequently through the course of the disease; avoiding, however, so large an evacuation at once as may induce fainting. The reason of this precaution is evident, viz. that while the motion of the heart is suspended during fainting, the blood stagnates in the right side of the heart, and is afterwards shown with greater impetuosity through the lungs.

by large evacuations and the continuance of the disease, has been already exhausted, that bleeding seems to stop expectoration. It appears to me, that even then bleeding does not stop expectoration so much by weakening the powers of expectoration, as by favoring the serous effusion into the bronchiæ, (348) and thereby preventing it.

368.] While the bleedings we have mentioned shall be employed, it will be necessary to employ also every part of the antiphlogistic regimen, (130—132) and particularly to prevent the irritation which might arise from any increase of heat. For this purpose, it will be proper to keep the patient out of bed, while he can bear it easily; and when he cannot, to cover him very lightly while he lies in bed. The temperature of his chamber ought not to exceed sixty degrees of Fahrenheit's thermometer; and whether it may be at any time colder, I am uncertain.

369.] Mild and diluent drinks, moderately tepid, at least never cold, given by small portions at a time, ought to be administered plentifully. These drinks may be impregnated with vegetable acids.\* They may be properly accompanied also with nitre, or some other neutrals; † but these salts should be given separately from the drinks.‡

It has been alledged, that both acids and nitre are ready to excite coughing, and in some persons they certainly have this effect; but except in persons of a peculiar habit, I have not found their effects in exciting cough so considerable or troublesome as to prevent our seeking the advantages otherwise to be obtained from these medicines.

370.] Some practitioners have doubted, if purgatives can be safely employed in this disease; and indeed a spontaneous diarrhœa occurring in the beginning of the disease has seldom proved useful: but I have found the moderate use of cooling laxatives|| generally safe, and have always found it useful to keep the belly open by frequent emollient glysters.

371.] To excite full vomiting by emetics, I judge to be a dangerous practice in this disease: but I have found it useful to exhibit nauseating doses; and in a somewhat ad-

\* See the note on article 131. acids.

† See the note on article 160.

‡ These salts generally render the drink nauseous; and, as plentiful dilution is absolutely necessary in these cases, so far from rendering the patient's common drink nauseous, by impregnating it with ill-flavored medicines, we ought, by every possible means, to endeavor to make it as agreeable as we can, that he may be the more easily prevailed on to take it plentifully.

|| The cooling laxatives are, salts, manna, &c. but, in these cases, three or four ounces of infusion scennæ, with half an ounce of Glauber's salt may be given without danger.

vanced state of the disease, I have found such doses prove the best means of promoting expectoration.\*

372.] Fomentations and poultices applied to the pained part have been recommended, and may be useful; but the application of them is often inconvenient, and may be entirely omitted for the sake of the more effectual remedy, blistering.†

Very early in the disease, a blister should be applied as near to the pained part as possible. But as, when the irritation of a blister is present, it renders bleeding less effectual; so the application of the blister should be delayed till a bleeding shall have been employed. If the disease be moderate, the blister may be applied immediately after the first bleeding; but if the disease be violent, and it is presumed that a second bleeding may be necessary soon after the first, it will then be proper to delay the blister till after the second bleeding, when it may be supposed that any further bleeding may be postponed till the irritation arising from the blister shall have ceased. It may be frequently necessary in this disease to repeat the blistering: and in that case the plaisters should always be applied somewhere on the thorax;‡ for, when applied to more distant parts, they have little effect. The keeping the blistered parts open, and making what is called a perpetual blister, has much less effect than a fresh blistering.

373.] As this disease often terminates by an expectoration, so various means of promoting this have been proposed: but none of them appear to be very effectual; and some of them being acrid stimulant substances, cannot be very safe.

The gums usually employed seem too heating: squills seem to be less so; but they are not very powerful, and sometimes inconvenient by the constant nausea they induce.‖

\* The tartar emetic is the medicine generally employed for this purpose. The dose of it in these cases must be very small, and well diluted, as in the following formula:

Rx. Antimon. tartarisat. gr. ii.

Aq. font. ꝑviiss.

Syr. papaveris rubr. ꝑss.

M.

The dose of this mixture ought not to exceed three table-spoonfuls, when given with this intention.

† The application of a blister to the part affected, ought to be the first prescription in all complaints of the thorax, except some remarkable or urgent cause forbid the practice, because it is a most efficacious remedy, and is as necessary as bleeding.

‡ They ought, however, to be applied as near to the pained part as possible.

‖ All the liquid forms of squills which we have in the shops are nauseating. Pills made of the dry powder, with an electuary or conserve, or honey, is the form in which squills affect the stomach least. The dose is 4 or 5 grains of the dry powder: 10 grains generally, if not constantly produce vomitings. To prevent the nauseating effects of squills, the addition of some

The volatile alkali may be of service as an expectorant; but it should be reserved for an advanced state of the disease.

Mucilaginous and oily demulcents appear to be useful, by allaying that acrimony of the mucus which occasions too frequent coughing; and which coughing prevents the stagnation and thickening of the mucus, and thereby its becoming mild.

The receiving into the lungs the steams of warm water impregnated with vinegar, has often proved useful in promoting expectoration.\*

But, of all other remedies the most powerful for this purpose, are antimonial medicines, given in nauseating doses, as in (179). Of these, however, I have not found the kermes mineral more efficacious than emetic tartar, or antimonial wine; and the dose of the kermes is much more uncertain than that of the others.

374.] Though a spontaneous sweating often proves the crisis of this disease, it ought not to be excited by art, unless with much caution. At least I have not yet found it either so effectual or safe, as some writers have alledged. When, after some remission of the symptoms, spontaneous sweats of a proper kind arise they may be encouraged; but it ought to be without much heat, and without stimulant medicines. If, however, the sweats be partial and clammy only, and a great difficulty, of breathing still remain, it will be very dangerous to encourage them.

375.] Physicians have differed much in opinion with regard to the use of opiates in pneumonic inflammation. To me it appears, that, in the beginning of the disease, and before bleeding and blistering have produced some remission of the pain and of the difficulty of breathing, opiates have a very bad effect, by their increasing the difficulty of breathing, and other inflammatory symptoms. But in a more advanced state of the disease, when the difficulty of breathing has abated, and when the urgent symptom is a cough, proving the chief cause of the continuance of the pain and

grateful aromatic is of material use. The *pilule siliticæ* of the Edinburgh Pharmacopœia is a good formula, except that the dose of it must be large, in order to take a sufficient quantity of the squills, 10 grains of it containing only 1 grain of dry squills, supposing no syrup to be used in making the mass. One convenience indeed, attends this formula, viz. that we can give small doses with more precision than if we used the powder alone. The gum ammoniac is an expectorant; and therefore, when given along with the squills in these pills, may render a less dose of the squills necessary. If the extract of liquorice be omitted, the proportion of the squills to the whole will be increased.

\* Some practitioners propose the steam of vinegar alone: but it proves in general too irritating. The same objection may be made against using the steam of wine, which some practitioners have recommended instead of the steam of vinegar. Plain water is the best, as the warm vapor only acts by relaxing the internal surface of the lungs.

of the want of sleep, opiates may be employed with great advantage and safety. The interruption of the expectoration, which they seem to occasion, is for a short time only; and they seem often to promote it, as they occasion a stagnation of what was by frequent coughing dissipated insensibly, and therefore give the appearance of what physicians have called *Concocted Matter*.

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## CHAPTER VII.

### *OF THE PERIPNEUMONIA NOTHA, OR BASTARD PERIPNEUMONY.*

376.] **A** DISEASE under this name is mentioned in some medical writings of the sixteenth century; but it is very doubtful if the name was then applied to the same disease to which we now apply it. It appears to me, that unless some of the cases described under the title of *Catarrhus Suffocativus* be supposed to have been of the kind I am now to treat of, there was no description of this disease given before that by Sydenham, under the title I have employed here.

377.] After Sydenham, Boerhaave was the first who in a system took notice of it as a distinct disease; and he has described it in his aphorisms, although with some circumstances different from those in the description of Sydenham. Of late, Mr. Lieutaud has with great confidence asserted, that Sydenham and Boerhaave had, under the same title, described different diseases; and that, perhaps, neither of them had on this subject delivered any thing but hypothesis.

378.] Notwithstanding this bold assertion, I am humbly of opinion, and the Baron Van Swieten seems to have been of the same, that Sydenham and Boerhaave did describe under the same title, one and the same disease. Nay, I am further of opinion, that the disease described by Mr. Lieutaud himself, is not essentially different from that described by both the other authors. Nor will the doubts of the very learned, but modest Morgagni, on this subject, disturb us, if we consider, that while very few describers of diseases either have it in their power, or have been sufficiently attentive in distinguishing between the essential and accidental symptoms of disease; so, in a disease which may

have not only different, but a greater number of symptoms, in one person than it has in another, we need not wonder that the descriptions of the same disease by different persons should come out in some respects different. I shall, however, enter no further into this controversy; but endeavor to describe the disease as it has appeared to myself: and, as I judge, in the essential symptoms, much the same as it has appeared to all the other authors mentioned.

379.] This disease appears at the same seasons that other pneumonic and catarrhal affections commonly do; that is, in autumn and spring. Like these diseases also, it is seemingly occasioned by sudden changes of the weather from heat to cold. It appears, also, during the prevalence of contagious catarrhs; and it is frequently under the form of the *Peripneumonia Notha* that these catarrhs prove fatal to elderly persons.

This disease attacks most commonly persons somewhat advanced in life, especially those of a full phlegmatic habit; those who have before been frequently liable to catarrhal affections; and those who have been much addicted to the large use of fermented and spirituous liquors.

The disease commonly comes on with the same symptoms as other febrile diseases; that is, with alternate chills and heats; and the symptoms of pyrexia are sometimes sufficiently evident; but in most cases these are very moderate, and in some hardly at all appear. With the first attack of the disease, a cough comes on; usually accompanied with some expectoration, and in many cases, there is a frequent throwing up of a considerable quantity of a viscid opaque mucus. The cough often becomes frequent and violent; is sometimes accompanied with a rending head-ach; and, as in other cases of cough, a vomiting is sometimes excited by it. The face is sometimes flushed, and some giddiness or drowsiness often attends the disease. A difficulty of breathing, with a sense of oppression, or straitening in the chest, with some obscure pains there, and a sense of lassitude over the whole body, very constantly attend this disease. The blood drawn in this disease, shows a buffy surface, as in other inflammatory affections.

The disease has often the appearance only of a more violent catarrh, and after the employment of some remedies is entirely relieved by a free and copious expectoration. In other cases, however, the feverish and catarrhal symptoms are at first very moderate, and even slight; but after a few

days, these symptoms suddenly become considerable, and put an end to the patient's life when the indications of danger were before very little evident.

380.] From the different circumstances in which this disease appears, the pathology of it is difficult. It is certainly often no other at first than a catarrhal affection, which, in elderly persons, is frequently attended with a large afflux of mucus to the lungs; and it was on this footing that Sydenham considered it as only differing in degree from his *Febris Hyemalis*. A catarrh, however, is strictly an affection of the mucus membrane and follicles of the bronchiæ alone: but it may readily have, and frequently has, a degree of pneumonic inflammation joined to it; and in that case may prove more properly the peculiar disease we treat of here. But, further, as pneumonic inflammation very often produces an effusion of serum into the bronchiæ (348.) so this, in elderly persons, may occur in consequence of a slight degree of inflammation; and when it does happen, will give exquisite and fatal cases of the peripneumonia notha.

381.] After this attempt to establish the pathology, the method of cure in the different circumstances of the disease will not be difficult.

In case the fever, catarrhal and pneumonic symptoms, are immediately considerable, a blood-letting will certainly be proper and necessary: but, where these symptoms are moderate, a blood-letting will hardly be requisite; and when an effusion is to be feared, the repetition of blood-letting may prove extremely hurtful.\*

In all cases the remedies chiefly to be depended upon, are vomiting† and blistering.‡

Full vomiting may be frequently repeated, and nauseating doses|| ought to be constantly employed.

Purging may perhaps be useful; but as it is seldom so in

\* The intention of bleeding in this disease is merely to facilitate the circulation through the lungs, and to relieve the oppression in the breast; when this intention is therefore answered, and when the shortness of breath and oppression about the breast are removed, there is no farther need of the lancet. As this disease chiefly attacks elderly persons, and such as are of a phlegmatic habit, much harm may be done by repeated bleedings, which always increase debility and retard the cure.

† Vomiting, in this disease, has been thought by many practitioners to be a doubtful remedy. The action of vomiting always oppresses the breast, and sometimes even increases the symptoms of the disease.

‡ This is the chief remedy: and the blisters ought to be applied as near the part affected as possible.

|| In several of the former Notes we have fully described the method of giving the emetic tartar in nauseating doses. Their principal effect is to procure a perspiration: and, when this effect is produced, the patient must drink largely of any diluent or attenuating liquor, as thin barley water, with the addition of the juice of some of the acid fruits, or infusions of some of the gentle aromatics, as sage, balm, mint, &c. or even a thin wine whey.

pneumonic affections, nothing but gentle laxatives are here necessary.\*

In all the circumstances of this disease, the antiphlogistic regimen is proper ; cold is to be guarded against ; but much external heat is to be as carefully avoided.

382.] If a person sweats easily, and it can be brought out by the use of mild tepid liquors only, the practice may in such persons be tried. See MORGAGNI *de Sed. et Caus. Epist. xiii. Art. 4.*

383.] I might here, perhaps, give a separate section on the Carditis and Pericarditis, or the inflammations of the Heart and Pericardium ; but they hardly require a particular consideration. An acute inflammation of the pericardium is almost always a part of the same pneumonic affection I have been treating of ; and is not always distinguished by any different symptoms : or, if it be, does not require any different treatment. The same may be said of an acute inflammation of the heart itself ; and when it happens that the one or other is discovered by the symptoms of palpitation or syncope, no more will be implied than that the remedies of pneumonic inflammation should be employed with greater diligence.

From dissections, which shew the heart and pericardium affected with erosions, ulcerations, and abscesses, we discover, that these parts had been before affected with inflammation : and that in cases where no symptoms of pneumonic inflammation had appeared ; it may therefore be alledged, that those inflammations of the heart and pericardium should be considered as diseases independent of the pneumonic. This indeed is just ; but the history of such cases proves that those inflammations had been of a chronic kind, and hardly discovering themselves by any peculiar symp-

\* Purging is surely hurtful in this disease, by inducing too great a state of debility : the intestines, however, are to be emptied in the beginning of the disease, which is best done by a purging glyster, and kept open by the subsequent use of gentle laxatives, or by repetitions of mild emollient glysters. The purging glyster may be made as follows :

R. Aq. font. lb. i.

Fol. Senn. ʒss.

Coque leniter, et colaturæ adde

Sal. Cathart. ama. ʒi.

Mel. ʒii.

M. f. Enema.

The subsequent glysters ought to consist of nothing more than simple barley-water, or milk and water. The laxatives, if they are used, should be very gentle and mild ; as cream of tartar, whey, manna, tamarinds, &c. Half an ounce of manna dissolved in half a pint of cream of tartar whey, makes an agreeable opening mixture ; half a tea-cupful of it may be taken three or four times a day, so as to procure at least two or three stools in the twenty-four hours.

toms; or if attended with symptoms marking an affection of the heart, these were however such as have been known frequently to arise from other causes than inflammation. There is, therefore, upon the whole, no room for our treating more particularly of the inflammation of the heart or pericardium.

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## CHAPTER VIII.

### *OF THE GASTRITIS, OR INFLAMMATION OF THE STOMACH.*

384.] **A**MONG the inflammations of the abdominal region, I have given a place in our Nosology to the Peritonitis; comprehending under that title, not only the inflammations affecting the peritonæum lining the cavity of the abdomen, but also those affecting the extentions of this membrane in the omentum and mesentery. It is not, however, proposed to treat of them here, because it is very difficult to say by what symptoms they are always to be known; and farther, because when known, they do not require any remedies beside those of inflammation in general. I proceed therefore, to treat of those inflammations, which affecting viscera of peculiar functions, both give occasion to peculiar symptoms, and requires some peculiarities in the method of cure; and I shall begin with the inflammation of the stomach.

385.] The inflammation of the stomach is of two kinds, Phlegmonic, or Erythematic.\* The first may be seated in what is called the Nervous Coat of the stomach, or in the peritonæum investing it. The second is always seated in the villous coat and cellular texture immediately subjacent.

386.] The phlegmonic inflammation of the stomach, or what has been commonly treated of under the title of Gastritis, is known by an acute pain in some part of the region of the stomach, attended with pyrexia, with frequent vomiting, especially upon occasion of any thing being taken down into the stomach, and frequently with hickup. The pulse is commonly small and hard; and there is a greater loss of strength in all the functions of the body, than in the case of almost any other inflammation.

\* This is a new term; but whoever considers what is said in 274, will, I expect, perceive the propriety, and even the necessity, of it.

387.] This inflammation may be produced by various causes; as, by external contusion; by acrids of various kinds taken into the stomach; frequently by very cold drink taken into it while the body is very warm; and sometimes by over-distension, from the having taken in a large quantity of food of difficult digestion. All these may be considered as external causes; but the disease sometimes arises also from internal causes not so well understood. It may arise from inflammations of the neighboring parts communicated to the stomach, and is then to be considered as a symptomatic affection only. It may arise also from various acrimonies generated within the body, either in the stomach itself, or in other parts, and poured into the cavity of the stomach. These are causes more directly applied to the stomach; but there are perhaps others originating elsewhere, and affecting the stomach only sympathetically. Such may be supposed to have acted in the case of putrid fevers and exanthematic pyrexia; in which, upon dissection, it has been discovered that the stomach had been affected with inflammation.

388.] From the sensibility of the stomach, and its communication with the rest of the system, it will be obvious, that the inflammation of this organ, by whatever causes produced, may be attended with fatal consequences. In particular, by the great debility which such an inflammation suddenly produces, it may quickly prove fatal, without running the common course of inflammations.

When it lasts long enough to follow the ordinary course of other inflammations, it may terminate by resolution, gangrene, or suppuration. The scirrhoties which are often discovered affecting the stomach, are seldom known to be the consequences of inflammation.

389.] The tendency of this disease to admit of resolution, may be known, by its having arisen from no violent cause; by the moderate state of the symptoms; and by a gradual remission of these, especially in consequence of remedies employed in the course of the first, or at farthest, the second week of the disease.

390.] The tendency to suppuration may be known by the symptoms continuing, in a moderate degree, for more than one or two weeks; and likewise by a considerable remission of the pain, while a sense of weight and an anxiety still remain.

When an abscess has been formed, the frequency of the

pulse is at first abated ; but soon after, it is again increased, with frequent cold shiverings, and with marked exacerbations in the afternoon and evening, followed by night sweatings, and other symptoms of hectic fever. These at length prove fatal, unless the abscess open into the cavity of the stomach, the pus be evacuated by vomiting, and the ulcer soon heal.

391.] The tendency to gangrene may be suspected from the violence of the symptoms not yielding to the remedies employed during the first days of the disease : and that a gangrene has already begun, may be known from the sudden remission of the pain, while the frequency of the pulse continues, and at the same time becomes weaker, accompanied with other marks\* of an increasing debility in the whole system.

392.] From the dissection of dead bodies it appears, that the stomach very often has been affected with inflammation, when the characteristic symptoms of it (386.) had not appeared ; and therefore it is very difficult to lay down any general rules for the cure of this disease.

393.] It is only in the case of phlegmonic inflammation, as characterised in (386.) that we can advise the cure or resolution to be attempted by large and repeated bleedings employed early in the disease : and we are not to be deterred from these by the smallness of the pulse ; for after bleeding, it commonly becomes fuller and softer. After bleeding, a blister ought to be applied to the region of the stomach ; and the cure will be assisted by fomentations of the whole abdomen, as well as by frequent emollient and laxative glysters.

394.] In this disease, the irritability of the stomach will not admit of any medicines being thrown into it ; and if any internal medicines can be supposed necessary, they must be exhibited in glysters. The giving of drink may be tried ; but it ought to be of the very mildest kind, and in very small quantities at a time.†

395.] Opiates, in whatever manner exhibited, are very hurtful during the first days of the disease ; but when its violence shall have abated, and when the violence of the pain and vomiting recur at intervals only, opiates given in

\* A delirium is one of the most general concomitants of the increasing debility of the system, and may be considered as a diagnostic.

† Chicken broth is extremely mild ; it may be taken in small quantities, with about eight or ten grains of nitre in every pint of it. Lintseed tea is also a very mild drink ; and, if the inflammation be owing to the presence of any acrid matter irritating the stomach, it is of great service by its sheathing quality.

glysters may be cautiously tried, and sometimes have been employed with advantage.

396.] A tendency to suppuration, in this disease, is to be obviated by the means just now proposed. After a certain duration of the disease, it cannot be prevented by any means whatever; and when actually begun must be left to nature; the business of the physician being only to avoid all irritation.

397.] A tendency to gangrene can be obviated in no other way than by the means suggested, (393.) employed early in the disease; and, when it does actually supervene, admits of no remedy.

398.] Erythematic inflammations of the stomach, are more frequent than those of the phlemonic kind. It appears at least, from dissections, that the stomach has often been affected with inflammation, when neither pain nor pyrexia had before given any notice of it; and such inflammation I apprehend to have been chiefly of the erythematic kind. This species of inflammation also is especially to be expected from acrimony of any kind thrown into the stomach; and would certainly occur more frequently from such a cause, were not the interior surface of this organ commonly defended by mucus exuding in large quantities from the numerous follicles placed immediately under the villous coat. Upon many occasions, however, the exudation of mucus is prevented, or the liquid poured out is of a less viscid kind, so as to be less fitted to defend the subjacent nerves; and it is in such cases that matters even of moderate acrimony, may produce an erythematic affection of the stomach.

399.] From what has been said, it must appear that an erythematic inflammation of the stomach may frequently occur; but will not always discover itself, as it sometimes takes place without pyrexia, pain, or vomiting.

400.] There are cases, however, in which it may be discovered. The affection of the stomach sometimes spreads into the œsophagus, and appears in the pharynx, as well as on the whole internal surface of the mouth. When, therefore, an erythematic inflammation affects the mouth and fauces, and when at the same time there shall be in the stomach an unusual sensibility to all acrids, with a frequent vomiting, there can be little doubt of the stomach being affected with the same inflammation that has appeared in the fauces. Even when no inflammation appears in the

fauces yet if some degree of pain be felt in the stomach, if there be a want of appetite, an anxiety, frequent vomiting, an unusual sensibility, with respect to acrids, some thirst, and frequency of pulse, there will then be room to suspect an erythematic inflammation of the stomach; and we have known such symptoms, after some time, discover their cause more clearly by the appearance of the inflammation in the fauces or mouth. Erythematic inflammation is often disposed to spread from one place to another on the same surface; and, in doing so, to leave the place it had at first occupied. Thus, such an inflammation has been known to spread successively along the whole course of the alimentary canal, occasioning in the intestines diarrhœa, and in the stomach vomitings; the diarrhœa ceasing when the vomitings came on, or the vomitings upon the coming on of the diarrhœa.

401.] When an erythematic inflammation of the stomach shall be discovered, it is to be treated differently, according to the difference of its causes and symptoms.

When it is owing to acrid matters taken in by the mouth, and when these may be supposed still present in the stomach, they are to be washed out by throwing in a large quantity of warm and mild liquids, and by exciting vomiting. At the same time, if the nature of the acrimony and its proper corrector be known, this should be thrown in; or if a specific corrector be not known, some general demulcents should be employed.

402.] These measures, however, are more suited to prevent the inflammation, than to cure it after it has taken place. When this last may be supposed to be the case, if it be attended with a sense of heat, with pain and pyrexia, according to the degree of these symptoms, the measures proposed in (393) are to be more or less employed.

403.] When an erythematic inflammation of the stomach has arisen from internal causes, if pain and pyrexia accompany the disease, some bleeding in persons not otherwise weakened, may be employed; but, as the affection often arises in putrid diseases, and in convalescents from fever; so in these cases, bleeding is inadmissible; all that can be done being to avoid irritation, and to throw into the stomach what quantity of acids, and of acescent aliments, it shall be found to bear.

In some conditions of the body, in which this disease arises, the Peruvian bark and bitters may seem to be indi-

cated: but an erythematic state of the stomach does not commonly allow of them.

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## CHAPTER IX.

### *OF THE ENTERITIS, OR INFLAMMATION OF THE INTESTINES.*

404.] **T**HE inflammation of the intestines, like that of the stomach, may be either phlegmonic or erythematic; but, on the subject of the latter, I have nothing to add to what has been said in the last chapter; and shall here therefore treat of the phlegmonic inflammation only.

405.] This inflammation may be known to be present, by a fixed pain of the abdomen, attended with pyrexia, costiveness, and vomiting. Practical writers mention the pain in this case as felt in different parts of the abdomen, according to the different seat of the inflammation; and so, indeed, it sometimes happens; but very often the pain spreads over the whole belly, and is felt more especially about the navel.

406.] The Enteritis and Gastritis arise from like causes; but the former, more readily than the latter, proceeds from cold applied to the lower extremities, or to the belly itself. The enteritis has likewise its own peculiar causes, as supervening upon the spasmodic colic, incarcerated hernia, and volvulus.

407.] Inflammations of the intestines have the same terminations as those of the stomach; and, in both cases, the several tendencies are to be discovered by the same symptoms (389. 391.)

408.] The cure of the enteritis is, in general, the same with that of the gastritis; (393. and seq.) but in the enteritis, there is commonly more access to the introduction of liquids, of acid, acescent, and other cooling remedies, and even of laxatives.\* As, however a vomiting so frequently

\* In this disease, we ought to be extremely cautious in the administration either of medicines or diluents. The reason is evident from the following considerations. In every case of inflammation of a canal, the bore of that canal is diminished, and frequently quite shut. A quantity of any kind of ingesta being forced against this obstruction, must necessarily increase the irritation, and consequently aggravate all the symptoms. The same reason may be given for the caution necessary in prescribing laxatives, which always irritate; for their action generally depends upon the irritation they produce. Large bleedings, emollient gylsters frequently repeated, fomentations, the warm bath, and small anodyne gylsters occasionally injected, are the most effectual remedies in the first stage of this violent disease. When the pain remits, and

attends this disease, care must be taken not to excite that vomiting by either the quantity or the quality, of any thing thrown into the stomach.

The same observation with respect to the use of opiates is to be made here as in the case of gastritis.

409.] Under the title of Enteritis, it has been usual with practical writers to treat of the remedies proper for the choleric\* and its higher degree named *Ileus*: but, although it be true that the enteritis and choleric do frequently accompany each other, I still hold them to be distinct diseases, to be often occurring separately, and accordingly to require and admit of different remedies. I shall therefore delay speaking of the remedies proper for the choleric, till I shall come to treat of this disease in its proper place.

410.] What might be mentioned with respect to the supuration or gangrene occurring in the enteritis, may be sufficiently understood from what has been said on the same subject with respect to the gastritis.

## CHAPTER X.

### OF THE HEPATITIS, OR INFLAMMATION OF THE LIVER.

411.] **T**HE inflammation of the liver seems to be of two kinds; the one acute, the other chronic.

412.] The acute is attended with pungent pain; considerable pyrexia; a frequent, strong, and hard pulse; and high colored urine.

413.] The chronic hepatitis very often does not exhibit

the violence of the symptoms abates, mild diluents may then be admitted, as chicken-broth, thin lintseed tea, &c.; and, if such liquors be retained without aggravating the symptoms, we may then venture to give an ounce of manna every three or four hours, till it procures a passage.

The internal use of opium has been extolled by several practitioners in these cases; but experience shews that it generally does harm in every case of inflammation, especially in the early stages of it.

The anodyne glyster is the safest method of using opium; but glysters of this kind are said to obstruct: This objection is, however, ill founded; for, by diminishing the irritation, they evidently tend to resolve the inflammation. The following formula of an anodyne glyster is generally used:

Rx. Decoct. hord. ꝑiv.  
Opii puri gr. iv.  
M.

In these glysters, particular care must be taken to avoid every thing that has the least tendency to irritate.

If a gangrene be formed before the physician be called, as is too frequently the case, then all remedies are in vain.

\* See article 436.

any of these symptoms ; and it is only discovered to have happened, by our finding in the liver, upon dissection, large abscesses, which are presumed to be the effect of some degree of previous inflammation. As this chronic inflammation is seldom to be certainly known, and therefore does not lead to any determined practice, we omit treating of it here, and shall only treat of what relates to the acute species of the hepatitis.\*

414.] The acute hepatitis may be known by a pain more or less acute in the right hypochondrium, increased by pressing upon the part. The pain is very often in such a part of the side as to make it appear like that of a pleurisy ; and frequently, like that too, is increased on respiration. The disease is, in some instances, also attended with a cough which is commonly dry, but sometimes humid : and when the pain thus resembles that of a pleurisy, the patient cannot lie easily except upon the side affected.

In every kind of acute hepatitis, the pain is often extended to the clavicle, and to the top of the shoulder. The disease is attended sometimes with hickup, and sometimes with vomiting. Many practical writers have mentioned the jaundice, or a yellow color of the skin and eyes, as a very constant symptom of the hepatitis ; but experience has shown, that it may often occur without any such symptom.†

415.] The remote causes of hepatitis are not always to be discerned, and many have been assigned on a very uncertain foundation. The following seem to be frequently evident. 1. External violence from contusions or falls, and especially those which have occasioned a fracture of the cranium. 2. Certain passions of the mind. 3. Violent summer heats. 4. Violent exercise. 5. Intermittent and remittent fevers. 6. Cold applied externally, or internally ; and therefore in many cases the same causes which produce pneumonic inflammation, produce hepatitis ; and whence also the two diseases are sometimes joined together. 7. Various solid concretions or collections of liquid matter, in the substance of the liver, produced by unknown causes. Lastly, The acute is often induced by a chronic inflammation of this viscus.

416.] It has been supposed, that the hepatitis may be an affection either of the extremities of the hepatic artery, or

\* It is doubtful whether this chronic hepatitis ever exists.

† This symptom generally appears, however, after the disease has continued for three or four days ; perhaps, indeed, it might have been present in the beginning, for it is frequently so slight as to escape observation.

of those of the vena portarum ; but of the last supposition there is neither evidence nor probability.

417.] It seems probable, that the acute hepatitis is always an affection of the external membrane of the liver; and that the parenchymatic is of the chronic kind. The acute disease may be seated either on the convex or on the concave surface of the liver. In the former case, a more pungent pain and hickup may be produced, and the respiration is more considerably affected. In the latter, there occurs less pain ; and a vomiting is produced, commonly by some inflammation communicated to the stomach. The inflammation of the concave surface of the liver, may be readily communicated to the gall bladder and biliary ducts; and this perhaps is the only case of idiopathic hepatitis attended with jaundice.

418.] The hepatitis, like other inflammations, may end by resolution, suppuration, or gangrene ; and the tendency to the one or the other of these events, may be known from what has been delivered above.

419.] The resolution of hepatitis is often the consequence of, or is attended with, evacuations of different kinds. A hemorrhagy, sometimes from the\* right nostril, and sometimes from the hemorrhoidal vessels, gives a solution of the disease. Sometimes a bilious diarrhœa contributes to the same event ; and the resolution of the hepatitis, as of other inflammations, is attended with sweating, and with an evacuation of urine, depositing a copious sediment. Can this disease be resolved by expectoration ? It would seem to be sometimes cured by an erysipelas appearing in some external part.

420.] When this disease has ended in suppuration, the pus collected may be discharged by the biliary ducts ; or, if the suppurated part does not any where adhere closely to the neighboring parts, the pus may be discharged into the cavity of the abdomen ; but if, during the first state of inflammation, the affected part of the liver shall have formed a close adhesion to some of the neighboring parts, the discharge of the pus after suppuration may be various, according to the different seat of the abscess. When seated on the convex part of the liver, if the adhesion be to the peritonæum lining the common teguments, the pus

\* And the left also. It was a fancy of Galen's that inflammatory fevers were only resolved by such hemorrhages as flowed from the side affected : Thus, an hemorrhage from the right nostril, resolved an inflammation of the liver ; but a discharge from the left, an inflammation of the spleen.

may make its way through these, and be discharged outwardly; or, if the adhesion should have been to the diaphragm, the pus may penetrate through this, and into the cavity of the thorax, or of the lungs; and through the latter may be discharged by coughing. When the abscess of the liver is seated on its concave part, then, in consequence of adhesions, the pus may be discharged into the stomach or the intestines; and into these last, either directly, or by the intervention of the biliary ducts.

421.] The prognostics in this disease are established upon the general principles relating to inflammation, upon the particular circumstances of the liver, and upon the particular state of its inflammation.

The cure of this disease must proceed upon the general plan; by bleeding, more or less, according to the urgency of pain or pyrexia; by the application of blisters; by fomentations, of the external parts in the usual manner, and of the internal parts by frequent emollient glysters; by frequently opening the belly by means of gentle laxatives, and by diluent and refrigerant remedies.

422.] Although, in many cases the chronic hepatitis does not clearly discover itself; yet upon many occasions, it may perhaps be discovered, or at least suspected from those causes which might affect the liver (316.) having been applied; from some fulness and some tenseness of weight in the right hypochondrium; from some shooting pains at times felt in that region; from some uneasiness or pain felt upon pressure in that part; from some uneasiness from lying upon the left side; and lastly, from some degree of pyrexia, combined with more or fewer of these symptoms. When from some of these circumstances a chronic inflammation is to be suspected, it is to be treated by the same remedies as in the last paragraph, employed more or less, as the degree of the several symptoms shall more distinctly indicate.

423.] When from either kind of inflammation a supuration of the liver has been formed, and the abscess points outwardly, the part must be opened, the pus evacuated, and the ulcer healed according to the ordinary rules for cleansing and healing such abscesses and ulcers.

424.] I might here consider the Splenitis, or inflammation of the spleen; but it does not seem necessary, because the disease very seldom occurs. When it does, it may be readily known by the character given in our Nosology; and its various termination, as well as the practice which

it requires, may be understood from what has been already said with respect to the inflammations of the other abdominal viscera.

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## CHAPTER XI.

### *OF THE NEPHRITIS, OR THE INFLAMMATION OF THE KIDNEYS.*

425.] **T**HIS disease, like other internal inflammations, is always attended with pyrexia; and is especially known from the region of the kidney being affected by pain, commonly obtuse, sometimes pungent. This pain is not increased by the motion of the trunk of the body, so much as a pain of the rheumatic kind affecting the same region. The pain of the nephritis may be often distinguished by its shooting along the course of the ureter; and is frequently attended with a drawing up of the testicle, and with a numbness of the limb on the side affected; although, indeed, these symptoms most commonly accompany the inflammation arising from a calculus in the kidney or in the ureter. The nephritis is almost constantly attended with frequent vomiting, and often with costiveness and cholic pains. Usually the state of the urine is changed; it is most commonly of a deep red color, is voided frequently, and in small quantity at a time. In more violent cases, the urine is sometimes colorless.

426.] The remote causes of this disease may be various; as, external contusion; violent or long continued riding; strains of the muscles of the back incumbent on the kidneys; various acrids in the course of the circulation conveyed to the kidneys; and perhaps some other internal causes not yet well known. The most frequent is that of calculous matter obstructing the tubuli, uriniferi, or calculi formed in the pelvis of the kidneys, and either sticking there, or fallen into the ureter.

427.] The various event of this disease may be understood from what has been delivered on the subject of other inflammations.

428.] Writers, in treating of the cure of nephritis, have commonly at the same time treated of the cure of the Calculus renalis; but, though this may often produce ne-

nephritis, it is to be considered as a distinct and separate disease; and what I have to offer as to the mode of treating it, must be reserved to its proper place. Here I shall treat only of the cure of the Nephritis Vera or Idiopathica.

429.] The cure of this proceeds upon the general plan, by bleeding, external fomentation, frequent emollient glysters, antiphlogistic purgatives, and the free use of mild and demulcent liquids.\* The application of blisters is hardly admissible; or, at least, will require great care, to avoid any considerable absorption of the cantharides.†

430.] The Cystitis, or inflammation of the bladder, is seldom a primary disease; and therefore is not to be treated of here. The treatment of it, so far as necessary to be explained, may be readily understood from what has been already delivered.

431.] Of the visceral inflammations, there remains to be considered the inflammation of the Uterus; but I omit it here, because the consideration of it cannot be separated from that of the diseases of child-bearing women.

\* These have all been enumerated in some of the preceding notes.

† This is a very necessary caution. Blisters generally affect the urinary organs and vessels, occasioning much irritation, and consequently increasing the inflammation. As the author is rather short in his directions for the cure of this very troublesome inflammation, it may be proper to add some particular directions for regulating our practice in these cases.

An ulcer in the kidneys is extremely difficult to heal; we ought therefore always to attempt the cure of nephritis by resolution. The general remedies for answering this intention have been frequently enumerated, especially in the notes on art. 130—131.—The particular remedies more peculiarly adapted to this disease are demulcent drinks of the softest nature, and such as are least apt to irritate the parts; as lintseed-tea, decoction of marsh-mallows, &c. Nitre has been recommended among the general antiphlogistic remedies; but, in nephritis its use is doubtful, on account of its passing quickly by the kidneys, and irritating them.

A difficulty of making water is one of the symptoms of this disease, and some practitioners recommend heating diuretics. This practice, however, is extremely hurtful, and ought to be carefully avoided, because these warm medicines, as turpentine, balsams, &c. always increase the irritation, especially in the urinary passages.

As the colon presses immediately on the kidneys, especially on the right one, we should be peculiarly careful to keep it empty, which is best done by glysters. Beside the use of glysters in evacuating the contents of the colon, they act as a fomentation to the inflamed part; we ought therefore, in these cases, to prescribe them larger than usual, and repeat them often. They ought to be extremely emollient, and void of every ingredient that is in any way stimulating. A quart of thin barley-water or lintseed-tea answers the purpose as completely as any of the more compound emollient glysters of the Pharmacopœia.

With respect to diet and regimen, we may observe that lenient nourishment is highly proper; for every thing acrid naturally forces itself off by the urine, and consequently increases the irritation. A total abstinence from food is by no means advisable, because, from abstinence, little urine is secreted, and the smaller the quantity secreted it is generally the more acrid, and consequently noxious.

The patient ought to be made to sit up as much as possible. Warm soft beds, which are always improper in all inflammatory diseases, are peculiarly hurtful in nephritis, especially if the patient lies on his back; for in this position the kidneys are kept very warm, and are at the same time pressed by the superincumbent weight of the abdominal viscera, all which will contribute to increase the inflammation. Although lying much in bed be disapproved, the patient ought by no means to be over fatigued with sitting too long. The room should be moderately cool, and the bed springy, but not soft.

In addition to what was said above respecting blisters in this disease, it may be necessary to observe, that other vesicants besides cantharides may be used, such as mustard poultices, commonly called sinapisms, a poultice of the fresh leaves of the *ranunculus acris*, and other acrid plants.

## CHAPTER. XII.

*OF THE RHEUMATISM.*

432.] **O**F this disease there are two species, the one named the Acute, the other the Chronic rheumatism.

433.] It is the acute Rheumatism which especially belongs to this place, as from its causes, symptoms, and methods of cure, it will appear to be a species of phlegmasia or inflammation.

434.] This disease is frequent in cold, and more uncommon in warm climates. It appears most frequently in autumn and spring, less frequently in winter when the cold is considerable and constant, and very seldom during the heat of summer. It may occur, however, at any season, if vicissitudes of heat and cold be for the time frequent.

435.] The acute rheumatism generally arises from the application of cold to the body when any way unusually warm; or when one part of the body is exposed to cold whilst the other parts are kept warm; or, lastly, when the application of the cold is long continued, as it is when wet or moist clothes are applied to any part of the body.

436.] These causes may affect persons of all ages; but the rheumatism seldom appears in either very young or in elderly persons, and most commonly occurs from the age of puberty to that of thirty-five years.

437.] These causes (435.) may also affect persons of any constitution; but they most commonly affect those of a sanguine temperament.

438.] This disease is particularly distinguished by pains affecting the joints, for the most part the joints alone, but sometimes affecting also the muscular parts. Very often the pains shoot along the course of the muscles, from one joint to another, and are always much increased by the action of the muscles belonging to the joint or joints affected.

439.] The larger joints are most frequently affected; such as the hip-joint and knees of the lower, and the shoulders and elbows of the upper extremities. The ankles and wrists are also frequently affected; but the smaller joints, such as those of the toes or fingers, seldom suffer.

440.] This disease although sometimes confined to one part

of the body only, yet very often affects many parts of it ; and then it comes on with a cold stage, which is immediately succeeded by the other symptoms of pyrexia and particularly by a frequent, full, and hard pulse. Sometimes the pyrexia is formed before any pains are perceived ; but more commonly pains are felt in particular parts, before any symptoms of pyrexia appear.

441.] When no pyrexia is present, the pain is sometimes confined to one joint only ; but, when any considerable pyrexia is present, although the pain may be chiefly in one joint, yet it seldom happens but that the pains affect several joints often at the very same time, but for the most part shifting their place, and having abated in one joint, become more violent in another. They do not commonly remain long in the same joint, but frequently shift from one to another, and sometimes return to joints formerly affected ; and in this manner the disease often continues for a long time.

442.] The pyrexia attending this disease has an exacerbation every evening, and is most considerable during the night, when the pains also become more violent ; and it is at the same time that the pains shift their place from one joint to another. The pains seem to be also increased during the night, by the body being covered more closely, and kept warmer.

443.] A joint, after having been for some time affected with pain, commonly becomes affected also with some redness and swelling, which is painful to the touch. It seldom happens, that a swelling coming on does not alleviate the pain of the joint ; but the swelling does not always take off the pain entirely, nor secure the joint against a return of it.

444.] This disease is commonly attended with some sweating, which occurs early in the course of the disease ; but it is seldom free or copious, and seldom either relieves the pains or proves critical.

445.] In the course of this disease the urine is high colored, and in the beginning without sediment ; but as the disease advances, and the pyrexia has more considerable remissions, the urine deposits a lateritious sediment. This, however, does not prove entirely critical ; for the disease often continues long after such a sediment has appeared in the urine.

446.] When blood is drawn in this disease, it always exhibits the appearance mentioned (237.)

447.] The acute rheumatism, though it has so much

of the nature of the other phlegmasiæ, differs from all those hitherto mentioned, in this, that it is not apt to terminate in suppuration. This almost never happens in rheumatism; but the disease sometimes produces effusions of a transparent gelatinous fluid into the sheaths of the tendons. If we may be allowed to suppose that such effusions are frequent, it must also happen, that the effused fluid is commonly reabsorbed; for it has seldom happened, and never indeed to my observation, that considerable or permanent tumors have been produced, or such as required to be opened, and to have the contained fluid evacuated. Such tumors, however, have occurred to others, and the opening made in them has produced ulcers difficult to heal. Vide Storck. Ann. Med. II.

448.] With the circumstances mentioned from (438. to 447.) the disease often continues for several weeks. It seldom, however, proves fatal; and it rarely happens that the pyrexia continues to be considerable for more than two or three weeks. While the pyrexia abates in its violence, if the pains of the joints continue, they are less violent, more limited in their place, being confined commonly to one or a few joints only, and are less ready to change their place.

449.] When the pyrexia attending rheumatism has entirely ceased; when the swelling, and particularly the redness of the joints, are entirely gone; but when pains still continue to affect certain joints, which remain stiff, which feel uneasy upon motion, or upon changes of weather; the disease is named the Chronic Rheumatism, as it very often continues for a long time. As the chronic is commonly the sequel of the acute rheumatism, I think it proper to treat of the former also in this place.

450.] The limits between the acute and chronic rheumatism are not always exactly marked.

When the pains are still ready to shift their place; when they are especially severe in the night-time; when, at the same time, they are attended with some degree of pyrexia, and with some swelling, and especially with some redness of the joints; the disease is to be considered as still partaking the nature of the acute rheumatism.

But when there is no degree of pyrexia remaining; when the pained joints are without redness; when they are cold and stiff; when they cannot easily be made to sweat; or when while a free and warm sweat is brought out on the rest of the body, it is only clammy and cold on the pained

joints; and when, especially the pains of these joints are increased by cold, and relieved by heat applied to them; the case is to be considered as that of a purely chronic rheumatism.

451.] The chronic rheumatism may affect different joints; but is especially ready to affect those joints which are surrounded with many muscles, and those of which the muscles are employed in the most constant and vigorous exertions. Such is the case of the vertebræ of the loins, the affection of which is named Lumbago; or that of the hip-joint, when the disease is named Ischias, or Sciatica.

452.] Violent strains and spasms occurring on sudden and somewhat violent exertions, bring on rheumatic affections, which at first partake of the acute, but very soon change into the nature of the chronic rheumatism.

453.] I have thus delivered the history of rheumatism; and suppose, that, from what has been said, the remote causes, the diagnosis, and prognosis of the disease, may be understood. The distinction of the rheumatic pains from those resembling them, which occur in the syphilis and scurvy, will be obvious, either from the seat of those pains, or from the concomitant symptoms peculiar to these diseases.\* The distinctions of rheumatism from gout will be more fully understood from what is to be delivered in the following chapter.

454.] With respect to the proximate cause of rheumatism, there have been various opinions. It has been imputed to a peculiar acrimony; of which, however, in ordinary cases I can find no evidence; and from the consideration of the remote causes, the symptoms and cure of the disease, I think the supposition very improbable.

The cause of an Ischias Nervosa assigned by COTUNNIUS, appears to me hypothetical, and is not supported by either the phenomena or method of cure. That, however, a disease of a rheumatic nature may be occasioned by an acrid matter applied to the nerves, is evident from the tooth-ach, a rheumatic affection generally arising from a carious tooth.

That pains resembling those of rheumatism may arise from deep seated suppurations, we known from some ca-

\* To distinguish the chronic rheumatism from venereal or scorbutic pains, is, however, in some cases, extremely difficult, and often requires the utmost sagacity of the practitioner. A due attention to the causes of rheumatism, recited in the foregoing articles, and a strict examination whether the patient has been subjected to these causes, will sometimes determine the disease; but it often happens, that the same causes which produce rheumatism, also exacerbate venereal and scorbutic pains. No general rules can be delivered on this subject; and the practitioner must trust to his own sagacity for direction in this difficult diagnosis.

ses depending on such a cause, and which, in their symptoms, resemble the lumbago or ischias. I believe, however, that by a proper attention, these cases depending on suppuration, may be commonly distinguished from the genuine cases of lumbago and ischias; and, from what is said in (447.) I judge it to be at least improbable, that a genuine lumbago or ischias does ever end in suppuration.

455.] The proximate cause of rheumatism has been by many supposed to be a lentor of the fluids obstructing the vessels of the part; but the same consideration as in (241. 1, 2, 3, 4, and 5.) will apply equally here for rejecting the supposition of a lentor.

456.] While I cannot, therefore, find either evidence or reason for supposing that the rheumatism depends upon any change in the state of the fluids, I must conclude, that the proximate cause of acute rheumatism, is commonly the same with that of other inflammations not depending upon a direct stimulus.

457.] In the case of rheumatism, I suppose, that the most common remote cause of it, that is, cold applied, operates especially on the vessels of the joints, from these being less covered by a cellular texture than those of the intermediate parts of the limbs. I suppose further, that the application of cold produces a constriction of the extreme vessels on the surface, and at the same time an increase of tone or phlogistic diathesis in the course of them, from which arises an increased impetus of the blood, and, at the same time, a resistance to the free passage of it, and consequently inflammation and pain. Further, I suppose, that the resistance formed excites the vis medicatrix to a further increase of the impetus of the blood; and, to support this, a cold stage arises, a spasm is formed, and a pyrexia and phlogistic diathesis are produced in the whole system.

458.] According to this explanation, the cause of acute rheumatism appears to be exactly analogous to that of the inflammations depending on an increased afflux of blood to a part while it is exposed to the action of cold.

But there seems to be also, in the case of rheumatism, a peculiar affection of the fibres of the muscles.

These fibres seem to be under some degree of rigidity, and therefore less easily admit of motion; and are pained upon the exertions of it.

It is also an affection of these fibres which gives an op-

portunity to the propagation of pains from one joint to another, along the course of the muscles, and which pains are more severely felt in the extremities of the muscles terminating in the joints, because, beyond these, the oscillations are not propagated.

This affection of the muscular fibres attending rheumatism, seems to explain why strains and spasms produce rheumatic affections; and, upon the whole, shows, that, with an inflammatory affection of the sanguiferous system, there is also in rheumatism a peculiar affection of the muscular fibres, which has a considerable share in producing the phenomena of the disease.

459.] Having thus given my opinion of the proximate cause of rheumatism, I proceed to treat of the cure.

460.] Whatever difficulty may occur with respect to the explanation given, (457. and 458.) this remains certain, that in acute rheumatism, at least in all those cases which do not arise from direct stimuli, there is an inflammatory affection of the parts, and a phlogistic diathesis in the whole system; and upon these is founded the method of cure, which frequent experience has approved of.

461.] The cure therefore requires, in the first place, an antiphlogistic regimen, and particularly a total abstinence from animal food, and from all fermented or spirituous liquors; substituting a vegetable or milk diet, and the plentiful use of bland diluent drinks.

462.] Upon the same principle (449.) at least with perhaps the same exception as above, blood-letting is the chief remedy of acute rheumatism. The blood ought to be drawn in large quantity, and the bleeding is to be repeated in proportion to the frequency, fullness, and hardness of the pulse, and to the violence of the pain. For the most part, large and repeated bleedings, during the first days of the disease, seem to be necessary, and accordingly have been very much employed: but to this some bounds are to be set; for very profuse bleedings occasion a slow recovery, and, if not absolutely effectual, are ready to produce a chronic rheumatism.

463.] To avoid that debility of the system, which general bleedings are ready to occasion, the urgent symptom of pain may be often relieved by topical bleedings; and especially when any swelling and redness have come upon a joint, the pain of it may be very certainly relieved by such bleedings; but, as the continuance of the disease

seems to depend more upon the phlogistic diathesis of the whole system, than upon the affection of particular parts, so topical bleedings will not always supply the place of the general bleedings proposed above.\*

464.] To take off the phlogistic diathesis prevailing in this disease, purging may be useful, if procured by medicines which do not stimulate the whole system, such as the neutral salts, and which have, in some measure, a refrigerant power.† Purging, however, is not so powerful as bleeding, in removing phlogistic diathesis; and when the disease has become general and violent, frequent stools are inconvenient and even hurtful, by the motion and pain which they occasion.

465.] In acute rheumatism, applications to the pained parts are of little service. Fomentations, in the beginning of the disease rather aggravate, than relieve the pains. The rubefacients and camphire are more effectual in relieving the pains; but generally they only shift the pain from one part into another, and do little towards the cure of the general affection. Blistering, applied to the pained part, may also be very effectual in removing the pain from it; but will be of little use, except where the pains are much confined to one part.

466.] The several remedies mentioned from (450. to 454.) moderate the violence of the disease, and sometimes remove it entirely; but they sometimes fail in this, and leave the cure imperfect. The attempting a cure by large and repeated bleedings, is attended with many inconveniences, (see 140.) and the most effectual and safe method of curing this disease, is, after some general bleedings for taking off,

\* These topical bleedings, however, have by repeated experience been found of essential advantage, especially when the partial inflammation has been very violent. They are best performed by leeches, many of which ought to be applied at once all over the inflamed part. Cupping has long been the favorite practice of many physicians, but it generally irritates more than the leeches; yet in cases that require immediate relief, it is preferable to them.

† The Glauber, or Epsom salts, are the most convenient purges in all cases of acute rheumatism. Either of them may be given separately, or joined with the intusum sennæ, as in the following formula:

R. Infus. Sennæ, ℥iii.  
 Sal. Glauber. ℥℞.  
 Tinct. Jalap. ℥i.  
 Tinct. Aromat. ℥℞  
 M. f. haust.

The more suddenly purges operate in acute rheumatism, the more efficacious are they generally found: and as large diluting warm thin liquors considerably accelerate the operation of all purges, such practice is never to be neglected in these cases. Cream of tartar whey, mixed with twice its quantity of warm water, is a very proper drink to assist the operation of purges.

or at least diminishing, the phlogistic diathesis, to employ sweating, conducted by the rules laid down (168. and 169.)\*

467.] Opiates, except where they are directed to procure sweat, always prove hurtful in every stage of this disease.†

468.] The Peruvian bark has been supposed a remedy in some cases of this disease; but we have seldom found it useful, and in some cases hurtful. It appears to me to be fit in those cases only, in which the phlogistic diathesis is already much abated, and where, at the same time, the exacerbations of the disease are manifestly periodical, with considerable remissions interposed.‡

469.] Calomel and some other preparations of mercury, have been recommended in the acute rheumatism; but I believe they are useful only in cases of the chronic kind, or at least in cases approaching to the nature of these.

470.] Having now treated fully of the cure of the acute rheumatism, I proceed to treat of the cure of the chronic, which is so frequently a sequel of the former.

471.] The phenomena of the purely chronic rheumatism, mentioned in (438. and 439.) lead me to conclude, that its proximate cause is an atony, both of the blood-vessels and of the muscular fibres of the part affected, together with a degree of rigidity and contraction in the latter, such as frequently attends them in a state of atony.

472.] Upon this view of the proximate cause the general indication of cure must be, to restore the activity and vigor of the vital principle in the part; and the remedies for this disease, which experience has approved of, are chiefly such as are manifestly suited to the indication proposed.

473.] These remedies are either external or internal.

\* Sweating is most effectual in this disease, when produced by Dover's powder. The dose of it is twelve or fifteen grains, repeated at intervals, of two or three hours, till a sweat be produced. Diluent drinks are to be used with it: and it may be necessary to observe, that they ought to be such as are bland, and by no means stimulating; viz. barley-water, linseed-tea, thin water-gruel, &c.

† Notwithstanding this caution, many practitioners use opiates, especially when joined with camphor, to procure sweats in acute rheumatism. This compound never fails to increase the phlogistic diathesis, and consequently must be hurtful. In the chronic rheumatism, indeed, camphor and opium together form a valuable medicine. The dose is the following bolus:

R. Camphor. gr. vi.  
 Sp. Vini, gutt. x.  
 Opii, gr. i.  
 Tart. Vitriol. gr. xv.  
 Syr. q. s. *M. f. bolus.*

‡ Bark is always an ambiguous remedy in rheumatism, and on its first introduction into practice it was thought to occasion or induce the disease. Wherever an inflammatory diathesis prevails, the Peruvian bark is always an improper medicine, and it has been found by experience to be manifestly hurtful in the beginning, or inflammatory state of rheumatism.

The external are, the supporting the heat of the part, by keeping it constantly covered with flannel; the increasing the heat of the part by external heat, applied either in a dry or in a humid form; the diligent use of the flesh-brush, or other means of friction; the application of electricity in sparks or shocks; the application of cold\* water by affusion or immersion; the application of essential oils of the most warm and penetrating kind; the application of salt brine; and, lastly, the employment of exercise, either of the part itself so far as it can easily bear it, or of the whole body by riding or other mode of gestation.

474.] The internal remedies are, 1. Large doses of essential oil drawn from resinous substances, such as turpentine; † 2. Substances containing such oils, as guaiac; ‡ 3. Volatile alkaline salts; 4. These, or other medicines directed to procure sweat, (169.) and, lastly, Calomel, § or other preparation of mercury, in small doses, continued for some time.

475.] These (462, 463.) are the remedies successfully employed in the purely chronic rheumatism; and there are still others recommended. As bleeding, general and topical, burning, blistering, and issues: but these appear to me to be chiefly, perhaps only, useful when the disease still partakes of the nature of acute rheumatism. §

\* This, when compared with article 457, and others, seems to be a typographical error, and the author meant *warm*. Practice affords many instances of chronic rheumatism being occasioned by cold bathing.

† Turpentine is an extremely heating oil, as indeed are all the essential oils: its use therefore requires the greatest caution. The dose is from eight to fifteen drops on a piece of sugar. Venice turpentine may be more conveniently given in the form of an emulsion, by dissolving it in water by means of yolks of eggs. Two scruples of turpentine is the ordinary dose; and when given in this liquid and diluted state, is much preferable to the oil.

‡ The officinal preparations of guaiacum, are an extract of the wood, a solution of the gum in rectified spirit, another in volatile alkali, and an empyreumatical oil. The gum may be given in the quantity of fifteen or twenty grains for a dose, either in a bolus, or made into an emulsion with yolk of egg and an ounce or two of water: in larger quantities it is too purgative. The volatile elixir of the Edinburgh Pharmacopœia is an excellent form, as the volatile spirit promotes the medicinal virtue of the guaiacum. The dose of it is from a drachm to half an ounce, morning and evening, in any convenient vehicle; a tea cupful of milk is the best as it sheaths, in some measure the pungency of the medicine. Guaiacum is very conveniently joined with rhubarb and magnesia, when we find that such a dose of it, as is necessary for procuring a sufficient opening, would be too heating. A formula of this kind is described in the note on article 558.

§ Calomel, perhaps, has only been serviceable in venereal cases.

¶ The diet in the cure of chronic rheumatism ought to be generous and full. In many cases, especially among people in poor circumstances, good living, with two or three glasses of sherry in the day, has cured the disease without any medicines. One material circumstance ought not to be omitted; viz. that the cure is much impeded by costiveness: if, therefore, the guaiacum does not procure two motions in the day, it will be necessary to give along with it some warm laxative. The tinctura sacra is a proper medicine in these cases: its dose is from one to two ounces: As is also the elixir sacrum of the Edinburgh College Pharmacopœia, its dose may be from a drachm to half an ounce, as occasion may require.

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 CHAPTER XIII.

## OF THE TOOTHACH, OR ODONTALGIA.

476.] I HAVE formerly considered this disease as a species of Rheumatism, to be treated upon the same principles as those delivered in the preceding chapter: but now from more attentive consideration, I am led to consider the toothach as a distinct disease. Whilst the most of what has been delivered in the last chapter proceeds upon the supposition that the rheumatism depends upon a certain state of the blood vessels and of the motion of the blood in them, without this being produced by the irritation of any acrid matter applied; I judge, that in the toothach, though there are often the same circumstances in the state of the blood-vessels as in the cases of rheumatism, these circumstances in toothach always arise from the application of an acrid matter to the nerves of the teeth.

477.] This disease is often no other than a pain felt in a particular tooth, without any inflammatory affection being at the same time communicated to the neighboring parts. This, however, is rarely the case; and for the most part together with the pain of the tooth, there is some degree of pain and of inflammatory affection communicated to the neighboring parts, sometimes to the whole of those on the same side of the head with the affected tooth.

478.] This inflammatory affection seems to me to be always an affection of the muscles and of the membranous parts connected with these, without any tendency to suppuration; and such an affection, as is excited by cold in similar parts elsewhere. It is from these circumstances that I conclude the affection to be of the rheumatic kind.

479.] It is possible that the muscles and membranes of the jaw may be affected by the same causes which produce the rheumatism in other parts; and it is also possible, that a rheumatic diathesis at first produced by irritation, may subsist in the muscles and membranes of the jaw, so that the inflammatory affection may be renewed by certain causes without any new application of acrid matter: But I am persuaded that either of these occurrences are very rare, and I have never been able to ascertain any cases of

toothach to be of these kinds. I consider it, therefore, as highly probable that this rheumatic affection of the jaws which we name toothach, is always dependent upon some immediate application of acrid matter to the nerves of the teeth.

480.] It is however to be observed, that this application of acrid matter does not always excite a pain in the tooth itself, or an inflammatory affection of the neighboring parts; but that it very often operates by producing a diathesis only; so that cold applied to the neighboring parts does excite both a pain in the tooth, and an inflammatory affection of the neighboring parts which did not appear before.

There seems to be also certain states of the body, which operate upon the same diathesis so as to produce toothach. Such seems to be the case of pregnant women, who are more liable to toothach than other women. There are probably also some cases of increased irritability which render persons more subject to toothach. Thus women are more liable to the disease than men, and particularly women liable to hysteric affections.

481.] The acrid matter producing this disease seems to be generated first in the hard substances of the teeth; and as it often appears first upon the external surface of these, it might be suspected to arise from the application of external matters to the teeth: But as the production of this acrimony is often begun in the internal cavity of the teeth, where the operation of external matters cannot be suspected, and as even when it begins upon the external parts of the teeth, the operation of the cause is at first in a small portion of the teeth only, that it is difficult to suppose that any matter externally applied could act in such a partial manner; so it is presumed that the acrid matter occasioning the toothach is produced by some vice originating in the substance of the tooth itself. When it begins upon the external surface, it is on the enamel; but upon the internal surface, it must be in the bony part. From what causes it arises in either of these substances, I do not at all know; but I suspect that it often arises from some more general fault in the fluids of the body. The frequent use of mercury, especially when thrown much upon the mouth, and the state of the fluids in scurvy, seem both of them to give a disposition to a caries in the teeth; and it is possi-

ble that some other acrimonious states of the fluids may have the same effect.

482.] A caries in some part of the teeth, whether arising upon their internal surface or upon their external, proceeding so far as to reach the nerves in the cavity of the teeth, is pretty manifestly the cause of toothach, and of the first attacks of it ; but when the cavity of the teeth has been opened, so that the external air or other matters can reach that cavity, these are often the exciting causes of toothach, and serve to prove in general, that acrid matters applied to the nerves occasion the disease.

483.] What is the nature of the matter produced in the caries of the teeth, I do not understand, nor have I found any proper corrector of it ; but I presume it to be of the putrid kind, as it often taints the breath with a fetid odour.

484.] In the cure of this disease, a long experience has shown, that the extraction of the carious tooth proves the most effectual, and very often the only effectual, remedy of the disease. But as in some cases this extraction is not proper, and as in many cases it is obstinately avoided, other means of curing the disease, or at least of relieving the pain have been sought for and much practised.

485.] Among these remedies, those are likely to be the most effectual which entirely destroy the affected nerve, or at least so much of it as is exposed to the action of the acrid matter in the tooth. When an opening is made into the cavity of the tooth, the nerve of it may be destroyed most certainly by the actual cautery ; and it may also possibly be done by the application of potential caustics, either of the alkaline or acid kind.

486.] When these remedies cannot be rendered effectual, relief may often be obtained by diminishing the sensibility of the nerve affected, by the application of opium, or of the more acrid aromatic oils,\* and directly to the nerve in the tooth. It appears also, that the sensibility of the affected nerve may often be for some time diminished by the external application of opium to the extremities of those nerves in the skin, which are branches of the same fifth pair of nerves with those of the teeth.

487.] When the disease consists entirely in a pain of the nerve of the tooth, without any considerable affection communicated to the neighboring parts, the remedies already

\* The *Oleum Origani* is the oil generally used for this purpose. Great care must be taken in using either these acrid essential oils, or the vitriolic or other mineral acids, that no part of them touch the gums.

mentioned are those especially to be employed ; but when the disease consists very much in an inflammatory affection of the muscles and membranes of the jaw, and when at the same time there is little or no access for the above-mentioned remedies to the affected nerve, other measures are to be employed for relieving the disease.

488.] If the disease be attended with any general phlogistic diathesis of the system, or with any considerable degree of pyrexia, a general bleeding may be useful in relieving the disease : but these circumstances occur very rarely, and the disease is for the most part a purely topical affection ; in which, as I observed before, a general bleeding is of very little service. As this disease, however, is a topical inflammation, it might be supposed that topical bleedings would be very useful, and sometimes they are so ; but it is seldom that their effects are either considerable or permanent. The reasons of this I take to be that the disease does not consist in an affection of the blood-vessels alone, as in the ordinary cases of rheumatism ; but in a peculiar affection of the fibres both of the muscles and of the vessels of the part induced by irritation. The inefficacy of topical bleedings is with me a proof of the disease being of the latter kind.

489.] The remedies therefore necessary to give relief in this disease, are those which take off the spasm of the vessels, and especially of the muscles and membranes affected. Such are blistering, brought as near to the part affected as can be conveniently done ;\* and such are also increased excretions excited in the neighboring parts, as of the saliva and mucus of the mouth by the use of acrid masticatories† It is often sufficient to excite a strong sensation

\* Blisters are applied most successfully behind the ears. Such applications however are always troublesome ; and their effects are often doubtful. Other milder stimulants frequently answer all the intentions of blisters, and by many practitioners are thought to be equally efficacious. The applications generally used are camphorated spirit, or volatile alkali. This last, either alone, or mixed with an equal quantity of oil of almonds, rubbed on the jaw, the part being kept warm by a piece of flannel, has often been found extremely useful.

Warmth, any how produced on the part, always gives relief ; while, on the contrary, cold always exasperates the symptoms : hence the propriety of covering the jaws with flannel, and avoiding a cold stream of air.

† These are horse-radish, scurvy-grass, the greatercelandine, with some others ; but the radix pyrethri is the best. In some pharmacopœia, but I do not recollect which, there is a formula, called Trochisci Sialagogi, to the best of my remembrance, as follows :

Rx. Pulv. Rad. Pyrethri, ʒi.

Gum. Mastich. ʒʒ.

Ol. Caryophyll. Aromat.

Ol. Marjoranæ, āā ʒi.

Ceræ Alb. q. s. ut. f. Trochisci.

One of these held in the mouth, or chewed, promotes a copious discharge of saliva, by warming and stimulating the salivary glands.

in the neighboring parts ; as by eau de luce, spirit of lavender, or Hungary water snuffed up the nostrils ; or by the vitriolic æther properly applied to the cheek. It is upon the same footing that I suppose brandy or other ardent spirit held in the mouth is often of service.

490.] There are cases of toothach in which it does not appear that the disease arises from an acrid matter immediately applied to the nerve of a tooth ; but from the external application of cold, or some other causes immediately applied to the muscles and membranes of the jaw ; and which therefore seem to require some remedies different from those above mentioned. But in all such cases, it is to be suspected, that the effects of cold or of other such causes are owing to a diathesis produced by an acrid matter applied to the nerve of a tooth, and continuing in some measure to act there ; and we have accordingly often found, that the action of those external causes were to be obviated only by the extraction of the tooth from which the diathesis had arisen.

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## CHAPTER XIV.

### OF THE GOUT.

491.] **T**HE Gout, not only as it occurs in different persons, but even as it occurs in the same person at different times, is a disease of such various appearance, that it is difficult to render the history of it complete and exact, or to give a character of it that will universally apply. However, I shall endeavor to describe the disease as it most commonly appears, and to mark the varieties of it as well as I can. From such a history I expect that a general character may be given ; and such I think is the following, as given in the last edition of our Nosology :

GEN. XXIII. PODAGRA. Morbus hæreditarius, oriens sine causa externa evidente, sed præeunte plerumque ventriculi affectione insolita ; pyrexia ; dolor ad articulum et plerumque pedis pollici, certe pedum et manuum juncturis, potissimum infestus ; per intervalla revertens, et sæpe cum ventriculi et internarum partium affectionibus alternans.

492.] The Gout is generally a hereditary disease : but

some persons, without hereditary disposition, seem to acquire it; and, in some a hereditary disposition may be counteracted by various causes. These circumstances may seem to give exceptions to our general position; but the facts directly supporting it are very numerous.

493.] This disease attacks especially the male sex: but it sometimes, though more rarely, attacks also the female.\*

\* Hippocrates says, that women seldom have the gout, and never before the disappearance of the catamenia. In his time and country, perhaps, the ladies were more temperate than they were in other ages and in other places. We find the gout a familiar disease among the Roman ladies; which Seneca, in his ninety fifth epistle, justly ascribes to the luxurious living and debaucheries, in which they indulged without control.

As the whole of that epistle is an excellent account of the direful effects of high living and debauchery, it may not be unacceptable to the young practitioner, who, perhaps, might otherwise be unacquainted with so just a description of luxurious living, and its concomitant evils. Independent of its containing a minute relation of Roman customs, which makes it a valuable morsel for antiquaries, it may be read with peculiar advantage by the young physician.

As an apology for giving it in the original, I shall say of Seneca what an elegant English writer says of Cicero: That any translation of his nervous language, is like the faint glimmerings of a taper compared with the blazing light of the meridian sun.

“Medicina quondam paucarum fuit scientia herbarum, quibus sisteretur sanguis fluens, vulnera coerent paulatim. Deinde in hanc pervenit tam multiplicem varietatem. Nec mirum est; tunc illam minus negotii habuisse, firmis adhuc, solidisque corporibus, et facili cibo, nec per ariem voluptatemque corrupto. Qui postquam cepit, non ad tollendam, sed ad irritandam famem queri, et inventæ sunt mille conditura, quibus aviditas excitaretur: quæ desiderantibus alimenta erant, onera sunt plenis. Inde pallor, et nervorum vino madentium tremor, et miserabilis ex cruditatibus quam ex fame macies. Inde incerti labentium pedes, et semper qualis in ipsa ebrietate titubatio. Inde in totam cutem humor admissus, distensusque venter, dum male assuescit plus capere, quam poterat. Inde suffusio lurida bilis, et decolor, vultus, tabesque in se putrescentium, et retorti digiti articulis obrigescentibus, nervorum sine sensu jacentium, torpor aut palpitatio sine intermissione vibrantium. Quid capitis vertigines dicam? Quid oculorum auriumque tormenta, et cerebri æstuantiæ verminationes, et omnia per quæ exoneramur internis ulceribus affecta? Innumerabilia præterea febrium genera, aliarum impetu subeuntium, aliarum tenui peste repentium, aliarum cum horrore et multa membrorum quassatione venientium? Quid alios referam innumerabiles morbos, supplicia luxuriæ? Immunes erant ab istis malis qui nondum se deliciis solverant, qui sibi imperabant, sibi ministrabant. Corpora opere ac vero labore durabant, aut cursu defatigati, aut venatu, aut tellure versata. Excipiebat illis cibus qui nisi esurientibus placere non poterat. Itaque nihil opus erat tam magna medicorum suppellectile, nec tot ferramentis atque pyxidibus. Simplex erat ex simplice causa valerudo. Multos morbos multa fercula fecerunt, Vide quantum rerum per unam gulam transitarum permisceat luxuria, terrarum inarisque vastatrix. Necessè est itaque inter se tam diversa dissideant, et hausta mali digerantur, aliis alio nentibus. Nec mirum, quod inconstans varisque ex discordi cibo morbus est, et illa ex contrariis naturæ partibus in eundem compulsæ redundant. Inde tam nullo ægotamur genere quam vivimus. Maximus ille medicorum, et hujus scientiæ conditor, feminis nec capillos defluere dixit, nec pedes laborare. Atqui hæc jam et capillis distituuntur, et pedibus agræ sunt. Non mutata feminarum natura, sed vita est. Nam cum virorum licentiam æquaverint, corporum quoque virilium vitæ æquaverunt. Non minus pervigilant, non minus potant, et oleo et mero viros provocant. Æque invitis ingesta visceribus per os reddunt, et vinum omne vomitu remetuntur; æque nivem rodunt, solatium stomachi æstuantis. Libidini vero nec maribus quidem cedunt, pati nata. Inde illas deaque male perdant: adeo perversum commentæ genus impudiciæ viros ineunt. Quid ergo mirandum est, maximum medicorum ac naturæ peritissimum, in mendaciæ prehendi, cum tot feminae podagricæ calvæque sint. Beneficium sexus sui vitis perdidierunt; et quia feminam exuerunt, damnatæ sunt morbis virilibus. Antiqui medici nesciebant dare cibum sæpius, et vino fulciri venas cadentes; nesciebant saniem emittere, et diuinam ægotationem balneo sudoribusque laxare; nesciebant crurum vinculo, brachiorumque, latentem vim, et in medio sedentem, ad extrema revocare. Non erat necesse circumspicere multa auxiliorum genera cum essent periculum paucissima. Nunc autem quam longe processerunt mala valetudinis? Hæc usuras voluptatum pendimus, ultra modum fasque concupimus. Innumerabiles esse morbos miraris? Coquos numera. Cessat omne studium; et liberalia professi, sine ulla frequentia, desertis angulis præsident. In rhetorum ac philosophorum scholis solitudo est. At quam celebres culinae sunt? Quanta nepotum focos juvenis premit? Transeo puero-rum infelicium greges; quos post transacta convivia aliæ cubiculi contumeliæ expectant. Transeo ægina exoletorum per nationes coloresque descripta, et eadem omnibus levitas sit, eadem primæ mensura lanuginis, eadem species capillorum, ne quis cui rector sit coma, crispulis misceatur. Transeo pistorum turbam, transeo ministratorum, per quos signo dato ad inferendam cœnam discurrunt. Dii boni quantum hominum unus venter exercet! Quid tu illos boletos, voluptarium venenum, nihil oculi operis judicas facere, etiam si præsentanei non furant? Quid tu illam æstivam nivem non putas calum jecinioribus obducere? Quid illa ostrea, inertissimam carnem, cœno saginatam, nihil existimas limosæ gravitatis inferre? Quid illud sociorum garum, pretiosam piscium saniem, non credis urere salsa tabe præcordia? Quid illa purulenta, et quæ tantum non ab ipso igne in os transferuntur, judicas, sine noxa, in ipsis visceribus extingui? Quam sædi atque pestilentis ructus sunt, quantum fastidium sui, exhalantibus crapulam vete-rem?”

The females liable to it are those of the more robust and full habits; and it very often happens to such long before the menstrual evacuation has ceased. I have found it occurring in several females, whose menstrual evacuations were more abundant than usual.

494.] This disease seldom attacks eunuchs, and when it does, they seem to be those who happen to be of a robust habit, to lead an indolent life, and to live very full.

495.] The gout attacks especially men of robust and large bodies, men of large heads, of full and corpulent habits, and men whose skins are covered with a thicker *rete mucosum*, which gives a coarser surface.

496.] If with the ancients, we might ascertain, by certain terms, the temperaments of men, I would say, that the gout attacks especially men of a *choleric-sanguine* temperament, and that it very seldom attacks the purely sanguine or melancholic. It is however, very difficult to treat this matter with due precision.

497.] The gout seldom attacks persons employed in constant bodily labor, or persons who live much upon vegetable aliment. It is also said to be less frequent among those people who make no use of wine or other fermented liquors.

498.] The gout does not commonly attack men, till after the age of five and thirty; and generally not till a still later period. There are indeed instances of the gout occurring more early; but these are few in comparison of the numbers which agree with what we have given as the general rule. When the disease does appear early in life, it seems to be in those in whom the hereditary disposition is very strong, and to whom the remote causes to be hereafter mentioned have been applied in a considerable degree.

499.] As the gout is a hereditary disease, and affects especially men of a particular habit, its remote causes may be considered as predisponent and occasional.

500.] The predisponent cause, so far as expressed by external appearances or by the general temperament, we have already marked; and physicians have been very confident in assigning the occasional causes: but, in a disease depending so much upon a predisposition, the assigning occasional causes must be uncertain; as in the predisposed, the occasional causes may not always appear, and in persons not predisposed, they may appear without effect. This uncertainty must particularly affect the case of the

gout ; but I shall offer what appears to me most probable on the subject.

501.] The occasional causes of the gout seem to be of two kinds. First, those which induce a plethoric state of the body. Secondly, those which in plethoric habits, induce a state of debility.

502.] Of the first kind are a sedentary indolent manner of life, a full diet of animal food, and the large use of wine or of other fermented liquors. These circumstances commonly precede the disease ; and if there should be any doubt of their power of producing it, the fact, however, will be rendered sufficiently probable by what has been observed in (497.)

503.] Of the second kind of occasional causes which induce debility are, excess in venery ;\* intemperance in the use of intoxicating liquors ;† indigestion, produced either by the quantity or quality of aliments ;‡ much application to study or business ;§ night watching ;§§ excessive evacuations ;\*\* the ceasing of usual labor ;†† the sudden change from a very full to a very spare diet ;‡‡ the large use of acids and acescents ;|| and, lastly, cold§§ applied to the lower extremities.

504.] The first (502.) seem to act by increasing the predisposition. The last (503.) are commonly the exciting causes, both of the first attacks, and of the repetitions of the disease.

\* Why excess of venery should be a cause of gout, has much engaged the attention of medical writers, and various reasons have been given why it should produce such an effect. There is not the least doubt of the fact, though some authors have ventured to deny it, and have excluded the excess of venery from being a cause of gout.

It produces gout not primarily, but secondarily, if I may be allowed the expression, by inducing a general state of debility, and by weakening the power of digestion, both of which circumstances are causes of the gout.

+ By intemperate drinking the action of the stomach and bowels becomes extremely feeble and languid, if it be not wholly destroyed ; hence continual indigestions, to which the origin of the gout is attributed.

‡ Both the quantity and quality of the aliments may produce indigestion : and hence the indulging in too great a quantity of aliment, as well as in that which is of an indigestible nature, are secondary causes of the gout ; viz. causes which induce a state of debility.

§ Much application to study may doubtless induce indigestion, and thus increase the general state of debility : it is not, however, by intense study, or deep thinking merely, that men grow pale amid their books, but by the sedentary life which studious men generally lead, and the untimely lubrications in which they inconsiderately indulge.

§§ Much application to business can only be an occasional cause of the gout, when the business requires a sedentary and inactive life ; but as most business requires activity, attention to business is seldom the cause of gout.

† The want of sleep is always a cause of indigestion, and increases debility more perhaps, when carried to excess, than any other of the circumstances mentioned by the author.

\*\* That large evacuations induce debility is sufficiently evident.

†† Nothing more effectually promotes digestion than proper exercise ; the leaving off accustomed labor must therefore necessarily induce indigestion and consequent debility.

‡‡ Why this induces debility is evident. See note on article 548.

|| That acids, by impairing the digestive powers of the stomach, may produce debility, is what every practitioner allows.

§§ How cold thus applied, can produce a state of debility, is not very evident. It is, however, one of the occasional causes of gout, as experience sufficiently testifies.

505.] It is an inflammatory affection of some of the joints, which especially constitutes what we call a paroxysm of the gout. This sometimes comes on suddenly without any warning, but is generally preceded by several symptoms; such as the ceasing of a sweating which the feet had been commonly affected with before; an unusual coldness of the feet and legs; a frequent numbness, alternating with a sense of prickling along the whole of the lower extremities; frequent cramps of the muscles of the legs; and an unusual turgescence of the veins.

506.] While these symptoms take place in the lower extremities, the whole body is affected with some degree of torpor and languor, and the functions of the stomach in particular are more or less disturbed. The appetite is diminished, and flatulency, or other symptoms of indigestion, are felt. These symptoms, and those of (505.) take place for several days, sometimes for a week or two, before a paroxysm comes on: but commonly, upon the day immediately preceding it, the appetite becomes greater than usual.

507.] The circumstances of paroxysms are the following. They come on most commonly in the spring, and sooner or later according as the vernal heat succeeds sooner or later to the winter's cold; and perhaps sooner or later also according as the body may happen to be more or less exposed to vicissitudes of heat and cold.

508.] The attacks are sometimes felt first in the evening, but more commonly about two or three o'clock of the morning. The paroxysm begins with a pain affecting one foot, most commonly in the ball or first joint of the great toe, but sometimes in other parts of the foot. With the coming on of this pain, there is commonly more or less of a cold shivering, which, as the pain increases, gradually ceases, and is succeeded by a hot stage of pyrexia, which continues for the same time with the pain itself. From the first attack, the pain becomes by degrees more violent, and continues in this state with great restlessness of the whole body till next midnight, after which it gradually remits; and, after it has continued for twenty four hours from the commencement of the first attack, it commonly ceases very entirely, and, with the coming on of a gentle sweat, allows the patient to fall asleep. The patient, upon coming out of this sleep in the morning, finds the pained part affected with some redness and swelling,

which, after having continued for some days gradually abate.

509.] When a paroxysm has thus come on, although the violent pain after twenty four hours be considerably abated, the patient is not entirely relieved from it. For some days he has every evening a return of more considerable pain and pyrexia, and which continue with more or less violence till morning. After continuing in this manner for several days, the disease sometimes goes entirely off, not to return till after a long interval.

510.] When the disease, after having thus remained for some time in a joint; ceases very entirely, it generally leaves the person in very perfect health, enjoying greater ease and alacrity in the functions of both body and mind, than he had for a long time before experienced.

511.] At the beginning of the disease, the returns of it are sometimes only once in three or four years: but, after some time, the intervals become shorter, and the attacks become annual; afterwards they come twice each year, and at length recur several times during the whole course of autumn, winter, and spring; and as it happens that, when the fits are frequent, the paroxysms become also longer, so, in the advanced state of the disease, the patient is hardly ever tolerably free from it, except perhaps for two or three months in summer.

512.] The progress of the disease is also marked by the parts which it affects. At first, it commonly affects one foot only; afterwards every paroxysm affects both feet, the one after the other; and, as the disease continues to recur, it not only affects both feet at once, but after having ceased in the foot which was secondly attacked, returns again into the foot first affected, and perhaps a second time also into the other. Its changes of place are not only from one foot to the other, but also from the feet into other joints, especially those of the upper and lower extremities; so that there is hardly a joint of the body that is not, on one occasion or other, affected. It sometimes affects two different joints at the same time; but more commonly it is severe in a single joint only, and passes successively from one joint to another; so that the patient's affliction is often protracted for a long time.

513.] When the disease has often returned, and the paroxysms have become very frequent, the pains are commonly less violent than they were at first; but the patient is

more affected with sickness, and the other symptoms of the atonic gout, which shall be hereafter mentioned.

514.] After the first paroxysms of the disease, the joints which have been affected are entirely restored to their former suppleness and strength: but after the disease has recurred very often, the joints affected do neither so suddenly nor so entirely recover their former state, but continue weak and stiff; and these effects at length proceed to such a degree, that the joints lose their motion altogether.

515.] In many persons, but not in all, after the disease has frequently recurred, concretions of a chalky nature are formed upon the outside of the joints, and for the most part immediately under the skin. The matter seems to be deposited at first in a fluid form, but afterwards becomes dry and firm. In their dry state, these concretions are a friable earthy substance, very entirely soluble in acids. After they have been formed, they contribute, with other circumstances, to destroy the motion of the joint.

516.] In most persons who have labored under the gout for many years, a nephritic affection comes on, and discovers itself by all the symptoms which usually attend calculous concretions in the kidneys, and which we shall have occasion to describe in another place. All that is necessary to be observed here is, that the nephritic affection alternates with paroxysms of the gout; and that the two affections, the nephritic and the gouty, are hardly ever present at the same time. This also may be observed, that children of gouty or nephritic parents, commonly inherit one or other of these diseases; but whichever may have been the principal disease of the parent, some of the children have the one, and some the other. In some of them, the nephritic affection occurs alone, without any gout supervening; and this happens to be frequently the case of the female offspring of gouty parents.

517.] In the whole of the history already given, I have described the most common form of the disease; and which therefore, however diversified in the manner I have said, may be still called the regular state of the gout. Upon occasion, however, the disease assumes different appearances;\* but, as I suppose the disease to depend always up-

\* These different appearances which the gout assumes, are extremely unlike the regular gout above described; the young practitioner ought therefore to pay peculiar attention to them, that when he observes them in patients, he may not think them symptoms of other diseases, or even mistake them for primary diseases. Errors of this kind are frequently committed by ignorant practitioners, to their own discredit and the danger of their patient's life.

On a certain diathesis or disposition of the system ; so every appearance which we can perceive to depend upon that same disposition, I shall consider as a symptom and case of the gout. The principal circumstance in what we term the *Regular Gout*, is the inflammatory affection of the joints ; and, whatever symptoms we can perceive to be connected with, or to depend upon, the disposition which produces that inflammatory affection, but without its taking place, or being present at the same time, we name the *Irregular Gout*.

518.] Of such irregular gout there are three different states, which I name the *atonic*, the *retrocedent*, and the *misplaced* gout.

519.] The atonic state is when the gouty diathesis prevails in the system, but, from certain causes, does not produce the inflammatory affection of the joints. In this case, the morbid symptoms which appear are chiefly affections of the stomach ; such as, loss of appetite, indigestion, and its various circumstances of sickness, nausea, vomiting, flatulency, acrid eructations, and pains in the region of the stomach. These symptoms are frequently accompanied with pains and cramps in several parts of the trunk, and the upper extremities of the body, which are relieved by the discharge of wind from the stomach. Together with these affections of the stomach, there commonly occurs a costiveness ; but sometimes a looseness with choleric pains. These affections of the alimentary canal are often attended with all the symptoms of hypochondriasis ; as dejection of mind, a constant and anxious attention to the slightest feelings, an imaginary aggravation of these, and an apprehension of danger from them.

In the same atonic gout, the viscera of the thorax also are sometimes affected, and palpitations, faintings, and asthma, occur.

In the head also occur, headaches, giddiness, apoplectic and paralytic affections.

520.] When the several symptoms now mentioned occur in habits having the marks of a gouty disposition, this may be suspected to have laid the foundation of them, and especially when either, in such habits, a manifest tendency to the inflammatory affection has formerly appeared ; or when the symptoms mentioned are intermixed with, and are relieved by, some degree of the inflammatory gout. In such

cases there can be no doubt of considering the whole as a state of the gout.

521.] Another state of the disease I name the *retrocedent* gout. This occurs when an inflammatory state of the joints has, in the usual manner, come on, but which, without arising to the ordinary degree of pain and inflammation, or, at least, without these continuing for the usual time, and receding gradually in the usual manner, they suddenly and entirely cease, while some internal part becomes affected. The internal part most commonly affected is the stomach, which is then affected with anxiety, sickness, vomiting, or violent pain; but sometimes the internal part is the heart, which gives occasion to a syncope; sometimes it is the lungs which are affected with asthma; and sometimes it is the head, giving occasion to apoplexy or palsy. In all these cases, there can be no doubt of the symptoms being all a part of the same disease, however different the affection may seem to be in the parts which it attacks.

522.] The third state of irregular gout, which we name the *misplaced*, is when the gouty diathesis, instead of producing the inflammatory affection of the joints, produces an inflammatory affection of some internal part, and which appears from the same symptoms that attend the inflammation of those parts arising from other causes.

Whether the gouty diathesis does ever produce such inflammation of the internal parts without having first produced it in the joints, or if the inflammation of the internal part be always a translation from the joints previously affected, I dare not determine; but, even supposing the latter to be always the case, I think the difference of the affection of the internal part must still distinguish the *misplaced* from what I have named the *retrocedent* gout.

523.] What internal parts may be affected by the *misplaced* gout I cannot precisely say, because I have never met with any cases of the *misplaced* gout in my practice; and I find no cases of it distinctly marked by practical writers, except that of a pneumonic inflammation.

524.] There are two cases of a translated gout; the one of which is an affection of the neck of the bladder, producing pain, strangury, and a catarrhus vesicæ: The other is an affection of the rectum, sometimes by pain alone in that part, and sometimes by hæmorrhoidal swelling there. In gouty persons, I have known such affections alternate with inflammatory affection of the joints: But whether to

refer those affections to the retrocedent, or to the misplaced gout, I will not presume to determine.

525.] From the history which I have now delivered of the gout, I think it may be discerned under all its various appearances. It is, however, commonly supposed, that there are cases in which it may be difficult to distinguish gout from rheumatism, and it is possible there may be such cases : but, for the most part, the two diseases may be distinguished with great certainty by observing the predisposition, the antecedents, the parts affected, the recurrences of the disease, and its connection with the other parts of the system ; which circumstances, for the most part, appear very differently in the two diseases.

526.] With respect to the gout, our next business is to investigate its proximate cause ; which must be a difficult task, and I attempt it with some diffidence.

527.] Upon this subject, the opinion which has generally prevailed is, that the gout depends upon a certain morbid matter, always present in the body ; and that this matter, by certain causes, thrown upon the joints or other parts, produces the several phenomena of the disease.

528.] This doctrine, however ancient and general, appears to me very doubtful ; for,

First, There is no direct evidence of any morbid matter being present in persons disposed to the gout. There are no experiments or observations which shew that the blood, or other humors of gouty persons, are in any respect different from those of other persons. Previous to attacks of the gout, there appear no marks of any morbid state of the fluids ; for the disease generally attacks those persons who have enjoyed the most perfect health, and appear to be in that state when the disease comes on. At a certain period of the disease, a peculiar matter indeed appears in gouty persons ; (515.) but this, which does not appear in every instance, and which appears only after the disease has subsisted for a long time, seems manifestly to be the effect, not the cause, of the disease. Further, though there be certain acrids which, taken into the body, seem to excite the gout, (503.) it is probable that these acrids operate otherwise in exciting the disease, than by affording the material cause of it. In general, therefore, there is no proof of any morbid matter being the cause of the gout.

Secondly, The suppositions concerning the particular nature of the matter producing the gout, have been so va-

rious and so contradictory to each other, as to allow us to conclude, that there is truly no proof of the existence of any of them. With respect to many of these suppositions, they are so inconsistent with chemical philosophy, and with the laws of the animal economy, that they must be entirely rejected.

Thirdly, The supposition of a morbid matter being the cause of the gout, is not consistent with the phenomena of the disease, particularly with its frequent and sudden translations from one part to another.

Fourthly, The supposition is further rendered improbable by this, that, if a morbid matter did exist, its operation should be similar in the several parts which it attacks; whereas it seems to be very different, being stimulant, and exciting inflammation in the joints, but sedative and destroying the tone in the stomach: Which, upon the supposition of particular matter acting in both cases, is not to be explained by any difference in the part affected.

Fifthly, Some facts, alledged in proof of a morbid matter, are not sufficiently confirmed, such as those which would prove the disease to be contagious. There is, however, no proper evidence of this, the facts given being not only few, but exceptionable; and the negative observations are innumerable.

Sixthly, Some arguments brought in favor of a morbid matter, are founded upon a mistaken explanation. The disease has been supposed to depend upon a morbid matter because it is hereditary: But the inference is not just; for most hereditary diseases do not depend upon any morbid matter, but upon a particular conformation of the structure of the body, transmitted from the parent to the offspring; and this last appears to be particularly the case in the gout. It may be also observed, that hereditary diseases, depending upon a morbid matter, always appear much more early in life than the gout commonly does.

Seventhly, The supposition of a morbid matter being the cause of the gout, has been hitherto useless, as it has not suggested any successful method of cure. Particular suppositions have often corrupted the practice and have frequently led from those views which might be useful, and from that practice which experience had approved. Further, though the supposition of a morbid matter has

been generally received, it has been as generally neglected in practice. When the gout has affected the stomach, nobody thinks of correcting the matter supposed to be present there, but merely of restoring the tone of the moving fibres.

Eighthly, The supposition of a morbid matter is quite superfluous; for it explains nothing, without supposing that matter to produce a change in the state of the moving powers; and a change in the state of the moving powers, produced by other causes, explains every circumstance, without the supposition of a morbid matter; and, to this purpose, it may be observed, that many of the causes (503.) exciting the gout, do not operate upon the state of the fluids, but directly and solely upon that of the moving powers.

Lastly, The supposition of a morbid matter is also superfluous; because, without any such supposition, I think the disease can be explained in a manner more consistent with its phenomena, with the laws of the animal economy, and with the method of cure which experience has approved.

I now proceed to give this explanation; but, before entering upon it, I must premise some general observations.

529.] The first observation is, that the gout is a disease of the whole system, or depends upon a certain general conformation and state of the body, which manifestly appears from the facts mentioned from (493. to 496.) But the general state of the system depends chiefly upon the state of its primary moving powers; and therefore the gout may be supposed to be chiefly an affection of these.

530.] My second observation is, that the gout is manifestly an affection of the nervous system;\* in which the primary moving powers of the whole system are lodged. The occasional or exciting causes (503.) are almost all such as act directly upon the nerves and nervous system; and the greater part of the symptoms of the atonic or retrocedent gout are manifestly affections of the same system (519. and 521.) This leads us to seek for an explanation of the whole of the disease in the laws of the nervous system, and particularly the changes which may happen in the balance of its several parts.

\* Boerhaave after describing the disease, says, Aphorism, 1262. "From all which it appears, that the proximate cause of the gout is a vitiated state of the most minute, and consequently nervous vessels of the body; and also of that fluid which flows through the nerves."

531.] My third observation is, that the stomach, which has so universal a consent with the rest of the system, is the internal part that is the most frequently, and often very considerably affected by the gout. The paroxysms of the disease are commonly preceded by an affection of the stomach; (506.) many of the exciting causes (503.) act first upon the stomach; and the symptoms of the atonic and retrocedent gout (519. 521.) are most commonly and chiefly affections of the same organ. This observation leads us to remark, that there is a balance subsisting between the state of the internal and that of the external parts; and, in particular, that the state of the stomach is connected with that of the external parts; (44.) so that the state of tone in the one may be communicated to the other.

532.] These observations being premised, I shall now offer the following pathology of the gout.

In some persons there is a certain vigorous and plethoric state of the system (495.) which, at a certain period of life, is liable to a loss of tone in the extremities. (498. 505.) This is in some measure communicated to the whole system, but appears more especially in the functions of the stomach (506.) When this loss of tone occurs while the energy of the brain still retains its vigor, the *vis medicatrix naturæ* is excited to restore the tone of the parts; and accomplishes it by exciting an inflammatory affection in some part of the extremities. When this has subsisted for some days, the tone of the extremities, and of the whole system, are restored, and the patient returns to his ordinary state of health. (510.)

533.] This is the course of things, in the ordinary form of the disease, which we name the *regular* gout; but there are circumstances of the body, in which this course is interrupted or varied. Thus when the atony (505. 506.) has taken place, if the reaction (508.) do not succeed, the atony continues in the stomach, or perhaps in other internal parts, and produces that state which we have, for reasons now obvious, named the *atonic* gout.

534.] A second case of variation in the course of the gout is, when, to the atony, the reaction and inflammation have to a certain degree succeeded; but, from causes either internal or external, the tone of the extremities, and perhaps of the whole system, is weakened; so that the inflammatory state, before it had either proceeded to the degree, or continued for the time, requisite for restoring the tone

of the system, suddenly and entirely ceases. Hence the stomach, and other internal parts, relapse into the state of atony; and perhaps have this increased by the atony communicated from the extremities: All which appears in what we have termed the *retrocedent* gout.

535.] A third case of variation from the ordinary course of the gout, is, when, to the atony usually preceding, an inflammatory reaction fully succeeds; but has its usual determination to the joints by some circumstances prevented; and is therefore directed to an internal part, where it produces an inflammatory affection, and that state of things which we have named the *misplaced* gout.

536.] We have thus offered an explanation of the circumstances of the system in the several states of the gout; and this explanation we suppose to be consistent with the phenomena of the disease, and with the laws of the animal economy. There are indeed, with respect to the theory of the disease, several questions which might be put, to which we have not given any answer. But, though perhaps we could give an answer to many of these questions, it does not here appear necessary; as at present we intend only to establish such general facts with regard to this disease, as may lay a foundation for the cure of it, so far as experience has enabled us to prosecute it. Proceeding, therefore, upon the several parts of the pathology given, as so many matters of fact, I shall now consider what may be attempted towards the cure of the disease.

537.] In entering upon this, I must observe, in the first place, that a cure has been commonly thought impossible; and we acknowledge it to be very probable, that the gout, as a disease of the whole habit, and very often depending upon original conformation, cannot be cured by medicines, the effects of which are always very transitory, and seldom extend to the producing any considerable change of the whole habit.

538.] It would perhaps have been happy for gouty persons, if this opinion had been implicitly received by them; as it would have prevented their having been so often the dupes of self-interested pretenders, who have either amused them with inert medicines, or have rashly employed those of the most pernicious tendency. I am much disposed to believe the impossibility of a cure of the gout by medicines; and more certainly still incline to think, that whatever may be the possible power of medicines, yet no medicine for cur-

ing the gout has hitherto been found. Although almost every age has presented a new remedy, yet all hitherto offered have very soon been either neglected as useless, or condemned as pernicious.

539.] Though unwilling to admit the power of medicines, yet I contend that a great deal can be done towards the cure of the gout by a regimen: And from what has been observed (497.) I am firmly persuaded, that any man who, early in life, will enter upon the constant practice of bodily labor, and of abstinence from animal food, will be preserved entirely from the disease.

Whether there be any other means of radically curing the gout I am not ready to determine. There are histories of cases of the gout, in which it is said, that by great emotions of mind, by wounds, and by other accidents, the symptoms have been suddenly relieved, and never again returned; but how far these accidental cures might be imitated by art, or would succeed in other cases, is at least extremely uncertain.

540.] The practices proper and necessary in the treatment of the gout, are to be considered under two heads; *first*, As they are to be employed in the intervals of paroxysms; or, *secondly*, As during the time of these.

541.] In the intervals of paroxysms, the indications are, to prevent the return of paroxysms, or at least to render them less frequent, and more moderate. During the time of paroxysms, the indications are, to moderate the violence, and shorten the duration of them as much as can be done with safety.

542.] It has been already observed, that the gout may be entirely prevented by constant bodily exercise, and by a low diet; and I am of opinion, that this prevention may take place even in persons who have a hereditary disposition to the disease. I must add here, that, even when the disposition has discovered itself by several paroxysms of inflammatory gout, I am persuaded that labor and abstinence will absolutely prevent any returns of it for the rest of life.\* These, therefore, are the means of answering the first indication to be pursued in the intervals of paroxysms; and

\* Several cases are to be met with in practical authors, which confirm this observation. Van Swieten relates the case of a priest, who enjoyed a rich living, and had long been an old constant sufferer in the gout; but happening at last to be taken by the pirates of Barbary, was detained there in a state of slavery for the space of two years, and kept constantly at work in the galleys, with only a very spare diet. The regimen he there underwent had this good effect, that after he was ransomed from his captivity, having lost his troublesome and monstrous fatness, he never once had a fit of the gout, though he lived several years after the event happened.

I must here offer some remarks upon the proper use of these remedies.

543.] Exercise, in persons disposed to the gout, is directed to two purposes : One of these is the strenghtening of the tone of the extreme vessels ; and the other, the guarding against a plethoric state. For the former, if exercise be employed early in life, and before intemperance has weakened the body, a very moderate degree of it will answer the purpose ; and for the latter, if abstinence be at the same time observed, little exercise will be necessary.

544.] With respect to exercise, this in general is to be observed, that it should never be violent ; for if violent, it cannot be long continued, and must always endanger the bringing on an atony in proportion to the violence of the preceding exercise.

545.] It is also to be observed, that the exercise of gestation though considerable and constant, if it be entirely without bodily exercise, will not answer the purpose in preventing the gout. For this end, therefore, the exercise must be in some measure, that of the body, and must be moderate, but at the same time constant and continued through life.

546.] In every case and circumstance of the gout in which the patient retains the use of his limbs, bodily exercise, in the intervals of paroxysms, will always be useful ; and, in the beginning of the disease, when the disposition to it is not yet strong, exercise may prevent a paroxysm which otherwise might have come on. In more advanced states of the disease, however, when there is some disposition to a paroxysm, much walking will bring it on ; either as it weakens the tone of the lower extremities, or as it excites an inflammatory disposition in them ; and it is probable, that in the same manner strains or contusions often bring on a paroxysm of the gout.

547.] Abstinence, the other part of our regimen (539.) for preventing the gout, is of more difficult application. If an abstinence from animal food be entered upon early in life, while the vigor of the system is yet entire, we have no doubt of its being both safe and effectual ; but if the motive for this diet shall not have occurred till the constitution shall have been broken by intemperance, or by the decline of life, a low diet may then endanger the bringing on an atonic state.

548.] Further, if a low diet be entered upon only in the

decline of life, and be at the same time a very great change in the former manner of living, the withdrawing of an accustomed stimulus of the system may readily throw this into an atonic state.\*

549.] The safety of an abstemious course may be greater or less according to the management of it. It is animal food which especially disposes to the plethoric and inflammatory state, and that food is to be therefore especially avoided; but, on the other hand, it is vegetable aliment of the lowest quality that is in danger of weakening the system too much, by not affording sufficient nourishment; and more particularly of weakening the tone of the stomach by its acescency. It is therefore a diet of a middle nature that is to be chosen; and milk is precisely of this kind, as containing both animal and vegetable matter.

As approaching to the nature of milk, and as being a vegetable matter containing the greatest portion of nourishment, the farinaceous seeds are next to be chosen, and are the food most proper to be joined with milk.

550.] With respect to drink, fermented liquors are useful only when they are joined with animal food, and that by their acescency; and their stimulus is only necessary from custom. When, therefore, animal food is to be avoided, fermented liquors are unnecessary; and, by increasing the acescency of vegetables, these liquors may be hurtful. The stimulus of fermented or spirituous liquors, is not necessary to the young and vigorous; and, when much employed, impairs the tone of the system. These liquors, therefore, are to be avoided, except so far as custom and the declining state of the system may have rendered them necessary. For preventing or moderating the regular gout, water is the only proper drink.

551.] With respect to an abstemious course, it has been supposed that an abstinence from animal food and fermented liquors, or the living upon milk and farinacea alone for the space of one year might be sufficient for a radical cure of the gout; and it is possible that, at a certain period of life, in certain circumstances of the constitution, such a measure might answer the purpose. But this is very doubtful; and it is more probable that the abstinence must, in a great measure, be continued, and the milk diet be persisted in, for the rest of life. It is well known, that several per-

\* A sudden change from a full to a spare diet was justly enumerated among the occasional causes of the gout in article 503.

sons who had entered on an abstemious course, and had been thereby delivered from the gout, have, however, upon returning to their former manner of full living, had the disease return upon them with as much violence as before, or in a more irregular and more dangerous form.

552.] It has been alledged, that, for preventing the return of the gout, blood-letting, or scarifications of the feet, frequently repeated, and at stated times, may be practised with advantage; but of this I have had no experience.

553.] Exercise and abstinence are the means of avoiding the plethoric state which gives the disposition to the gout; and are therefore the means proposed for preventing paroxysms, or at least for rendering them less frequent, and more moderate. But many circumstances prevent the steadiness necessary in pursuing these measures; and therefore, in such cases, unless great care be taken to avoid the exciting causes, the disease may frequently return; and in many cases, the preventing of paroxysms is chiefly to be obtained by avoiding those exciting causes enumerated in (503.) The conduct necessary for avoiding them, will be sufficiently obvious to persons acquainted with the doctrines of the Hygieine, which I suppose to have been delivered in another place.

554.] A due attention in avoiding those several causes (502. 503.) will certainly prevent fits of the gout; and the taking care that the exciting causes be never applied in a great degree, will certainly render fits more moderate when they do come on. But, upon the whole, it will appear, that a strict attention to the whole conduct of life, is in this matter necessary;\* and therefore, when the predisposition has taken place, it will be extremely difficult to avoid the disease.

555.] I am indeed firmly persuaded, that, by obviating the predisposition, and by avoiding the exciting causes, the gout may be entirely prevented: But as the measures necessary for this purpose, will in most cases, be pursued

\* The physician has more difficulty in persuading his patients to a proper regimen in the gout than in any other disease; and if he would gain reputation, he ought to pay peculiar attention to this part of practice, and use his utmost art in convincing his patient of the necessity of an abstemious diet, and a regular conduct.

Gouty patients are generally the genuine offspring of jolly Bacchus, and prefer the transient indulgence of their jovial inclinations to the ransom of whole years of torment at the easy price of a life of sobriety and temperance, until the invincible Queen of tortures, as Lucian calls her, fully convinces them of their errors. They are then anxious for medical advice, and after consulting the physician, they are willing implicitly to obey his strictest injunctions. They seldom, however, then find much relief; and remain living proofs of the truth of the adage:

—sero medicina paratur,  
Cum mala per longas invaluere moras.

with difficulty, and even with reluctance, men have been very desirous to find a medicine which might answer the purpose without any restraint on their manner of living. To gratify this desire, physicians have proposed, and, to take advantage of it, empirics have feigned, many remedies, as we have already observed. Of what nature several of these remedies have been, I cannot certainly say; but, of those which are unknown, we conclude, from their having been only of temporary fame, and from their having soon fallen into neglect, that they have been either inert or pernicious, and therefore I make no inquiry after them; and shall now remark only upon one or two known remedies for the gout, which have been lately in vogue.

556.] One of these is what has been named in England the Portland Powder.\* This is not a new medicine, but is mentioned by GALEN, and, with some little variation in its composition, has been mentioned by the writers of almost every age since that time. It appears to have been at times in fashion, and to have again fallen into neglect; and I think that this last has been owing to its having been found to be, in many instances, pernicious. In every instance which I have known of its exhibition for the length of time prescribed, the persons who had taken it were in-

\* This medicine was so called from one of the Dukes of Portland being cured by it of an hereditary and inveterate gout. It consists of equal parts of the following bitter aromatics, viz. Rad. aristolochiæ rotundæ, Rad. gentianæ, Summitat. chamedryos, Summitat. chamæpityos, Summitat. centaur. min. A drachm of this powder is ordered to be taken, in any convenient vehicle, as a little wine, broth, tea, &c. in a morning, fasting, the patient tasting nothing for an hour and an half after it; it must be used in this dose for three months without the least interruption: Forty-five grains are to be taken daily in the same manner, for the succeeding three months: half a drachm every day, for the next six months; and half a drachm every other day, during the second year. It is sometimes two years complete before any change be produced, but the patient must not therefore abandon the medicine, but continue its use.

These aromatic bitters have been long in use as remedies for the gout. We find Galen prescribing in this disease, the seeds and tops of wild rue, birth-wort, lesser centaury, gentian, &c. either singly, or mixed in certain proportions. Trallian describes similar antidotes, which he says, must be continued for a great length of time, viz. six or seven months, or even for a year and upwards. The tetra-pharmacon of Aetius, composed of gentian, birth-wort, bay-berries, and myrrh, is a similar remedy, and is also directed to be used for a great length of time. Cælius Aurelianus likewise mentions the bitters to be long used in the gout, and he gives them the opposite epithet of *annalia*. The Diatesseron, which has not been long thrown out of our shops, and is still retained in some of the foreign pharmacopœias, is of the same kind.

The use of these medicines has doubtless in many cases completely cured the gout; but in many cases, even in those that have been cured, fatal diseases have supervened. The ancients were well aware of the danger of an indiscriminate use of these medicines: "Many," says Galen, "of a moderate and slender habit of body, have lost their life by the use of drinks composed of these kinds of remedies, their blood being dried up. The numerous arthritic cases cured by these medicines, encouraged gouty people to have recourse to them indiscriminately, and without reflecting that those, who had been cured by them, were of a humid and phlegmatic habit, to whom medicines of this sort might be administered with safety." *Aegineta* has a similar passage. "Those," says he, "who endeavor to remove the disease entirely by medicines, to be used through the whole year, will doubtless do service to such patients as are infested with pituitous and excrementitious humors in their joints, but they will hasten an untimely death in persons of a dry and hot habit of body, by forcibly driving the morbid matter on the intestines, kidneys, lungs, or some other of the principal bowels."

The ancients, then, were aware of the danger attending the promiscuous use of these remedies; and the moderns are still more convinced of that danger: hence these aromatic bitters are entirely laid aside, and in their place the Peruvian bark is the only tonic now used in these cases.

deed afterwards free from any inflammatory affection of the joints; but they were affected with many symptoms of the atonic gout; and all, soon after finishing their course of the medicine, have been attacked with apoplexy, asthma, or dropsy, which proved fatal.

557.] Another remedy which has had the appearance of preventing the gout, is an alkali in various forms, such as the fixed alkali both mild and caustic, lime water, soap, and absorbent earths. Since it became common to exhibit these medicines in nephritic and calculous cases, it has often happened that they were given to those who were at the same time subject to the gout; and it has been observed, that under the use of these medicines, gouty persons have been longer free from the fits of their disease.\* That, however the use of these medicines has entirely prevented the returns of gout, I do not know; because I never pushed the use of those medicines for a long time, being apprehensive that the long continued use of them might produce a hurtful change in the state of the fluids.

558.] With respect to preventing the gout, I have only one other remark to offer. As the preventing the gout depends very much on supporting the tone of the stomach, and avoiding indigestion; so costiveness, by occasioning this is very hurtful to gouty persons. It is therefore necessary for such persons to prevent or remove costiveness, and by a laxative medicine, when needful; but it is at the

\* Some remarkable cases have lately occurred in this city of the efficacy of aerated alkaline water, in preventing the returns of the paroxysms of the gout. It requires to be taken for a great length of time, to insure success; but the patient is encouraged to persevere in its use, in consequence of a speedy removal of some of the most troublesome symptoms.

The method of making it is described by several authors; but, for the sake of those readers who are unacquainted with the process, I shall give an abstract of it.

Dissolve three ounces, Troy weight, of good salt of Tartar in a gallon and a half of rain water, or good soft spring water; filtre the solution, and put as much of it into the middle glass of Parker's machine as will completely fill the vessel, reserving the remainder for a subsequent making. The effervescing materials must then be put into the lower vessel, and a gentle stream of fixed air must be made to pass through the liquor, till it tastes evidently acidulous, which will probably require forty-eight or sixty hours, or in summer more.

The method of managing the effervescence is of considerable consequence; for, if it is too violent at first, much air escapes through the vessels without effect. Ascertain, by previous experiment, how much of the vitriolic acid, which you have procured, for it is of very different strengths in the shops, will saturate a drachm of the chalk. Put four ounces of dry powdered chalk into the lower vessel, and shake it to one side: under that side put a wedge, so as to raise it about an inch and an half from the table. With a long funnel, which reaches to the bottom of the vessel, pour in the quantity of vitriolic acid necessary for the saturation, which will run down to the other side of the vessel, and not come into contact with the chalk: through the same funnel, pour very slowly as much water as will be sufficient to cover about a fourth part of the chalk as it then lies. The vessel being gently shaken occasionally, the effervescence will go on very slowly, and the alkaline liquor will be sooner and more effectually saturated, than if the effervescence had been too violent. If the materials are not sufficient for giving an acidulous taste to the liquor, the lower vessel must be washed, and fresh chalk and acid again put into it.

The dose of this water is half a pint about noon, and another in the evening. In urgent cases half a pint has been given morning, noon, and night, for a considerable time together, without disagreeing with the stomach, or injuring the appetite or general health of the patient. If it proves flatulent, a tea-spoonful or two, but not more, of spirituous cinnamon water may be taken in each dose. If it inflames, or too violently irritates the urinary passages, five or ten, or in urgent cases, twenty drops of laudanum, may be taken with each dose of the water.

same time proper, that the medicine employed should be such as may keep the belly regular, without much purging. Aloetics, rhubarb, magnesia alba, or flowers of sulphur, may be employed, as the one or the other may happen to be best suited to particular persons.\*

559.] These are the several measures (from 541. to 558.) to be pursued in the intervals of the paroxysms; and we are next to mention the measures proper during the time of them.

560.] As during the times of paroxysms the body is in a feverish state, no irritation should then be added to it; and every part, therefore, of the antiphlogistic regimen, (130. to 133.) except the application of cold, ought to be strictly observed.

Another exception to the general rule may occur when the tone of the stomach is weak, and when the patient has been before much accustomed to the use of strong drink; for it then may be allowable, and even necessary, to give some animal food, and a little wine.†

\* The following formula may be used in particular cases:

- Rx. Aloes Socotorin. ℥ii.  
 Gum. Guaiac. ℥iii.  
 Tinct. Sacræ, q. s.  
*M. f. massa, in pilulas equales xv. dividenda; quarum sumat iii. vel. iv. pro re nata.*
- Rx. Pulv. Rad. Rhei, ℥iii.  
 Magnes. alb. ℥℥.  
 Gum. Guaiac. ℥ii.  
 Confect. Aromat. ℥ii.  
 Syrup. comm. q. s.  
*M. f. Elect. cujus sumat magnitudinem juglandis mane et vespere, vel pro re nata.*

This last medicine has been extremely beneficial in removing costiveness, and in giving a tone to the stomach.

An ounce, or an ounce and a half, or two ounces of the tinctura sacra, is also a good purge for gouty persons.

The Elixir Sennæ is likewise a good medicine where we cannot use aloetic purges, as in cases of piles: in these cases also we may use sulphur; of which the following form is very convenient.

- Rx. Flor. Sulphuris, ℥ii.  
 Elect. Lenitivi, ℥ii.  
 Pulv. Rad. Jalap. ℥ii.  
 Zinzib. ℥ii.  
 Syr. Simpl. q. s.  
*M. f. Elect. cujus sumat quantitatem juglandis pro re nata.*

† The wine in these cases should be of the best kind, and such as are not apt to turn sour on the stomach. The dry wines, as Sherry and Madeira are most proper, while both the rich sweet wines and the austere thin acid wines are equally improper.

561.] That no irritation is to be added to the system during the paroxysms of gout, except in the cases mentioned, is entirely agreed upon among physicians : But it is a more difficult matter to determine whether, during the time of paroxysms, any measure may be pursued to moderate the violence of reaction and of inflammation. Dr. Sydenham has given it as his opinion, that the more violent the inflammation and pain, the paroxysms will be the shorter, as well as the interval between the present and next paroxysm longer ; and, if this opinion be admitted as just, it will forbid the use of any remedies which might moderate the inflammation ; which is, to a certain degree, undoubtedly necessary for the health of the body. On the other hand, acute pain presses for relief ; and, although a certain degree of inflammation may seem absolutely necessary, it is not certain but that a moderate degree of it may answer the purpose : And it is even probable, that, in many cases, the violence of inflammation may weaken the tone of the parts, and thereby invite a return of paroxysms. It seems to me to be in this way, that, as the disease advances, the paroxysms become more frequent.

562. From these last considerations, it seems probable, that, during the time of paroxysms, some measures may be taken to moderate the violence of the inflammation and pain ; and particularly, that in first paroxysms, and in the young and vigorous, blood-letting at the arm may be practised with advantage. But I am persuaded, that this practice cannot be repeated often with safety ; because blood-letting not only weakens the tone of the system, but may also contribute to produce plethora. I believe, however, that bleeding by leeches on the foot, and upon the inflamed part, may be practised, and repeated with greater safety ; and I have known instances of its having been practised with safety, to moderate and shorten paroxysms ; but how far it may be carried, we have not had experience enough to determine.

563.] Besides blood-letting, and the antiphlogistic regimen, it has been proposed to employ remedies for moderating the inflammatory spasm of the part affected, such as warm bathing and emollient poultices. These have sometimes been employed with advantage and safety ; but at other times, have been found to give occasion to a retrocession of the gout.\*

\* On this account these topical remedies ought to be used with great caution : the tempo-

564.] Blistering is a very effectual means of relieving and discussing a paroxysm of the gout; but has also frequently had the effect of rendering it retrocedent.†

565.] The stinging with nettles I consider as analogous to blistering; and I think it probable that it would be attended with the same danger.

566.] The burning with moxa,‡ or other substances, I consider as a remedy of the same kind. I have had indeed no evidence of this proving hurtful; but neither have I had any proper evidence of its having proved a radical cure.

567.] Camphire, and some aromatic oils, have the power of allaying the pain, and of removing the inflammation from the part affected; but these remedies commonly make the inflammation only shift from one part to another, and therefore with the hazard of its falling upon a part where it may be more dangerous: and they have sometimes rendered the gout retrocedent.

568.] From these reflections (563, et seq.) it will appear, that some danger must attend every external application to the parts affected during a paroxysm; and that therefore the common practice of committing the person to patience and flannel alone, is established upon the best foundation.

569.] Opiates give the most certain relief from pain; but, when given in the beginning of gouty paroxysms, occasion these to return with greater violence. When, however, the paroxysms shall have abated in their violence, but still continue to return, so as to occasion painful and restless nights, opiates may be then given with safety and advantage, especially in the case of persons

zary relief which they afford, by procuring an intermission of the pain, is agreeable to the patient, but it is frequently the occasion of an exacerbation of all the symptoms.

† This is a very dangerous practice. Blisters are however extremely useful, in bringing back the retrocedent gout to the part originally affected; but, the violent degree of pain that accompanies the gout, when brought to a part already irritated by the blisters, frequently prevents a patient who has once suffered it, from allowing it a second time. It is, however, so important and necessary a practice, that it ought not to be omitted. As soon as the gout has been brought back to its original place, the blisters must be immediately removed, a piece of soft linen dipped in fresh oil, applied to the part, and the whole well wrapt up in soft flannel: a moderate degree of heat must be preserved in the flannel, and the patient must be encouraged to bear with patience the violent pain which he suffers.

‡ Moxa is a soft lanuginous substance prepared in Japan, from the young leaves of a species of *Artemisia*, by beating them when thoroughly dried, and rubbing them between the fingers till nothing but the finest fibres remain.

A little cone of this cottony substance is laid upon the skin, which is previously moistened to prevent the cone from sliding off: Fire is set to the apex of the cone, and it is suffered to burn till it extinguishes itself. A small eschar is produced and the ulcer either healed or kept open as occasion requires.

Cotton impregnated with a small quantity of a solution of nitre, and afterwards dried, answers the end as effectually as the Japanese moxa.

advanced in life, and who have been often affected with the disease.\*

570.] When, after paroxysms have ceased, some swelling and stiffness shall remain in the joints, these symptoms are to be discussed by the diligent use of the flesh-brush.

571.] Purgings, immediately after a paroxysm, will be always employed with the hazard of bringing it on again.

572.] I have now finished what has occurred to be said upon the means of preventing and curing the regular gout; and shall now consider its management when it has become irregular; of which, as I have observed above, there are three different cases.

573.] In the first case, which I have named the Atonic Gout, the cure is to be accomplished by carefully avoiding all debilitating causes; and by employing, at the same time, the means of strengthening the system in general, and the stomach in particular.

574.] For the avoiding debilitating causes, I must refer to the doctrines of the Hygiene, as in 553.

575.] For strengthening the system in general, I must recommend frequent exercise on horseback, and moderate walking. Cold bathing also may answer the purpose, and may be safely employed, if it appear to be powerful in stimulating the system, and be not applied when the extremities are threatened with any pain.†

For supporting the tone of the system in general, when threatened with atonic gout, some animal food‡ ought to be employed, and the more acescent vegetables ought to be avoided. In the same case, some wine§ also may be necessary; but it should be in moderate quantity, and of the least acescent kinds; and, if every kind of wine shall be found to increase the acidity of the stomach, ardent spirits and water must be employed.||

\* The best form for exhibiting opium in these cases, is the Confectio Opiata of the London Pharmacopœia, or the Electarium Thebaicum of the Edinburgh. The dose of the former is half a drachm, but of the latter a drachm and an half.

† As opiates ought never to be administered where the inflammation is violent, but only in such cases as are attended with little or no inflammation, these warm opiates cannot be improper. If however the practitioner should think either of the above formulæ too hot, he can have recourse to the Tinctura Thebaica.

‡ Cold bathing is a doubtful remedy, and ought to be used with caution. If it does not prove a tonic, it ought to be abandoned; and we know by experience that it frequently debilitates.

§ The use of animal food is absolutely necessary, and such ought to be chosen as is most nutritive. Beef or mutton have been with propriety preferred to all other animal food, and some eminent practitioners have recommended steaks to every other mode of dressing beef and mutton. Stews, hashes, pyes, and all high seasoned dishes, ought to be avoided.

¶ The wine which a gouty person uses, ought to be generous and good, as Madeira, Sherry, &c. the thin acescent wines, as hock, claret, &c. always do mischief.

|| In order the more effectually to guard against acescency, the spirits and water ought, if possible, to be taken without sugar, and cold. No drink is perhaps more prejudicial for gouty

576.] For strengthening the stomach, bitters and the Peruvian bark may be employed ; but care must be taken that they be not constantly employed for any great length of time. Compare 556.

The most effectual medicine for strengthening the stomach is iron, which may be employed under various preparations ; but, to me, the best appears to be the rust in fine powder, which may be given in very large doses.\*

For supporting the tone of the stomach, aromatics may be employed ; but should be used with caution, as the frequent and large use of them may have an opposite effect ; and they should therefore be given only in compliance with former habits, or for palliating present symptoms.

When the stomach happens to be liable to indigestion, gentle vomits may be frequently given ; and proper laxatives† should be always employed to obviate, or to remove costiveness.

577.] In the atonic gout, or in persons liable to it, to guard against cold is especially necessary ; and the most certain means of doing this is, by repairing to a warm climate during the winter season.

578.] In the more violent cases of the atonic gout, blistering the lower extremities may be useful ; but that remedy should be avoided when any pain threatens the extremities. In persons liable to the atonic gout, issues may be established in the extremities, as, in some measure, a supplement to the disease.

579.] A second case of the irregular gout, is that which I have named the Retrocedent. When this affects the stomach and intestines, relief is to be instantly attempted by the free use of strong wines, joined with aromatics, and given warm ; or if these shall not prove powerful enough, ardent spirits must be employed, and are to be given in a large dose. In moderate attacks, ardent spirits impreg-

patients, than what is called rich punch, viz. with a large quantity of sugar and lemon, especially when taken warm.

\* The dose must be very small at first, not exceeding four or five grains in the day ; the doses may be daily increased two grains, till we arrive at ten or twelve, and after two or three days, ten grains may be given twice a day. Aromatics always make it sit easier on the stomach than it would do if taken alone ; the most convenient form therefore is the following :

R. Rubig. Martis, gr. 10.

Confect. Card. ʒʒ.

Syr. Croci, q. s.

M. f. bolus.

After the patient has taken two of these boluses for three or four days, he may proceed to take three of them ; and after a few more days, if the stomach is not disordered, each bolus may be daily increased till we arrive at 24, or even 30 grains, thrice a day.

† The proper laxatives for gouty constitutions, are mentioned in a note on article 558.

nated with garlic, or with asafœtida, may be employed ; or, even without the ardent spirits a solution of asafœtida with the volatile alkali may answer the purpose. Opiates are often an effectual remedy, and may be joined with aromatics, as in the Electuarium Thebaicum;\* or they may be usefully joined with volatile alkali and camphire.† Musk has likewise proved useful in this disease.

When the affection of the stomach is accompanied with vomiting, this may be encouraged, by taking draughts of warm wine, at first with water, and afterwards without it ; having at length recourse if necessary, to some of the remedies above mentioned, and particularly the opiates.

In like manner, if the intestines be affected with diarrhœa, this is to be at first encouraged, by taking plentifully of weak broth ; and when this shall have been done sufficiently, the tumult is to be quieted by opiates.

580.] When the retrocedent gout shall affect the lungs, and produce asthma, this is to be cured by opiates, by antispasmodics,‡ and, perhaps, by blistering on the breast or back.

581.] When the gout, leaving the extremities, shall affect the head, and produce pain, vertigo, apoplexy, or palsy, our resources are very precarious. The most probable means of relief is, blistering the head : and if the gout shall have receded entirely from the extremities, blisters may be applied to these also. Together with these

\* The following form is extremely efficacious, and at the same time pleasant to the taste ; it may be repeated three or four times, if the first does not procure relief.

R. Elect. Thebaic. ʒi.  
Aq. Cinnamom. spirituosæ, ʒi. ℥s.  
Syr. Croci, ʒii.  
M. f. haust.

† The best way of giving these medicines is in the following form :

R. Opii purificati, gr. i.  
Camphor. gr. xii.  
Spt. Vini, q. s.  
Confect. Cardiac. ʒii.  
M. f. bolus.

Or the camphor may be made into a bolus with a drachm of the Elect. Thebaic. and forty drops of the Spiritus Aromaticus, in a glass of strong wine, as Madeira or Sherry, may be drank after it.

‡ The Spiritus Ethereus Vitriolicus is a medicine used with much success in these cases. The dose of it is from twenty to thirty drops in a glass of wine. The ethereal spirit is so very volatile, that it will wholly evaporate, if it be suffered to stand in the wine for a few minutes ; it must therefore be drank speedily : and the dose may be repeated every two hours, in cases of emergency. In most cases laudanum will answer every purpose. Ammoniacum has been much recommended, and its powers in cases of gouty asthma have frequently been very conspicuous : It may be given independently of the opiates. Two drachms of it may be made into an emulsion with six ounces of water : and a couple of table-spoonfulls of this emulsion may be given every two or three hours.

blisters, aromatics, and the volatile alkali, may be thrown into the stomach.\*

582.] The third case of the irregular gout is what I have named the Misplaced; that is, when the inflammatory affection of the gout, instead of falling upon the extremities, falls upon some internal part. In this case, the disease is to be treated by blood-letting, and by such other remedies as would be proper in an idiopathic inflammation of the same parts.

583.] Whether the translation so frequently made from the extremities to the kidneys, is to be considered as an instance of the misplaced gout, seems, as we have said before, uncertain; but I am disposed to think it something different; and therefore am of opinion, that, in the Nephralgia Calculosa produced upon this occasion, the remedies of inflammation are to be employed no farther than they may be otherwise sometimes necessary in that disease, arising from other causes than the gout.

\* Little relief has ever been obtained in these cases from internal remedies. Large doses of the Spiritus Aromaticus have been thought serviceable, but the chief dependence is on the effect of blisters on the extremities, especially the feet, with warm fomentations to the legs, and rubbing the legs with a flesh brush, impregnated with plenty of dry flour of mustard.

## BOOK III.

### OF EXANTHEMATA, OR ERUPTIVE FEVERS.

584.] **T**HE diseases comprehended under this title, which make the third Order of Pyrexia in our Nosology, are in general such as do not arise but upon occasion of a specific contagion applied, which first produces fever, and afterwards an eruption upon the surface of the body; and which diseases, for the most part affect persons but once in the course of their lives.

585.] Whether the character of the Order may be thus limited, or if the Order may be allowed to comprehend also the eruptive fevers produced by a matter generated in the body itself, and likewise those cases of eruption which do not depend upon contagion, or upon a matter generat-

ed before the fever, but upon a matter generated in the course of the fever, I am not ready to determine. Of the diseases enumerated by the Nosologists as *Exanthemata*, there are certainly three different kinds, which may be distinguished by the circumstances mentioned in this and the preceding paragraph. Of the first kind are the Small Pox, the Chicken Pox, the Measles, the Scarlet Fever, and the Plague. Of the second kind seems to be the Erysipelas; and of the third kind I judge the Miliaria and Petechia to be. But as I am not sufficiently confident in the facts which should support these distinctions, or which would enable us to apply them in all cases; I go on in this book to treat of almost all the exanthemata enumerated by preceding Nosologists, with only some difference in the arrangement from what it was in my former editions.

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## CHAPTER I.

### OF THE SMALL POX.

586.] **T**HE small pox is a disease arising from a contagion of a specific nature, which first produces a fever; and on the third or fourth day thereof, produces an eruption of small red pimples. These are afterwards formed into pustules, containing a matter, which, in the course of eight days from the time of the eruption, is changed into pus. After this, the matter dries, and falls off in crusts.

587.] This is a general idea of the disease; but there are two particular forms or varieties of it, well known under the appellations of the *Distinct* and *Confluent*, which require to be specially described.

588.] In the former, or the distinct small pox, the eruptive fever is moderate, and appears to be evidently of the inflammatory kind, or what we name a Synocha. It generally comes on about mid-day, with some symptoms of a cold stage, and commonly with a considerable languor and drowsiness. A hot stage is soon formed, and becomes more considerable on the second and third days. During this course, children are liable to frequent startings from their slumbers; and adults, if they are kept a-bed, are disposed to much sweating. On the third day, children

are sometimes affected with one or two epileptic fits. Towards the end of the third day, the eruption commonly appears, and gradually increases during the fourth; appearing first upon the face, and successively on the inferior parts, so as to be completed over the whole body on the fifth day.

From the third day the fever abates; and against the fifth it entirely ceases. The eruption appears first in small red spots, hardly eminent, but by degrees rising into pimples. These are generally upon the face in small number; but even when more numerous, they are separate and distinct from one another. On the fifth or sixth day, a small vesicle, containing an almost colorless or whey colored fluid, appears upon the top of each pimple. For two days, these vesicles increase in breadth only, and there is a small hollow pit in their middle; so that it is only against the eighth day that they are raised into spheroidal pustules.

These vesicles or pustules, from their first formation, continue to be surrounded with an exactly circular inflamed margin, which, when the pustules are numerous, diffuses some inflammation over the neighboring skin, so as to give somewhat of a damask rose-color to the spaces between the pustules. As the pustules increase in size, if they be numerous on the face, against the eighth day the whole of the face becomes considerably swelled; and, in particular, the eye-lids are so much swelled as entirely to shut the eyes.

As the disease thus proceeds, the matter in the pustules becomes by degrees more opaque and white, and at length of a yellowish color. On the eleventh day, the swelling of the face is abated, and the pustules seem quite full. On the top of each a darker spot appears; and at this place the pustule, on the eleventh day, or soon after, is spontaneously broken, and a portion of the matter oozes out; in consequence of which, the pustule is shrivelled, and subsides; while the matter oozing out dries, and forms a crusts upon its surface. Sometimes a little only of the matter oozes out; and what remains in the pustule becomes thick and even hard. After some days, both the crust and the hardened pustules fall off, leaving the skin which they covered of a brown red color: and it is only after many days that the skin in these places resumes its natural color. In some cases, where the matter of the

pustules has been more liquid, the crusts formed by it are later in falling off, and the part they covered suffers some desquamation, which leaves in it a small pit or hollow.

This is the course of things on the face; and successively, the pustules on the rest of the body take the same. The matter of the pustules, on the arms and hands, is frequently absorbed; so that, at the height of the disease, these pustules appear as empty vesicles. On the tenth and eleventh days, as the swelling of the face subsides, a swelling arises in the hands and feet; but which, again, subsides, as the pustules come to maturity.

When the pustules on the face are numerous, some degree of pyrexia appears on the tenth and eleventh days, but disappears again after the pustules are fully ripened; or perhaps remains in a very slight degree till the pustules on the feet have finished their course. It is seldom that in the distinct small-pox the fever continues longer.

When the pustules on the face are numerous, some uneasiness in the throat, with a hoarseness of the voice comes on upon the sixth or seventh day, and a thin liquid is poured out from the mouth. These symptoms increase with the swelling of the face; and the liquids of the mouth and throat becoming thicker, are more difficultly thrown out. There is, at the same time, some difficulty of swallowing; so that liquids taken in to be swallowed are frequently rejected or thrown out by the nose. But all these affections of the fauces abate as the swelling of the face subsides.\*

589.] In the other form of small-pox, or what is called the Confluent, the course of the disease is, in general, the same with that we have described; but the symptoms of every stage are more violent, and several of the circumstances are different.

In particular, the eruptive fever is more violent. The pulse is more frequent and more contracted, approaching to that state of pulse which is found in the typhus. The coma is more considerable, and there is frequently a delirium. Vomiting, also, is a common symptom, especially at the coming on of the disease. In very young infants, epileptic fits are sometimes frequent on the first days

\* The discharge of saliva is always salutary, and ought to be moderately encouraged. It is probably owing to the morbid matter attacking the salivary glands, and through them making its exit out of the body.

All the affections of the fauces, and the salivation, gradually abate as the swelling of the face subsides; but, if these symptoms disappear suddenly, or are not succeeded by a swelling of the extremities, danger is to be apprehended.

This remark is solely the result of experience, and the explanation of it seems to be involved in considerable difficulty.

of the disease, and sometimes prove fatal before any eruption appears ; or they usher in a very confluent and putrid small-pox.

590.] The eruption appears more early on the third day, and it is frequently preceded or accompanied with an erysipelatous efflorescence. Sometimes the eruption appears in clusters, like that of the measles. When the eruption is completed, the pimples are always more numerous upon the face, and at the same time smaller and less eminent. After the eruption, the fever suffers some remission, but never goes off entirely ; and, after the fifth or sixth day, it again increases, and continues considerable through the remaining course of the disease.

The vesicles formed on the tops of the pimples appear sooner ; and while they increase in breadth, do not retain a circular, but are every way of an irregular figure. Many of them run into one another, insomuch that very often the face is covered rather with one vesicle than with a number of pustules. The vesicles, so far as they are any-wise separated, do not arise to a spheroidal form, but remain flat, and sometimes the whole of the face is of an even surface. When the pustules are in any measure separated, their circumference is not bounded by an inflamed margin, and the part of the skin that is free from pustules is commonly pale and flaccid.

The liquor that is in the pustules changes from a clear to an opaque appearance, and becomes whitish or brownish, but never acquires the yellow color and thick consistence that appear in the distinct small-pox.

591.] The swelling of the face which attends the distinct small-pox, when they are numerous, and almost then only, always attends the confluent, comes on more early, and arises to a greater degree ; but abates on the tenth day, and on the eleventh still more. At this time the pustules or vesicles break, and shrivelling pour out a liquor that is formed into brown or black crusts, which do not fall off for many days after. Those of the face, in falling off, leave the parts they cover subject to a desquamation, which pretty certainly produces pittings.

On the other parts of the body, the pustules of the confluent small-pox are more distinct than upon the face, but never acquire the same maturity and consistence of pus as in the properly distinct kind.

The salivation which only sometimes attends the distinct

small-pox, very constantly attends the confluent : and both the salivation and the affection of the fauces above-mentioned are, especially in adults, in a higher degree. In infants, a diarrhœa comes frequently in place of the salivation.

In the confluent small-pox, there is often a considerable putrescency of the fluids, as appears from petechiæ, from serous vesicles, under which the skin shows a disposition to gangrene, and from bloody urine or other hæmorrhagy, all which symptoms frequently accompany this disease.

In the confluent small-pox, the fever, which had only suffered a remission from the time of eruption to that of maturation, is often, at or immediately after this period, renewed with considerable violence. This is what has been called the Secondary Fever ; and is, in different cases, of various duration and event.

592.] We have thus endeavored to describe the various circumstances of the small-pox ; and from the difference of these circumstances, the event of the disease may be determined. The whole of the prognosis may be nearly comprised in the following propositions.

The more exactly the disease retains the form of the distinct kind, it is the safer ; and the more completely the disease takes the form of the confluent kind, it is the more dangerous.

It is only when the distinct kind shows a great number of pustules on the face, or otherwise, by fever or putrescency, approaches to the circumstances of the confluent, that it is attended with any danger.

In the confluent small-pox there is always danger ; and this is always more considerable and certain, according as the fever is more violent and permanent, and especially as the marks and symptoms of putrescency are more evident.

When the putrid disposition is very great, the disease sometimes proves fatal before the eighth day ; but in most cases it is on the eleventh that death happens, and sometimes it is put off till the fourteenth or seventeenth day.

Though the small-pox should not be immediately fatal, the more violent kinds are often followed by a morbid state of the body, of various kind and event. These consequences, as I judge, may be imputed sometimes to an acrid matter produced by the preceding disease, and deposited in different parts ; and sometimes to an inflammatory diathesis produced, and determined to particular parts of the body.

593.] It is, I think, agreed among practitioners, that, in the different cases of small-pox, the difference chiefly depends upon the appearance of distinct or confluent; and, from the above description of these kinds, it will appear, that they chiefly differ in the period of the eruption, in the number of pustules produced, in the form of the pustules, in the state of the matter contained in them, in the continuance of the fever, and lastly, in the danger of the disease.

594.] Upon inquiring into the causes of these differences, we might readily suspect, that they depended upon a difference of the contagion producing the disease. This, however, is not probable; for there are innumerable instances of the contagion, arising from a person laboring under the small-pox of the distinct kind, producing the confluent; and on the contrary. Since the practice of inoculation became frequent, we have known the same variolous matter produce in one person the distinct, and in another, the confluent small-pox. It is therefore highly probable, that the difference of the small-pox does not depend upon any difference of the contagion, but upon some difference in the state of the person to whom it is applied, or in the state of certain circumstances concurring with the application of the contagion.

595.] To find out wherein the difference in the state of the persons to whom the contagion of the small-pox is applied consists, I observe, that the difference between the distinct and confluent small-pox consists especially in the number of pustules produced; which, in the distinct, are generally few, in the confluent, always many. If, therefore, we shall be able to discover what, in the state of different persons, can give occasion to more or fewer pustules, we shall probably be able to account for all the other differences of the distinct and confluent small-pox.

596.] It is evident, that the contagion of the small-pox is a ferment with respect to the human fluids, and assimilates a great part of them to its own nature;\* and it is probable, that the quantity thus assimilated, is, in proportion to the bulk of their several bodies, nearly the same in different persons. This quantity passes again out of the body,

\* This opinion is most *probably true*, but it is by no means, as the author says, *evident*. His reasoning, however, is ingenious and deserves attention. The expulsion, or rather evacuation of the morbid matter is admitted as the cure of the disease, and the difference of the disease to the different manner in which this evacuation is made: But, the author has not proved either of the premises he has advanced, viz. that the quantity of human fluids which the ferment assimilates, is nearly the same in different persons, nor that any part of the morbid matter, or the morbid assimilated fluids pass off by perspiration.

partly by insensible perspiration, and partly by being deposited in pustules ; but if the quantities generated be nearly equal, the quantities passing out of the body by the two ways mentioned, are very unequal in different persons ; and, therefore, if we can explain the causes which determine more to pass by the one way than by the other, we may thereby discover the causes which give occasion to more pustules in one person than in another.

597.] The causes which determine more of the variolous matter to pass by perspiration, or to form pustules, are probably certain circumstances of the skin, that determine more or less of the variolous matter to stick in it, or to pass freely through it.

598.] The circumstance of the skin, which seems to determine the variolous matter to stick in it, is a certain state of inflammation depending, much upon the heat of it. Thus we have many instances of parts of the body, from being more heated, having a greater number of pustules than other parts. In the present practice of inoculation, in which few pustules are produced, much seems to be owing to the care that is taken to keep the skin cool. Parts covered with plaisters, especially with those of a stimulant kind, have more pustules than other parts. Further, certain circumstances, such as adult age, and full living, determining to a phlogistic diathesis, seem to produce a greater number of pustules ; while the contrary circumstances have contrary effects.

599.] It is therefore probable, that an inflammatory state of the whole system, and more particularly of the skin, gives occasion to a greater number of pustules : and the causes of this may likewise produce most of the other circumstances of the confluent small-pox ; such as the period of eruption ; the continuance of the fever ; the effusion of a more putrescent matter, and less fit to be converted into pus ; and, what arises from thence, the form and other circumstances of the pustules.

600.] Having thus attempted to account for the chief difference which occurs in the state of the small-pox, we shall now try the truth of our doctrine, by its application to practice.

601.] In considering the practice, we view it first, in general, as suited to render the disease more generally benign and safe, and this by the practice of inoculation.

602.] It is not necessary here to describe the operation

of inoculating ; and what we name the practice of inoculation, comprehends all the several measures which precede or follow that operation, and are supposed to produce its salutary effects.

These measures are chiefly the following.

1. The choosing for the subject of inoculation persons otherwise free from disease, and not liable, from their age or other circumstances, to any incidental disease.
2. The choosing a person at the time of life most favorable to a mild disease.
3. The choosing for the practice a season the most conducive to the mildness of the disease.
4. The preparing the person to be inoculated, by abstinence from animal food for some time before inoculation.
5. The preparing the person by courses of mercurial and antimonial medicines.\*
6. The taking care, at the time of inoculation, to avoid cold, intemperance, fear, or other circumstances which might aggravate the future disease.
7. After these preparations and precautions, the choosing a fit matter to be employed in inoculation, by taking it from a person of a sound constitution, and free from any disease or suspicion of it ; by taking it from a person who has had the small-pox of the most benign kind ; and, lastly, by taking the matter from such persons, as soon as it has appeared in the pustules, either in the part inoculated, or on other parts of the body.
8. The introducing, by inoculation, but a small portion of the contagious matter.
9. After inoculation, the continuing the vegetable diet, as well as the employment of mercurial and antimonial medicines ; and, at the same time, frequently employing purgatives.
10. Both before and after inoculation, taking care to avoid external heat, either from the sun, artificial fires, warm chambers, much clothing, or being much in bed ; and, on the contrary, exposing the person to a free and cool air.
11. Upon the appearance of the eruptive fever, the rendering that moderate by the employment of purgatives ; by the use of cooling and antiseptic acids ; and especially by exposing the person frequently to a cool and even a cold air, at the same time giving freely of cold drink.

\* Compare this paragraph with what follows in article 608.

12. After the eruption, the continuing the application of cold air, and the use of purgatives, during the course of the disease, till the pustules are fully ripened.

603.] These are the measures proposed and practised in the latest and most improved state of inoculation; and the advantages obtained by the whole of the practice, or at least by most of the measures above mentioned, are now ascertained by a long experience to amount to this, That, in ninety-nine cases of the hundred, inoculation gives a distinct small-pox only, and that also very generally of the mildest form; but it will still be useful, for the proper conduct of inoculation, to consider the importance and utility of the several measures above mentioned, that we may thereby more exactly determine upon what the advantages of inoculation more certainly depend.

604.] As the common infection may often seize persons laboring under another disease, which may render the small-pox more violent, it is obvious that inoculation must have a great advantage, by avoiding such concurrence. But as the avoiding such concurrence may often, in the mean while, leave persons exposed to the common infection, it merits inquiry, whether every diseased state should restrain from the practice of inoculation, or what are the particular diseases that should do so. This is not yet sufficiently ascertained by observation; and we have frequently remarked that the small-pox have often occurred with a diseased state of the body, without being thereby rendered more violent. In particular, we have observed, that a scrophulous habit, or even the presence of scrophula, did not render the small-pox more violent; and we have observed also, that several diseases of the skin are equally innocent. I am of opinion, that they are the diseases of the febrile kind, or ailments ready to induce or aggravate a febrile state, that especially give the concurrence which is most dangerous with the small-pox. I dare not attempt any general rules; but I am disposed to maintain, that though a person be in a diseased state, if that state be of uncertain nature and effect, and at the same time the small-pox be exceedingly rife, so as to render it extremely difficult to guard against the common infection, it will always be safer to give the small-pox by inoculation, than to leave the person to take them by the common infection.

605.] Though inoculation has been practised with safety upon persons of all ages; yet from what has actually oc-

curred in the cases of common infection, and from several other considerations, there is reason to conclude, that adults are more liable to a violent disease than persons of younger years. At the same time, it is observed, that children, in the time of their first dentition, are liable, from this irritation, to have the small-pox rendered more violent; and that infants, before the time of dentition, upon receiving the contagion of the small-pox, are liable to be affected with epileptic fits, which frequently prove fatal. It is, therefore, upon the whole, evident, that, though circumstances may admit, and even render inoculation at any age proper; yet, for the most part, it will be still more advisable to choose persons at an age, after the first dentition is over and before the time of puberty.

606.] Though inoculation has been practised with safety at every season of the year; yet, as it is certain that the cold of winter may increase the inflammatory, and the heats of summer increase the putrescent state of the small-pox, it is highly probable that inoculation may have some advantage, from avoiding the extremes, either of heat or cold.

607.] Although the original temperament and constitutions of men are not to be readily changed; it is sufficiently certain, that the conditions of the human body may, by various causes, in many respects be occasionally very much changed; and therefore, as the use of animal food may increase both the inflammatory and putrescent state of the human body, so it must render persons, on receiving the contagion of the small-pox, less secure against a violent disease; and, therefore, inoculation may derive some advantage from abstinence from animal food, for some time before the inoculation is performed: but I am of opinion that a longer time than that usually prescribed may be often necessary; and I am persuaded, that the Scottish mothers who avoid giving their children animal food till they are past the small-pox, render this disease in them of a milder kind.

608.] I cannot deny that mercurial and antimonial medicines may have some effect in determining to a more free perspiration, and therefore may be of some use in preparing a person for the small-pox; but there are many observations which render me doubtful as to their effect. The quantity of both these medicines, particularly of the antimony, commonly employed, is too inconsiderable to pro-

duce any effect. It is true, that the mercurials have often been employed more freely ; but even their salutary effects have not been evident, and their mischievous effects, have sometimes appeared. I doubt, therefore, upon the whole, if inoculation derives any advantage from these pretended preparatory courses of medicines.

609.] As it has been often observed, in the case of almost all contagions, that cold, intemperance, fear, and some other circumstances, concurring with the application of the contagion, have greatly aggravated the future disease, so it must be the same in the case of the small-pox ; and it is undoubted, that inoculation must derive a great, and perhaps its principal, advantage, from avoiding the concurrences above mentioned.

610.] It has been commonly supposed, that inoculation has derived some advantage from the choice of the matter employed in it ; but, from what has been observed in 594, it must appear very doubtful if any choice be necessary, or can be of any benefit in determining the state of the disease.\*

611.] It has been supposed by some, that inoculation has an advantage, by introducing a small portion only of the contagious matter: but this rests upon an uncertain foundation. It is not known what quantity is introduced by the common infection, and it may be a small quantity only. Although it were larger than that thrown in by inoculation, it is not ascertained that the circumstance of quantity would have any effect. A certain quantity of ferment may be necessary to excite fermentation in a given mass: but that quantity given, the fermentation and assimilation are extended to the whole mass ; and we do not find that a greater quantity than is just necessary, either increases the activity of the fermentation, or more certainly secures the assimilation of the whole. In the case of the small-pox, a considerable difference in the quantity of contagious matter introduced, has not discovered any effect in modifying the disease.

612.] Purging has the effect of diminishing the activity of the sanguiferous system, and of obviating its inflammatory state. It is therefore probable, that the frequent use of cooling purgatives is a practice attending inoculation which may be of considerable advantage ; and, probably,

\* To remove all suspicion, however, it is doubtless better to inoculate with matter taken from a mild state of the disease.

it is also useful by diminishing the determination to the skin. It appears to me, that mercurials and antimonials, as they are commonly managed, are useful only as they make a part of the purging course.\*

613.] It is probable, that the state of the small-pox depends very much upon the state of the eruptive fever, and particularly upon moderating the inflammatory state of the skin; and, therefore, it is probable, that the measures taken for moderating the eruptive fever and inflammatory state of the skin, afford the greatest improvement which has been made in the practice of inoculation. The tendency of purging, and the use of acids for this purpose, is sufficiently obvious; and upon the same ground, we should suppose, that blood-letting might be useful; but probably this has been omitted, for the same reason that might perhaps have led to the omission of other remedies also; which is, that we have found a more powerful and affectual one in the application of cold air, and the use of cold drink. Whatever doubts or difficulties our theory might present to us on this subject, they may be entirely neglected, as the practice of Indostan had long ago, and the practice of this country has lately, by a large and repeated experience, ascertained the safety and efficacy of this remedy: and as it may and can be more certainly employed with the practice of inoculation, than it can be in cases of common infection, it must give a singular advantage to the former.†

614.] After the eruption, when a few pimples only have appeared on the face, the continuing the application of cold

\* All purges are extremely nauseous to children; and as it is of little consequence what purgatives we use, if we only avoid the hot drastic stimulants, we ought to pay attention to the agreeableness of the form. Children may in general be deceived by the following device: Put half an ounce of senna leaves (after the stalks are all picked out) into a tea-pot, with a quarter of an ounce of green tea; pour on it a quart of boiling water. Let the child see it poured out into a tea-cup, sweetened with plenty of moist sugar, and cream put to it. The child will drink it with avidity. A tea-cupful may be given every hour till it begin to operate.

If this device should fail a second time, another may be used in its stead. Two drachms of senna leaves, powdered, may be added to half a pound of ginger-bread paste; the mass may be divided into fifteen small cakes to be baked: give the child one of these cakes every hour till it begins to operate, or till he has taken a sufficient dose for his age. A drachm of jalap may be used instead of the senna.

† If neither of these artifices succeed, a dose of powdered senna, with or without a little ginger, may be given in orange marmalade.

Children will sometimes eat as many tamarinds as will sufficiently answer all the intentions of a formal purge. A little Cassia-pulp, added to the tamarinds, will increase their activity, and will not be easily perceived by the child.

The empirics have committed many strange chemical blunders in compounding their purges for inoculation. Dimsdale's powder, may serve as an example: it consists of tartar emetic, and crabs claws. The calcareousearth deprives the tartar emetic of its acid; in consequence of which, the antimony will be inert, except it accidentally meets with an acid in the stomach; and even then the acid must be in such a quantity as to saturate the crabs claws, before it can act on the antimonial calx.

‡ Notwithstanding the justness of this remark, bleeding ought not to be employed, except in cases where the phlogistic diathesis and symptoms are violent: the fright which children suffer in consequence of the operation, may be productive of much mischief; and purgatives, when properly administered, supersede the necessity of bleeding, especially when the cold regimen is employed at the same time.

air, and the employment of purgatives, has indeed been the practice of many inoculators : but I think, these practices cannot be said to give any peculiar advantages to inoculation ; for when the state of the eruption is determined, when the number of pustules is very small, and the fever has entirely ceased, I hold the safety of the disease to be absolutely ascertained, and the further use of remedies entirely superfluous. In such cases, I judge the use of purgatives to be not only unnecessary, but that they may be often hurtful.

615.] I have thus considered the several circumstances and practices accompanying inoculation, and have endeavored to ascertain the utility and importance of each. Upon the whole, I hope I have sufficiently ascertained the general utility and great advantage of this practice, especially consisting in this, that if certain precautions, preparations, and remedies, are of importance, all of them can be employed with more certainty in the practice of inoculation, than in the case of common infection.\*

It remains now that I should offer some remarks on the conduct of the small-pox, as received by infection, or even when, after inoculation, the symptoms shall prove violent. The latter sometimes happens, although every precaution and remedy have been employed. The cause of this is not well known ; but it appears to me to be commonly owing to a disposition of the fluids to putrescency. But, however this may be, it will appear, that, not only in the case of common infection, but even in that of inoculation, there may be occasion for studying the conduct of this disease, in all its possible varying circumstances.

616.] When, from the prevailing of small-pox as an epidemic, and more especially when it is known that a person not formerly affected with the disease has been exposed to the infection, if such person should be seized with the symptoms of fever, there can be little doubt of its being an attack of the small-pox ; and therefore he is to be treated in every respect as if the disease had been received by inocu-

\* The author seems to have forgotten a frequent consequence of inoculation, that demands some attention, viz. an inflammation of the axillary glands, that often terminates in suppuration. Many cases of this kind occurred to me in practice, and I attempted several methods of preventing the suppuration ; of which I found the following the most efficacious : If only one arm had been punctured, the gland of that arm, when such an accident happened, and not of the other, was inflamed. In attempting the resolution, which perhaps some practitioners may think improper, I applied cold compresses, impregnated with a solution of Saccharum Saturni, to the inflamed gland, and a warm poultice to the ulcer of the puncture. The consequence was an increased discharge from the puncture, and a diminution of the axillary swelled gland.

No ill consequences attended any of those cases where the tumor was thus resolved ; but when these tumors suppurate, they are apt to produce sinous ulcers, very difficult to heal.

lation. He is to be freely exposed to a cool air, to be purged, and to have cooling acids given liberally.\*

617.] If these measures moderate the fever, nothing more is necessary : but if the nature of the fever attacking a person be uncertain ; or if, with suspicions of the small-pox, the symptoms of the fever be violent : or even if, knowing the disease to be small-pox, the measures mentioned (596.) shall not moderate the fever sufficiently ; it will be proper to let some blood : and this will be more especially proper, if the person be an adult, of a plethoric habit, and accustomed to full living.†

618.] In the same circumstances, we judge it will be always proper to give a vomit, as useful in the commencement of all fevers, and more especially in this, where a determination to the stomach appears from pain and spontaneous vomiting.

619.] It frequently happens, especially in infants, that during the eruptive fever of the small-pox, convulsions occur. Of these, if only one or two fits appear on the evening preceding the eruption, they give a favorable prognostic of a mild disease, and require no remedy ; but if they occur more early, and be violent and frequently repeated, they are very dangerous, and require a speedy remedy. For this purpose, bleeding is hardly ever of service ; blistering always comes too late ; and the only remedy I have found effectual, is an opiate given in a large dose.‡

620.] These are the remedies necessary during the eruptive fever ; and if, upon the eruption, the pimples upon the face be very few and distinct, the disease is no further of any danger, requires no remedies, and the purgatives, which, as has been said before, are by some practitioners continued, prove often hurtful.

But when, upon the eruption, the pimples on the face are very numerous ; when they are not distinct ; and especially when, upon the fifth day, the fever does not suffer a considerable remission,|| the disease will still require a great deal of attention.

\* The cooling acids have been described in former notes, (Art. 131. and 134.) Whey made with cream of tartar is very useful in the small-pox, as it is a cooling drink, and at the same time laxative. It is made by throwing into a quart of boiling milk half an ounce or six drachms of powdered cream of tartar.

† This practice is most judicious, and ought to be strictly followed.

‡ The doses for children in these cases are as follows : A child of half a year, five drops of laudanum : From half a year to a year, six drops : From one to two years, seven or eight : From two to three, nine or ten : Five years, twelve, or at most fifteen. These are large doses, and are such as are only to be given to robust children.

|| The practitioner ought to be particularly attentive to the symptoms which appear on the fifth day. The subsequent paragraphs render any farther remarks needless.

621.] If, after the eruption, the fever shall continue; the avoiding heat, and continuing to expose the body to a cool air, will still be proper. If the fever be considerable, with a full and hard pulse, in an adult person, a bleeding will be necessary; and, more certainly, a cooling purgative. It is, however, seldom that a repetition of the bleeding will be proper, as a loss of strength does usually come on very soon; but the repetition of a purgative, or the frequent use of laxative glysters, is commonly useful.\*

622.] When a loss of strength, with other marks of a putrescent tendency of the fluids, appears, it will be necessary to exhibit the Peruvian bark in substance, and in large quantity.† In the same case, the free use of acids, and of nitre,‡ is useful; and it is commonly proper also to give wine very freely.||

623.] From the fifth day of the disease, onward through the whole course of it, it is proper to give an opiate once or twice a day; taking care, at the same time, to obviate costiveness, by purgatives, or laxative glysters.

624.] In a violent disease, from the eighth to the eleventh day, it is proper to lay on blisters successively on different parts of the body; and that without regard to the parts being covered with pustules.

625.] If, in this disease, the tumor of the fauces be considerable; the deglutition difficult; the saliva and mucus viscid, and with difficulty thrown out; it will be proper to apply blisters to the external fauces, and to employ diligently detergent gargles.§

626.] During the whole course of the disease, when any

\* Laxative glysters are preferable to repeated purgatives, on account of their not debilitating the patient so much as purgatives. The following form has been found very effectual:

R. Fol. Sennæ, ʒʒ.  
 Sal. cathartic. amar. ʒi.  
 Aq. bullient. lb. i.  
 Colaturæ frigidæ adde.  
 Syr. e Spin. Cervin. ʒi.  
 Ol. Olivæ. ʒʒ.  
 M.

Or even a simple solution of Epsom salt in warm water.

† The method of giving the bark in the small-pox, is the same with that mentioned in the note on article 317. For children, the glyster there mentioned, is extremely convenient, and proves wonderfully efficacious.

‡ The Spiritus Nitri dulcis is the best form in which nitre can be given to children. See the notes on article 131.

§ The wine best suited to these cases is Port wine: but as children sometimes loath it, good claret may be substituted in its place.

¶ The best detergent gargles in this case are the tincture of roses with honey; or the gargle of sage and rose-tea, with vinegar and honey, mentioned in the note on article 317; or Dr. Fothergill's gargle described in that note.

considerable fever is present, the frequent exhibition of antimonial medicines, in nauseating doses, has been found useful;\* and these, for the most part, sufficiently answer the purpose of purgatives.

627.] The remedies mentioned from 621. to 625. are those frequently necessary, from the fifth day, till the suppuration is finished. But as, after that period, the fever is sometimes continued and increased; or, as sometimes, when after there has been little or no fever before, a fever now arises, and continues with considerable danger; this is what is called the Secondary Fever, and requires particular treatment.

628.] When the secondary fever follows the distinct small-pox, and the pulse is full and hard, the case is to be treated as an inflammatory affection, by bleeding and purging. But, if the secondary fever follow the confluent small-pox, and be a continuance or exacerbation of the fever which had subsisted before, it is to be considered as of the putrid kind; and in that case, bleeding is improper. Some purging may be necessary; but the remedies to be chiefly depended on, are the Peruvian bark and acids.†

When the secondary fever first appears, whether it is after a distinct, or confluent small-pox, it will be useful to exhibit an antimonial emetic in nauseating doses, but in such a manner as to produce some vomiting.

629.] For avoiding the pits which frequently follow the small-pox, many different measures have been proposed; but none of them appear to be sufficiently certain.‡

\* A solution of two grains of emetic tartar in eight ounces of water answers this intention very effectually. The dose is to be determined by the nauseating effect produced: a table-spoonful of the solution may be given occasionally every two or three hours. Care, however, must be taken, that vomiting is not produced: and, at the same time, a sufficient quantity must be given to produce a nausea. Both these circumstances depend on the age, strength, and constitution of the patient and on the violence of the disease.

† The secondary fever is always the worst, and most dangerous stage of the disease. In the distinct small pox it seldom occurs; but it is a constant attendant on the confluent kind. It seems to be owing to the absorption of the matter: for it never appears, evidently at least, till after the suppuration: and, *ceteris paribus*, it is always more violent in proportion to the quantity of pustules. Some authors recommend opening the pustules, in order to evacuate the matter, as a preventative against the secondary fever; and when the eruption is large, this practice is advisable.

‡ The Peruvian bark must be given in these cases in the largest quantities that the stomach can bear, and also in glysters as formerly mentioned. Some practitioners, beside the internal use of bark, and giving it in glysters, have advised it to be applied externally by throwing the dry powder on those parts of the body that are the most exulcerated.

§ The most effectual means of preventing pits, are to avoid much exposure to the cold air, to anoint the face with oil, &c.

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 CHAPTER II.

## OF THE CHICKEN-POX.

630.] **T**HIS disease seems to depend upon a specific contagion, and to affect persons but once in their lives. It is hardly ever attended with any danger; but as it seems frequently to have given occasion to the supposition of a person's having the small-pox twice, it is proper to study this disease, and to distinguish it from the genuine small-pox.\*

631.] This may be generally done by attending to the following circumstances.

The eruption of the chicken-pox comes on with very little fever preceding it, or with fever of no determined duration.

The pimples of the chicken-pox, more quickly than those of the small-pox, are formed into little vesicles or pustules.

The matter in these pustules remains fluid, and never acquires the color or consistence of the pus which appears in the pustules of the small-pox.

The pustules of the chicken-pox are always in three or four days from their first appearance, formed into crusts.

See Dr. Heberden in *Med. Transact.* Vol. I. art. xvii.

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 CHAPTER III.

## OF THE MEASLES.

632.] **T**HIS disease also depends upon a specific contagion, and affects persons but once in their lives.

633.] It occurs most frequently in children; but no age is exempted from it, if the persons have not been subjected to it before.

634.] It commonly appears as an epidemic, first in the month of January, and ceases soon after the summer sol-

\* As this disease is generally mild, and scarcely ever requires the assistance of art in the cure, the author very properly passes it over in a cursory manner. It sometimes, however, very much resembles the mild small pox; and in such cases may require the treatment which has been recommended as serviceable in that disease.

stice ; but various accidents, introducing the contagion, may produce the disease at other times of the year.

635.] The disease always begins with a cold stage, which is soon followed by a hot, with the ordinary symptoms of thirst, heat, anorexia, anxiety, sickness, and vomiting ; and these are more or less considerable in different cases. Sometimes from the beginning, the fever is sharp and violent ; often, for the first two days, it is obscure and inconsiderable, but always becomes violent before the eruption, which usually happens upon the fourth day.

636.] This eruptive fever from its commencement, is always attended with hoarseness, with a frequent hoarse dry cough, and frequently with some difficulty of breathing. At the same time, the eye-lids are somewhat swelled, the eyes are a little inflamed, and pour out tears ; and, together, with these symptoms, there is a coryza, and frequent sneezing. For the most part, a constant drowsiness attends the beginning of this disease.

637.] The eruption, as we have said, commonly appears upon the fourth day, first on the face, and successively on the lower parts of the body. It discovers itself first in small red points ; but, soon after a number of these appear in clusters, which do not arise into visible pimples, but by the touch are found to be a little prominent. This is the case on the face ; but on other parts of the body, the prominence, or roughness, is hardly to be perceived. On the face the eruption retains its redness, or has that increased for two days : but, on the third, the vivid redness is changed to a brownish red ; and, in a day or two more, the eruption entirely disappears, while a mealy desquamation takes place. During the whole time of the eruption, the face is somewhat turgid, but seldom considerably swelled.

638.] Sometimes, after the eruption has appeared, the fever ceases entirely : but this is seldom the case ; and more commonly the fever continues, or is increased after the eruption, and does not cease till after the desquamation. Even then the fever does not always cease, but continues with various duration and effect.

639.] Though the fever happen to cease upon the eruption's taking place, it is common for the cough to continue till after the desquamation, and sometimes much longer.

In all cases, while the fever continues, the cough also

continues, generally with an increase of the difficulty of breathing; and both of these symptoms sometimes arise to a degree that denotes a pneumonic affection. This may arise at any period of the disease; but very often it does not come on till after the desquamation of the eruption.

After the same period, also, a diarrhœa frequently comes on, and continues for some time.

640.] It is common for the measles, even when they have not been of a violent kind, to be succeeded by inflammatory affections, particularly ophthalmia and phthisis.

641.] If the blood be drawn from a vein during the measles, with the circumstances necessary to favor the separation of the gluten, this always appears separated, and lying on the surface of the crassamentum, as in inflammatory diseases.

642.] For the most part, the measles, even when violent, are without any putrid tendency; but in some cases, such a tendency appears, both in the course of the disease, and especially after the ordinary course of it is finished. See Dr. Watson, in London Med. Observations, Vol. IV. art. xi.

643.] From what is delivered, from 636, to 641, it will appear, that the measles are distinguished by a catarrhal affection, and by an inflammatory diathesis to a considerable degree, and therefore the danger attending them arises chiefly from the coming on of a pneumonic inflammation.

644.] From this consideration it will be obvious, that the remedies especially necessary, are those which may obviate and diminish the inflammatory diathesis; and therefore, in a particular manner, blood-letting. This remedy may be employed at any time in the course of the disease, or after its ordinary course is finished. It is to be employed more or less according to the urgency of the symptoms of fever, cough, and dyspnœa; and generally may be employed very freely.\* But, as the symptoms of pneumonic inflammation seldom come on during the eruptive fever; and, as this fever is sometimes violent immediately before the eruption, though a sufficiently mild disease be to follow; so bleeding is seldom very necessary during the eruptive fever, and may often be reserved for the periods of greater danger which perhaps are to ensue.

\* Bleeding ought to be used where it is absolutely necessary; but, too free a use of it has been attended with a long continued weakness, and a very slow recovery.

645.] In all cases of measles, where there are no marks of putrescency, and where there is no reason, from the known nature of the epidemic, to apprehend putrescency, bleeding is the remedy to be depended upon; but assistance may also be obtained from cooling purgatives; and particularly from blistering on the sides, or between the shoulders.

646.] The dry cough may be alleviated by the large use of demulcent pectorals, mucilaginous, oily, or sweet.\* It may, however, be observed, with respect to these demulcents, that they are not so powerful in involving and correcting the acrimony of the mass of blood as has been imagined; and that their chief operation is by besmearing the fauces, and thereby defending them from the irritation of acrids, either arising from the lungs, or distilling from the head.

647.] For moderating and quieting the cough in this disease, opiates certainly prove the most effectual means, whenever they can be safely employed. In the measles, in which an inflammatory state prevails in a considerable degree, opiates may be supposed to be inadmissible; and, in those cases in which a high degree of pyrexia and dyspnoea show either the presence, or at least the danger, of pneumonic inflammation, I think that opiates might be very hurtful. In cases, however, in which the dyspnoea is not considerable, and where bleeding, to obviate or abate

\* Two ounces of pearl barley, and four ounces of dried figs, cut, boiled in a gallon of water to three quarts, is a good drink in these cases. If the patient loaths this drink, lintseed tea, or a slight infusion of Orrice root in boiling water, may be substituted in its place, or a solution of an ounce of gum arabic in a pint of water.

Oily emulsions are also recommended; the most useful is the following:

Rx. Ol. Amygdal. ℥ii.  
Aq. Font. ℥vi.  
Alkali Caustic. q. s. ut fiat Emuls. cui adde  
Syrup. Althææ, ℥ii.

The patient may take half a tea-cupful of this emulsion occasionally, when the cough is most troublesome. The cough may also be relieved, by taken now and then a tea-spoonful of the following Linctus:

Rx. Ol. Amygdal.  
Syrup. Althææ.  
Conserv. Cynosbat. āā. ℥i.  
M. f. Linct.

Or the following:

Rx. Mel. anglic.  
Ol. Amygdal. āā. ℥ii.  
Succ. Limon. ℥i.  
M. f. Linct.

the inflammatory state, has been duly employed, and where the cough and watchfulness are the urgent symptoms, I think that opiates may be safely exhibited, and with great advantage.\* I think, further, that, in all the exanthemata, there is an acrimony diffused over the system, which gives a considerable irritation; and, for obviating the effects of this, opiates are useful, and always proper, when no particular contra-indication prevails.

648.] When the desquamation of the measles is finished, though there should then be no disorder remaining, physicians have thought it necessary to purge the patient several times, with a view to draw off the dregs of this disease, that is, a portion of the morbid matter which is supposed to remain long in the body. I cannot reject this supposition; but, at the same time, cannot believe, that the remains of the morbid matter, diffused over the whole mass of blood, can be entirely drawn off by purging; and it appears to me, that to avoid the consequences of the measles, it is not the drawing off the morbid matter which we need to study, so much as the obviating and removing the inflammatory state of the system which had been induced by the disease. With this last view, indeed, purging may still be a proper remedy; but bleeding, in proportion to the symptoms of inflammatory disposition, is yet more so.†

649.] From our late experience of the benefit of cold air in the eruptive fever of the small-pox, some physicians have been of opinion, that the practice might be transfer-

\* Opiates, in all inflammatory cases, ought to be cautiously used. The danger arising from them is considerably obviated, by using only the gummy part of the opium, and therefore the watery solution of opium, is in these cases preferable to any other form.

The Syrupus papaveris albi, is an opiate peculiarly adapted to this disease; the dose of it is immaterial, provided we do not exceed four ounces in the four and twenty hours; a table-spoonful may be taken when the cough is troublesome, and may be repeated every two or three hours according to the urgency of the symptoms.

† The complaints which the measles leave are chiefly pneumonic. The cough is the most troublesome symptom, and to relieve the patient from it, not only bleeding and purging must be used, but expectorants ought also to be administered. The Lac Ammoniacum, formerly mentioned, has often proved beneficial.

On the supposition, that the cough and pneumonic affection remaining after the measles are owing to a peculiar acrimony, some practitioners have recommended alteratives and demulcents: Experience, however, has found little advantage from their use. I once saw a body opened, that had died thirty-two days after the eruption: the internal surface of the bronchiæ was covered with small fursaceous scales, somewhat like those that appear on the skin when the eruption goes off. Hence I have been induced to suppose, that expectorants are the best remedies in these cases, and indeed, experience confirms the practice. Bleeding and purging are only to be occasionally used, in order to prevent the inflammation.

The best method of avoiding the ill consequences that follow the disease, is a free use of demulcent drinks, during the eruption, and of expectorants immediately after it. The Decoctum hordei compositum, of the London Pharmacopœia, is peculiarly adapted to these cases, but it is much improved by adding half an ounce of Orrice root, when it is nearly boiled enough: If the orrice be added too soon, the efficacious part of it evaporates. The Lac Ammoniacum above mentioned, is a very proper expectorant, but if it should prove too nauseous, or through use, be loathed by the patient, recourse may be had to the weak solution of the tartar emetic, so often mentioned in these notes.

red to the measles; but we have not yet had trials sufficient to ascertain this.

There is no doubt that external heat may be very hurtful in the measles, as in most other inflammatory diseases; and therefore the body ought to be kept in a moderate temperature during the whole course of the measles; but how far, at any period of the disease, cold air may be applied with safety, we are yet uncertain. Analogy, though so often the resource of physicians, is, in general, fallacious; and further, though the analogy with the small-pox might lead to the application of cold air during the eruptive fever of the measles, the analogy with catarrh seems to be against the practice. After the eruption had appeared upon the skin, we have had many instances of cold air making it disappear, and thereby producing much disorder in the system; and have also had frequent examples of such disorder being removed by restoring the heat of the body, and thereby again bringing forth the eruption.\*

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## CHAPTER IV.

### *OF THE SCARLET FEVER.*

650.] **I**T may be doubted if the scarlet fever be a disease specifically different from the Cynanche Maligna above described. The latter is almost always attended with a scarlet eruption; and, in all the instances I have seen of what may be called the scarlet fever, the disease, in almost every person affected, has been attended with an ulcerous sore throat.

651.] This view of the matter may create some doubt; but I am still of opinion, that there is a scarlet fever which is a disease specifically different from the Cynanche Maligna.

Dr. Sydenham has described a scarlet fever, which he had seen prevailing as an epidemic, with all the circumstances of the fever and eruption, without its being accompanied with any affection of the throat; at least he does not take notice of any such affection, which such an accurate observer could not fail to have done, if any such symptom, as we have commonly seen making a principal

\* Though the application of cold air be dangerous, yet ventilation is of considerable use in the measles; as is also a frequent change of linen, and cleanliness.

part of the disease, had attended those cases which he had observed. Several other writers have described the scarlet fever in the same manner, and I know physicians who have seen the disease in that form; so that there can be no doubt of there being a scarlet fever not necessarily connected with an ulcerous sore throat, and therefore a disease different from the Cynanche Maligna.

652.] But, further, although in all the instances of scarlet fever which I have seen, (and in the course of forty years I have seen it six or seven times prevailing as an epidemic in Scotland) the disease, in almost all the persons affected, was attended with an ulcerous sore throat, or was what Sauvages names the Scarlatina Anginosa; and although, in some instances the ulcers of the throat were of a putrid and gangrenous kind, and at the same time the disease in all its symptoms resembled very exactly the Cynanche Maligna; yet I am still persuaded, that not only the Scarlatina of Sydenham, but that even the Scarlatina Anginosa of Sauvages, is a different disease from the Cynanche Maligna; and I have formed this opinion from the following considerations.

653.] *1st*, There is a scarlet fever entirely free from any affection of the throat, which sometimes prevails as an epidemic; and therefore there is a specific contagion producing a scarlet eruption without any determination to the throat.

*2dly*, The Scarlatina, which, from its matter being generally determined to the throat, may be properly termed Anginosa, has, in many cases of the same epidemic, been without any affection of the throat; and therefore the contagion may be supposed to be more especially determined to produce the eruption only.

*3dly*, Though in all the epidemics that I could alledge to be those of the Scarlatina Anginosa, there have been some cases, which, in the nature of the ulcers, and in other circumstances, exactly resembled the cases of the Cynanche Maligna; yet I have as constantly remarked, that these cases have not been above one or two in a hundred, while the rest have all of them been with ulcers of a benign kind, and with circumstances hereafter to be described, somewhat different from those of the Cynanche Maligna.

*4thly*, On the other hand, as I have two or three times seen the Cynanche Maligna epidemically prevailing; so,

among the persons affected, I have seen instances of cases as mild as those of the Scarlatina Anginosa usually are: but here the proportion was reversed; these mild cases were not one fifth of the whole, while the rest were of the putrid and malignant kind.

*Lastly*, It applies to the same purpose to observe, that, of the Cynanche Maligna, most of the instances terminate fatally; while, on the other hand, that is the event of very few of the cases of the Scarlatina Anginosa.

654.] From these considerations, though it may appear that there is some affinity between the Cynanche Maligna and Scarlatina Anginosa, it will still remain probable that the two diseases are specifically different. I have been at some pains to establish this opinion: for, from all my experience, I find, that those two diseases require a different treatment; and I therefore now proceed to mention more particularly the circumstances of the Scarlatina Anginosa.

655.] This disease commonly appears about the beginning of winter, and continues throughout that season. It comes on with some cold shivering, and other symptoms of the fever which usually introduces the other exanthemata. But here there is no cough, nor the other catarrhal symptoms which attend the measles; nor is there that anxiety and vomiting which commonly introduce the confluent small-pox, and which more certainly introduce the Cynanche Maligna.

Early in the disease, some uneasiness is felt in the throat; and frequently the deglutition is difficult, generally more so than in the Cynanche Maligna. Upon looking into the fauces, a redness and swelling appear in color and bulk approaching to the state of these symptoms in the Cynanche Tonsillaris; but in the Scarlatina, there is always more or less of sloughs, which seldom appear in the Cynanche Tonsillaris; and the sloughs are commonly whiter than those in the Cynanche Maligna.

While these appearances are discovered in the fauces, upon the third or fourth day a scarlet eruption appears on the skin in the same form as described in 314. This eruption is commonly more considerable and universal than in the Cynanche; but it seldom produces a remission of the fever. The eruption for the most part remains till the third or fourth day after its first appearance; but then goes off, ending in a meally desquamation. At this time the fever

usually subsides ; and generally, at the same time, some degree of sweat comes on.

The sloughs on the fauces, which appeared early in the disease, continue for some days ; but then falling off, discover the swelling abated, and an ulcer formed on one or both tonsils showing a laudable pus ; and soon after the fever has subsided, these ulcers heal up entirely. For the most part this disease has much less of coryza attending it than the Cynanche Maligna ; and, when there is a coryza attending the Scarlatina, the matter discharged is less acrid, and has not the fetid smell which it has in the other disease.

In the Scarlatina, when the eruption has entirely disappeared, it frequently happens, that in a few days after, the whole body is affected with an anasarcaous swelling ; which, however, in a few days more, gradually subsides.

We have thus described the most common circumstances of the Scarlatina Anginosa ; and have only to add, that during the time of its being epidemic, and especially upon its first setting in, there are always a few cases in which the circumstances of the disease approach very nearly to those of the Cynanche Maligna ; and it is only in these instances that the disease is attended with any danger.\*

656.] With respect to the cure of this disease, when the symptoms of it are nearly the same with those of the Cynanche Maligna, it requires exactly the same treatment as directed in 317.

657.] When the scarlet fever appears without any affection of the throat, the treatment of it is very simple, and is delivered by Dr. Sydenham. An antiphlogistic regimen† is commonly all that is requisite ; avoiding, on one hand, the application of cold air ; and, on the other, any increase of external heat.

658.] In the ordinary state of the Scarlatina Anginosa, the same treatment is, in most cases, sufficient ; but as here, the fever is commonly more considerable, and there is likewise an affection of the throat, some remedies may be often necessary.

659.] When there is a pretty high degree of fever, with a full pulse, and a considerable swelling of the tonsils,

\* These cases in which the disease is attended with danger, are, however, very few, and are only the effect of art. Teazing the patient by doing too much ; tormenting him with a close confinement to his bed, well furnished with blankets ; and adding fuel to the flame, by forcing him to swallow large quantities of cordials and alexipharmics, are the sure methods of increasing the disease : and the patient, distressed by the excessive officiousness of his sage doctor, is obliged to take refuge in the arms of Death.

† The antiphlogistic regimen must not however be carried too far, lest we induce a state of debility that may prove hurtful.

bleeding is very proper, especially in adults; and it has been frequently practised with advantage: but as, even in the Cynanche Tonsillaris, much bleeding is seldom necessary; (305.) so, in the Scarlatina, when the state of the fever and the appearances of the fauces render the nature of the disease ambiguous, bleeding may be omitted; and, if not altogether avoided, it should at least not be large, and ought not to be repeated.

660.] Vomiting, and especially nauseating doses of emetics,\* notwithstanding the inflamed state of the fauces, have been found very useful in this disease. An open belly is proper in every form of this disease; and when the nauseating doses of emetics operate a little downwards, they are more serviceable.

661.] In every form of the Scarlatina Anginosa, through the whole course of it, detergent gargles† should be employed, and more or less as the quantity of sloughs and the viscid mucus in the fauces may seem to require.

662.] Even in the milder states of the Scarlatina Anginosa, it has been common with practitioners to exhibit the Peruvian bark through the whole course of the disease; but we are assured, by much experience, that in such cases it may be safely omitted, though in cases any ways ambiguous it may not be prudent to neglect this remedy.

663.] The anasarca swelling, which frequently follows the Scarlatina Anginosa, seldom requires any remedy; and, at least, the purgatives so much inculcated, and so commonly exhibited, soon take off the anasarca.

## CHAPTER V.

### OF THE PLAGUE.

#### SECTION I.

#### *Of the Phenomena of the Plague.*

664.] **T**HE Plague is a disease which always arises from contagion; which affects many persons about the same time; proves fatal to great numbers, generally produces fever; and in most persons, is attended with buboes or carbuncles.

\* These have been mentioned in former notes.

† The detergent gargles were described in the note on article 317. Tincture of roses is generally used, and in most cases answer every intention. If, however, the ulceration is considerable, and the sloughs do not easily cast off, recourse must be had to Dr. Fothergill's gargle, described in article 317.

665.] These are the circumstances which, taken together, give the character of the disease ; but it is accompanied with many symptoms almost peculiar to itself, that, in different persons, are greatly diversified in number and degree, and should be particularly studied. I would wish to lay a foundation for this ; but think it unfit for a person who has never seen the disease to attempt its particular history. For this, therefore, I must refer to the authors who have written on the subject ; but allowing those only to be consulted, who have themselves seen and treated the disease in all its different forms.

666.] From the accounts of such authors, it appears to me, that the circumstances which particularly distinguish this disease, and especially the more violent and dangerous states of it, are

*1st*, The great loss of strength in the animal functions, which often appears early in the disease.

*2dly*, The stupor, giddiness, and consequent staggering, which resembles drunkenness, or the head-ach and various delirium ; which are all of them symptoms denoting a great disorder in the functions of the brain.

*3dly*, The anxiety, palpitation, syncope, and especially the weakness and irregularity of the pulse, which denotes a considerable disturbance in the action of the heart.

*4thly*, The nausea and vomiting, particularly the vomiting of bile, which shows an accumulation of vitiated bile in the gall-bladder and biliary ducts, and from thence derived into the intestines and stomach ; all of which symptoms I suppose to denote a considerable spasm, and loss of tone, in the extreme vessels on the surface of the body.

*5thly*, The buboes or carbuncles, which denote an acrimony prevailing in the fluids. And,

*Lastly*, The Petechiæ, hemorrhagies, and colliquative diarrhœa, which denote a putrescent tendency prevailing to a great degree in the mass of blood.

667.] From the consideration of all these symptoms, it appears, that the plague is especially distinguished by a specific contagion, often suddenly producing the most considerable symptoms of debility in the nervous system or moving powers, as well as of a general putrescency in the fluids ; and it is from the consideration of these circumstances as the proximate cause, that I think both the prevention and cure of the plague must be directed.

668.] If this disease should revisit the northern parts of

Europe, it is probable, that, at the time, there will be no physician then alive, who, at the first appearance of the disease, can be guided by his former experience, but must be instructed by his study of the writers on this subject, and by analogy. It is, therefore, I hope, allowable for me, upon the same grounds, to offer here my opinion with respect to both the prevention and cure of this disease.

This paragraph was written before I had any notice of the plague of Moscow, anno 1771 ; but I think it will still apply to the case of Great Britain and of many other northern states.

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## SECTION II.

### *Of the Prevention of the Plague.*

669.] WITH respect to the prevention : As we are firmly persuaded that the disease never arises in the northern parts of Europe, but in consequence of its being imported from some other country ; so the first measure necessary, is the magistrate's taking care to prevent the importation : and this may generally be done by a due attention to bills of health, and to the proper performance of quarantines.

670.] With respect to the latter, we are persuaded, that the quarantine of persons may safely be much less than forty days ; and, if this were allowed, the execution of the quarantine would be more exact and certain, as the temptation to break it would be in a great measure removed.

671.] With respect to the quarantine of goods, it cannot be perfect, unless the suspected goods be unpacked and duly ventilated, as well as the other means employed for correcting the infection they may carry ; and, if all this were properly done, it is probable that the time commonly prescribed for the quarantine of goods might also be shortened.

672.] A second measure, in the way of prevention, becomes requisite, when an infection has reached and prevailed in any place, to prevent that infection from spreading into other places. This can be done only by preventing the inhabitants, or the goods of any infected place, from going out of it, till they have undergone a proper quarantine.

673.] The third measure for prevention, to be employed with great care, is to hinder the infection from spreading

among the inhabitants of the place in which it has arisen. The measures necessary for this, are to be directed by the doctrine laid down in 82; and from that doctrine we infer, that all persons who can avoid any near communication with infected persons, or goods, may escape the infection.

674.] For avoiding such communication, a great deal may be done by the magistrate: 1. By allowing as many of the inhabitants as are free from the infection, and not necessary to the service of the place, to go out of it. 2. By prohibiting all assemblies, or unnecessary intercourse of the people. 3. By taking care that necessary communications be performed without contact. 4. By making such arrangements and provisions as may render it easy for the families remaining, to shut themselves up in their own houses. 5. By allowing persons to quit houses in which an infection appears, upon condition that they go into lazarettoes. 6. By ventilating and purifying, or destroying at the public expence, all infected goods. Lastly, by avoiding hospitals, and providing separate apartments for infected persons.

The execution of these measures will require great authority, and much vigilance and attention, on the part of the magistrate; but it is not our province to enter into any detail on this subject of the public police.

675.] The fourth and last part of the business of prevention, respects the conduct of persons necessarily remaining in infected places, especially of those obliged to have some communication with persons infected.

676.] Of those obliged to remain in infected places, but not obliged to have any near communication with the sick, they may be preserved from the contagion by avoiding all near communication with other persons, or their goods; and it is probable, that a small distance will answer the purpose, if, at the same time, there be no stream of air to carry the effluvia of persons, or goods, to some distance.

677.] For those who are necessarily obliged to have a near communication with the sick, it is proper to let them know, that some of the most powerful contagions do not operate, but when the bodies of men exposed to the contagion are in certain circumstances which render them more liable to be affected by it; and therefore, by avoiding these circumstances and causes, they may often escape infection.

678.] The bodies of men are especially liable to be af-

fectured by contagions, when they are any ways considerably weakened by want of food, and even by a scanty diet, or one of little nourishment; by intemperance in drinking, which when the stupor of intoxication is over, leaves the body in a weakened state; by excess in venery; by great fatigue; or by any considerable evacuation.

679. The causes which, concurring with contagion, render it more certainly active, are cold, fear, and full living.

The several means, therefore, of avoiding or guarding against the action of cold (94, to 96.) are to be carefully studied.

680.] Against fear the mind is to be fortified as well as possible, by inspiring a favorable idea of the power of preservative means; by destroying the opinion of the incurable nature of the disease; by occupying mens minds with business or labor; and by avoiding all objects of fear, as funerals, passing bells, and any notice of the death of particular friends.

681.] A full diet of animal food increases the irritability of the body, and favors the operation of contagion; and indigestion, whether from the quantity or quality of food, has the same effect.

682. Besides giving attention to obviate the several circumstances (609, 678, to 681.) which favor the operation of contagion, it is probable that some means may be employed for strengthening the bodies of men, and thereby enabling them to resist contagion.

For this purpose, it is probable, that the moderate use of wine, or of spirituous liquors, may have a good effect.

It is probable also, that exercise, when it can be employed, if so moderate as to be neither heating nor fatiguing to the body, may be employed with advantage.

Persons who have tried cold bathing, and commonly feel invigorating effects from it, if they are any ways secure against having already received infection, may possibly be enabled to resist it by the use of the cold bath.

It is probable, that some medicines also may be useful in enabling men to resist infection; but amongst these I can hardly admit the numerous alexipharmics formerly proposed; or, at least, very few of them, and those only of tonic power. Amongst these last we reckon the Peruvian bark; and it is perhaps the most effectual. If any thing is to be expected from antiseptics, I think camphire, whether in-

ternally or externally employed, is one of the most promising.

Every person is to be indulged in the use of any means of preservation of which he has conceived a good opinion, whether it be a charm or a medicine, if the latter be not directly hurtful.

Whether issues be useful in preserving from, or in moderating the effects of contagion, I cannot determine from the observations I have yet read.

683.] As neither the atmosphere in general, nor any considerable portion of it, is tainted or impregnated with the matter of contagions; so the lighting of fires over a great part of the infected city, or other general fumigations in the open air, are of no use for preventing the disease, and may perhaps be hurtful.

684.] It would probably contribute much to check the progress of infection, if the poor were enjoined to make a frequent change of clothing, and were suitably provided for that purpose; and if they were, at the same time, induced to make a frequent ventilation of their houses and furniture.

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### SECTION III.

#### *Of the Cure of the Plague.*

685.] IN the cure of the plague, the indications are the same as those of fever in general, (126.) but here they are not all equally necessary and important.

686.] The measures for moderating the violence of reaction, which operate by diminishing the action of the heart and arteries (128.) have seldom any place here, excepting so far as the antiphlogistic regimen is generally proper. Some physicians, indeed, have recommended bleeding; and there may occur cases in which bleeding may be useful; but, for the most part, it is unnecessary, and in many cases it might be very hurtful.

Purgings has also been recommended; and, in some degree, it may be useful in drawing off the bile, or other putrescent matters frequently present in the intestines; but a large evacuation this way may certainly be hurtful.

687.] The moderating the violence of reaction, so far as it can be done by taking off the spasm of the extreme

vessels (151.) is a measure of the utmost necessity in the cure of the plague; and the whole of the means (152, to 200.) suited to this indication are extremely proper.

688.] The giving an emetic at the very first approach of the disease, would probably be of great service; and it is likely, that at some other periods of the disease, emetics might be useful, both by evacuating bile abundant in the alimentary canal, and by taking off the spasm of the extreme vessels.

689.] From some principles with respect to fever in general, and with respect to the plague in particular, I am of opinion, that, after the exhibition of the first vomit, the body should be disposed to sweat; which ought to be raised to a moderate degree only, but continued for at least twenty-four hours, or longer if the patient bear it easily.

690.] This sweating should be excited and conducted agreeably to the rules laid down in 168. It is to be promoted by the plentiful use of diluents, rendered more grateful by vegetable acids, or more powerful by being impregnated with some portion of neutral salts.

691.] To support the patient under the continuance of the sweat, a little weak broth, acidulated with juice of lemons, may be given frequently; and sometimes a little wine, if the heat of the body be not considerable.

692.] If sudorific medicines are judged to be necessary, opiates are the most effectual and safe: but they should not be combined with aromatics; and probably may be more effectual, if joined with a portion of emetics, and of neutral salts.

693.] If, notwithstanding the use of emetics and sudorifics, the disease should still continue, the cure must depend upon the employment of means for obviating debility and putrescency; and for this purpose, the various remedies proposed above (from 201, to 227.) may all be administered, but especially the tonics; and of these the chief are cold drink and the Peruvian bark.

694.] In the cure of the plague, some attention is due to the management of buboes and carbuncles: but we do not touch this, as it belongs to the province of surgery.\*

\* The reader might possibly expect a detail of the medicines used in the plague, with their doses, and the manner of administering them; but I thought it better to refer to the authors who have either seen the disease, or who have expressly written on it.

On consulting different authors, it appears, that every particular epidemic requires a different treatment, in some parts of the cure at least. Should any young practitioner be unfortunate enough to have occasion to exercise his art in the cure of the plague, he must chiefly be directed by the general indications of the cure of fevers.

## CHAPTER VI.

*OF ERYSIPELAS, OR ST. ANTHONY'S FIRE.*

695.] **I**N 274, I mentioned the distinction which I proposed to make between the diseases to be named the Erythema and the Erysipelas; and from thence it will appear, that Erysipelas, as an Erythema following fever, may have its place here.

696.] I suppose the erysipelas to depend on a matter generated within the body, and which, analogous to the other cases of exanthemata, is, in consequence of fever, thrown out upon the surface of the body. I own it may be difficult to apply this to every particular case of erysipelas: but I take the case in which it is generally supposed to apply, that of the erysipelas of the face; which I shall therefore consider here.

697.] The Erysipelas of the face comes on with a cold shivering, and other symptoms of pyrexia. The hot stage of this is frequently attended with a confusion of head, and some degree of delirium; and almost always with drowsiness, or perhaps coma. The pulse is always frequent, and commonly full and hard.

698.] When these symptoms have continued for one, two, or at most three days, there appears, on some part of the face, a redness, such as that described in (275.) as the appearance of Erythema. This redness, at first, is of no great extent; but gradually spreads from the part it first occupied to the other parts of the face, commonly till it has affected the whole; and frequently from the face it spreads over the hairy scalp, or descends on some part of the neck. As the redness spreads, it commonly disappears, or at least decreases, in the parts it had before occupied. All the parts upon which the redness appears are, at the same time, affected with some swelling, which continues for some time after the redness has abated. The whole face becomes considerably turgid; and the eye-lids are often so much swelled as entirely to shut up the eyes.

699.] When the redness and swelling have proceeded for some time, there commonly arise, sooner or later, blisters of a larger or smaller size, on several parts of the face. These contain a thin yellowish or almost colorless liquor,

which sooner or later runs out. The surface of the skin, in the blistered places, sometimes becomes livid and blackish; but this livor seldom goes deeper than the surface, or discovers any degree of gangrene affecting the skin. On the parts of the face not affected with blisters, the cuticle suffers, towards the end of the disease, a considerable desquamation. Sometimes the tumor of the eye-lids ends in a suppuration.

700.] The inflammation coming upon the face does not produce any remission of the fever which had before prevailed; and sometimes the fever increases with the increasing and spreading inflammation.

701.] The inflammation usually continues for eight or ten days; and for the same time, the fever and symptoms attending it also continue.

702.] In the progress of the inflammation the delirium and coma attending it sometimes go on increasing, and the patient dies apoplectic on the seventh, ninth, or eleventh day of the disease. In such cases, it has been commonly supposed that the disease is translated from the external to the internal parts. But I have not seen any instance in which it did not appear to me, that the affection of the brain was merely a communication of the external affection, as this continued increasing at the same time with the internal.

703.] When the fatal event does not take place, the inflammation, after having affected a part, commonly the whole of the face, and perhaps the other external parts of the head, ceases. With the inflammation, the fever also ceases; and without any evident crisis, the patient returns to his ordinary state of health.

704.] This disease is not commonly contagious; but as it may arise from an acrid matter externally applied, so it is possible that the disease may sometimes be communicated from one person to another.

Persons who have once labored under this disease are liable to returns of it.

705.] The event of this disease may be foreseen from the state of the symptoms which denote more or less affection of the brain. If neither delirium nor coma come on, the disease is seldom attended with any danger; but when these symptoms appear early in the disease, and are in a considerable degree, the utmost danger is to be apprehended.

706.] As this disease often arises in the part, at the same time with the coming on of the pyrexia; as I have known it with all its symptoms, arise from an acrimony applied to the part; as it is commonly attended with a full and frequently a hard pulse; as the blood drawn in this disease shows the same crust upon its surface, that appears in the phlegmasiæ; and, lastly as the swelling of the eye-lids, in this disease, frequently ends in a suppuration; so, from these considerations, it seems doubtful if this disease be properly, in Nosology, separated from the Phlegmasiæ. At any rate, I take the disease I have described to be what physicians have named the Erysipelas Phlegmonodes, and that it partakes a great deal of the nature of the Phlegmasiæ.

707.] Upon this conclusion, the Erysipelas of the face is to be cured very much in the same manner as phlegmonic inflammations, by blood-letting, cooling purgatives, and by employing every part of the antiphlogistic regimen;\* and our experience has confirmed the fitness of this method of cure.

708.] The evacuations of blood-letting and purging, are to be employed more or less according to the urgency of symptoms, particularly those of the pyrexia, and of those which mark an affection of the brain. As the pyrexia continues and often increases with the inflammation of the face; so the evacuations mentioned may be employed at any time in the course of the disease.

709.] In this, as in other diseases of the head, it is proper to put the patient, as often as he can easily bear it, into somewhat of an erect posture.

710.] As in this disease there is always an external affection, and as in many instances there is no other; so various external applications to the part affected have been proposed; but almost all of them are of doubtful effect. The narcotic,† refrigerant, and astringent‡ applications, are suspected of disposing to gangrene; spirituous|| applications seem to increase the inflammation; and all oily or watery§ applications seem to occasion its spreading. The application that seems most safe, and which is now most

\* The antiphlogistic regimen, &c. have been described in former notes. See article 129, et seq.

† The leaves of solanum, of hemlock, of henbane, and other similar plants applied as fomentations.

‡ Solutions of Saccharum Saturni, or Vitriolum album, applied cold.

|| Especially if they are such as are compounded with aromatics or volatile salts, as camphorated spirit of wine, Hungary water, volatile liniment, &c.

§ The reason is evident, because they confine the acrimonious liquor discharged from the part affected.

commonly employed, is that of a dry mealy powder frequently sprinkled upon the inflamed parts.\*

711.] An Erysipelas Phlegmonodes frequently appears on other parts of the body, beside the face; and such other erysipelatous inflammations frequently end in suppuration. These cases are seldom dangerous. At coming on, they are sometimes attended with drowsiness, and even with some delirium; but this rarely happens; and these symptoms do not continue after the inflammation is formed. I have never seen an instance of the translation of this inflammation from the limbs to an internal part; and though these inflammations of the limbs be attended with pyrexia, they seldom require the same evacuations as the erysipelas of the face. At first they are to be treated by dry mealy applications only; and all humid applications, as fomentations, or poultices, are not to be applied, till, by the continuance of the disease, by the increase of swelling, or by a throbbing felt in the part, it appears that the disease is proceeding to suppuration.

712.] We have hitherto considered erysipelas as in a great measure of a phlegmonic nature; and agreeably to that opinion, we have proposed our method of cure. But it is probable, that an erysipelas is sometimes attended with, or is a symptom of, a putrid fever; and, in such cases, the evacuations proposed above may be improper, and the use of the Peruvian bark may be necessary; but I cannot be explicit upon this subject, as such putrid cases have not come under my observation.

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## CHAPTER VII.

### OF THE MILIARY FEVER.

713.] **T**HIS disease is said to have been unknown to the ancients, and that it appeared, for the first time, in Saxony, about the middle of the last century.† It is said to have spread from thence into all the

\* Wheat flour is apt to run into hard lumps by the thin acrimonious liquor which always exudes from parts affected with erysipelas. Oatmeal not being so liable to this inconvenience; is therefore preferable: it ought to be wiped off, and a fresh quantity applied twice or thrice a day.

Many practitioners recommend the application of cabbage leaves to erysipelatous swellings, and their efficacy has been frequently approved. They ought to be removed as soon as they grow warm or uneasy, and fresh cold ones applied.

† Hoffman, Welsch, and several other writers, fix the first appearance of this disease at Leipzig in the years 1651 and 1652. This opinion, however, is false; for descriptions of miliary erup-

other parts of Europe;\* and, since the period mentioned, to have appeared in many countries in which it had never appeared before.

714.] From the time of its having been first particularly observed, it has been described and treated of by many different writers; and by all of them, till very lately, has been considered as a peculiar idiopathic disease.

It is said to have been constantly attended with peculiar symptoms. It comes on with a cold stage, which is often considerable. The hot stage which succeeds, is attended with great anxiety, and frequent sighing. The heat of the body becomes great, and soon produces profuse sweating; preceded, however, by a sense of pricking, as of pin-points in the skin; and the sweat is of a peculiarly rank and disagreeable odor. The eruption appears sooner or later in different persons, but at no determined period of the disease. It seldom or never appears on the face; but discovers itself first upon the neck and breast, and from thence often spreads over the whole body.

715.] The eruption named Miliary is said to be of two kinds, the one named the Red, the other the White Miliary. The former which in English is strictly named the Rash, is commonly allowed to be a symptomatic affection; and as the latter is the only one that has any pretensions to be considered, as an idiopathic disease, it is this alone that I shall more particularly describe and treat of in the present chapter.

716.] What then is called the White Miliary eruption appears at first like the red, in very small red pimples, for the most part distinct, but sometimes clustered together. Their slight prominence is distinguished better by the finger than by the eye. Soon after the appearance of this eruption, and at least on the second day, a small vesicle appears upon

tions are to be found in the writings of the ancients, and among the moderns we find Riverius describing it in France, just after the appearance of the comet of the year 1618; to which phenomenon that author ascribes the fatal epidemic, as well as the bloody wars that were at that time making horrid devastations in Europe.

\* We meet with several accounts of the appearance of the miliary eruption in different parts of Europe soon after the middle of the last century, not only by medical writers, but by general historians; among the latter of whom we may mention Robert Sibbald, who takes notice of it in his *Scotia illustrata*, published at Edinburgh in the year 1684. (Sibbald, however, was a physician.) To enumerate the medical writers who have described the disease in the different parts of Europe, would take more room than the short compass of these notes admits, the chief of them are Welsch, Hoffman, Langius, Reyger, Bonetus, Grinwald, Sydenham, Ramizina, Fuchsius, &c. &c.

The authors above mentioned, and several others about the end of the last and beginning of this century, entertained various opinions concerning the nature of the miliary eruption, some of them supposing it to be a critical termination of a peculiar fever, and others on the contrary strenuously insisting that it was only accidental or symptomatic, and never critical or salutary. The controversy, which was carried on with some warmth, is now terminated, as will appear by what follows; but the inquisitive young physician will find both entertainment and instruction in perusing it. A very good abstract of it occurs in De Haen's treatise on the division of Fevers.

the top of each pimple. At first the vesicle is whey colored ; but soon becomes white, and stands out like a globule on the top of the pimple. In two or three days, these globules break, or are rubbed off ; and are succeeded by small crusts, which soon after fall off in small scales. While one set of pimples takes this course, another set succeeds ; so that the disease often continues upon the skin for many days together. Sometimes when one crop of this eruption has disappeared, another, after some interval, is produced. And it has been further observed, that in some persons there is such a tendency to this disease, that they have been affected with it several times in the course of their lives.

717.] This disease is said to affect both sexes, and persons of all ages and constitutions ; but it has been observed, at all times, to affect especially, and most frequently, lying-in women.

718.] This disease is often accompanied with violent symptoms, and has frequently proved fatal. The symptoms attending it are, however, very various. They are, in one or other instances, all the several symptoms attending febrile diseases ; but I cannot find that any symptom or course of symptoms are steadily the same in different persons, so as to furnish any specific character to the disease. When the disease is violent, the most common symptoms are phrenitic, comatose, and convulsive affections which are also symptoms of all fevers treated by a very warm regimen.

719.] While there is such a variety of symptoms appearing in this disease, it is not to be expected that any one particular method of cure can be proposed : and accordingly we find, in different writers, different methods and remedies prescribed ; frequent disputes about the most proper ; and those received and practised by some, opposed and rejected by others.

720.] I have thus given an account of what I have found delivered by authors who have considered the white miliary fever as an odiopathic disease : but, now, after having often observed the disease, I must say that I doubt much if it ever be such an idiopathic, as has been supposed, and I suspect that there is much fallacy in what has been written on the subject.

721.] It seems to me very improbable, that this should have been really a new disease when it was first considered as such. There appear to me very clear traces of it in au-

thors who wrote long before that period; and, though there were not, we know that the descriptions of the ancients were inaccurate and imperfect, particularly with respect to cutaneous affections; whilst we know also very well, that those affections which usually appeared as symptomatic only, were commonly neglected, or confounded together under a general appellation.

722.] The antecedent symptoms of anxiety, sighing, and pricking of the skin, which have been spoken of as peculiar to this disease, are, however, common to many others; and, perhaps to all those in which sweatings are forced out by a warm regimen.

Of the symptoms said to be concomitant of this eruption, there are none which can be said to be constant and peculiar but that of sweating. This, indeed, always precedes and accompanies the eruption; and, while the miliary eruption attends many different diseases, it never, however, appears in any of these, but after sweating; and, in persons laboring under these diseases, it does not appear, if sweating be avoided. It is therefore probable, that the eruption is the effect of sweating; and that it is the produce of a matter, not before prevailing in the mass of blood, but generated, under particular circumstances, in the skin itself. That it depends upon particular circumstances of the skin, appears further from hence, that the eruption seldom or never appears upon the face, although it affects the whole of the body besides; that it comes upon those places especially which are more closely covered; and that it can be brought out upon particular parts by external applications.

723.] It is to be observed, that this eruptive disease differs from the other exanthemata in many circumstances; in its not being contagious, and therefore never epidemic; that the eruption appears at no determined period of the disease; that the eruption has no determined duration; that successive eruptions frequently appear in the course of the same fever; and that such eruptions frequently recur in the course of the same person's life.

All these circumstances render it extremely probable, that, in the miliary fever, the morbid matter is not a subsisting contagion communicated to the blood, and thence, in consequence of fever and assimilation, thrown out upon the surface of the body; but a matter occasionally produced in the skin itself, by sweating.

724.] This conclusion is further rendered probable, from

hence, that, while the miliar eruption has no peculiar symptoms, or concurrence of symptoms, belonging to it; yet upon occasion, it accompanies almost all febrile diseases, whether inflammatory or putrid, if these happen to be attended with sweating; and from thence it may be presumed, that the miliar eruption is a symptomatic affection only, produced in the manner we have said.

725.] But, as this symptomatic affection does not always accompany every instance of sweating, it may be proper to inquire what are the circumstances which especially determine this eruption to appear? To this, however, I can give no full and proper answer. I cannot say that there is any one circumstance which in all cases gives occasion to this eruption; nor can I say what different causes may, in different cases, give occasion to it. There is only one observation I can offer to the purpose of this inquiry; and it is, that, of the persons, sweating under febrile diseases, those are especially liable to the miliar eruption, who have been previously weakened by large evacuations, particularly of blood. This will explain why it happens to lying-in women more frequently than to any other persons; and to confirm this explanation, I have remarked, that the eruption happened to women not in child-bed, but who had been much subjected to a frequent and copious menstruation; and to an almost constant fluor albus. I have also had occasion to observe it happen to men in fevers, after wounds from which they had suffered a great loss of blood.

Further, that this eruption is produced by a certain state of debility, will appear probable, from its often occurring in fevers of the putrid kind, which are always attended with great debility. It is true, that it also sometimes attends inflammatory diseases, when it cannot be accounted for in the same manner; but I believe it will be found to attend especially those inflammatory diseases in which the sweats have been long protracted or frequently repeated, and which have thereby produced a debility, and perhaps a debilitating putrid diathesis.

726.] It appears so clearly to me, that this eruption is always a symptomatic\* and factitious affection, that I am

\* As this disease is always symptomatic and never idiopathic, the method of curing must necessarily vary in different cases; the chief attention of the physician must therefore be turned to the primary disease, and to the means of preventing this symptom from appearing in those diseases which it accompanies.

The author judiciously begins his method of cure by giving directions for preventing the eruption, which he properly supposes to be entirely factitious, and to depend on the application of too much heat. With a proper attention to the directions given in the text, we may in general prevent the eruption. If, however, the eruption is present before the physician is called, those remedies must be used for its removal that are enumerated in the subsequent articles.

persuaded it may be in most cases prevented merely by avoiding sweats. Spontaneous sweatings, in the beginning of diseases, are very rarely critical; all sweatings, not evidently critical, should be prevented; and the promoting them, by increasing external heat, is commonly very pernicious. Even critical sweats should hardly be encouraged by such means. If therefore, spontaneous sweats arise, they are to be checked by the coolness of the chamber; by the lightness and coolness of the bed-clothes; by the person's laying out their hands and arms, and by their taking cold drink: and, by these precautions, I think I have frequently prevented miliary eruptions, which were otherwise likely to have appeared, particularly in lying-in women.

727.] But it may happen, when these precautions have been neglected, or from other circumstances, that a miliary eruption does actually appear; and the question will then be put, how the case is to be treated? It is a question of consequence, because I believe that the matter here generated is often of a virulent kind; it is frequently the offspring of putrescency; and, when treated by increasing the external heat of the body, it seems to acquire a virulence which produces those symptoms mentioned in 718, and proves certainly fatal.

It has been an unhappy opinion with most physicians, that eruptive diseases were ready to be hurt by cold; and that it was therefore necessary to cover up the body very closely, so as thereby to increase the external heat. We now know that this is a mistaken opinion; that increasing the external heat of the body is very generally mischievous; and that several eruptions not only admit, but require the application of cold air. We are now\* persuaded, that the practice which formerly prevailed, in the case of miliary eruptions, of covering up the body close, and both by external means, and internal remedies, encouraging the sweatings which accompany this eruption, was highly per-

\* The present rational practice has entirely altered the regimen in fevers; and instead of macerating the patient in a hot bed, and obliging him to breathe the corrupt air of a confined chamber, we now cover him with light bed-clothes, and ventilate his room.

It may, however, be necessary to guard the young physician against the excess of this practice. The precept, *Omne nimium nocet*, should always be attended to. If the patient feels any disagreeable effects, or if he should suffer rigors, or trembles from the admission of cold air, it is certainly prejudicial, and its admission ought to be regulated.

It may not be improper to mention another caution, viz. That the young practitioner must not, by the means here recommended, check sweats that are really critical. To determine what sweats are, and what are not, critical, is perhaps, in some cases, attended with considerable difficulty. In general, however, critical sweats may be known by their happening on the critical days before mentioned in article 107. et seq. and by their always being immediately followed by an abatement of all, or at least the greatest part, of the symptoms.

nicious, and commonly fatal. I am therefore of opinion, even when a miliary eruption has appeared, that in all cases where the sweating is not manifestly critical, we should employ all the several means of stopping it that are mentioned above; and I have sometimes had occasion to observe, that even the admission of cool air was safe and useful.

728.] This is, in general, the treatment of miliary eruptions; but, at the same time, the remedies suited to the primary disease, are to be employed; and therefore, when the eruption happens to accompany inflammatory affections, and when the fulness and hardness of the pulse or other symptoms show an inflammatory state present, the case is to be treated by blood-letting, purging, and other antiphlogistic remedies.

Upon the other hand, when the miliary eruption attends diseases in which debility and putrescency prevail, it will be proper to avoid all evacuations, and employ tonic and antiseptic remedies, particularly the Peruvian bark, cold drink, and cold air.

I shall conclude this subject with mentioning, that the venerable octogenarian practitioner, de Fischer, when treating of this subject, in laying down the indications of cure, has given this as one of them: "Excretionis periphericæ non primariam habere rationem."

## CHAPTER VIII.

### OF THE REMAINING EXANTHEMATA.

#### URTICARIA, PEMPHIGUS, AND APHTHA.

729.] **T**HE Nettle Rash is a name applied to two different diseases. The one is the chronic eruption described by Dr. Heberden in the Medical Transactions, Vol. I. art. xvii. which, as not being a febrile disorder, does not belong to this place. The other is the Urticaria of our Synopsis, which as taken into every system of Nosology as one of the Exanthemata Febrilia, is properly to be treated of here.

730.] I have never observed this disease as contagious and epidemic; and the few sporadic cases of it which have occurred to me, have seldom taken the regular course described by authors. At the same time, as the accounts of

different authors are not very uniform, and hardly consistent, I cannot enter further into the consideration of this subject: and I hope it is not very necessary, as on all hands it is agreed to be a mild disease, and such as seldom requires the use of remedies. It is generally sufficient to observe an antiphlogistic regimen, and to keep the patient in a temperature that is neither hot nor cold.

731.] The Pemphigus, or Visicular fever, is a rare and uncommon disease, and very few instances of it are recorded in the writings of physicians. As I have never had occasion to see it, it would be improper for me to treat of it,\* and I do not choose to repeat after others, while the disease has yet been little observed, and its character does not seem to be exactly ascertained. Vid. Acta Helvetica, vol. ii. p. 260. Synops. Nosolog. vol. ii. p. 149.

732.] The Aptha, or Thrush, is a disease better known; and, as it commonly appears in infants, it is so well understood, as not to need our treating of it here. As an idiopathic disease, affecting adults, I have not seen it in this country: but it seems to be more frequent in Holland; and, therefore, for the study of it, I refer to Dr. Boerhaave, and his commentator Van Swieten, whose works are in every body's hands.†

733.] The Petechia has been, by all our Nosologists, enumerated amongst the exanthemata; but as, according to the opinion of most physicians, it is very justly held to be always a symptomatic affection only, I cannot give it a place here.

\* It appears from the following passage in the author's Synopsis, that he had afterwards seen it: "Collega noster exinus Franciscus Home, mihi hominem leviter febricitantem ostendit, cui, primum in brachiis, et successive demum in toto corpore, visiculae magnitudine avellanæ abortæ sunt, et post duos tresve dies effuso humoris serosi paxillo, collapsæ sunt. Hæc febris autem nullam indolem vel typum peculiarem monstrabat, et cito disparuit nequaquam contagiosa."

† Boerhaave only saw apthæ twice without, and preceding, fever, and Van Swieten only once; but Ketelaer says he has frequently seen them. They sometimes accompany inflammations of the viscera, and other inflammatory fevers, and are often difficult to remove. They are to be treated in the same manner as the ulcerations in the Cynanche maligna, by gargles of the detersive kind, until the apthous crust separates and falls off; but when that crust has fallen off, the painfulness of the nakedly exposed sensible parts requires emollient applications; of which kind a decoction of Rad. Alth. or an infusion of lintseed, are proper gargles alone: if honey be added, the patient complains of its making the parts smart. The patient's diet ought to be of the mildest kind, that it may be swallowed without causing much pain.

The apthous crust frequently appears at the anus, which symptom generally leads us to conclude, as is really the case, that apthæ covers the whole intestinal canal. Hence considerable danger arises. The absorbents are covered, and refuse admittance to all nourishment; hence an increased debility, with all its evil consequences. In these cases, a nutritive, liquid, and detersive diet, must be used. For this purpose a decoction of bread, with wine and honey, is the properest drink. Such a decoction is extremely nutritive, and also averse to putrefaction, and therefore well adapted to the exigency of the case.

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## BOOK IV.

### OF HEMORRHAGIES.

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#### CHAPTER I.

##### OF HEMORRHAGY IN GENERAL.

734.] **I**N establishing a class or order of diseases under the title of *Hemorrhagies*, Nosologists have employed the single circumstance of an effusion of red blood, as the character of such a class or order. By this means they have associated diseases which in their nature are very different; but, in every methodical distribution, such arbitrary and unnatural associations should be avoided as much as possible. Further, by that management Nosologists have suppressed or lost sight of an established and well-founded distinction of hemorrhagies into Active and Passive.

735.] It is my design to restore this distinction; and I shall therefore here, under the title of Hemorrhagies, comprehend those only which have been commonly called Active, that is, those attended with some degree of pyrexia; which seem always to depend upon an increased impetus of the blood in the vessels pouring it out, and which chiefly arise from an internal cause. In this I follow Dr. Hoffman, who joins the active hemorrhagies with the febrile diseases; and have accordingly established these hemorrhagies as an order in the class of pyrexia. From this order I exclude all those effusions of red blood that are owing entirely to external violence; and all those which, though arising from internal causes, are, however, not attended with pyrexia, and which seem to be owing to a putrid fluidity of the blood, to the weakness or to the erosion of the vessels, rather than to any increased impetus of the blood in them.

736.] Before proceeding to treat of those proper hemorrhagies which form an order in our Nosology, I shall treat of active hemorrhagy in general; and indeed the several genera and species, to be treated of particularly af-

terwards, have so many circumstances in common with one another, that the general consideration to be now offered will prove both proper and useful.

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## SECTION I.

### *Of the Phenomena of Hemorrhagy.*

737.] The phenomena of hemorrhagy are generally the following.

Hemorrhagies happen especially in plethoric habits, and to persons of a sanguine temperament. They appear most commonly in the spring, or in the beginning of summer.

For some time, longer or shorter in different cases, before the blood flows, there are some symptoms of fulness and tension about the parts from whence the blood is to issue. In such parts as fall under our view, there are some redness, swelling, and sense of heat or of itching; and in the internal parts from which blood is to flow, there is a sense of weight and heat; and, in both cases, various pains are often felt in the neighboring parts.

738.] When these symptoms have subsisted for some time, some degree of a cold stage of pyrexia comes on, and a hot stage is formed; during which, the blood flows of a florid color, in a greater or lesser quantity, and continues to flow for a longer or shorter time; but commonly, after some time, the effusion spontaneously ceases, and together with it the pyrexia also.

739.] During the hot stage which precedes an hemorrhagy, the pulse is frequent, quick,\* full, and often hard; but as the blood flows, the pulse becomes softer and less frequent.

740.] In hemorrhagies, blood drawn from a vein, does, upon its concreting, commonly show the gluten separated, or a crust formed, as in the cases of Phlegmasiæ.

741.] Hemorrhagies from internal causes, having once happened, are apt, after a certain interval, to return; in some cases very often, and frequently at stated periods.

742.] These are, in general, the phenomena of hemorrhagy; and if in somecases, all of them be not exquisitely marked, or if perhaps some of them do not at all appear,

\* The difference between a frequent and quick pulse, was mentioned in a note on article 336.

it imports only, that, in different cases the system is more or less generally affected; and that, in some cases, there are purely topical hemorrhagies, as there are purely topical inflammations.

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## SECTION II.

### *Of the Proximate Cause of Hemorrhagy.*

743.] THE pathology of hemorrhagy seems to be sufficiently obvious. Some inequality in the distribution of the blood occasions a congestion in particular parts of the sanguiferous system; that is, a greater quantity of blood is poured into certain vessels than their natural capacity is suited to receive. These vessels become thereby preternaturally distended; and this distention, proving a stimulus to them, excites their action to a greater degree than usual, which, pushing the blood with unusual force into the extremities of these vessels opens them by anastomosis, or rupture; and, if these extremities be loosely situated on external surfaces, or on the internal surfaces of certain cavities that open outwardly, a quantity of blood flows out of the body.

744.] This reasoning will, in some measure, explain the production of hemorrhagy. But it appears to me, that, in most cases, there are some other circumstances that concur to produce it; for it is probable, that, in consequence of congestion, a sense of resistance arises, and excites the action of the *Vis Medicatrix Naturæ*, the exertions of which are usually made by the formations of a cold stage of pyrexia, inducing a more vigorous action of the vessels; and the concurrence of this exertion more effectually opens the extremities, and occasions the flowing out of the blood.

745.] What has been delivered in the two preceding paragraphs, seems to explain the whole phenomena of hemorrhagy, except the circumstance of its frequent recurrence, which I apprehend may be explained in the following manner. The congestion and consequent irritation being taken off by the flowing of the blood; this therefore, soon after, spontaneously ceases; but, at the same time, the internal causes which had before produced the unequal distribution of the blood, commonly remain, and must now operate the more readily, as the over-stretched and

relaxed vessels of the part will more easily admit of a congestion of blood in them, and, consequently, produce the same series of phenomena as before.

746.] This may sufficiently explain the ordinary return of hemorrhagy; but there is still another circumstance, which, as commonly concurring, is to be taken notice of; and that is, the general plethoric state of the system, which renders every cause of unequal distribution of more considerable effect. Though hemorrhagy may often depend upon the state of the vessels of a particular part being favorable to a congestion's being formed in them; yet, in order to that state's producing its effect, it is necessary that the whole system should be at least in its natural plethoric condition; and, if this should be in any degree increased beyond what is natural, it will still more certainly determine the effects of topical conformation to take place. The return of hemorrhagy, therefore, will be more certainly occasioned, if the system becomes preternaturally plethoric; but hemorrhagy has always a tendency to increase the plethoric state of the system, and, consequently, to occasion its own return.

747.] To show that hemorrhagy does contribute to produce or increase the plethoric state of the system, it is only necessary to observe, that the quantity of serous fluids being given, the state of the excretions depends upon a certain balance between the force of the larger arteries propelling the blood, and the resistance of the excretories: but the force of the arteries depends upon their fulness and distension, chiefly given to them by the quantity of red globules and gluten, which are for the greatest part confined to the red arteries; and therefore, the *spoliation* made by an hemorrhagy, being chiefly of red globules and gluten, the effusion of blood must leave the red arteries more empty and weak. In consequence of the weaker action of the red arteries, the excretions are in proportion diminished; and, therefore, the ingesta continuing the same, more fluids will be accumulated in the larger vessels. It is by this means that the loss of blood by hemorrhagies, whether artificial or spontaneous, if within certain bounds, is commonly so soon recovered: but as the diminution of the excretions, from a less quantity of fluid being impelled into the excretories, gives occasion to these vessels to fall into a contracted state; so, if this shall continue long, these vessels will become more rigid, and will

not yield to the same impelling force as before. Although the arteries, therefore, by new blood collected in them, shall have recovered their former fulness, tension, and force; yet this force will not be in balance with the resistance of the more rigid excretories, so as to restore the former state of excretion; and, consequently, a further accumulation will take place in the arteries, and an increase of their plethoric state be thereby induced. In this manner, we perceive more clearly, that hemorrhagy, as producing a more plethoric state of the system, has a tendency to occasion its own recurrence with greater violence; and, as the renewal and further accumulation of blood require a determinate time, so, in the several repetitions of hemorrhagy, that time will be nearly the same; and therefore the returns of hemorrhagy will be commonly at stated periods, as has been observed frequently to happen.

748.] I have thus explained the nature of hemorrhagy in general, as depending upon some inequality in the distribution of the blood, occasioning a congestion of it in particular parts of the sanguiferous system. It is indeed probable, that, in most persons, the several parts of the sanguiferous system, are in balance with one another; and that the density, and consequently the resistance, in the several vessels, is in proportion to the quantity of blood which each should receive; from whence it frequently happens, that no inequality in the distribution of the blood takes place in the course of a long life. If, however, we consider that the sanguiferous system is constantly in a plethoric state, that is, that the vessels are constantly distended beyond that size which they would be of, if free from any distending force, we shall be satisfied that this state may be readily changed. For as, on the one hand, the vessels are elastic, so as to be under a constant tendency to contract upon the withdrawing of any part of the distending force; and, on the other hand, are not so rigid but that, by an increase of the impetus of the blood in them, they may be more than ordinarily distended; so we can easily understand how, in most persons, causes of an increased contraction or distension may arise in one part or other of the system, or that an unequal distribution may take place; and how, in an exquisitely distended or plethoric system, a small inequality in the distribution of the blood may form those congestions which give occasion to hemorrhagy.

749.] In this manner I endeavor to explain how hemor-

rhagy may be occasioned at any period of life, or in any part of the body: but hemorrhagies happen in certain parts more frequently than in others, and at certain periods of life more readily than at others; and therefore in delivering the general doctrine of hemorrhagy, it may be required that I should explain those circumstances which produce the specialities mentioned; and I shall now attempt it.

750.] The human body, from being of a small bulk at its first formation, grows afterwards to a considerable size. This increase of bulk consists, in a great measure, in the increase of the quantity of fluids and a proportional enlargement of the containing vessels. But at the same time, the quantity of solid matter is also gradually increased; and, in whatever manner we may suppose this to be done, it is probable that the progress, in the whole growth of animal bodies, depends upon the extension of the arterial system; and such is the constitution of the sanguiferous system, that the motion of the blood in the arteries has a constant tendency to extend them in every dimension.

751.] As the state of the animal solid is, at the first formation of the body, very lax and yielding; so the extension of the system proceeds, at first, very fast: but, as the extension gives occasion to the apposition of more matter to the solid parts, these are, in proportion to their extension, constantly acquiring a greater density, and therefore giving more resistance to their further extension and growth. Accordingly, we observe, that as the growth of the body advances, its increase, in any given time, becomes proportionally less and less, till at length it ceases altogether.

752.] This is the general idea of the growth of the human body, till it attain the utmost bulk which it is capable of acquiring: but it is to be remarked, that this growth does not proceed equally in every part of the body, it being requisite for the economy of the system, that certain parts should be first evolved, and should also acquire their full bulk sooner than others. This appears particularly with respect to the head, the parts of which appear to be first evolved, and soonest to acquire their full size.

753.] To favor this unequal growth, it is presumed, that the dimensions or the laxity of the vessels of the head, or that the direction of the force of the blood, are adapted to the purpose; and from what has been said in 751, it will also certainly follow, that as the vessels of the head grow fastest, and soonest acquire their full size, so they will

soonest also acquire that density which will prevent their further extension. While, however, the force of the heart and the quantity of the fluids, with respect to the whole system, remain the same, the distending and extending powers will be directed to such parts as have not yet acquired the same density and dimensions as those first evolved ; and thus the distending and extending powers will proceed to operate till every part of the system, in respect of density and resistance, shall have been brought to be in balance with every other, and till the whole be in balance with the force of the heart, so that there can be no further growth in any particular part, unless some preternatural circumstance shall happen to arise.

754.] In this process of the growth of the body, as it seems in general to depend upon a certain balance between the force of the heart or distending power, and the resistance of the solids ; so it will appear, that, while the solids remain very lax and yielding, some occasional increase of the distending power may arise without producing any very perceptible disorder in the system. But, it will also appear, that, in proportion as the distending power and resistance of the solids come to be more nearly in exact balance with one another, so any increase of the distending power will more readily produce a rupture of vessels, which do not easily yield to extension.

755.] From all this, it must follow, that the effects of any unusually plethoric state of the system, will be different according as this shall occur at different periods of the growth of the body. Accordingly, it is evident that if the plethoric state arises while the head is yet growing, and while the determination of the blood is still more to the head than to the other parts, the increased quantity of the blood will be especially determined to the head ; and as there also, at the same time, the balance between the distending and extending powers is most nearly adjusted, so the determination of the blood will most readily produce in that part a rupture of the vessels, or an hemorrhagy. Hence it is, that hemorrhagies of the nose so frequently happen to young persons ; and in these more readily, as they approach nearer to their acmé, or full growth ; or, it may be said, perhaps more properly, as they approach nearer to the age of puberty, when, perhaps, in both sexes, but especially in the female, a new determination arises in the system.

756.] The determination of a greater quantity of blood

to the vessels of the head, might be supposed to occasion a rupture of vessels in other parts of the head, as well as in the nose : but such a rupture does not commonly happen ; because in the nose there is, for the purpose of sense, a considerable net-work of blood-vessels expanded on the internal surface of the nostrils, and covered only with thin and weak teguments. From this circumstance it is, that upon any increased impetus of the blood in the vessels of the head, those of the nose are most easily broken ; and the effusion from the nose taking place, it not only relieves the other extremities of the external carotid, to which the arteries of the nose chiefly belong, but relieves also, in a great measure, the system of the internal carotid. For, from the internal carotid, certain branches are sent to the nose, are spread out on its internal surface, and probably inosculated with the extremities of the external carotid : so that, whichever of the extremities are broken, the *vis derivationis* of Haller will take place ; the effusion will relieve the whole sanguiferous system of the head, and the same effusion will also commonly prevent an hemorrhagy happening at the same time in any other part of the body.

757.] From these principles, it will appear why hemorrhagies of the nose, so frequent before the period of puberty, or of the acmé, seldom happen after these periods : and I must observe further, that although they should occur, they would not afford any objection to my doctrine, as such hemorrhagies might be imputed to a peculiar laxity of the vessels of the nose, and perhaps to a habit acquired with respect to these vessels, while the balance of the system might be otherwise duly adjusted.

758.] When the process of the growth of the body goes on regularly, and the balance of the system is properly adjusted to the gradual growth of the whole, as well as to the successive growth of the several parts, even a plethoric state does not produce any hemorrhagy, or at least any after that of the nose : but if, while the plethoric state continues, any inequality shall also subsist in any of the parts of the system, congestions, hemorrhagic or inflammatory, may be still readily formed.

759.] In general, it may be observed, that, when the several parts of the system of the aorta have attained their full growth, and are duly balanced with one another, if then any considerable degree of plethora remain or arise, the nicety of the balance will be between the symptoms of the

aorta and pulmonary artery, or between the vessels of the lungs and those of all the rest of the body. And although the lesser capacity of the vessels of the lungs is commonly compensated by the greater velocity of the blood in them; yet, if this velocity be not always adjusted to the necessary compensation, it is probable that a plethoric state of the whole body will always be especially felt in the lungs; and therefore, that an hemorrhagy, as the effect of a general plethora, may be frequently occasioned in the lungs, even though there be no fault in their conformation.

760.] In some cases, perhaps, an hemorrhagy from the lungs, or an hemoptysis, does arise from the general plethoric state of the body; but an hemoptysis more frequently does, and may be expected to happen, from a faulty proportion between the capacity of the lungs and that of the rest of the body.

761.] When such a disproportion takes place, it will be evident, that an hemoptysis will especially happen about the time that the body is approaching to its acmé; that is, when the system of the aorta has arrived at its utmost extension and resistance, and when, therefore, the plethoric state of the whole must especially affect the lungs.

762.] Accordingly, it has been constantly observed, that the hemoptysis especially occurs about the time of the body's arriving at its acmé; but I must remark also, that the hemorrhagy may occur sooner or later, according as the balance between the vessels of the lungs, and those of the system of the aorta, happens to be more or less exactly adjusted to one another; and it may therefore often occur much later than the period mentioned, when that balance, though not quite even, is however not so ill adjusted, but that some other concurring causes are necessary to give it effect.

763.] It was anciently remarked by Hippocrates, and has been confirmed by modern observation, that the hemoptysis generally occurs in persons between the age of fifteen and that of five and thirty; that it may happen at any time between these two periods; but that it seldom happens before the former, or after the latter; and it may be proper here to inquire into the reason of these two limitations.

764.] With respect to the first, the reason of it has been already explained in 761, and 762.

With respect to the second limitation, I expect that the

reason of it will be understood from the following considerations.

It has been already observed, that the extension and growth of the body require the plethoric state of the arterial system; and nature has provided for this, partly by the constitution of the blood being such that a great portion of it is unfit to pass into the exhalents and excretories; partly by giving a certain density and resistance to the several exhalents and excretories through which the fluids might pass out of the red arteries; and partly, but especially, by a resistance in the veins to the free passage of the blood into them from the arteries.

765.] With respect to this last and chief circumstance, it appears from the experiments of Sir Clifton Wintringham, in his *Experimental Inquiry*, that the proportional density of the coats of the veins to that of the coats of the arteries, is greater in young than in old animals: From which it may be presumed, that the resistance to the passage of the blood from the arteries into the veins, is greater in young animals than in old; and, while this resistance continues, the plethoric state of the arteries must be constantly continued and supported. As however the density of the coats of the vessels consisting chiefly of a cellular texture, is increased by pressure; so, in proportion as the coats of the arteries are more exposed to pressure by distension than those of the veins, the former, in the progress of the growth of the body, must increase much more in density than the latter; and, therefore, the coats of the arteries, in respect of density and resistance, must come, in time, not only to be in balance with those of the veins, but to prevail over them: a fact which is sufficiently proved by the experiments of the above mentioned ingenious author.

By these means, the proportional quantities of blood in the arteries and veins must change in the course of life. In younger animals the quantity of blood in the arteries must be proportionally greater than in old ones; but by the increasing density of the arteries, the quantity of blood in them must be continually diminishing, and that in the veins be proportionally increasing, so as at length to be in a proportionally greater quantity than that in the arteries. When this change happens in the proportional quantities of the blood in the arteries and veins, it must be evident that the plethoric state of the arteries will be in a great

measure taken off; and therefore that the arterial hemorrhagy is no longer likely to happen; but that if a general plethoric state afterwards take place in the system it must especially appear in the veins.

766.] The change I have mentioned to happen in the state of the arterial and venous systems, is properly supposed to take place in the human body about the age of thirty-five, when it is manifest that the vigor of the body, which depends so much upon the fulness and tension of the arterial system, no longer increases; and therefore it is that the same age is the period, after which the arterial hemorrhagy, hemoptysis, hardly ever appears. It is true, there are instances of the hemoptysis happening at a later period; but it is for the reasons given (757.) which show that an hemorrhagy may happen at any period of life, from accidental causes forming congestions, independent of the state of the balance of the system at that particular period.

767.] I have said (765.) that if after the age of thirty-five, a general and preternatural plethoric state occur, it must especially appear in the venous system; and I must now observe, that this venous plethora may also give occasion to hemorrhagy.

768.] If a plethoric state of the venous system take place, it is to be presumed, that it will especially and in the first place affect the system of the vena portarum, in which the motion of the venous blood is more slow than elsewhere; in which the motion of the blood is little assisted by external compression; and in which, from the want of valves in the veins that form the vena portarum, the motion of the blood is little assisted by the compression that is applied; while, from the same want of valves in those veins, the blood is more ready to regurgitate in them. Whether any regurgitation of the blood can produce an action in the veins, and which inverted, or directed towards their extremities, can force these, and occasion hemorrhagy, may perhaps be disputed: but it appears to me that an hemorrhagy, produced by a plethoric state of the veins, may be explained in another and more probable manner. If the blood be accumulated in the veins, from an interruption of its proper course, that accumulation must resist the free passage of the blood from the arteries into the veins. This again must produce some congestion in the extremities of the red arteries, and therefore some increased action in them, which must be determined with more than usual

force, both upon the extremities of the arteries, and upon the exhalants proceeding from them; and this force may occasion an effusion of blood, either by anastomosis or rupture.

769.] In this manner I apprehend the hemorrhoidal flux is to be explained, so far as it depends upon the state of the whole system. It appears most commonly to proceed from the extremities of the hemorrhoidal vessels, which, being the most dependent and distant branches of those veins that form the vena portarum, are therefore the most readily affected by every accumulation of blood in that system of veins, and consequently by any general plethora in the venous system.

770.] It is here to be observed, that I have spoken of this hemorrhagy as proceeding from the hemorrhoidal vessels only, as indeed it most commonly does; but it will be readily understood, that the same accumulation and resistance to the venous blood may, from various causes, affect many of the extremities of the vena portarum, which lie very superficially upon the internal surface of the alimentary canal, and give occasion to what has been called the *Morbus Niger* or *Melæna*.

771.] Another part in which an unusually plethoric state of the veins may have particular effects, and occasion hemorrhagy, is the head. In this, the venous system is of a peculiar conformation, and such as seems intended by nature to give there a slower motion to the venous blood. If, therefore, the plethoric state of the venous system in general, which seems to increase as life advances, should at length increase to a great degree, it may very readily affect the venous vessels of the head, and produce there such a resistance to the arterial blood, as to determine this to be poured out from the nose, or into the cavity of the cranium. The special effect of the latter effusion will be, to produce the disease termed Apoplexy; and which, therefore, is properly named by Doctor HOFFMAN, *Hæmorrhagia Cerebri*: and the explanation of its cause, which I have now given, explains well why it happens especially to men of large heads and short necks, and to men in the decline of life, when the powers promoting the motion of the blood are much weakened.

772.] I have thus attempted to give the history of the plethoric and hemorrhagic states of the human body, as they occur at the different periods of life; and hope I have

thereby explained, not only the nature of hemorrhagy in general, but also of the particular hemorrhagies which most commonly appear, and as they occur successively at the different periods of life.

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### SECTION III.

#### *Of the Remote Causes of Hemorrhagy.*

773.] IN the explanation hitherto given, I have especially considered the predisposition to hemorrhagy; but it is proper also, and even necessary, to take notice of the occasional causes, which not only concur with the predisponent, in exciting hemorrhagy, but may also sometimes be the sole causes of it.

774.] These occasional causes are,

1. External heat, which, by rarefying the blood, produces or increases the plethoric state of the body; and the same heat, as giving a stimulus to the whole system, must urge any particular determinations before established, still further, or may urge to excess any inequality, otherwise innocent; so that, in either way, external heat may immediately excite hemorrhagies, to which there was a predisposition, or may form congestions where there were none before, and thereby occasion hemorrhagy.

2. A considerable and sudden diminution of the weight of the atmosphere, which seems to occasion the same effects as heat, by producing also an expansion of the blood.

3. Whatever increases the force of the circulation, and thereby the velocity of the blood, may operate in the same manner as heat, in urging not only previous determinations with violence, but also in urging to excess inequalities, otherwise innocent. All violent exercise, therefore, and especially all violent efforts, which, not only by a larger and longer inspiration, but also by the simultaneous action of many muscles interrupting the free motion of the blood, impel it with unusual force into the extreme vessels more generally, and, according to the different postures of the body, and mode of the effort, into certain vessels more particularly.

Among the causes increasing the force of the circulation, anger\* and other violent active passions are to be reckoned.

\* Passionate children frequently bring on a bleeding of the nose; and when such an accident happens, the child's face, before the blood breaks out, becomes red, and all the vessels of the head and neck seem distended and full.

4. The violent exercise of particular parts of the body. If these are already affected with congestions, or liable to them, such exercise may be considered as a stimulus applied to the vessels of that particular part. Thus, any violent exercise of respiration\* may excite hemoptysis, or occasion its return.

5. The postures of the body increasing determinations, or ligatures occasioning accumulations of the blood in particular parts of the body.

6. A determination into certain vessels rendered habitual by the frequent repetition of hemorrhagy from them.

7. Cold, externally applied, as changing the distribution of the blood, and determining it in greater quantity into the internal parts.

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#### SECTION IV.

##### *Of the Cure of Hemorrhagy.*

775.] HAVING thus considered the proximate and remote causes of hemorrhagy in general, our next business is, to treat of the cure of the disease in the same manner.

In entering upon this subject, the first question which presents itself, is, Whether the cure of hemorrhagies ought to be attempted by art, or if they should be left to the conduct of nature?

776.] The latter opinion was the favorite doctrine of the celebrated Dr. STAHL, and his followers. They maintained, that the human body is much disposed to a plethoric state; and, consequently, to many disorders which nature endeavors to obviate and relieve by exciting hemorrhagy: that this, therefore, is often necessary to the balance and health of the system: that it is accordingly to be generally encouraged, sometimes solicited, and is not to be suppressed, unless when it goes to great excess, or happens in parts in which it may be dangerous.

777.] Much of this doctrine may be admitted. The human body, upon many occasions, becomes preternaturally plethoric; and the dangerous consequences which might from thence be apprehended, seem to be obviated by an hemorrhagy taking place: and, further, the necessity of he-

\* As playing on the German flute, or any other wind instrument that requires a great force to blow it.

morrhagy often appears from hence, that the suppression of it seems to occasion many disorders.

All this seems to be just; but, in the conclusion drawn from it, there is a fallacy.

778.] It appears to me certain, that hemorrhagy, either upon its first attack, or upon its after recurrence, is never necessary to the health of the body, excepting upon the supposition, that the plethoric state which seems to require the evacuation, cannot be otherwise prevented or removed; and as I imagine it possible by other means to prevent or remove a plethoric state, so I do not think that hemorrhagy is, in all cases, necessary. In general, I am of opinion, that hemorrhagy is to be avoided.

1. Because it does not always happen in parts where it is safe.

2. Because often, while it does relieve a plethoric state, it may, at the same time, induce a very dangerous disease.

3. Because it may often go to excess, and either endanger life, or induce a dangerous infirmity.

And, lastly, Because it has a tendency to increase the plethoric state it was meant to relieve; to occasion its own recurrence (720.) and thereby to induce a habit, which, if left to the precarious and unequal operation of nature, may from the frequent errors of this, be attended with much danger.

779.] It is further to be considered, that hemorrhagies do not always arise from the necessities of the system, but often proceed from incidental causes. It appears to me that all hemorrhagies of the latter kind may be immediately suppressed, and the repetition of them, as it induces a plethora, and a habit not otherwise necessary, may be prevented with great advantage.

780.] Upon the whole of this subject, I conclude, that every preternatural hemorrhagy, or, in other words, every one except that of the menses in females, is to be avoided, and especially the returns of it prevented; and I therefore now proceed to mention, how hemorrhagy, and its recurrences, may, and should be prevented.

781.] From the principles delivered above, it will immediately appear, that the prevention, either of the first attacks, or of the returns of hemorrhagy, will chiefly, and in the first place, depend upon the preventing or removing any considerable degree of a plethoric state which may happen to prevail in the body. It is true, that, where the he-

morrhagy depends upon the particular conformation of certain parts, rather than upon the general plethoric state of the whole; the measures for removing or preventing the latter, may not always be sufficient for preventing hemorrhagy; but at the same time it must be evident, that determinations, in consequence of the conformation of particular parts, will always be urged more or less, in proportion to the greater or lesser degree of the plethoric state of the whole system; and therefore, that, even in the cases depending upon particular conformation, the preventing or removing an unusual plethoric state, will always be a chief means of preventing hemorrhagy. It is further to be attended to, that there may be several inequalities in the balance of the system, which may have little or no effect unless when the system becomes preternaturally plethoric; and therefore, that, in all cases, the preventing or removing of the plethoric state of the system, will be a chief means of preventing the first attacks, or the returns of hemorrhagy. It now, therefore, remains to explain, how the plethoric state of the system is to be prevented or removed.

782.] The fluids of the human body are in continual waste by the excretions, but are commonly replaced by the aliments taken in; and if the quantity of aliments in any measure exceed that of the excretions, an increase of the quantity of the fluids of the body, or, in other words, a plethoric state, must necessarily arise. This, to a certain degree, is requisite for the growth of the body, but, even then, if the proportion of the aliments to the excretions, be greater than is suited to the growth of the body, and more certainly still, if, after the growth is completed, when an equality between the *ingesta* and the *excreta* should be established, the disproportion still continue, a preternaturally plethoric state must arise. In both cases, it is evident, that the plethora must be prevented or corrected by adjusting the *ingesta* and *excreta* to each other; which generally may be done, either by diminishing the *ingesta*, or by increasing the *excreta*.\* The former may be effected by the management of diet, the latter by the management of exercise.

783.] The *ingesta* may be diminished, either by giving aliment in less quantity than usual, or by giving aliments of a less nutritious quality; that is, aliments of a substance which under the same bulk and weight, contain less of a

\* This effect may surely be more speedily produced by using both these means at once.

matter capable of being converted into animal fluids, and more of a matter ready to pass off by the excretions, and consequently less of a matter to be retained and accumulated in the vessels.

The choice of aliments suited to these purposes must be left to be directed by the doctrines of the *Materia Medica*.

784.] The increasing of the excreta, and thereby diminishing the plethoric state of the system, is to be obtained by increasing the exercise of the body; and generally for adjusting the balance between the ingesta and excreta, and thereby obviating the plethoric state, it is necessary that exercise, in a due measure, be very constantly employed.\*

785.] The observing abstinence, and the employment of exercise, for obviating or removing the plethoric state of the body, were formerly considered pretty fully, when treating of the gout, (547, to 551.) so that the less is necessary to be said here: and it is now only requisite to observe, that the same doubts, as in cases of the gout do not occur here with regard to the safety of those measures, which, in a plethoric state of the body disposing to hemorrhagy, are always admissible and proper. Here, however, it is to be observed, that some choice in the mode of exercise is necessary, and that it should be different according to the particular determinations which may happen to prevail in the system. In general, in the case of plethora disposing to hemorrhagy, bodily exercise will always be hazardous, and gestation more commonly safe.

786.] Artificial evacuations may be employed to diminish the plethoric state of the body: and when, at any time, it has become considerable, and immediately threatens a disease, these evacuations should be made to the quantity that the symptoms seem to require. But it is constantly to be attended to, that blood-lettings are improperly employed to prevent a plethora, as they have a tendency to increase it (720.) and as they require to be often repeated, and are thereby apt to induce a habit which may be attended with much danger.†

\* The exercise best adapted to these cases is such as does not heat the body or increase the force of the blood. Hence riding moderately, travelling in a carriage, or sailing, are preferable to walking. Young people may use such gentle exercise as may amuse the mind, and at the same time conduce to bodily health, as gardening, several agricultural labors, or mechanical operations; or some of the sports that require a gentle bodily exertion, as bowling, archery, &c.

† Brisk purges are perhaps preferable to every other mode of evacuating the ingesta; and in these cases we may have recourse to drastics without any apprehension of danger. The following formula may serve as specimens of the purges useful in these cases.

R. Puly. Rad. Jalap. ℥iſſ.  
Aromat. ʒi.

787.] While a plethora, and thereby the predisposition to hemorrhagy, is avoided, or removed, the other measures necessary for preventing the occurrence of this, are those for avoiding the remote causes. These have been enumerated in 774, and the means of avoiding them, so far as within our power, are sufficiently obvious.

788.] Having thus mentioned the means of preventing either the first attacks, or the recurrence of hemorrhagy; I must next say how it is to be managed when it has actually come on.

789.] When an hemorrhagy has come on which appears to have arisen from a preternaturally plethoric state, or from some change in the balance of the sanguiferous system, no measures are to be immediately taken for suppressing it; as we may expect, that, when the quantity of blood necessary for the relief of the system is poured out, the effusion will spontaneously cease.\*

790.] In many cases however, it may be suspected, that the quantity of blood poured out, is not exactly in proportion to the necessities of the system, either for relieving a general plethora or a particular congestion, but that it is often to a greater quantity than these require. This we suppose to happen in consequence of an inflammatory diathesis prevailing, and of a febrile spasm being formed; and therefore it is in many cases proper, as well as for the most

Sal. Tart. ʒʒ.

Syr. Simp. q. s.

M. f. Elect.

This electuary may be divided into four doses, one of which may be taken early in the morning, as occasion may require.

Rx. Pilul. Rusi, ʒʒ.

Calomel. gr. vi.

Syr. Simpl. q. s.

M. f. Massa in pilulas equales sex dividend.

Two of these pills may be taken in the evening, and the remaining four the following morning.

Rx. Resin. Jalap. ʒi.

Tere in mortar. cum Sacch. alb. ʒʒ.

Amygdal. dulc. decorticat. No. ii.

Adde gradatim Aq. Cinnamom. simpl. ʒi.

M. f. haust. mane sumend.

This is a very elegant purge, and has the peculiar advantage of operating powerfully without griping or occasioning much inconvenience.

\* The doctrine here delivered, and the practice founded on it, is pure Stahlianism; and is, doubtless, in these cases the best practice. A patient, however, is not always satisfied when the physician is inactive, which often obliges him to prescribe some of the medicamenta inertiora, and the choice of them must be left to the practitioner's own sagacity.

part safe, to moderate the evacuation, and, when it threatens to go to excess, to suppress it altogether.

791.] An hemorrhagy may be moderated by avoiding any irritation that might concur to increase it; so that every part of the antiphlogistic regimen is to be observed; in particular, external heat, both as it rarefies the fluids, and stimulates the solids, is to be carefully avoided: and, it is probable, that in all cases an hemorrhagy may be safely moderated by cool air applied, and cold drink exhibited.

792.] A second means for the same purpose, is, the use of refrigerant medicines, and particularly of acids and nitre.\*

793.] A third means which has been frequently employed, is that of blood-letting. The propriety of this practice may be doubtful, as the quantity of blood poured out by the hemorrhagy, may be supposed to answer the purpose of an evacuation in any other way; and I am ready to allow, that the practice has been often superfluous, and sometimes hurtful, by making a greater evacuation than was necessary or safe. At the same time, I apprehend it is not for the mere purpose of evacuating, that blood-letting is to be practised in the cure of hemorrhagy; but that it is further necessary for taking off the inflammatory diathesis which prevails, and the febrile spasm that has been formed. Accordingly, in the case of hemorrhagy, when the pulse is not only frequent, but quick and full, and does not become softer or slower upon the flowing of the blood, and that the effusion is profuse, and threatens to continue so, it appears to me, that blood-letting may be necessary, and I have often found it useful. It seems probable also, that the particular circumstances of venesection may render it more powerful for taking off the tension and inflammatory irritation of the system, than any gradual flow from an artery.

794.] That a spasm of the extreme vessels has a share in supporting hemorrhagy, appears to me probable from hence, that blistering has been often found useful in moderating and suppressing the disease.

795.] Do emetics and vomiting contribute to the cure of

\* The refrigerant medicines have been enumerated in former notes, articles 134. and 135. The Tinctura rosarum is a very proper acid refrigerant in most hemorrhagies. The dose of it must be proportioned to the exigency of the case; it ought never to exceed four ounces in the space of an hour; an ounce every half hour is generally sufficient, and a greater quantity at a time frequently occasions gripes, and by its irritation increases the disease; especially if it does not produce a diarrhœa which is seldom the case. With respect to nitre, the precautions, mentioned in the note on article 135, must be observed. The dulcified spirit of vitriol or of nitre, are not always safe medicines in these cases, as they heat and irritate. The acid of tartar, in the form described in the note on article 134. answers very well in most cases.

hemorrhagy? see DR. BRYAN ROBINSON on the virtues and power of medicines.

796.] When an hemorrhagy is very profuse, and seems to endanger life, or even threatens to induce a dangerous infirmity, it is agreed on all hands, that it is to be immediately suppressed by every means in our power, and particularly that, besides the means above-mentioned for moderating the disease, astringents, internal or external, where the latter can be applied, are to be employed for suppressing it.

797.] The internal astringents are either vegetable or fossil.

The vegetable astringents, are seldom very powerful in the cure of any hemorrhagies, except those of the alimentary canal.

The fossil astringents are more powerful; but some choice amongst the different kinds may be proper.

The chalybeats, so frequently employed, do not appear to me to be very powerful.

The preparations of lead are certainly more so, but are otherwise of so pernicious a quality, that they should not be employed except in cases of the utmost danger. The Tinctura Saturnina, or Antiphthistica, as it has been called, appears to be of little efficacy;\* but whether from the small portion of lead which it contains, or from the state in which the lead is in it, I am uncertain.

The fossil astringent that appears to me the most powerful, and at the same time the most safe, is alum.†

798.] External astringents, when they can be applied, are more effectual than the internal. The choice of these is left to the surgeons.

799.] The most powerful of all astringents appears to me to be cold, which may be employed, either by applying cold water to the surface of the body, or by throwing it into the internal parts.‡

800.] For suppressing hemorrhagies, many superstitious remedies and charms|| have been recommended, and pre-

\* It is a very dangerous medicine, and ought to be used with the utmost caution. But since its efficacy is doubtful, we had better abandon it altogether, except when every other remedy fails.

† Alum frequently irritates if given in too large doses at first, proving sometimes a purgative and sometimes an emetic. In cases of great danger, however, it must be given in large quantities by frequently repeating small doses. Five grains is a sufficient dose to begin with; but it may be repeated every hour, or every half hour. Some authors have given it in doses of a scruple several times a day; but that is certainly too great a quantity at once.

‡ Van Swieten relates a case of a bleeding at the nose being stopped by the application of pledgets, dipped in cold wine and water, to the scrotum; a shivering was produced, and the bleeding stopped.

|| It is astonishing that these charms should continue in use in this enlightened age. They are practised among the country people frequently. Some of them, however, act mechanically, as the application of the great key of the church door to the nape of the neck, in bleedings at the

tended to have been employed with success. The seeming success of these, however, has been generally owing to the by-standers' mistaking a spontaneous ceasing of the hemorrhagy for the effect of the remedy. At the same time, I believe, that those remedies may have been sometimes useful, by impressing the mind with horror, awe, or dread.

801.] Upon occasion of the profuse hemorrhagies, opiates have been employed with advantage; and, when the fulness and inflammatory diathesis of the system have been previously taken off by the hemorrhagy itself, or by blood-letting, I think opiates may be employed with safety.\*

802.] For restraining hemorrhagy, ligatures have been applied upon the limbs, in the view of retarding the return of the venous blood from the extremities; but they appear to me to be of uncertain and ambiguous use.

803.] In the case of profuse hemorrhagies, no pains are to be taken to prevent a *Deliquium Animi*, or fainting, as the happening of this is often the most certain means of stopping the hemorrhagy.†

804. Having thus delivered the general doctrine of hemorrhagy, I proceed to consider the particular cases of it. It may perhaps be remarked, that I have marked fewer of these than are commonly enumerated by the nosologists; but my reasons for differing from these authors, must be left to a nosological discussion, to be entered into elsewhere more properly than here.

## CHAPTER II.

### *OF THE EPISTAXIS, OR HEMORRHAGY OF THE NOSE.*

805.] **T**HE state of the vessels upon the internal surface of the nose being such as already mentioned (757.) renders an hemorrhagy from that more frequent than from any other part of the body.

806.] The blood commonly flows from one nostril only;

nose; drinking large draughts of cold water out of a human skull, &c. The cold iron and the cold water were in fact proper remedies.

\* Opium, however, ought to be cautiously avoided in active hemorrhagies, which are frequently accompanied with a phlogistic diathesis; and it is well known, that in such a diathesis, opium is generally, if not universally, hurtful. But, as the author observes, when the hemorrhagy has reduced the inflammatory diathesis, we may then give opium freely; and for this purpose large doses are preferable to smaller ones.

† Attention, however, is necessary in this case, as fainting is frequently the forerunner of death.

and probably, because an hemorrhagy from one vessel relieves the congestion in all the neighboring vessels.

The blood flowing from both nostrils at the same time, shows commonly a more considerable disease.

807.] This hemorrhagy happens to persons of every constitution and temperament, but most frequently to those of a plethoric habit and sanguine temperament. It happens to both sexes, but most frequently to the male.

808.] This hemorrhagy may occur at any time of life; but most commonly happens to young persons, owing to the state of the balance of the system peculiar to that age, as mentioned in 755.

809.] Although generally it happens to persons before they have arrived at their full growth, and more rarely afterwards; yet sometimes it happens to persons after their acmé, and during the state of manhood: And it must then be imputed to an unusually plethoric state of the system; to an habitual determination of the blood to the vessels of the nose; or to the particular weakness of these.

810.] In all these cases the disease may be considered as an hemorrhagy purely arterial, and depending upon an arterial plethora; but it sometimes occurs in the decline of life, when probably it depends upon, and may be considered as a mark of a venous plethora of the vessels of the head. See 771.

811.] This hemorrhagy happens also at any period of life, in certain febrile diseases, which are altogether or partly of an inflammatory nature, and which show a particular determination of the blood to the vessels of the head. These diseases often admit of a solution by this hemorrhagy, when it may be properly termed *critical*.

812.] The disease sometimes comes on without any previous symptoms; particularly, when some external violence has a share in producing it. But, when it proceeds entirely from an internal cause, it is commonly preceded by headachs, redness of the eyes, a florid color of the face, an unusual pulsation in the temples, a sense of fulness about the nose, and an itching of the nostrils. A bound belly, pale urine, coldness of the feet, and cold shivering over the whole body, are also sometimes among the symptoms that precede the disease.

813.] From the weakness of the vessels of the nose, the blood often flows from them without any considerable effort of the whole system, and therefore without any ob-

servable febrile disorder ; which, however, in many cases, is, in all its circumstances, very discernible.

814.] An hemorrhagy of the nose happening to young persons, is, and may generally be considered, as a slight disease of little consequence, and hardly requiring any remedy. But, even in young persons, when it recurs very frequently, and is very copious, it will require particular attention, as it is to be considered as a mark of arterial plethora ; and, as frequently returning, it may increase the plethoric state ; which, in a more advanced stage of life, may give the blood a determination to parts from which the hemorrhagy would be more dangerous. All this will more particularly require attention, according as the marks of plethora, and of particular congestion, preceding the hemorrhagy, are more considerable ; and as the flowing of the blood is attended with a more considerable degree of febrile disorder.

815.] When the epistaxis happens to persons after their acmé, returning frequently, and flowing copiously, it is always to be considered as a dangerous disease, and as more certainly threatening the consequences mentioned in the last paragraph.

816.] When this hemorrhagy happens in the decline of life, it may be considered as in itself very salutary : but at the same time, it is to be considered as a mark of a very dangerous state of the system ; that is, as a mark of a very strong tendency to a venous plethora in the vessels of the head : and I have accordingly observed it often followed by apoplexy, palsy, or such like diseases.

817.] When an hemorrhagy from the nose happens in febrile diseases, as mentioned in 811, and is in pretty large quantity, it may be considered as critical and salutary ; but it is very apt to be profuse, and even in this way dangerous.

It upon some occasions occurs during the eruptive fever of some exanthemata, and in such cases sometimes salutary ; but, if these exanthemata be accompanied with any putrid tendency, this hemorrhagy, like artificial blood-lettings, may have very bad effects.

818.] Having thus explained the several circumstances of epistaxis, I proceed to consider the management and cure of it. I use the expression of *management*, because it has been usually thought to require no cure, but that nature should be allowed to throw out blood in this way very frequently, and as often as it appears to arise from

internal causes, that is, from a state of the system supposed to require such evacuation.

819.] I am however, of opinion, for the reasons given in 778. that this disease is very seldom to be left to the conduct of nature; and that in all cases it should be moderated by keeping the patient in cool air; by giving cold drink; by keeping the body and head erect; by avoiding any blowing of the nose, speaking, or other irritation: And, when the blood has flowed for some time, without showing any tendency to cease, a profuse bleeding is to be prevented by measures employed to stop it, such as pressing the nostril from which the blood flows, washing the face with cold water, or applying this to other parts of the body.

820.] Even in the case of young persons, where the disease is least hazardous, and even in the first attacks, I judge such measures to be proper; but they will be still more proper if the disease frequently recurs without any external violence; if the returns shall happen to persons of a habit disposed to be plethoric; and more particularly, if the marks of a plethoric state appear in the precedent symptoms (812.)

821.] Even in young persons, if the bleeding be very profuse and long continued, and more especially if the pulse become weak and the face pale, I apprehend it will be proper to suppress the hemorrhagy by every means in our power. See 796, and following paragraphs.\*

822.] Further, in the same case of young persons, when the returns of this hemorrhagy become frequent, and especially with the marks of a plethoric habit, I think it necessary to employ such a regimen as may prevent a plethoric state, (782. 786.) At the same time, care should be taken to avoid all circumstances which may determine the blood more fully to the vessels of the head, or prevent its free return from them; and, by keeping an open belly to make some derivation from them.†

823.] In adult persons liable to frequent returns of the epistaxis, the whole of the measures proposed (822.) are more certainly and freely to be employed. When, with the circumstances mentioned in 812, the tendency to a pro-

\* Beside the general directions referred to above, plugs of lint or cotton, impregnated with vinegar and a solution of alum, are recommended. Thick cotton threads, impregnated with these styptic solutions, have been passed through the nostril, and brought out by the mouth by means of a bent probe, with great success.

† For this purpose Glauber's salt seems peculiarly adapted. It operates speedily, and without too much irritation; evacuating at the same times, not only the contents of the intestinal canal, but the superfluities of the sanguiferous system.

fuse hemorrhagy appears, a bleeding at the arm may be proper, even in young persons; but in the case of adults, it will be still more allowable, and even necessary.

824.] In persons of any age liable to frequent returns of this hemorrhagy, when the measures proposed in 816. *et. seq.* shall have been neglected, or from peculiar circumstances in the balance of the system, shall have proved ineffectual, and the symptoms threatening hemorrhagy (817.) shall appear, it will then be proper, by blood-letting, cooling purgatives, and every part of the antiphlogistic regimen, to prevent the hemorrhagy, or at least to prevent its being profuse when it does happen.

825.] In the circumstances just now mentioned (824.) the measures proposed are proper, and even necessary; but it should at the same time be observed, that these are practised with much less advantage than those pointed out in 823; because, though those suggested here may prevent the coming on of the hemorrhagy for the present, they certainly however dispose to the return of that plethoric state which required their being used; and there can be no proper security against returns of the disease, but by pursuing the means proposed in 822.

826.] When the hemorrhagy of the nose happens to persons approaching their full growth, and when its returns have been preceded by the symptoms (812.) it may be supposed, that, if the returns can be prevented by the measures proposed in 824, these may be safely employed; as the plethoric state induced will be rendered safe, by the change which is soon to take place in the balance of the system. This, however, cannot be admitted; as the evacuations practised upon this plan will have all the consequences which, I have already observed, may follow the recurrence of the hemorrhagy itself.

827.] When the hemorrhagy of the nose shall be found to make its returns at nearly stated periods, the measures for preventing it (824.) may be practised with great certainty; and, upon every repetition of blood-letting, by diminishing the quantity taken away, its tendency to induce a plethora may be in some measure avoided. When indeed, the repetition of evacuations is truly unavoidable, the diminishing them upon every repetition is properly practised; but it is a practice of nice and precarious management, and should by no means be trusted to, so far

as to supersede the measures proposed in 824, wherever these can be admitted.

828.] When the hemorrhagy of the nose happens in consequence of a venous plethora in the vessels of the head, as in 771. the flowing of the blood pretty largely may be allowed, especially when it happens after the suppression or ceasing of the menstrual or hemorrhoidal flux. But though the flowing of the blood is, on its first occurring, to be allowed, there is nothing more proper than guarding against its returns. This is to be done not only by the measures proposed in 732. *et seq.* but, as the effects of a plethoric state of the vessels of the head are very uncertain; so, upon any appearance of it, and especially upon any threatening of hemorrhagy, the plethora is to be removed, and the hemorrhagy to be obviated immediately by proper evacuations, as blood-letting, purging, and issues; or by restoring suppressed evacuations, where this can be done.

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### CHAPTER III.

#### OF THE HEMOPTYSIS, OR HEMORRHAGY FROM THE LUNGS.

##### SECTION I.

###### *Of the Phenomena and Causes of Hemoptysis.*

829.] **W**HEN, after some affection of the breast, blood is thrown out from the mouth, and is brought out with more or less of coughing, there can be no doubt that it comes from the lungs; and this generally ascertains the disease of which I am now to treat. But there are cases in which the source of the blood spit out is uncertain; and therefore, some other considerations to be mentioned hereafter, are often necessary to ascertain the existence of an hemoptysis.

830.] The blood-vessels of the lungs are more numerous than those of any other part of the body of the same bulk. These vessels, of the largest size, as they arise from the heart, are more immediately than in any other part subdivided into vessels of the smallest size; and these small vessels spread out near to the internal surfaces of the bronchial

cavities, are situated in a loose cellular texture, and covered by a tender membrane only: so that, considering how readily and frequently these vessels are gorged with blood, we may understand why an hemorrhagy from them is, next to that of the nose, the most frequent of any; and particularly, why any violent shock given to the whole body so readily occasions an hemoptysis.

831.] An hemoptysis may be occasioned by external violence, at any period of life; and I have explained above (759.) why, in adult persons, while the arterial plethora still prevails in the system, that is, from the age of sixteen to that of five-and-thirty, an hemoptysis may at any time be produced, merely by a plethoric state of the lungs.

832.] But it has been also observed above, (760.) that an hemoptysis more frequently arises from a faulty proportion between the capacity of the vessels of the lungs and that of the rest of the body. Accordingly it is often a hereditary disease, which implies a peculiar and faulty conformation. And the disease also happens especially to persons who discover the smaller capacity of their lungs, by the narrowness of their chest, and by the prominency of their shoulders; which last is a mark of their having been long liable to a difficult respiration.

833.] With these circumstances also the disease happens especially to persons of a sanguine temperament; in whom, particularly, the arterial plethora prevails. It happens likewise to persons of a slender delicate make, of which a long neck is a mark; to persons of much sensibility and irritability, and therefore of quick parts, whose bodies are generally of a delicate structure; to persons who have been formerly liable to frequent hemorrhagies of the nose; to persons who have suffered a suppression of any hemorrhagy they had formerly been liable to, the most frequent instance of which is in females who have suffered a suppression of their menstrual flux; and, lastly, to persons who have suffered the amputation of any considerable limb.

834.] In most of these cases (833.) the disease happens especially to persons about the time of their coming to their full growth, or soon after it, and this for the reasons fully set foith above.

835.] From all that has been said from 830, to 834, the predisponent cause of hemoptysis will be sufficiently understood, and the disease may happen from the mere circumstance of the predisponent cause arising to a considera-

ble degree. In the predisposed, however, it is often brought on by the concurrence of various occasional and exciting causes. One of these, and perhaps a frequent one, is external heat; which, even when in no great degree, will bring on the disease in spring, and the beginning of summer, while the heat rarefies the blood more than it relaxes the solids which had been before contracted by the cold of winter. Another exciting cause is a sudden diminution of the weight of the atmosphere, especially when concurring with any effort in bodily exercise. This effort, too, alone, may often, in the predisposed, be the exciting cause; and, more particularly, any violent exercise of respiration. In short, in the predisposed, any degree of external violence also may bring on the disease.

836.] Occasioned by one or other of these causes (835.) the disease comes on with a sense of weight and anxiety in the chest, some uneasiness in breathing, some pain of the breast or other parts of the thorax, and some sense of heat under the sternum; and very often, before the disease appears, a saltish taste is perceived in the mouth.

837.] Immediately before the appearance of blood, a degree of irritation is felt at the top of the larynx. To relieve this, a hawking is made, which brings up a little blood, of a florid color, and somewhat frothy. The irritation returns; and, in the same manner, more blood of a like kind is brought up, with some noise in the windpipe, as of air passing through a fluid.

838.] This is commonly the manner in which the hæmoptysis begins; but sometimes at the very first the blood comes up by coughing, or at least somewhat of coughing accompanies the hawking just now mentioned.

839.] The blood issuing is sometimes at first in very small quantity, and soon disappears altogether: but, in other cases, especially when it repeatedly occurs, it is in greater quantity, and frequently continues to appear at times for several days together. It is sometimes profuse; but rarely in such quantity as either by its excess, or by its sudden suffocation, to prove immediately mortal. It commonly either ceases spontaneously, or is stopped by the remedies employed.

840.] When blood is thrown out from the mouth, it is not always easy to determine from what internal part it proceeds; whether from the internal surface of the mouth itself, from the fauces, or adjoining cavities of the nose,

from the stomach, or from the lungs. It is, however, very necessary to distinguish the different cases ; and, in most instances, it may be done by attending to the following considerations.

841.] When the blood spit out, proceeds from some part of the internal surface of the mouth itself, it comes out without any hawking or coughing ; and generally, upon inspection, the particular source of it becomes evident.

842.] When blood proceeds from the fauces, or adjoining cavities of the nose, it may be brought out by hawking, and sometimes by coughing, in the manner we have described in 836, and 838 ; so that, in this way, a doubt may arise concerning its real source. A patient often lays hold of these circumstances to please himself with the opinion of its coming from the fauces, and he may be allowed to do so : but a physician cannot readily be deceived, if he consider, that a bleeding from the fauces is more rare than one from the lungs ; that the former seldom happens but to persons who have been before liable either to an hemorrhagy of the nose, or to some evident cause of erosion ; and, in most cases, by looking into the fauces, the distillation of the blood, if it comes from thence, will be perceived.

843.] When blood proceeds from the lungs, the manner in which it is brought up will commonly show from whence it comes : but, independent of that, there are many circumstances which may occur to point it out, such as the period of life, the habit of body, and other marks of a predisposition (832.—834.) and together with these, the occasional causes (835.) having been immediately before applied.

844.] When vomiting accompanies the throwing out of blood from the mouth, as vomiting and coughing often mutually excite each other ; so they may be frequently joined, and render it doubtful whether the blood thrown out proceeds from the lungs or from the stomach. We may however generally decide, by considering, that blood does not so frequently proceed from the stomach as from the lungs : that blood proceeding from the stomach commonly appears in greater quantity, than when it proceeds from the lungs : that the blood proceeding from the lungs is usually of a florid color, and mixed with a little frothy mucus only ; whereas the blood from the stomach is commonly of a darker color, more grumous, and mixed with

the other contents of the stomach: That the coughing or vomiting, according as the one or the other first arises in the cases in which they are afterwards joined, may sometimes point out the source of the blood; and, lastly, that much may be learned from the circumstances and symptoms which have preceded the hemorrhagy.

Those which precede the hemoptysis, enumerated in 836, are most of them evident marks of an affection of the lungs. And, on the other hand, the hematemesiſ, or issuing of blood from the stomach, has also its peculiar symptoms and circumstances preceding it; as, for instance, some morbid affection of this organ, or at least some pain, anxiety, and sense of weight, referred distinctly to the region of the stomach. To all this may be added, that the vomiting of blood happens more frequently to females than to males; and to the former, in consequence of a suppression of their menstrual flux: and, by attending to all these considerations (841.—844.) the presence of the hemoptysis may commonly be sufficiently ascertained.

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## SECTION II.

### *Of the Cure of Hemoptysis.*

845.] THIS disease is sometimes attended with little danger; as when it happens to females in consequence of a suppression of the menses;\* when, without any marks of a predisposition, it arises from external violence; or when, from whatever cause arising, it leaves behind it no cough, dyspnœa, or other affection of the lungs. Even in such cases, however, a danger may arise from too large a wound being made in the vessels of the lungs; from a quantity of red blood being left to stagnate in the cavity of the bronchiæ; and particularly, from any determination of the blood being made into the vessels of the lungs, which, by renewing the hemorrhagy, may have dangerous consequences. In every instance therefore of hemoptysis, the effusion is to be moderated by the several means mentioned (791, to 794.)

846.] These measures are especially necessary when the hemoptysis arises in consequence of predisposition; and

\* The author might have added, "And when no symptoms of phthisis have preceded or accompanies the hemorrhage."

in all cases where there is the appearance of a large effusion, or where the hemorrhagy frequently returns, the effusion is not only to be moderated, but to be entirely stopped, and the returns of it prevented by every means in our power. See 796, and following.\*

847.] To stop an hemoptysis, or prevent the returns of it, two medicines have been frequently employed; neither of which I can approve of. These are, chalybeates, and the Peruvian bark. As both of them contribute to increase the phlogistic diathesis of the system, they can hardly be safe in any case of active hemorrhagy, and I have frequently found them hurtful.

848.] As the hemoptysis which happens in consequence of predisposition, is always attended with a phlogistic diathesis: and, as the bad consequences of the disease are especially to be apprehended from the continuance of that diathesis; so this is to be industriously taken off by blood-letting, in greater or smaller quantity, and more or less frequently repeated, according as the symptoms shall direct. At the same time, cooling purgatives are to be employed, and every part of the antiphlogistic regimen is to be strictly enjoined. The refrigerants may also be administered; taking care, however, that the acids, and more especially the nitre, † do not excite coughing.

\* The tincture of roses has been frequently employed with success in these cases: alum, however, is the principal astringent. It may be given, either by itself in small and often repeated doses, or combined with terra Japonica. The following formula is very convenient:

R. Alumin.

Terr. Japonic. āā. ʒi.

Conserv. Rosar. ʒi.

M. f. Elect. cum. syr. commun. q. s.

The dose ought to be proportioned to the exigency of the case: in general, the above prescribed mass may be divided into ten equal parts; one of which may be given every two hours, or in urgent cases, every hour. In using this medicine, it will be necessary to keep the belly open: but for this purpose, purgatives are ill adapted, as they carry off with them the medicine that is employed: glysters are therefore preferable; and in order that they be the more effectual, they ought to be somewhat of a stimulating nature: as,

R. Infus. Sennæ, ʒvi.

Sal. Cathartic. Amar. ʒi.

Decoct. Hordei, ʒviii.

M.

Or,

R. Pulp. Tamarind. ʒii.

Crem. Tart. ʒʒ.

Coque in Aq. font. q. s. ad colaturæ ʒxii.

Adde, Mann. ʒii.

M.

† Nitre ought to be cautiously used in all complaints of the lungs, on account of the irritation which it produces, and the subsequent cough which it excites.

849.] From what was observed in 794, it will appear that blistering upon the breast or back may be a remedy of hæmoptysis, when it is present; and that issues in the same places may be useful in preventing the recurrence of it when it has ceased.

850.] The avoiding of motion is generally a proper part of the antiphlogistic regimen; and in the hæmoptysis, nothing is more necessary than avoiding bodily exercise: But some kinds of gestation, as sailing,\* and travelling in an easy carriage on smooth roads, have often proved a remedy.

851.] Such is the treatment I can propose for the hæmoptysis, considered merely as an hæmorrhagy: But when, in spite of all our precautions, it continues to recur, it is often followed by an ulceration of the lungs, and a phthisis pulmonalis. This, therefore, I must now proceed to consider; but, as it arises also from other causes besides the hæmoptysis, it must be treated of with a more general view.†

## CHAPTER IV.

### OF THE PHTHISIS PULMONALIS, OR CONSUMPTION OF THE LUNGS.

#### SECTION I.

#### *Of the Phenomena and Causes of the Phthisis Pulmonalis.*

852.] **T**HE Phthisis Pulmonalis I would define to be, an expectoration of pus, or purulent matter from the lungs, attended with a hectic fever.

\* A sea-voyage has often been prescribed for hæmoptysis: it is nevertheless, a very dangerous practice, on account of the violent agitation produced by the sea-sickness in the action of vomiting. The violence of the retchings in sea-sickness, especially after the contents of the stomach are thoroughly evacuated, has been known to cause hæmoptysis, by a rupture of some considerable vessel. The hæmorrhagy, indeed, hence proceeding, is not an active hæmorrhagy; but, nevertheless, in a phlogistic diathesis, which predisposes to an active hæmorrhagy, we ought always to be cautious how we employ remedies, which, although they do not immediately increase the predisposing diathesis, produce the least irritation, or give any violent shock in their action. Speaking loud, singing, playing on wind instruments, and whatever requires any exertion of the lungs, ought to be carefully avoided.

† In the cure of the hæmoptysis, the patient's drink ought to be of the acidulous kind, or of the acidulous and astringent kinds conjoined. The vitriolic acid is therefore the most eligible, but it ought to be well diluted. A pleasant drink may be composed of one part of the tincture of roses, and four of cold water: or the tincture of roses may be prescribed with five times the quantity of water that is ordered in the Pharmacœpia. The acid of tartar dissolved in twenty times its weight of water, and sweetened with a little syrup of roses, is also a suitable drink. A decoction either of the fresh fruit of quinces, sweetened with sugar, or an infusion of quince marmalade, is another excellent acid astringent.

In addition to what has been said, it may be proper to observe, that opium is admissible only in very few cases of hæmoptysis, viz. when the hæmoptysis is the consequence of coughing. These cases are very difficultly distinguished. If the blood be thrown out into the lungs, a cough is

As this is the principal species of phthisis, I shall frequently in this chapter employ the general term of phthisis, though strictly meaning the phthisis pulmonalis.

853.] I have met with some instances of an expectoration of purulent matter, continuing for many years, accompanied with very few symptoms of hectic, and at least without any hectic exquisitely formed: But, in none of these instances, were the persons so entirely free from symptoms of hectic, as to form any exception to the general definition.

854.] In every instance of an expectoration of pus, I presume there is an ulceration of the lungs. The late Mr. de Haen is the only author that I know of, who has advanced another opinion, and has supposed, that pus may be formed in the blood-vessels, and be from thence poured into the bronchiæ. Admitting his fact, I have attempted an explanation of the appearance of pus without ulceration in 349; but, after all, I cannot help suspecting the accuracy of his observations; must entirely reject his explanation of them; must however allow, that we still want facts to support the explanation I have offered; and doubt much if it will apply to any case of phthisis. For these reasons I still conclude, agreeably to the faith of all other dissections, and the opinions of all physicians, that the symptoms mentioned in our definition depend always upon an ulceration formed in the lungs.

855.] It has sometimes happened, that a catarrh was attended with an expectoration of a matter so much resembling pus, that physicians have been often uncertain whether it was mucus or pus, and therefore whether the disease was a catarrh or a phthisis. It is often of consequence to determine these questions; and it appears to me that it may be generally done, with sufficient certainty, from the following considerations, of which each particular is not always singly decisive, but when they are taken together, can hardly deceive us.

1. From the color of the matter; as mucus is naturally transparent, and pus always opaque. When mucus becomes opaque, as it sometimes does, it becomes white, yellow, or greenish; but the last mentioned color is hardly ever so remarkable in mucus as in pus.

excited for its discharge, and then the hemoptysis is the primary disease: in this case opium does more harm than good. But if a cough arising from any other irritating cause, than extravasated blood in the lungs, should by its violence and long continuance, produce an hemoptysis, then opium, joined with such remedies as are suitable to remove the peculiar irritation, is the only medicine on which we can have any reliance; and in these cases we must use it in large doses, such as forty or fifty drops of laudanum.

2. From the consistence ; as mucus is more viscid and coherent, and pus less so, and may be said to be more friable. When mucus is thrown into water, it is not readily diffused, but remains united in uniform and circular masses: but pus, in the same circumstances, though not readily diffused, does not remain so uniformly united, and by a little agitation is broken into ragged fragments.

3. From the odor ; which is seldom perceived in mucus, but frequently in pus. It has been proposed to try the odor of the matter expectorated, by throwing it upon live coals ; but in such a trial both mucus and pus give out a disagreeable smell, and it is not easy to distinguish between them.

4. From the specific gravity compared with water ; and indeed, it is usual for the mucus of the lungs to swim on the surface of water, and for pus to sink in it. But in this we may sometimes be deceived ; as pus which has entangled a great deal of air may swim, and mucus that is free from air may sink.

5. From the mixture which is discernible in the matter brought up : for if a yellow or greenish matter appears surrounded with a quantity of transparent or less opaque and less colored matter, the more strongly colored matter may be generally considered as pus ; as it is not easy to understand how one portion of the mucus of the lungs can be very considerably changed, while the rest of it is very little so, or remains in its ordinary state.

6. From the admixture of certain substances with the matter thrown out from the lungs. To this purpose we are informed by the experiments of the late Mr. Charles Darwin : a. That the vitriolic acid dissolves both mucus and pus, but most readily the former : That, if water be added to such a solution of mucus, this is separated, and either swims on the surface, or, divided into flocculi, is suspended in the liquor ; whereas, when water is added to a like solution of pus, this falls to the bottom, or by agitation is diffused so as to exhibit an uniformly turbid liquor. b. That a solution of the caustic fixed alkali, after some time, dissolves mucus, and generally pus ; and, if water be added to such solutions, the pus is precipitated, but the mucus is not. From such experiments it is supposed, that pus and mucus may be certainly distinguished from each other.

7. From the expectoration's being attended with a hectic fever. A catarrh, or expectoration of mucus, is often attended with fever ; but never, so far as I have observed,

with such a fever as I am presently to describe as a hectic. This, in my opinion, is the most certain mark of a purulent state in some part of the body ; and if others have thought differently, I am persuaded that it has been owing to this, that, presuming upon the mortal nature of a confirmed or purulent phthisis, they have considered every case in which a recovery happened, as a catarrh only : but, that they may have been mistaken in this, shall be shewn hereafter.

856.] Having thus considered the first part of the character of the phthisis pulmonalis as a mark of an ulceration of the lungs ; and having just now said, that the other part of the character, that is, the hectic fever, is a mark or indication of the same thing ; it is proper now to consider this here, as I had with that view omitted it before (74.)

857.] A hectic fever has the form of a remittent, which has exacerbations twice every day. The first of these occurs about noon, sometimes a little sooner or later ; and a slight remission of it happens about five, afternoon. This last is soon succeeded by another exacerbation, gradually increasing till after midnight : But after two o'clock of the morning, a remission takes place, which becomes more and more considerable as the morning advances. The exacerbations are frequently attended with some degree of cold shivering ; or at least, the patient is exceedingly sensible to any coolness of the air, seeks external heat, and often complains of a sense of cold, when, to the thermometer, his skin is preternaturally warm. Of these exacerbations, that of the evening is always the most considerable.

858.] It has commonly been given as a part of the character of a hectic fever, that an exacerbation of it commonly appears after the taking food ; and it is true that dinner, which is taken at noon or after it, does seem to occasion some exacerbation. But this must not make us judge the mid-day exacerbation to be the effect of eating only ; for I have often observed it to come on an hour before noon, and often some hours before dinner ; which, in this country at present, is not taken till some time afternoon. It is indeed to be observed, that in almost every person, the taking food occasions some degree of fever : but I am persuaded this would not appear so considerable in a hectic, were it not that an exacerbation of fever is present from another cause ; and accordingly, the taking food in the morning has hardly any sensible effect.

859.] I have thus described the general form of hectic fever ; but many circumstances attending it, are further to be taken notice of.

The fever I have described does not commonly subsist long, till the evening exacerbations become attended with sweatings ; which continue to recur, and to prove more and more profuse, through the whole course of the disease.

Almost from the first appearance of the hectic, the urine is high-colored, and deposits a copious branny red sediment, which hardly ever falls close to the bottom of the vessel.

In the hectic, the appetite for food is generally less impaired than in any other kind of fever.

The thirst is seldom considerable ; the mouth is commonly moist ; and as the disease advances, the tongue becomes free from all fur, appears very clean ; and in the advanced stages of the disease, the tongue and fauces appear to be somewhat inflamed, and become more or less covered with aphthæ.

As the disease advances, the red vessels of the adnata of the eye disappear, and the whole of the adnata becomes of a pearly white.

The face is commonly pale ; but, during the exacerbations, a florid red, and an almost circumscribed spot, appear on each cheek.

For some time, in the course of a hectic, the belly is bound ; but, in the advanced stages of it, a diarrhœa almost always comes on, and continues to recur frequently during the rest of the disease, alternating in some measure with the sweatings mentioned above.

The disease is always attended with a debility, which gradually increases during the course of it.

During the same course, an emaciation takes place, and goes to a greater degree than in almost any other case.

The falling off of the hairs, and the adunque form of the nails, are also symptoms of the want of nourishment.

Towards the end of the disease, the feet are often affected with œdematous swellings.

The exacerbations of the fever are seldom attended with any headach, and scarcely ever with delirium.

The senses and judgment commonly remain entire to the very end of the disease ; and the mind, for the most part, is confident and full of hope.

Some days before death, a delirium comes on, and commonly continues to the end.

860.] The hectic fever now described (857, 858.) as accompanying a purulent state of the lungs, is perhaps the case in which it most frequently appears: but I have never seen it in any case, when there was not evidently, or when I had not ground to suppose, there was a permanent purulency or ulceration in some external or internal part. It was for this reason that in 74, I concluded it to be a symptomatic fever only. Indeed, it appears to me to be always the effect of an acrimony absorbed from abscesses or ulcers, although it is not equally the effect of every sort of acrimony; for the scorbutic and cancerous kinds often subsist long in the body without producing a hectic. What is the precise state of the acrimony producing this, I cannot determine, but it seems to be chiefly that of a vitiated purulency.

861.] However this may be, it appears, that the hectic's depending in general upon an acrimony, explains its peculiar circumstances. The febrile state seems to be chiefly an exacerbation of that frequency of the pulse, which occurs twice every day to persons in health, and may be produced by acrimony alone. These exacerbations, indeed, do not happen without the proper circumstances of pyrexia; but the spasm of the extreme vessels in a hectic does not seem to be so considerable as in other fevers; and hence the state of sweat and urine which appears so early and so constantly in hectic. Upon the same supposition of an acrimony corrupting the fluids, and debilitating the moving powers, I think that most of the other symptoms may also be explained.

862.] Having thus considered the characteristic symptoms and chief part of the proximate cause of the phthisis pulmonalis, I proceed to observe, than an ulcer of the lungs, and its concomitant circumstances of hectic fever, may arise from different previous affections of the lungs; all of which however may, in my opinion, be referred to five heads; that is, 1. To an hemoptysis; 2. To a suppuration of the lungs in consequence of pneumonia; 3. To catarrh; 4. To asthma; or, 5. To a tubercle. These several affections, as causes of ulcers, shall now be considered in the order mentioned.

863.] It has been commonly supposed, that an hemoptysis was naturally, and almost necessarily, followed by an ulcer of the lungs: but I will presume to say, that, in general, this is a mistake; for there have been many instances of hemoptysis occasioned by external violence, without being followed by any ulcer of the lungs: and there have

also been many instances of hemoptysis from an internal cause, without any consequent ulceration. And this too has been the case, not only when the hemoptysis happened to young persons, and recurred for several times, but when it has often recurred during the course of a long life. It is indeed easy to conceive, that a rupture of the vessels of the lungs like that of the vessels of the nose, may be often healed, as the surgeons speak, by the first intention. It is probable therefore, that it is an hemoptysis in particular circumstances only, which is necessarily followed by an ulcer; but what these circumstances are, it is difficult to determine. It is possible, that merely the degree of rupture, or frequently repeated rupture preventing the wound from healing by the first intention, may occasion an ulcer; or it is possible that red blood effused, and not brought up entirely by coughing, may, by stagnating in the bronchiæ, become acrid, and erode the parts. These however are but suppositions, not supported by any clear evidence. And, if we consider that those cases of hemoptysis which follow the predisposition (831.—834.) are those especially which end in phthisis, we shall be led to suspect that there are some other circumstances which concur here to determine the consequence of hemoptysis, as I shall hereafter endeavor to show.

864.] Any supposition, however, which we can make with respect to the innocence of an hemoptysis, must not supersede the measures proposed above for its cure; both because we cannot certainly foresee what may be the consequence of such an accident, and because the measures above suggested are safe; for, upon every supposition, it is a diathesis phlogistica that may urge on every bad consequence to be apprehended.

865.] The second cause of an ulceration of the lungs, to be considered, is a suppuration formed in consequence of pneumonia.

866.] From the symptoms mentioned in 857, 858, it may with reason be concluded, that an abscess, or, as it is called, a *vomica*, is formed in some part of the pleura, and most frequently in that portion of it investing the lungs. Here purulent matter frequently remains for some time, as if enclosed in a cyst: but commonly it is not long before it comes to be either absorbed, and transferred to some other part of the body; or that it breaks through into the cavity of the lungs, or into that of the thorax. In

the latter case, it produces the disease called *empyema*; but it is only when the matter is poured into the cavity of the bronchiæ, that it properly constitutes the phthisis pulmonalis. In the case of empyema, the chief circumstances of a phthisis are indeed also present; but I shall here consider that case only in which the abscess of the lungs gives occasion to a purulent expectoration.

867.] An abscess of the lungs, in consequence of pneumonia, is not always followed by a phthisis: for sometimes a hectic fever is not formed; the matter poured into the bronchiæ is a proper and benign pus, which is frequently coughed up very readily, and spit out; and, though this purulent expectoration should continue for some time, yet if a hectic does not come on, the ulcer soon heals, and every morbid symptom disappears. This has happened so frequently, that we may conclude, that neither the access of the air, nor the constant motion of the lungs, will prevent an ulcer of these parts from healing, if the matter of it be well-conditioned. An abscess of the lungs, therefore, does not necessarily produce the phthisis pulmonalis; and if it be followed by such a disease, it must be in consequence of particular circumstances which corrupt the purulent matter produced, render it unsuitable to the healing of the ulcer, and at the same time make it afford an acrimony, which, being absorbed, produces a hectic and its consequences.

868.] The corruption of the matter of such abscesses may be owing to several causes, as, 1. That the matter effused during the inflammation, had not been a pure serum fit to be converted into a laudable pus, but had been united with other matters which prevented that, and gave a considerable acrimony to the whole: Or, 2. That the matter effused, and converted into pus, either merely by a long stagnation in a vomica, or by its connection with an empyema, had been so corrupted, as to become unfit for the purpose of pus in the healing of the ulcer. These seem to be possible causes of the corruption of matter in abscesses, so as to make it the occasion of phthisis in persons otherwise sound; but it is probable, that a pneumonic abscess does especially produce phthisis when it happens to persons previously disposed to that disease, and therefore only as it concurs with some other causes of it.

869.] The third cause supposed to produce phthisis, is a catarrh; which in many cases seems, in length of time, to

have the expectoration of mucus proper to it, gradually changed into an expectoration of pus; and at the same time, by the addition of a hectic fever, the disease, which was at first a pure catarrh, is converted into a phthisis. This supposition, however is not easily to be admitted. The catarrh is properly an affection of the mucous glands of the trachea and bronchiæ, analogous to the coryza, and less violent kinds of cynanche tonsillaris, which very seldom terminate in suppuration. And although a catarrh should be disposed to such termination, yet the ulcer produced might readily heal up, as it does in the case of a cynanche tonsillaris; and therefore should not produce a phthisis.

870.] Further, the catarrh, as purely the effect of cold, is generally a mild disease, as well as of short duration; and of the numerous instances of it, there are at most but very few cases which can be said to have ended in phthisis. In all those cases in which this seems to have happened, it is to me probable, that the persons affected were peculiarly predisposed to phthisis. And the beginning of phthisis so often resembles a catarrh, that the former may have been mistaken for the latter. Besides, to increase the fallacy, it often happens that the application of cold, which is the most frequent cause of catarrh, is also frequently the exciting cause of the cough which proves the beginning of phthisis.

871.] It is to me, therefore probable, that a catarrh is very seldom the foundation of phthisis; but I would not positively assert that it never is so; for it is possible that the cases of a more violent catarrh may have joined with them a pneumonic affection, which may end in a suppuration; or it may happen that a long continued catarrh, by the violent agitation of the lungs in coughing, will produce some of those tubercles which are presently to be mentioned as the most frequent cause of phthisis.

872.] It must be particularly observed here, that nothing said in 871 should allow us to neglect any appearance of catarrh, as is too frequently done; for it may be either the beginning of a phthisis, which is mistaken for a genuine catarrh, or that even as a catarrh continuing long, it may produce a phthisis, as in 871.

873.] Many physicians have supposed an acrimony of the fluids eroding some of the vessels of the lungs, to be a frequent cause of ulceration and phthisis. But this appears to me to be a mere supposition; for in any of the in-

stances of the production of phthisis which I have seen, there was no evidence of any acrimony of the blood capable of eroding the vessels. It is true, indeed, that in many cases an acrimony subsisting in some part of the fluids, is the cause of the disease; but it is at the same time probable, that this acrimony operates by producing tubercles, rather than by any direct erosion.

874.] It has been mentioned in 862, that an asthma may be considered as one of the causes of phthisis; and by asthma I mean, that species of it which has been commonly named the Spasmodic. This disease frequently subsists very long without producing any other, and may have its own peculiar fatal termination, as shall be explained hereafter. But I have seen it frequently end in phthisis; and in such cases I suppose it to operate in the manner above alluded to of catarrh, that is, by producing tubercles, and their consequences, which shall be presently mentioned.

875.] I come now to consider the fifth head of the cause of phthisis, and which I apprehend to be the most frequent of any. This I have said, in general, to be tubercles; by which terms are meant, certain small tumours, which have the appearance of indurated glands. Dissections have frequently shown such tubercles formed in the lungs; and although at first indolent, yet at length they become inflamed, and are thereby changed into little abscesses, or vomicae, which breaking, and pouring their matter into the bronchiæ, give a purulent expectoration, and thus lay the foundation of phthisis.

876.] Though the matter expectorated upon these occasions has the appearance of pus, it is seldom that of a laudable kind; and, as the ulcers do not readily heal, but are attended with a hectic fever, for the most part ending fatally, I presume that the matter of the ulcers is imbued with a peculiarly noxious acrimony, which prevents their healing, and produces a phthisis in all its circumstances, as mentioned above.

877.] It is very probable that the acrimony which thus discovers itself in the ulcers, existed before, and produced the tubercles themselves: and it is to this acrimony that we must trace up the cause of the phthisis following these tubercles. This acrimony is probably, in different cases, of different kinds; and it will not be easy to determine its varieties: but to a certain length I shall attempt it.

878.] In one case, and that, too, a very frequent one, of phthisis, it appears, that the noxious acrimony is of the same kind with that which prevails in the scrophula. This may be concluded from observing, that a phthisis, at its usual periods, frequently attacks persons born of scrophulous parents; that is, of parents who had been affected with scrophula in their younger years: that very often, when the phthisis appears, there occurs at the same time some lymphatic tumors in the internal parts; and very often I have found the *tabes mesenterica*, which is a scrophulous affection, joined with the *phthisis pulmonalis*. To all this I would add, that, even when no scrophulous affection has either manifestly preceded or accompanied a phthisis, this last however most commonly affects persons of a habit resembling the scrophulous; that is, persons of a sanguine, or of a sanguineo-melancholic temperament, who have very fine skins, rosy complexions, large veins, soft flesh, and thick upper lip: and further, that in such persons the phthisis comes on in the same manner that it does in persons having tubercles, as shall be immediately explained.

879.] Another species of acrimony producing tubercles of the lungs, and thereby phthisis, may be said to be the exanthematic. It is well known, that the small-pox sometimes, and more frequently the measles, lay the foundation of phthisis. It is probable also, that other exanthemata have the same effect; and from the phenomena of the disease, and the dissections of persons who have died of it, it is probable, that all the exanthemata may occasion a phthisis, by affording a matter which in the first place produces tubercles.

880.] Another acrimony, which seems sometimes to produce phthisis, is the siphylitic; but whether such an acrimony produces phthisis in any other persons than the previously disposed, does not appear to me certain.

881.] What other species of acrimony, such as from scurvy, from pus absorbed from other parts of the body, from suppressed eruptions, or from other sources, may also produce tubercles and phthisis, I cannot now decide, but must leave to be determined by those who have had experience in such cases.

882.] There is one peculiar case of phthisis, which from my own experience I can take notice of. This is the case of phthisis from a calcarious matter formed in the lungs, and coughed up, frequently with a little blood, sometimes

with mucus only, and sometimes with pus. How this matter is generated, or in what precise part of the lungs it is seated, I acknowledge myself ignorant. In three cases of this kind which have occurred to me, there was at the same time no appearance of stony or earthy concretions in any other part of the body. In one of these cases, an exquisitely formed phthisis came on, and proved mortal: while in the other two, the symptoms of phthisis were never fully formed; and after some time, merely by a milk diet and avoiding irritation, the patients entirely recovered.

883.] Another foundation for phthisis, analogous, as I judge, to that of tubercles, is that which occurs to certain artificers whose employments keeps them almost constantly exposed to dust; such as stone-cutters, millers, flax-dressers, and some others. I have not observed in this country many instances of phthisis which could be referred to this cause; but, from RAMAZZINI, MORGAGNI, and some other writers, we must conclude such cases to be more frequent in the southern parts of Europe.

884.] Besides these now mentioned, there are probably some other causes producing tubercles, which have not yet been ascertained by observation; and it is likely, that in the state of tubercles there is a variety not yet accounted for; but all this must be left to future observation and inquiry.

885.] It has been frequently supposed by physicians, that the phthisis is a contagious disease; and I dare not assert that it never is such: but in many hundred instances of the disease which I have seen, there has been hardly one which to me could appear to have arisen from contagion. It is possible, that in warmer climates the effects of contagion may be more discernible.

After having said, that a phthisis arises from tubercles more frequently than from any other cause, and after having attempted to assign the variety of these, I now proceed to mention the peculiar circumstances and symptoms which usually accompany the coming on of the disease from tubercles.

886.] A tuberculous and purulent state of the lungs has been observed in very young children, and in some others at several different periods before the age of puberty and full growth; but instances of this kind are rare: and the attack of phthisis, which we have reason to impute to tubercles, usually happens at the same period which I have assigned for the coming on of the hemoptysis.

887.] The phthisis from tubercles does also generally affect the same habits as the hemoptysis, that is, persons of a slender make, long necks, narrow chests, and prominent shoulders; but very frequently the persons liable to tubercles have less of a florid countenance, and of the other marks of an exquisitely sanguine temperament, than the persons liable to hemoptysis.

888.] This disease, arising from tubercles, usually commences with a slight and short cough, which becomes habitual, is often little remarked by those affected, and sometimes so little as to be absolutely denied by them. At the same time their breathing becomes easily hurried by any bodily motion, their body grows leaner, and they become languid and indolent. This state sometimes continues for a year, or even for two years, without the persons making any complaint of it, excepting only that they are affected by cold more readily than usual, which frequently increases their cough, and produces some catarrh. This, again, however, is sometimes relieved; is supposed to have arisen from cold alone: and therefore gives no alarm either to the patient or to his friends, nor leads them to take any precautions.

889.] Upon one or other of these occasions of catching cold, as we commonly speak, the cough becomes more considerable; is particularly troublesome upon the patient's lying down at night; and in this state continues longer than is usual in the case of a simple catarrh. This is more especially to call for attention, if the increase and continuance of cough come on during the summer season.

890.] The cough which comes on as in 888, is very often for a long time without any expectoration; but when, from repeatedly catching cold, it becomes more constant, it is then at the same time attended with some expectoration, which is most considerable in the mornings. The matter of this expectoration becomes by degrees more copious, more viscid, and more opaque; at length of a yellow or greenish color, and of a purulent appearance. The whole of the matter, however, is not always at once entirely changed in this manner; but, while one part of it retains the usual form of mucus, another suffers the changes now described.

891.] When the cough increases, and continues very frequent through the night, and when the matter expectorated undergoes the changes I have mentioned, the breathing at

the same time becomes more difficult, and the emaciation and weakness go on also increasing. In the female sex, as the disease advances, and sometimes early in its progress, the menses ceases to flow; and this circumstance is to be considered as commonly the effect, although the sex themselves are ready to believe it the sole cause of the disease.

892.] When the cough comes on as in 888, the pulse is often natural, and for some time after continues to be so; but the symptoms have seldom subsisted long before the pulse becomes frequent, and sometimes to a considerable degree, without much of the other symptoms of fever. At length, however, evening exacerbations become remarkable; and by degrees the fever assumes the exquisite form of hectic, as described in 857, 859.

893.] It is seldom that the cough, expectoration, and fever, go on increasing, in the manner now described, without some pain being felt in some part of the thorax. It is usually and most frequently felt at first under the sternum, and that especially, or almost only, upon occasion of coughing; but very often, and that too, early in the course of the disease, a pain is felt on one side, sometimes very constantly, and so as to prevent the person from lying easily upon that side; but at other times, the pain is felt only upon a full inspiration, or upon coughing. Even when no pain is felt, it generally happens that phthisical persons cannot lie easily on some one of their sides, without having their difficulty of breathing increased, and their cough excited.

894.] The phthisis begins, and sometimes proceeds to its fatal issue, in the manner described from 888, to 894, without any appearance of hemoptysis. Such cases are indeed rare; but it is very common for the disease to advance far, and even to an evident purulency and hectic state, without any appearance of blood in the spitting: so that it may be affirmed, the disease is frequently not founded in hemoptysis. At the same time, we must allow, not only that it sometimes begins with an hemoptysis, as is said in 863, but further, that it seldom happens that in the progress of the disease more or less of an hemoptysis does not appear. Some degree of blood-spitting does, indeed, appear sometimes in the state mentioned (888, 892.) but more commonly in the more advanced stages of the disease only, and particularly upon the first appearance of purulency. However this may be, it is seldom, in the phthisis from tubercles, that the hemoptysis is considerable, or requires any re-

medies different from those which are otherwise necessary for the state of the tubercles.

895.] I have now described a succession of symptoms which, in different cases, occupy more or less time. In this climate they very often take up some years, the symptoms appearing especially in the winter and spring, commonly becoming easier, and sometimes almost disappearing, during the summer : but returning again in winter, they at length after two or three years, prove fatal, towards the end of spring or the beginning of summer.

896.] In this disease, the prognosis is for the most part unfavorable. Of those affected with it, the greater number die ; but there are also many of them who recover entirely, after having been in very unpromising circumstances. What are, however, the circumstances more certainly determining to a happy or to a fatal event, I have not yet been able to ascertain.

897.] The following aphorisms are the result of my observations.

A phthisis pulmonalis from hemoptysis, is more frequently recovered than one from tubercles.

An hemoptysis not only is not always followed by a phthisis, as we have said above (863.) but even when followed by an ulceration, the ulceration is sometimes attended with little of hectic, and frequently admits of being soon healed. Even when hemoptysis and ulceration have happened to be repeated, there are instances of persons recovering entirely after several such repetitions.

A phthisis from a suppuration in consequence of pneumatic inflammation, is that which most rarely occurs in this climate ; and a phthisis does not always follow such suppuration, when the abscess formed soon breaks and discharges a laudable pus ; but, if the abscess continues long shut up, and till after a considerable degree of hectic has been formed, a phthisis is then produced, equally dangerous, as that from other causes.

A phthisis from tubercles has, I think, been recovered : but it is of all others the most dangerous ; and, when arising from a hereditary taint is almost certainly fatal.

The danger of a phthisis, from whatever cause it may have arisen, is most certainly to be judged of by the degree to which the hectic and its consequences have arrived. From a certain degree of emaciation, debility, profuse sweating, and diarrhœa, no person recovers.

A mania coming on, has been found to remove all the symptoms, and sometimes has entirely cured the disease; but, in other cases, upon the going off of the mania, the phthisis has recurred, and proved fatal.

The pregnancy of women has often retarded the progress of a phthisis; but commonly it is only till after delivery, when the symptoms of phthisis return with violence, and soon prove fatal.

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## SECTION II.

### *Of the Cure of Phthisis.*

898.] FROM what has been just now said, it will readily appear, that the cure of the phthisis pulmonalis must be exceedingly difficult; and that even the utmost care and attention in the employment of remedies, have seldom succeeded. It may be doubtful whether this failure is to be imputed to the imperfection of our art, or to the absolutely incurable nature of the disease. I am extremely averse in any case to admit of the latter supposition, and can always readily allow of the former; but, in the mean time, must mention here, what has been attempted towards either curing or moderating the violence of this disease.

899.] It must be obvious that according to the different circumstances of this disease, the method of cure must be different. Our first attention should be employed in watching the approach of the disease, and preventing its proceeding to an incurable state.

In all persons of a phthisical habit, and especially in those born of phthisical parents, the slightest symptoms of the approach of phthisis, at the phthisical period of life, ought to be attended to.\*

900.] When an hemoptysis occurs, though it be not always followed with ulceration and phthisis, these however are always to be apprehended; and every precaution is to be taken against them. This is especially to be done by employing every means of moderating the hemorrhagy, and of preventing its return, directed in 891, *et seq.* and these precautions ought to be continued for several years after the occurrence of the hemoptysis.

\* This early attention to the first symptoms of the disease is of the utmost consequence, for it is only in the early stage that any remedies can be employed with success, as experience has sufficiently taught. See article 905. *et seq.*

901.] The phthisis which follows a suppuration from pneumonic inflammation, can only be prevented with certainty, by obtaining a resolution of such inflammation. What may be attempted towards the cure of an abscess and ulcer which have taken place, I shall speak of hereafter.

902.] I have said, it is doubtful if a genuine catarrh ever produces a phthisis; but have allowed that it possibly may: and both upon this account, and upon account of the ambiguity which may arise, whether the appearing catarrh be a primary disease, or the effect of a tubercle, I consider it as of consequence to cure a catarrh as soon as possible after its first appearance. More especially when it shall linger, and continue for some time, or shall, after some intermission, frequently return, the cure of it should be diligently attempted. The measures requisite for this purpose shall be mentioned afterwards, when we come to treat of catarrh as a primary disease; but, in the mean time, the means necessary for preventing its producing a phthisis shall be mentioned immediately, as they are the same with those I shall point out as necessary for preventing a phthisis from tubercles.

903.] The preventing of a phthisis from asthma must be by curing, if possible, the asthma, or at least by moderating it as much as may be done: and as it is probable that asthma occasions phthisis, by producing tubercles, the measures necessary for preventing phthisis from asthma, will be the same with those necessary in the case of tubercles, which I am now about to mention.

904.] I consider tubercles as by much the most frequent cause of phthisis; and even in many cases where this seems to depend upon hemoptysis, catarrh, or asthma, it does however truly arise from tubercles. It is upon this subject, therefore, that I shall have occasion to treat of the measures most commonly requisite for curing phthisis.

905.] When, in a person born of phthisical parents, of a phthisical habit, at the phthisical period of life, the symptoms (888.) in the spring, or the beginning of summer, shall appear in the slightest degree, we may presume that a tubercle, or tubercles, either have been formed, or are forming in the lungs; and therefore, that every means we can devise for preventing their formation, or for procuring their resolution, should be employed immediately, even although the patient himself should overlook or neglect the symptoms, as imputing them to accidental cold.

906.] This is certainly the general indication ; but how it may be executed, I cannot readily say. I do not know that, at any time, physicians have proposed any remedy capable of preventing the formation of tubercles, or of resolving them when formed. The analogy of scrophula, gives no assistance in this matter. In scrophula the remedies that are seemingly of most power, are, sea-water, or certain mineral waters ; but these have generally proved hurtful in the case of tubercles of the lungs. I have known several instances of mercury very fully employed for certain diseases, in persons who were supposed at the time to have tubercles formed, or forming, in their lungs ; but though the mercury proved a cure for those other diseases, it was of no service in preventing phthisis, and in some cases seemed to hurry it on.

907.] Such appears to me to be the present state of our art, with respect to the cure of tubercles ; but I do not despair of a remedy for the purpose being found hereafter. In the mean time, all that at present seems to be within the reach of our art, is to take the measures proper for avoiding the inflammation of tubercles. It is probable that tubercles may subsist long without producing any disorder ; and I am disposed to think, that nature sometimes resolves and discusses tubercles which have been formed ; but that nature does this only when the tubercles remain in an un-inflamed state ; and therefore, that the measures necessary to be taken, are chiefly those for avoiding the inflammation of the tubercles.

908.] The inflammation of a tubercle of the lungs is to be avoided upon the general plan of avoiding inflammation, by blood-letting, and by an antiphlogistic regimen ; the chief part of which, in this case, is the use of a low diet. This supposes a total abstinence from animal food, and the using of vegetable food almost alone : but it has been found, that it is not necessary for the patient to be confined to vegetables of the weakest nourishment, it being sufficient that the farinacea be employed, and together with these, milk.

909.] Milk has been generally considered as the chief remedy in phthisis, and in the case of every tendency to it ; but whether from its peculiar qualities, or from its being of a lower quality, with respect to nourishment, than any food entirely animal, is not certainly determined. The choice and administration of milk will be properly directed, by considering the nature of the milk of the several ani-

mals from which it may be taken, and the particular state of the patient with respect to the period and circumstances of the disease, and to the habits of his stomach with respect to milk.

910.] A second means of preventing the inflammation of the tubercles of the lungs, is, by avoiding any particular irritation of the affected part, which may arise from any violent exercise of respiration; from any considerable degree of bodily exercise; from any position of the body, which straitens the capacity of the thorax; and lastly, from cold applied to the surface of the body, which determines the blood in greater quantity to the internal parts, and particularly to the lungs.

911.] From the last-mentioned consideration, the application of cold in general, and therefore the winter-season, in cold climates, as diminishing the cutaneous perspiration, is to be avoided; but more particularly, that application of cold is to be shunned that may suppress perspiration, to the degree of occasioning a catarrh, which consists in an inflammatory determination to the lungs, and may therefore most certainly produce an inflammation of the tubercles there.

By considering, that the avoiding heat is a part of the antiphlogistic regimen above recommended, and by comparing this with what has been just now said respecting the avoiding cold, the proper choice of climates and seasons for phthisical patients will be readily understood.

912.] A third means of avoiding the inflammation of the tubercles of the lungs consists, in diminishing the determination of the blood to the lungs, by supporting and increasing the determination to the surface of the body; which is to be chiefly and most safely done by warm clothing,\* and the frequent use of the exercises of gestation.

913.] Every mode of gestation has been found of use in phthisical cases; but riding on horseback, as being accompanied with a great deal of bodily exercise, is less safe in persons liable to an hæmoptysis. Travelling in a carriage unless upon very smooth roads may also be of doubtful effect; and all the modes of gestation that are employed on land, may fall short of the effects expected

\* This is a most essential part in the cure of phthisis, and many other diseases prevalent in cold climates.

The warm clothing that is most effectual is flannel shirts next to the skin. It feels a little disagreeable at first to a person unaccustomed to it; but the great relief it affords, and the comfortable sensation it produces, are so strong inducements for continuing its use, that few people who have once experienced its beneficial effects have any desire to relinquish it.

from them, because they cannot be rendered sufficiently constant; and therefore it is that sailing, of all other modes of gestation, is the most effectual in pneumonic cases, as being both the smoothest and most constant.

It has been imagined, that some benefit is derived from the state of the atmosphere upon the sea; but I cannot find that any impregnation of this which can be supposed to take place, can be of service to phthisical persons. It is however probable, that frequently some benefit may be derived from the more moderate temperature and greater purity of the air upon the sea.

914.] In order to take off any inflammatory determination of the blood into the vessels of the lungs, blisters applied to some part of the thorax may often be of service; and for the same purpose, as well as for moderating the general inflammatory state of the body, issues of various kinds may be employed with advantage.

915.] The several measures to be pursued in the case of what is properly called an Incipient Phthisis, have now been mentioned; but they have seldom been employed in such cases in due time, and have therefore, perhaps, seldom proved effectual. It has more commonly happened, that after some time, an inflammation has come upon the tubercles, and an abscess has been formed, which opening into the cavity of the bronchiæ, has produced an ulcer, and a confirmed phthisis.

916.] In this state of matters, some new indications different from the former may be supposed to arise, and indications for preventing absorption, for preventing the effects of the absorbed matter upon the blood, and for healing the ulcer, have been actually proposed. I cannot find, however, that any of the means proposed for executing these indications, are either probable or have proved effectual. If, upon some occasions, they have appeared to be useful, it has been probably by answering some other intention.

While no antidote against the poison which especially operates here, seems to have been as yet found out, it appears to me, that too great a degree of inflammation has a great share in preventing the healing of the ulcer which occurs; and such inflammation is certainly what has a great share in urging on its fatal consequences. The only practice, therefore, which I can venture to propose, is the same in the ulcerated as in the crude state of a tubercle;

that is, the employment of means for moderating inflammation, which have been already mentioned (908. *et seq.*)

917.] The balsamics whether natural or artificial, which have been so commonly advised in cases of phthisis, appear to me to have been proposed upon no sufficient grounds, and to have proved commonly hurtful. The resinous and acrid substance of myrrh, lately recommended, has not appeared to me to be of any service, and in some cases to have proved hurtful.\*

918.] Mercury, so often useful in healing ulcers, has been speciously enough proposed in this disease; but whether that it be not adapted to the particular nature of the ulcers of the lungs occurring in phthisis, or that it proved hurtful because it cannot have effect without exciting such an inflammatory state of the whole system, as, in a hectic state, must prove very hurtful, I cannot determine. Upon many trials which I have seen made, it has proved of no service, and commonly has appeared to be manifestly pernicious.

919.] The Peruvian bark has been recommended for several purposes in phthisical cases; and it is said, upon some occasions to have been useful; but I have seldom found it to be so; and as by its tonic power it increases the phlogistic diathesis of the system, I have frequently found it hurtful. In some cases, where the morning remissions of the fever were considerable, and the noon exacerbations well marked, I have observed the Peruvian bark given in large quantities, have the effect of stopping these exacerbations, and at the same time of relieving the whole of the phthisical symptoms: but in the cases in which I observed this, the fever showed a constant tendency to recur; and at length the phthisical symptoms also returned, and proved quickly fatal.

920.] Acids of all kinds, as antiseptic and refrigerant, are useful in cases of phthisis; but the native acid of vegetables† is more useful than the fossil acids, as it can be given in much larger quantities, and may also be given more safely than vinegar, being less liable to excite coughing.

921.] Though our art can do so little towards the cure of this disease, we must, however, palliate the uneasy symptoms of it as well as we can. The symptoms especial-

\* From the preceding account of the disease, it is sufficiently evident that all <sup>a</sup> acrid and hot substances must be hurtful in phthisis. The balsamics have been long recommended in these cases, even by the best authorities, but on what principle is not easy to determine.

† The acid fruits, acid of tartar, acid of sorrel, and other plants yielding an acid, but not an acid, juice. The eating of oranges is therefore serviceable.

ly urgent are the cough and diarrhœa. The cough may be in some measure relieved by demulcents, (872.) but the relief obtained by these is imperfect and transitory, and very often the stomach is disturbed by the quantity of oily, mucilaginous, and sweet substances, which are on these occasions taken into it.

922.] The only certain means of relieving the cough, is by employing opiates. These, indeed, certainly increase the phlogistic diathesis of the system; but commonly they do not so much harm in this way, as they do service by quieting the cough, and giving sleep. They are supposed to be hurtful by checking expectoration: but they do it for a short time only; and, after a sound sleep, the expectoration in the morning is more easy than usual. In the advanced state of the disease, opiates seem to increase the sweatings that occur; but they compensate this, by the ease they afford in a disease which cannot be cured.

923.] The diarrhœa which happens in the advanced state of this disease, is to be palliated by moderate astringents, mucilages, and opiates.

Rhubarb, so commonly prescribed in every diarrhœa, and all other purgatives, are extremely dangerous in the colliquative diarrhœa of hectic.

Fresh subacid fruits, supposed to be always laxative, are often in the diarrhœa of hectic, by their antiseptic quality, very useful.

## CHAPTER V.

### OF THE HEMORRHOIS; OR OF THE HEMORRHOIDAL SWELLING AND FLUX.

#### SECTION I.

##### *Of the Phenomena and Causes of the Hemorrhois.*

924.] **A** DISCHARGE of blood from small tumors on the verge of the anus, is the symptom which generally constitutes the Hemorrhois; or, as it is vulgarly called, the Hemorrhoidal Flux. But a discharge of blood from within the anus, when the blood is of a florid color, showing it to have come from no great distance, is also considered as the same disease; and physicians have

agreed in making two cases or varieties of it, under the names of External and Internal Hemorrhoids.

925.] In both cases it is supposed that the flow of blood is from tumors previously formed, which are named Hemorrhoids, or piles; and it frequently happens, that the tumors exist without any discharge of blood; in which case, however, they are supposed to be a part of the same disease, and are named Hemorrhoides Cæcæ, or Blind Piles.

926.] These tumors, as they appear without the anus, are sometimes separate, round, and prominent, on the verge of the anus; but frequently the tumor is only one tumid ring, forming, as it were, the anus pushed without the body.

927.] These tumors, and the discharge of blood from them, sometimes come on as an affection purely topical, and without any previous disorder in other parts of the body: but it frequently happens, even before the tumors are formed, and more especially before the blood flows, that various disorders are felt in different parts of the body, as head-ach, vertigo, stupor, difficulty of breathing, sickness, colic-pains, pain of the back and loins; and often, together with more or fewer of these symptoms, there occurs a considerable degree of pyrexia.

The coming on of the disease with these symptoms, is usually attended with a sense of fullness, heat, itching, and pain in and about the anus.

Sometimes the disease is preceded by a discharge of serous matter from the anus: and sometimes this serous discharge, accompanied with some swelling, seems to be in place of the discharge of blood, and to relieve those disorders of the system which we have mentioned. This serous discharge, therefore, has been named the Hemorrhoides Alba.

928.] In the hemorrhoid, the quantity of blood discharged is different upon different occasions. Sometimes the blood flows only upon the persons going to stool; and commonly, in larger or lesser quantity, follows the discharge of the fæces. In other cases, the blood flows without any discharge of fæces; and then, generally, it is after having been preceded by the disorders above mentioned, when it is also commonly in larger quantity. This discharge of blood is often very considerable; and, by the repetition, it is often so great, as we could hardly suppose the body to bear but with the hazard of life. Indeed, though rarely, it has been

so great as to prove suddenly fatal. These considerable discharges occur especially to persons who have been frequently liable to the disease. They often induce great debility ; and frequently a leucophlegmatia, or dropsy, which proves fatal.

The tumors and discharges of blood in this disease, often recur at exactly stated periods.

929.] It often happens, in the decline of life, that the hemorrhoidal flux, formerly frequent, ceases to flow ; and, upon that event, it generally happens that the persons are affected with apoplexy or palsy.

930.] Sometimes hemorrhoidal tumors are affected with considerable inflammation ; which, ending in suppuration, gives occasion to the formation of fistulous ulcers in those parts.

931.] The hemorrhoidal tumors have been often considered as varicous tumors, or dilatations of veins ; and it is true, that in some cases varicous dilatations have appeared upon dissection. These, however, do not always appear ; and I presume it is not the ordinary case, but that the tumors are formed by an effusion of blood into the cellular texture of the intestine near to its extremity. These tumors, especially when recently formed, frequently contain fluid blood ; but, after they have remained for some time, they are commonly of a firmer substance.

932.] From a consideration of their causes, to be hereafter mentioned, it is sufficiently probable, that hemorrhoidal tumors are produced by some interruption of the free return of blood from the veins of the lower extremity of the rectum ; and it is possible, that a considerable accumulation of blood in these veins, may occasion a rupture of their extremities, and thus produce the hemorrhagy or tumors I have mentioned. But, considering that the hemorrhagy occurring here is often preceded by pain, inflammation, and a febrile state, as well as by many other symptoms which show a connection between the topical affection and the state of the whole system, it seems probable that the interruption of the venous blood, which we have supposed to take place, operates in the manner explained in 768, and therefore, that the discharge of blood here is commonly from arteries.

933.] Some physicians have been of opinion, that a difference in the nature of the hemorrhoids, and of its effects upon the system, might arise from the difference of the he-

morrhoidal vessels from which the blood issued. But it appears to me, that hardly in any case we can distinguish the vessels from which the blood flows; and that the frequent inosculation, of both the arteries and veins which belong to the lower extremity of the rectum will render the effects of the hemorrhagy nearly the same, from whichever of these vessels the blood proceed.

934.] In 768, I have endeavored to explain the manner in which a certain state of the sanguiferous system might give occasion to an hemorrhoidal flux; and I have no doubt, that this flux may be produced in that manner. I cannot, however, by any means admit that the disease is so often produced in that manner, or that, on its first appearance, it is so frequently a systematic affection, as the Stablians have imagined, and would have us to believe. It occurs in many persons before the period of life at which the venous plethora takes place; it happens to females, in whom a venous plethora, determined to the hemorrhoidal vessels, cannot be supposed; and it happens to both sexes, and to persons of all ages, from causes which do not affect the system, and are manifestly suited to produce a topical affection only.

935.] These causes of a topical affection are, in the first place, the frequent voiding of hard and bulky fæces, which, not only by their long stagnation in the rectum, but especially when voided, must press upon the veins of the anus, and interrupt the course of the blood in them. It is for this reason that the disease happens so often to persons of a slow and bound belly.

936.] From the causes just now mentioned, the disease happens especially to persons liable to some degree of a prolapsus ani. Almost every person in voiding fæces has the internal coat of the rectum more or less protruded without the body; and this will be to a greater or lesser degree, according as the hardness and bulk of the fæces occasion a greater or lesser effort or pressure upon the anus. While the gut is thus pushed out, it often happens that the sphincter ani is contracted before the gut is replaced; and, in consequence thereof, a strong constriction is made, which preventing the fallen-out gut from being replaced; and at the same time preventing the return of blood from it, occasions its being considerably swelled, and its forming a tumid ring round the anus.

937.] Upon the sphincter's being a little relaxed, as it is immediately after its strong contraction, the fallen-out por-

tion of the gut is commonly again taken within the body ; but by the frequent repetition of such an accident, the size and fullness of the ring formed by the fallen-out gut, is much increased. It is therefore more slowly and difficultly replaced ; and in this consists the chief uneasiness of hemorrhoidal persons.

938.] As the internal edge of the ring mentioned, is necessarily divided by clefts, the whole often assumes the appearance of a number of distinct swellings ; and it also frequently happens, that some portions of it, more considerably swelled than others, become more protuberant, and form those small tumors more strictly called Hemorrhoids ; or Piles.

939.] From considering that the pressure of fæces, and other causes interrupting the return of venous blood from the lower extremity of the rectum, may operate a good deal higher up in the gut than that extremity, it may be easily understood that tumors may be formed within the anus ; and probably it also happens, that some of the tumors formed without the anus, as in 938, may continue when taken within the body, and even be increased by the causes just now mentioned. It is thus that I would explain the production of internal piles, which, on account of their situation and bulk, are not protruded on the person's going to stool, and are often, therefore, more painful. The same internal piles are more especially painful, when affected by the hemorrhagic effort described in 744, and 768.

940.] The production of piles is particularly illustrated by this, that pregnant women are frequently affected with them. This is to be accounted for, partly from the pressure of the uterus upon the rectum, and partly from the costive habit to which pregnant women are usually liable. I have known many instances of piles occurring for the first time during the state of pregnancy ; and there are few women that have borne children who are afterwards entirely free from piles. The Stahlians have commonly asserted, that the male sex is more frequently affected with this disease than the female ; but in this country I have constantly found it otherwise.

941.] It is commonly supposed, that the frequent use of purgatives, especially of those of the more acrid kind, and more particularly of aloetics, is apt to produce the hemorrhoidal affection ; and as these purgatives stimulate chiefly

the great guts, it seems sufficiently probable that they may excite this disease.

942.] I have now mentioned several causes which may produce the hemorrhoidal tumors and flux as a topical affection only; but must observe farther, that although the disease appears first as a purely topical affection, it may, by frequent repetition, become habitual; and therefore may become connected with the whole system, in the manner already explained, with respect to hemorrhagy in general, in 747.

943.] The doctrine now referred to will, it is apprehended, apply very fully to the case of the hemorrhoidal flux; and will the more readily apply, from the person who has been once affected being much exposed to a renewal of the causes which first occasioned the disease; and from many persons being much exposed to a congestion in the hemorrhoidal vessels, in consequence of their being often in an erect position of the body, and in an exercise which pushes the blood into the depending vessels, while at the same time, the effects of these circumstances are much favored by the abundance and laxity of the cellular texture about the rectum.

944.] It is thus that the hemorrhoidal flux is so often artificially rendered an habitual and systematic affection; and I am persuaded, that it is this which has given occasion to the Stablians to consider the disease as almost universally such.

945.] It is to be particularly observed here, that when the hemorrhoidal disease has either been originally, or has become in the manner just now explained, a systematic affection, it then acquires a particular connection with the stomach, so that certain affections there excite the hemorrhoidal disease, and certain states of the hemorrhoidal affection excite disorders of the stomach.

It is perhaps owing to this connection, that the gout sometimes affects the rectum. See 524.

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## SECTION II.

### *Of the Cure of Hemorrhoidal Affections.*

946.] ALMOST at all times it has been an opinion amongst physicians, and from them spread amongst the people, that the hemorrhoidal flux is a salutary evacuation, which prevents many diseases that would otherwise have

happened; and that it even contributes to give long life. This opinion, in later times, has been especially maintained by Dr. Stahl, and his followers; and has had a great deal of influence upon the practice of physic in Germany.

947.] The question arises with respect to hemorrhagy in general, and indeed it has been extended so far by the Stablians. I have accordingly considered it as a general question (766—779.) but it has been more especially agitated with regard to the disease now under consideration: And as to this, although I am clearly of opinion that the hemorrhoids may take place in consequence of the general state of the system (768.) or, what is still more frequent, that by repetition it may become connected with that general state (942.) and in either case cannot be suppressed without great caution; I must beg leave, notwithstanding this, to maintain, that the first is a rare case; that generally the disease first appears as an affection purely topical, (934—941.) and that the allowing it to become habitual is never proper. It is a nasty disagreeable disease, ready to go to excess, and to be thereby very hurtful, as well as sometimes fatal. At best it is liable to accidents, and thereby to unhappy consequences. I am therefore of opinion, that not only the first approaches of the disease are to be guarded against, but even that, when it has taken place for some time, from whatever cause it may have proceeded, the flux is always to be moderated, and the necessity of it, if possible, superseded.

948.] Having delivered these general rules, I proceed to mention more particularly, how the disease is to be treated, according to the different circumstances under which it may appear.

When we can manifestly discern the first appearance of the disease to arise from causes acting upon the part only, the strictest attention should be employed in guarding against the renewal of these causes.

949.] One of the most frequent of the remote causes of the hemorrhoidal affection, is a slow and bound belly (935.) and this is to be constantly obviated by a proper diet,\* which each individual's own experience must direct; or, if the management of diet be not effectual, the belly must be kept regular by such medicines as may prove gently laxative, without irritating the rectum.† In most cases it

\* Broths of all kind are proper in these cases: barley broth is preferable to that which is made with rice. Barley gruel, with pruens, is an excellent laxative broth.

† The lenitive electuary alone may in many cases be sufficient, when given in the quantity of

will be of advantage to acquire a habit with respect to time, and to observe it exactly.

950.] Another cause of hemorrhoids, to be especially attended to, is the prolapsus or protrusion of the anus, which is apt to happen on a person's having a stool, (936.) If it shall occur to any considerable degree, and at the same time be not easily and immediately replaced, it most certainly produces piles, or increases them when otherwise produced. Persons therefore liable to this prolapsus, should, upon their having been at stool, take great pains to have the gut immediately replaced, by lying down in a horizontal posture, and pressing gently upon the anus, till the reduction shall be completely obtained.

951.] When the prolapsus of which I speak, is occasioned only by voiding hard and bulky fæces, it should be obviated by the means mentioned in 949, and may be thereby avoided. But in some persons it is owing to a laxity of the rectum; in which case it is often most considerable upon occasion of a loose stool; and then the disease is to be treated by astringents,\* as well as by proper artifices for preventing the falling down of the gut.

952.] These are the means to be employed upon the first approaches of the hemorrhoidal affection; and when from neglect it shall have frequently recurred, and has become in some measure established, they are no less proper. In the latter case, however, some other means are also necessary. It is particularly proper to guard against a plethoric state of the body; consequently, to avoid a sedentary life, a full diet, and particularly intemperance in the use of strong liquor; which, as I should have observed before, is, in all cases of hemorrhagy, of the greatest influence in increasing the disposition to the disease.

953.] I need hardly repeat here, that exercise of all kinds must be a chief means of obviating and removing a plethoric state of the body; but upon occasion of the hemorrhoidal flux immediately approaching, both walking and riding, as increasing the determination of the blood into the hemof-

half an ounce or six drachms. The following formula may be used where greater costiveness prevails:

R. Sal. Nitri, ℥ii.  
 Pulv. Jalap. ℥i.  
 Elect. Lenitivi, ℥i.  
 M. f. Elect. cujus sumat q. n. m. pro re nata.

\* Astringents may be used both internally and externally. The internal astringents are Alum, Kino, Terra Japonica, &c. But in cases of hemorrhoids from laxity, nothing produces a better effect than the frequent application of pledgets dipped in a strong infusion of galls, or oak bark.

rhoidal vessels, are to be avoided. At other times, when no such determination has been already formed, those modes of exercise may be very properly employed.\*

954.] Cold bathing is another remedy that may be employed to obviate plethora, and prevent hemorrhagy; but it is to be used with caution. When the hemorrhoidal flux is approaching, it may be dangerous to turn it suddenly aside by cold bathing: but during the intervals of the disease, this remedy may be employed with advantage; and in persons liable to a prolapsus ani, the frequent washing of the anus with cold water may be very useful.

955.] These are the means for preventing the recurrence of the hemorrhoidal flux; and in all cases, when it is not immediately approaching, they are to be employed. When it has actually come on, means are to be employed for moderating it at much as possible, by the person's lying in a horizontal position upon a hard bed; by avoiding exercise in an erect posture; by using a cool diet; by avoiding external heat; and by obviating the irritation of hardened fæces by the use of proper laxatives, (949.) From what has been said above, as to the being careful not to increase the determination of the blood into the hemorrhoidal vessels, the propriety of these measures must sufficiently appear; and if they were not so generally neglected, many persons would escape the great trouble, and the various bad consequences, which so frequently result from this disease.

956.] With respect to the further cure of this disease, it is almost in two cases only that hemorrhoidal persons call for the assistance of the physician. The one is when the affection is accompanied with much pain; and of this there are two cases, according as the pain happens to attend the external or the internal piles.

957.] The pain of the external piles arises especially when a considerable protrusion of the rectum has happened; and when, continuing unreduced, it is strangled by the constriction of the sphincter; while, at the same time, no bleeding happens, to take off the swelling of the protruded portion of the intestine. Sometimes an inflammation supervenes, and greatly aggravates the pain. To relieve the pain in this case, emollient fomentations and poultices are sometimes of service; but a more effectual relief is to be obtained by applying leeches to the tumid parts.

\* It is doubtful whether riding is ever advisable in any period of the disease. Riding frequently produces Piles, in persons not in the least predisposed to them.

958.] The other case in which hemorrhoidal persons seek assistance, is that of excessive bleeding. Upon the opinion so generally received of this discharge being salutary, and from the observation that upon the discharge occurring persons have sometimes found relief from various disorders, the most part of persons liable to it are ready to let it go too far; and indeed the Stahlians will not allow it to be a disease, unless when it has actually gone to excess. I am, however, well persuaded, that this flux ought always to be cured as soon as possible.

959.] When the disease occurs as a purely topical affection, there can be no doubt of the propriety of this rule; and, even when it has occurred as a critical discharge in the case of a particular disease, yet when this disease shall have been entirely cured and removed, the preventing any return of the hemorrhoids, seems to be both safe and proper.

960.] It is only when the disease arises from a plethoric state of the body, and from a stagnation of blood in the hypochondriac region, or when, though originally topical, the disease, by frequent repetition, has become habitual, and has thereby acquired a connection with the whole system, that any doubt can arise as to the safety of curing it entirely. Even in these cases, however, I apprehend it will be always proper to moderate the bleeding; lest by its continuance or repetition, the plethoric state of the body, and the particular determination of the blood into the hemorrhoidal vessels, be increased, and the recurrence of the disease, with all its inconveniences and danger, be too much favored.

961.] Further, even in the cases stated (960.) in so far as the plethoric state of the body, and the tendency to that state, can be obviated and removed, this is always to be diligently attempted; and if it can be executed with success, the flux may be entirely suppressed.

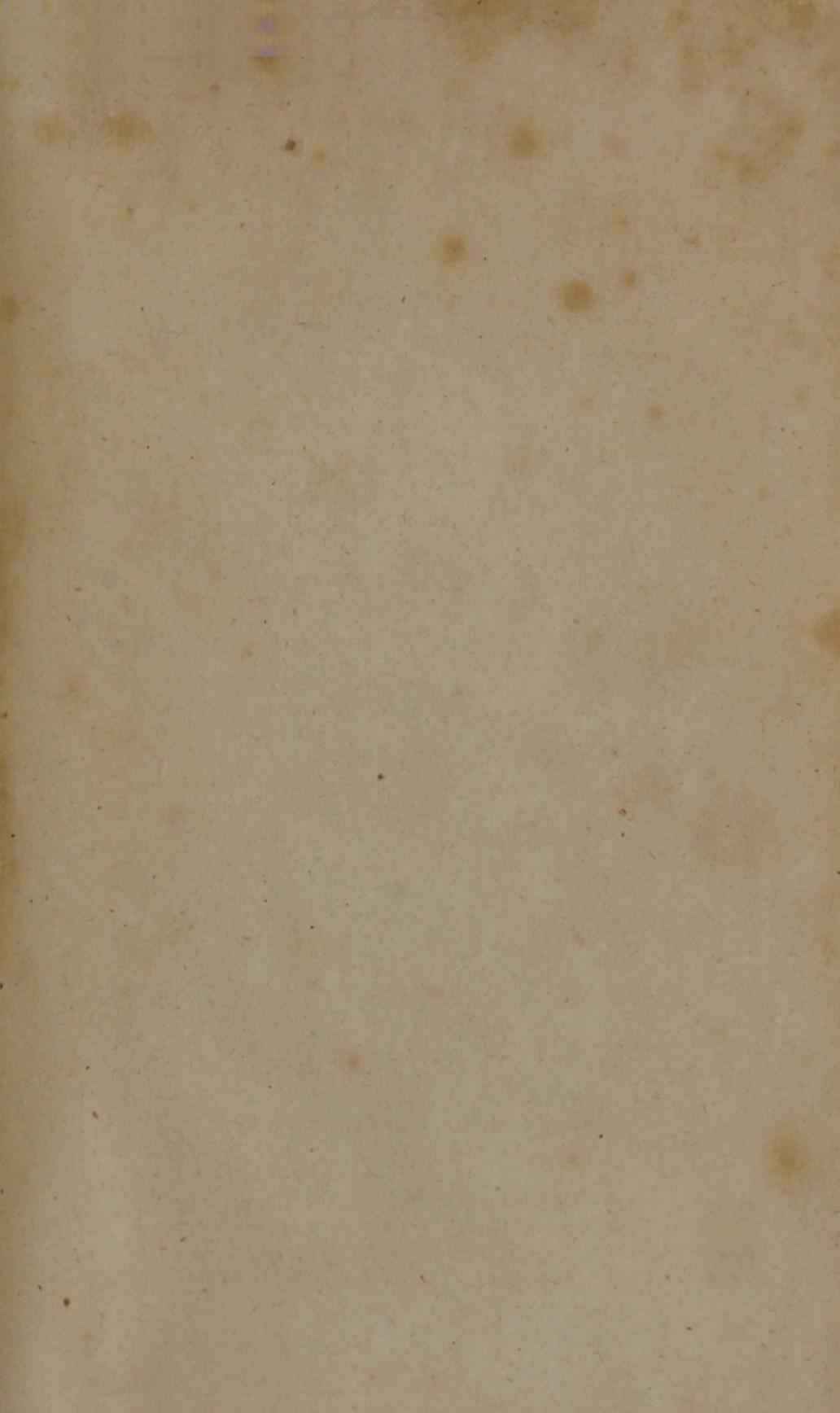
962.] The Stahlian opinion, that the hemorrhoidal flux is only in excess when it occasions great debility, or a leucophlegmatia, is by no means just; and it appears to me, that the smallest approach towards *producing* either of these, should be considered as an excess, which ought to be prevented from going farther.

963.] In all cases therefore of excess, or of any approach towards it, and particularly when the disease depends upon a prolapsus ani, (950.) I am of opinion that astringents, both internal and external, may be safely and properly employ-

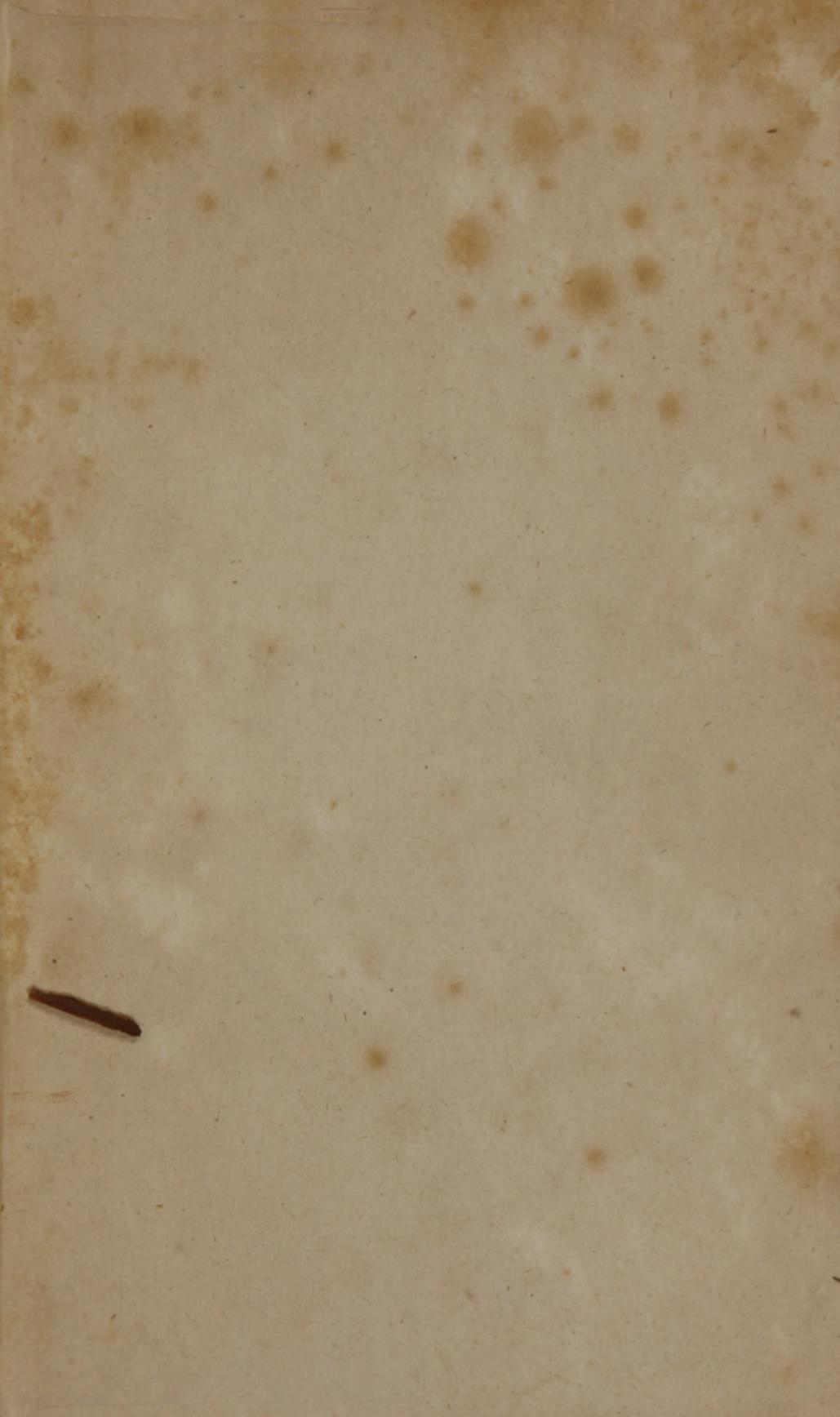
ed ; not indeed to induce an immediate and total suppression, but to moderate the hemorrhagy, and by degrees to suppress it altogether, while at the same time measures are taken for removing the necessity of its recurrence.

964.] When the circumstances (945.) marking a connection between the hemorrhoidal affection and the state of the stomach occur, the measures necessary are the same as in the case of atonic gout.

END OF THE FIRST VOLUME.







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