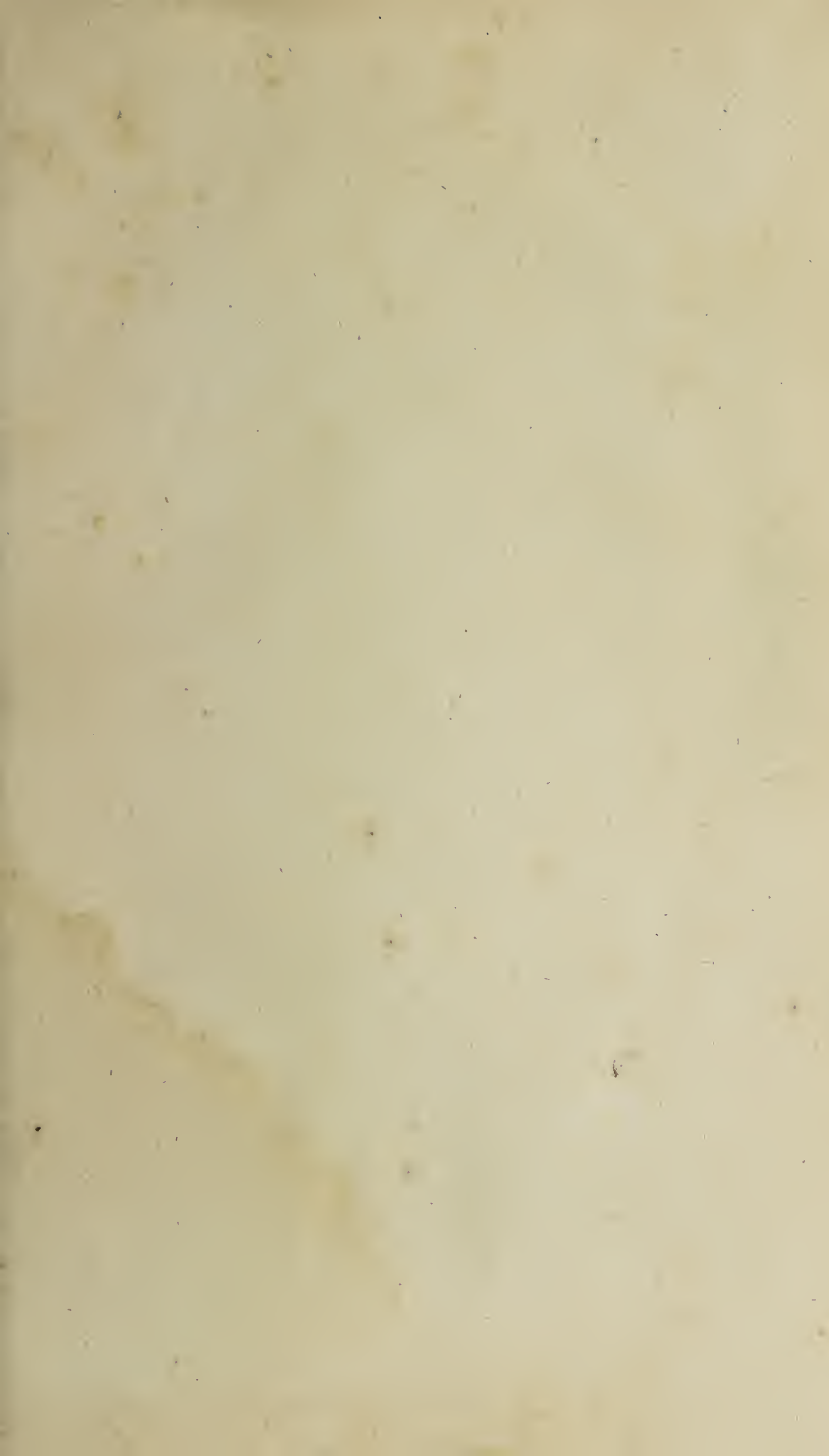






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A N

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O N T H E

D I S O R D E R S

O F

P E O P L E o f F A S H I O N .



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A N

E S S A Y

O N T H E

D I S O R D E R S

O F

PEOPLE of FASHION.

By Mr. TISSOT, D. M.

F. R. S. London ; of the Med. and Ph. S. of Basil ; of the  
Oeconom. S. of Berne ; and of the S. of Exp. Phy. of  
Rotterdam.

Translated from the French,

By FRANCIS BACON LEE.

L O N D O N :

Printed for RICHARDSON and URQUHART, under the  
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and J. ROSON, Numb. 54, St. Martin's-le-Grand.

Y A R R Y

THE

DISORDER

OF

SCOTT'S EMULSION

AND

THE

WELL



OF

THE

OF

THE

OF

OF

THE

AUTHOR'S DEDICATION

TO THE

*Baroness of* WALLMODEN.

M A D A M,

**T**HIS little work, designed principally for the use of Ladies of Fashion, ought to be more particularly offered to  
b such

such as unite the accomplishments, virtues and charms of that situation without the prejudices. It did not, *Madam*, take up much of my time to discover a Patroness; your name is found closely connected with the most enlarged idea of a Dedicatory Epistle, or rather gives it birth, and proves, that, if I am incapable of writing a good book, I perfectly well understand how to inscribe it. Receive it then, *Madam*, with that good-nature which

which is your peculiar characteristic, and consider it as an humble mark of the profound regard, and respectful sentiments, with which I have the honour to be,

Madam,

Your most humble,

And most obedient servant,

Lausanne,  
Feb. 7, 1770.

**T I S S O T.**





THE

## TRANSLATOR'S PREFACE.

**M**Y chief care in this translation was to do justice to my author; if I have succeeded, the pleasure of having introduced a work so extremely useful, to the knowledge of my countrymen, will be a sufficient reward: if I have failed in my attempt, I hope an unwearied assiduity in what I thought might be useful, joined to the frailty of mankind, will plead my excuse.

I have, to the best of my abilities, given the sense of my author without  
his

his gallicisms, and avoided, as much as possible, his frequent egotisms—As much as possible I say, because, where an invention of his own was mentioned, it would have been a piece of injustice to submit to the rules of criticism.

As far as my abilities would permit, I have given the poetical quotations in the spirit of their originals, and the whole translation is, as much as possible, freed from those technical terms which render works of this kind so extremely disagreeable to all who are not in the practice of the science, and even less agreeable to those who are than if the style was more familiar.

This may properly be termed a Medicinal Novel: the precepts are agreeably delivered,

delivered, the descriptions natural and striking, the examples pertinent, and the excursions of fancy are such as must be felt by all who have feelings.

That it may be as useful as the author apparently intended, is the sincere wish of,

FRANCIS BACON LEE.

The first part of the manuscript is devoted to a general introduction of the subject and a statement of the objects of the work. It contains a list of the contents of the work and a list of the authors of the several parts of it.

The second part of the manuscript is devoted to a detailed description of the objects of the work. It contains a list of the objects of the work and a list of the authors of the several parts of it.

The third part of the manuscript is devoted to a detailed description of the objects of the work. It contains a list of the objects of the work and a list of the authors of the several parts of it.

## The AUTHOR'S PREFACE.

**F**OR an hundred and fifty years past, many volumes have been written on remedies for the diseases of the poor; by which name the authors meant indiscriminately all ranks of people: and though these works are badly executed, they at least prove the importance of the object was known. It is now ten years since I have occupied myself in such enquires, and can venture to say, that of all my labours, this work has been the most pleasing.

At the beginning of this century\* RAMAZZINI, a celebrated Italian physician, published an excellent treatise on the diseases of mechanics, in which he

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hath

\* *De morbis artificum.* This work appeared at Modena in 1700, and augmented with a supplement at Pauda in 1713.

hath inserted a chapter on those of the recluse. Hence several other physicians have handled the same subject, wholly or in part, but much less judiciously than him.

We have a great number of very good works concerning the health of the military \*.

Mrs. *Cockburn*, *Lind*, *Poissonnier*, have occupied themselves with the health of mariners †; and we might form a small library by collecting all that has been written concerning men of letters: upon which head, the circumstances in which I have past the last four years, determined me to write a discourse in Latin, which I have since translated, and considerably improved.

It is obvious from the above enumeration, that much has been written on the  
health

\* Mrs. Pringle, Van Swieten, Monro, and Brocklesby, may take place of all the other authors.

† Ramazzini has likewise given a chapter on this subject.

health of people of all classes, except *People of Fashion*, who are precisely the very persons whose health is the most shattered.

It is true, that the same *Ramazzini*, who has treated of the diseases of the recluse, the studious, mechanics, soldiers, and sailors, has given another work on the means of preserving the health of princes, in which there are many things which may be applied to courtiers, but this work is more ingenious than practical, as he confines himself to diet, and says nothing of diseases\*: he has not therefore filled up the space of which I treat. The only one to the present time who has touched upon the subject, is *M. Carl*, physician to the King of Denmark, who in 1740, published a book called *the Court Physician*,

\* *De principum valetudine tuenda commentatio*, Padua 1710. This work, if I mistake not, was translated into French in Holland.

*Physician*\*, written in German, which has prevented my reading it, and which not being translated into any other language, is of use but to one nation only, who are themselves but little acquainted with it. We may then assert, that the work which bears this title, as yet exists not for the greatest part of Europe, tho' so extremely necessary. But though I felt the necessity of such a work, I was at first far from undertaking its removal. I repeat, *This subject was not of my choice*, and without enumerating the different reasons which since induced me to treat upon it, I shall only mention two which strongly determined me against it; the first is, -that I had destined every moment which I could detach from the avocations of my practice, to correct and finish my first works, and by degrees, one more considerable, to which the importance of  
its

\* *Medicina Aulica, &c. Altona, 1740.*



its object, and the number of observations which I had made upon the subject had attached me. The second, still stronger, was, that it could not be properly effected but by physicians who reside much in courts, and have great experience in large cities; who have seen, in the most expanded view, the reigning errors which detriment the health, and have multiplied their observations of the consequences; and finally, whose *situation* has furnished them with numberless materials upon the subject, which *mine* has happily impeded me from making such vast acquisitions. It is amazing that none have executed a work of the kind I have undertaken: it is the business of the sailor who has been in the midst of the tempest to describe it: he is certainly a better judge of the tumultuous elements than one who has always been at too great a distance to observe them completely; by living always upon the  
 sea,

sea, storms become familiar, and are no longer regarded as an evil.

In doing what others ought to have done, I shall be happy, if, struck with the omission and imperfections of this little work, they should be induced to fill up the one, and correct the other. But I must premise to justify myself in part, that it was not my design to enter into long details concerning diet: enough is to be found on that subject in many works sufficiently ample. We may refer to one *on Health* by Mr. Abbé Jaquin, or mine upon the *Health of Sedentary Persons*. Nor shall I give complete treatises on each disorder mentioned; my only aim is to give a general table of the *Errors of Regimen*, and their evil consequences. I shall speak of no remedies but what those disorders require: and finally, shall only make known to the patient what he ought to know, in order to concur in the cure, which is very often only impossible when

when the patient will not assist the physician.

Those persons whose health is the object of this work, are almost always within reach of assistance, and indeed the most eligible assistance: it is perhaps for this reason that their disorders have not been treated as those of other classes have; but accustomed to what is too often done for them, without any trouble to themselves, they imagine that physic in all cases may be brought to a similar docility; and persuade themselves that they may be cured without any inconvenience to themselves, or even joining in the cure. They think they do a great deal in taking the remedies prescribed, but still continue the mode of life which kills them: they would fain be cured while they labour to ruin health; and after having hurt their constitution, will give up nothing to re-establish it.

It

It is doing them service to make them sensible of the impossibility of their expectations being gratified; they are contrary to the immutable Laws of Physic, which are happily beyond the reach of man's fantastical will, or the caprices of fashion. The cure of a disorder varies and depends on many exigencies and circumstances. It may be considered as a machine composed of many parts; if they do not all agree, if there is not a perfect harmony in all their movements, the effect must necessarily fail. All the experience and care of a physician cannot give health to the diseased if he does not assist in the cure, by complying with whatever his disorder requires, and abstaining, as much as possible, from every thing which may retard or render his cure impossible.

Ever. AN Buckworth

E S S A Y

On the DISEASES of

PEOPLE of FASHION.



SECT. I.

WE are well and enjoy our health when all our functions operate with regularity, ease, and without impediment.

SECT. 2.

We enjoy perfect health when it is the least susceptible of irregularity, and not subject to be

A affected

affected by common occurrences, and much less by those unavoidable things which physicians term *non-naturals*, from whose use none can be exempted, such as *viands, drinks, air, motion, rest, the passions, sleep, wakefulness, secretions and excretions.*

## S E C T. 3.

We are delicate when affected by occurrences not carried to excess.

Delicate persons are often well, but never sure of continuing so long, because their health is too much dependant on foreign circumstances. Such a state of existence is not to be envied, since it is a perpetual vassalage, in which we are always compelled to fix our attention upon ourselves in order to avoid dangers, not always to be known, or when known, avoided.

## S E C T. 4.

Delicate persons soon become valetudinary, by an habit which prevents the faculties from operating regularly, so that without any apparent

rent disease, they are often out of order without being able to assign the cause. Without doubt there is a cause, but so trifling as to be unperceivable. This second degree of physical delicacy is miserable indeed; for the *flow of life*, which characterizes good health, and which according to natural philosophy is the true source of happiness, is wanting.

They are hardly ever well; one day of health is bought by months of anxiety, and the irregularity is sometimes universal throughout the cuties, without being peculiarly distinguishable in any. They suffer a general depression without being able to point out their complaint. Many are desirous to exchange such a situation for a violent and dangerous disease, if limited, or even for death itself when it is arrived to its last hopeless period, and when the moments of life are counted only by pain—but death often makes them wait: and I have frequently seen, with equal grief and astonishment, valetudinarians, oppressed with the weight of continual anguish, at times tormented with grievous disorders, resist him for many years, and neither able,  
critically

critically speaking, to live or die, but victims to a state of existence of which the causes have not yet been sufficiently assigned, called the avarice of life.

SECT. 5.

The number of delicate persons, and of valatudinarians, are not equally distributed thro' the different degrees of society: There is one in which they are much more numerous than in the rest, and in this degree we find some species of diseases much more frequent than elsewhere.

1. Which is that degree.
2. What are the causes which so unhappily distinguish it.
3. What are its diseases.
4. Which are the methods of cure.

These are objects upon which it would be proper to fix the attention of those persons interested therein and their physicians. I shall examine them successively; but we must first of all determine



determine what is the habit of body which gives each faculty that permanent regularity that constitutes good health, and what order of men it is most frequently found in.

ARTI-

## ARTICLE I.

*The CAUSE of GOOD HEALTH.*

## SECT. 6.

**T**HREE things principally constitute perfect health: the first is a strong fibre, which giving a proper degree of motion to the vessels and arteries, maintains the regularity of the animal functions; while a fibre too relaxed, wants strength, and is incapable of the least degree of exertion without manifest inconvenience: the blood in the small vessels circulates imperfectly; the humours for want of motion corrupt, and become sharp: the secretions, the name given to the separation of the fluids, such as spittle, phlegm, bile, sweat, &c. in the organs designed for the operation—the secretions, I say, are imperfectly performed.—The blood is clogged with part of those humours which they should discharge, and the functions

to

to which those humours were necessary suffer by their want, or by their bad preparation. Hence it arises, that the viscous quality of the spittle disorders the teeth, and causes bad digestions, whether the bile does not separate, or separates improperly, its effects import that the intestines are vitiated, and the health consequently suffers.

Hence we see, from this first condition, sufficient strength in the fibres, and consequently in the vessels and arteries, which are fibrous, secures the perfection of the animal functions, among which the heart, the principal cause of motion, and the stomach, are the most important; when they perform their offices well, it is rarely that any other is disordered. Thus in reciting the first condition requisite to health, we join the regular motions of the heart to those which are digestive.

#### S E C T. 7.

The second condition necessary to a perfect state of health, is an equal perspiration, and when the first condition exists, this generally  
takes

takes place. Perspiration is the most considerable evacuation of any, it qualifies at least the one half of what we eat and drink ; if it is incompetent, the body is over charged with sharp humours, which it ought to discharge ; by this means we are oppressed by the retention of such a mass of humours ; and if this acidity deposits itself upon the skin, it produces many maladies, but if it fixes itself upon any interior organ, it produces diseases of a much more serious nature.

## S E C T. 8.

A third condition, without which the health is very uncertain, is to have firm, steady nerves, that is to say, not being too sensible to impressions, but which return to the organs of sensation nothing but what is proper, nor disorder the whole frame for a trifling cause, as it happens to all who have weak nerves, which having part in all the animal functions, cannot but impede their progress, when subject to too great a degree of sensibility, which renders the impression of what acts upon them more affecting than they can bear. Their motion on the parts  
through

through which they are distributed, is too strong and irregular; whence arises an universal disorder throughout the animal system, and a deprivation of health.

## S E C T. 9.

In what I am to advance, I shall evince, that a strong fibre, an equal circulation of the blood, a regular digestion, a properly supported and sufficient perspiration, and finally, steady nerves, are the real requisites to assure an enjoyment of good health, and are found with those who enjoy it best.

If it is demanded who enjoy those requisites, reason replies, the labourer, who, in this respect, is superior to the mechanic, but unhappily inferior to the labourers of former times—times when labour alone was his employment.—Nay, at present there are nations, who, unknown to polite diseases, die only by accident, or through age.

According to our departure from habitude, our health gradually diminishes; our labourers are not equally robust, because they do not live a life equally rural; many have been servants,

others soldiers, and infected the village with the customs of the city.

The different mechanics employed by citizens, independant of the diseases incident to their various avocations, prejudice their healths, by departing from rural simplicity, which dictated by nature, does that which is most analagous to our constitution.

Where Nature's laws o'er-rule capricious sense,  
A healthy body is the recompence.

An aversion to simplicity encreases among the best citizens, and their health proportionably diminishes; they exhibit many diseases unknown to the fields, and which are triumphant in high life; an order in which we must comprehend, if we consider health relatively, all persons, who, though not of the same rank, pursue the same course of life; that course of life, which, having nothing usefull to support it, depends upon continual dissipation—introduced and continued by the sons of idleness, who, to defeat the insupportable tediousness of a life disagreeably inactive, attempt to kill time by pleasure; but as real enjoyment is merely relaxation,

ation,

ation, they are compelled to have recourse to factitious subterfuges, whose only merit are singularity, in opposition to nature, and the glare of deceptive show. Such pleasures may be real to such as fancy themselves to be merely machines; an assertion which no arguments can maintain, and which detaches us from all that is dear. Undoubtedly the origin of luxury, which is only the combination of a multitude of superfluities, was invented by man to mingle variety with his being, or perhaps to distinguish himself: This is the perfect situation of the whimsically hippish, who require a great number of remedies to cure them of nothing. The healthy infant is amused with any thing, while the sickly child plays with every toy without being pleased.

Unhappily this false taste is contagious, for from those who invented it through necessity, it hath past as a fashion to such as it detriments very much. It is generally among the well educated, who seem to propose it as the principal object of their pursuit; they are so careless with regard to health, that the greatest part of their diseases are scarcely known in the country; those which are common to both places, have very different

different effects, and are much less malignant in the country than in town.

S E C T. 10.

To assign the cause of such difference, we must examine in what manner the six non-naturals are used, of which I shall particularly speak, as they affect mankind in general, as well with regard to his formation, as the variations observable in his temperature and health.

In comparing the food and drink of the labourer with the nutriment of people in *high life*, the air breathed by each, the exercises they take, their sleep, the regularity of their secretions, and, above all their passions, we shall easily perceive the cause of their different temperaments, their health, and their strength.



A R T I C L E II. 21*Of ALIMENTS and LIQUIDS.*

## SECT. II.

**T**HE coarsest bread, porridge, which is often only bread soaked in boiling water and seasoned with a very little butter and salt, skimmed milk, butter milk (in both cases the greasy particles are separated from the milk) whey separated from both grease and curd, though rarely of all the milk; new cheese, or at least cream cheese, with very little salt; vegetables, and those commonly the least savoury, such as radishes, beans, kidney-beans, cabbages, beetroots, lettices, potatoes, leaks; some common fruits; rarely butchers meat, and sometimes bacon, which is only seasoned with a little salt, are almost the only things which compose the food of the labourer, attached to what is really advantageous to him, regardless of custom.

His only foreign seasoning is pepper; he sometimes adds onions, or in some countries  
garlick:

garlick : himself, his wife, and his miller, furnish his household, get in the harvest, and prepare the food. His drink is generally water.

## SECT. 12.

If we compare these aliments with those investigated in many volumes, they will appear a very incomplete collection ; for except the bread, which, however, is widely different, the salt, butter and pepper, we find none of them on the tables of the great ; or if they are permitted to appear, they are so much disguised, as not to be easily known.

The most juicy meats, the highest flavoured game, the most delicate fishes stewed in the richest wines, and rendered still more inflammatory by the addition of aromatic spices ; poultry, crawfish, and their sauce ; meat gravies, variously extracted ; eggs, trifles ; the most savoury vegetables, the sharpest aromatics lavishly used ; sweet-meats of all kinds, brought from all parts of the world ; candies infinitely various ; pastry, fries, creams, the strongest flavoured cheeses, are the only viands introduced by taste.

The strongest brought from every place which produces them; brandy, in the most attractive and dangerous forms; coffee, tea, and chocolate, are found upon their tables.

If we calculate the hands employed to furnish out a middling entertainment, we shall find them amount to some hundreds: for grand festivals we must count by thousands. It is easy to perceive the different effects of such opposite regimens.

#### SECT. 13.

The first may be reduced to aliments composed of flour and milk, just sufficiently flavoured to flatter those organs disposed to be agreeably affected by the necessaries which it is their business to receive. By this means such food loses what made it perniciously agreeable, and consequently man for whom it was intended as mere nourishment, takes no more of it than what is necessary. His stomach is therefore never over-charged by quantity; the precise mastication, at present only observable in low  
life,

life, greatly facilitates digestion, and effects it without trouble. The food neither curdles nor corrupts ; no acidity, no sharp fumes disorder either stomach or bowels : it causes neither cholics, costiveness, nor purgings, but forms a soft chyle, which passes through the vessels without irritating or rendering them feverish, and by its glutinous quality repairs what we lose, and gives additional nourishment, while its earthy and watery superfluous parts are voided excrementally according to the intent of nature. In a few hours the distribution and employment of this first meal is completed, appetite returns, and is gratified with the same pleasure ; and the same order is continually observed.

#### SECT. 14.

A person in high life generally gratifies appetite, and dilutes thirst with the sharpest things, or things which have so pleasing an impression on the palate as to excite a desire to indulge with more than is needful, which is less than what the working labourer requires : hence arise the inconveniencies attendant on repletion ; his  
stomach

Stomach being affected because the nerves are more so, struggles the whole frame into disorder; the frothy chyle, as sharp as nourishing, communicates the tremor to the vessels; the rapidity of the pulse, some hours after such a meal, proves its effect. This temporary fever, which continually seeks relief, being daily repeated, is at last inevitably established; all the organs of secretion being inflamed; the functions are disordered, and the whole animal œconomy thrown into confusion. The moment the next meal is prepared, he sits down to eat, not that he has any occasion, but is cheated into desire by the uneasiness of his stomach, which he qualifies with a little clear water, and then fancies himself hungry, and will eat. Variety, smell, colour and steam, invite: he decides in favour of a particular dish—he is served, and tastes it, but sends it back and tries another: he essays a multitude, and eats of some, the catalogue of which would almost make a volume. They are composed of an infinite number of articles, the union of which is one of the greatest obstacles to digestion: tender meats, vegetables and

C

fruits,

fruits, are corrupted, and their digestion prevented by other aliments, or by drinks, from whose long stay on the stomach, corruption, rather than digestion, takes place; or ructations, which are obstacles to those sensations which characterise health.

The first of these regimens favours the conditions requisite to health, the latter totally destroys them.

We have regarded the use of salt, acid and inflammatory drinks, as the principal causes of the shortness of human life; and it naturally appears to be so; for whatever quickens the motion of the heart, shortens the thread of life; but what comparison can be made between the internal irritation of salt, leaven, and the moderate use of strong liquors in former times, and the meats and drinks at present prepared for the tables of the great. What difference in the effects from the same causes? The same regimen which prolongs life, bestows good health. We may easily perceive how much this destructive regimen, which renders existence so miserable, requires to be continue,

It would be useless to enter into a larger detail on the pernicious effects of each particular aliment or drink here indicated, they may be found in more copious works. It sufficeth in my plan to make known the dangers in general.

I shall speak now of what regards air.

## A R T I C L E III.

## Of AIR.

## SECT. 15.

**I**N this article people in high life seem to have the advantage. If we compare the air of their apartments, which are large, lofty, often airy, and always convenient, with the small chambers of the lower class of people, which the author of *Advice to the Poor*, has observed, are generally infected, we should imagine the air, breathed by the former, is far preferable to that exhaled by the latter. But in the first place, the labourer resides but little in his chamber, passing the greatest part of his life in the open air, which is much superior to what is found in elegant apartments, be they as large and convenient as possible. The inhabitant can only be furnished with town air, which even in the streets, and most healthy places, is far inferior to the air of the country, but very unwholesome in many quarters. In the second place,



place, this air is often detrimented by their perfumes, whose effluvia, in fact, does not disperse any more than the impure exhalations of lowly habitations, but frequently draws the blood towards the head, affects the nerves, and is equally hurtful.

## SECT. 16.

Thirdly, The peasant in the mean time breathes the purest air. He rises and goes to bed with the sun, and enjoys all the advantages which the presence of that planet above the horizon bestows on the atmosphere. Advantages demonstrable by the daily observations of the effects they produce upon animals and plants, and which prove that its influence is the soul of whatever exists.

The morning air gives to him who breathes it, a strength and spirits which he feels the remainder of the day; the exhalations from the ground, the moment the plough opens the furrows, and those of the dew intended as vegetable nourishment, are a volatile balm; and those of the flowers, which are never so lively as when the sun rises, give such as enjoy the country  
air,

air, under these different circumstances, a principle of life unknown to those who only breathe the air of chambers ; who by their care to ventilate them, prevent it from becoming malignant, but cannot render it salutary ; it sufficeth to support life, but cannot establish.

## SECT. 17.

A fourth observation to be made is, that air freely circulated, which the peasant enjoys, is another grand cause of strength and health, which the opulent, who seldom quits his apartment, and carefully avoids the least breath of wind, who always goes out in a coach or chariot, where no more air is admitted than what will just prevent suffocation, is deprived, and that privation must undoubtedly be pernicious.

Wind is one of Nature's grand agents, the impressions of which are necessary to all organized bodies. Motionless air is to animals and plants the same as stagnant waters to fishes formed to exist in rivers. Thus, in being anxious to preserve ourselves from the wind, we do ourselves a real injury : and this dangerous precaution exposes us to many serious evils, at  
the

the same time that we cannot absolutely avoid it, which often happens.

It is astonishing that man, who cannot exist a moment without air, is so terribly afraid of it, and so little attentive to the quality of what he breathes: he cannot be doubtful but that savages, whose food is frequently unwholesome, are healthy from being exposed to the air. And it is now known, without admitting a doubt, that sheep, whom no care, no regimen, no nostrum, can secure from the rot, are sufficiently sheltered if folded, during the winter, in the open air. That these comparisons drawn from savages and animals, may not be objected to, it must be premised, that the general laws of the animal œconomy are the same with respect to men and brutes, and the baleful influence of the air equally affects the health of the greatest beauty beneath her gilded roof, the sheep in the fold, and the plant in the green-house: we are sensible of the prodigious difference in strength and vigour, between him who lives in the open air, in a land but little cultivated, and him who dwells cloathed beneath a roof. This  
 difference

difference is distinguishable between the citizen and countryman. And the paleness of him who seems to live only in the night, reminds us of that dingy whiteness which is the general colour of such flowers as are sheltered from the direct rays of the sun, and the brightness of the day.

## ARTICLE IV.

Of MOTION *and* REST.

## SECT. 18.

**T**HERE are two principles equally demonstrable in that part of physic which considers the mechanism of the animal functions, called *Physiology*; the one is already pretty explicitly mentioned, that strength, and the regular circulation of the blood, are the basis of health: the other, that nothing assists the circulation but exercise, of which there are none but must have noticed the visible good effects, once at least in their lives, in themselves or others. These two principles admitted, we may, at first sight, deduce a judgment therefrom, of the manner of life most eligible to health. For the opulent, shut up in his own house, or on visits to others in those vehicles contrived by art to move rapidly without communicating motion to those who are inclosed in them; and for the labourer, who is in a continual motion, tolerably

D

equal:

equal: *This* enjoys all the benefit of exercise, *that* is a victim to all the ill conveniencies attendant on inaction, and to those which are the effects of violent agitation, such as rapid hunting, dancing, a quick journey, or other brisk motions, which are extremes opposed to his ordinary manner of living; while the labourer is equally unacquainted with inactivity, or too violent motion. He sometimes makes efforts which have their inconveniencies, but different from those produced by too quick a motion. He scarcely knows what it is to run; his dances are not over heating; he does not hunt; and when he is obliged to exert himself too much, 'tis in consequence of his dependance on the wealthy, when he may be deemed the victim of their irregular manner of life.

## SECT. 19.

The order which authors, who have treated on diet, have commonly observed, leads me to speak concerning sleep; but as it principally depends on the passions, I shall make them to precede that article, though generally placed as the sixth, when perhaps it ought to have been the first.

## ARTICLE

## ARTICLE V.

*Of the* PASSIONS.

## SECT. 20.

**T**HE passions have a more essential influence and efficacy on the health of man than motion, aliments, or even air itself. Strong passions, though the most agreeable, always exhaust, and sometimes kill upon the spot: the sorrowful passions absolutely destroy the animal œconomy, and doubtless, are the general causes of languishing diseases.

If we compare the situation of a man in high life, to those of the lowly, when under the influence of passion, a greater difference will be observed than in any other article. Before we come to this parallel itself, let us for a moment consider the simple action of the soul with respect to these two classes of men: we shall find it labours greatly in the one, and very little in  
the

the other ; because the first has continually before his eyes, and in his imagination, a variety of objects that keep him in continual agitation, while the other is troubled with very few that present themselves to him regularly ; as they succeed each other, he can almost transact his business like an automaton without reflection. This œconomy of ideas is one of the surest preservatives of health, which in the eye of reason, almost always the reverse of the faculties of the soul ; on this occasion we may apply those beautiful lines of the epistle to Monsieur Montule :

Unerring Nature whom true wisdom guides,  
 For all her children equally provides ;  
 In brutes an instinct limited displays,  
 And gives them health, denying Reason's rays.

#### SECT. 21.

If we only use them in thinking deeply, or strongly agitated, we shall discover how the passions detriment us ; there is between them and mere intense application, the same difference as between convulsions of the body (strong passions are the convulsions of the soul) and great exercise,

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The ambition of honour, the love of titles, the desire of possessing such a fortune as luxury renders necessary, are three principles that incessantly animate the man in high life, keeping his soul in continual agitation, which alone would be enough to destroy his health; frequently exposed to a reverse of fortune, to mortifications, to sorrows, to humiliations, to rage, to vexations, which continually embitter his moments; and what aggravates the danger of such distressing impressions, is the necessity he is under to constrain or mask them.

#### SECT. 22.

The labourer has no ambition but to have a plentiful crop, and does not place his happiness in a multitude of objects, which being likewise the happiness of others become subjects of rivalry; a prize that every one disputes: all his wishes are for a fertile season, and his neighbour's wishes are the same; he does not desire to encrease in riches: but the man who is only happy in his expectations of a place of dignity, pension, title, favour, or even a smile, which a hundred besides himself, of more influence and  
 merit,

merit, are equally ambitious to obtain, lives surrounded by a world of enemies, by each of whom all his actions are suspiciously observed. Fear, diffidence, jealousy, and aversion, reside in his heart and disorder his several functions.

*Liancisi*, principle physician to two popes, and long a witness of the tumults of a stormy court, has long ago mentioned the impossibility of courtiers being healthy; *because*, says he, they take no exercise, and their minds being continually agitated between hope and fear, never have a moment's repose; it is therefore not at all surprizing if their weakness exposes them to hypochondriac complaints or diseases of the head.

In this continual conflict of jarring interests, when one of the competitors succeed, the souls of the rest are cruelly torn; and what is still more distressing, in the very moments when they are on the brink of despair, they often find it an indispensable duty to go and embrace their successful rival with a countenance of seeming serenity. The love of rank in all people, their ardour to eclipse their equals in all things, is obvious in various situations; but stronger, undoubtedly

doubtedly in courts than elsewhere. In the mean time it exists, and is well supported in every city where a number of people of condition are assembled, and where, on that account, there are the same objects to excite emulation, presenting every moment some cause of discontent. When the soul is in such a situation it necessarily influences the health.

## SECT. 23:

Examples of persons who have died on the spot through the effects of strong passions are not rare, authors abound with them.

The Emperors *Nerva* and *Valentinian* perished by excess of rage; *Vinceslaus*, King of Bohemia, died in the same manner.

Excessive grief, let what will be the object, is not less fatal: *Adrastus* died on his return from the siege of Thebes, through the mere apprehension of the death of his son *Agyales*, and the news of the death of *Edward* the Black Prince killed *Edward* the third his father. The daughter of *Cæsar*, and the Empress *Irene*, died thro' apprehension, the one for the death of *Pompey*, the other for that of the Emperor *Philip*, their  
 respective

respective husbands. *Antigonus Epiphanus* could not sustain the shame of a defeat; he declared to his friends that grief killed him: he lost his army rapidly, and died soon after.

Joy itself has its martyrs. When the three sons of *Diagorus*, victors at the Olympic Games, came to place their crowns upon the head of the happy parent, he could not sustain the extasy, and died on the spot. Such sensibility, impressed by good fortune, is too affecting; our nerves were not formed to bear such extremes; and probably those of the heart are similar.

The amazing applause bestowed on a new Tragedy of *Sophocles*, and a new Comedy of *Philipidas* had the same effect on each; their success was productive of a fatal satisfaction to both.

But of all the passions there are few that murder so many as successless ambition or humbled vanity; examples of which occur in no part so frequently as in courts.

*Alonso Pinson*, one of the lieutenants to *Christopher Columbus*, who was in great haste to arrive before him at court, on the return from their expedition, died of grief because they would  
not

not receive him without his chief. And captain *Monk*, that able mariner, the first who penetrated to the extremity of Hudson's bay, offended at the manner in which he was treated by the king of Denmark, upon his going to take leave of him in order to embark for a second expedition, was seized on the spot with a fit of grief, retired to his bed, and expired soon after.

We read in a late work, that one of the first magistrates of a republic in Switzerland, fell down dead at the feet of his rival, who came to supplant him, on his approaching him with a smiling countenance in order to be congratulated. And one of the greatest professors that Germany hath produced this age, having received from one of his colleagues an affront in disputing the passage, could not overcome the vexation, but died in a few days.

Such passionate excesses are not to be seen every day; but those examples which prove their force, teach us that their effects are dreadful. In a less degree they do not seem so fatal, when they are often times more so: They throw into us the seeds of disorders languishingly oppressive,

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pressive,

pressive, which in time displays itself, and destroys, without our ever being sensible of its origin. As great employments expose us to the frequent effects of quick passions, courts must of necessity be the most unfavourable places to health: the more the number of circumstances are augmented by which happiness is enslaved, the more is that happiness diminished.

## S E C T. 24.

The crowd of people with which the man of rank is surrounded, and whom he thinks necessary to his occasions, in reality multiply his troubles, infringe his repose, and are to him a continual source of confusion, because his happiness depends upon a number of inclinations, which he can never completely control, but finds as many obstacles as heads.

The peasant, without ambition, title, favour, or variety, and scarce any riches; sole artificer of his own good, having none about him but his relations, or a small number of domestics, who, being his equals, think like him, and live with him, have the same will as himself, or at least submit their will to all his wants,

is

is not the victim of any of those destructive passions. If he at any time experiences them, they are much weaker, and much more easy to pacify; his sensibility being less, he is less forcibly affected: the loss of persons to him the most dear, scarce touches him; that of his effects, not much more, because poverty itself would hardly alter his manner of living: besides, he is never sensible but to the present, while the affluent dreads the future—his imagination, disordered by the agitation of his nerves, fills him every moment, with the vapours. Numbers of ladies are under an impossibility of being well, without mentioning other causes, by the continual successions of their fears, which every instant throws them into a violent situation, absolutely disorders the whole animal œconomy; they scream out, if the least irregularity of the ground causes their coach to lean more on the one side than the other; while the labourer preceding the brilliant equipage, will almost suffer it to run over him before he turns his head, or thinks of stepping aside to avoid it.

## SECT. 25.

This great sensibility occasions people of rank to be the victims of their most laudable feelings ; all that afflicts or threatens others, all the evils incident to mankind in general, or merit in particular, are to them real grievances, affecting them very frequently, more than their own private complaints, and essentially destroy their health ; in a word, infinitely more sensible of tender impressions, and exposed to a much greater number than the peasant, of necessity they must suffer much more.



## ARTICLE VI.

*Of SLEEP and WATCHING.*

## SECT. 26.

**T**HE influence of the passions principally affects our slumbers; the length of our sleep, its regularity and tranquillity are the strongest appendages of health. If, in this respect, we draw a parallel between the rich and brilliant inhabitants of cities, and those of the fields, we shall find all the advantages in favour of the latter. The hour when he retires to rest, which is that designed by nature, obviously marked for the repose of all animals, and the disposition he is in when he resigns himself up to it, renders it impossible that the sleep of the one should resemble that of the others. The peasant whose nerves are not agitated by any affection of the soul, or blood inflamed, or stomach labouring  
with

with the effects of an erroneous regimen, lays himself down and sleeps ; his slumbers are tranquil and profound ; it is difficult to wake him, but the moment his spirits are recruited, he awakes, he is perfectly easy, fresh, strong, and light. The man of fashion, disturbed by business, projects, pleasures, disappointments, and the regrets of the day, heated by food and drinks, goes to bed with trembled nerves, agitated pulse, a stomach labouring with the load and acrimony of his food, the vessels full, or juices which inflame them, indisposition, anxiety, the fever accompanies him to bed, and for a long time keeps him waking; if he closes his eyes, his slumbers are short, uneasy, agitating, troubled with frightful dreams, and sudden startings; instead of the labourer's morning briskness, he wakes with palpitations, feverish, languid, dry, his mouth out of order, his urine hot, low spirited, heavy, ill tempered, his strength impaired, his nerves irritated and lax, his blood thick and inflamed ; every night reduces his health, and fortifies the seed of some disease.

## ARTICLE VII.

*Of* SECRETIONS *and* EXCRETIONS.

## SECT. 27.

**T**HE secretions and excretions, or in plain terms, the separations and evacuations, are very important functions in the animal system. Secretion consists in the separation of certain particular humours in the organs intended for that purpose, from whence they are conveyed into other parts where they are useful. Hence it is that the separation of the saliva or spittle is performed in the glands that surround the mouth, and then carried into the stomach; that of the bile is performed in the liver, and repairs to the intestines.

Excretions are those evacuations which carry out of the body the superfluity of the aliments, those parts which cannot assimilate, or become  
part

part of ourselves, and are called excrements; respiration, urine, and stools, are the principal; they are the best performed when food is simple, the manner of living sober and regular, the sleep tranquil, the air we breathe pure, the body exercised, when we are but little disturbed by the passions. Hence it is easy to comprehend how these functions are better performed with the peasant than the man of fashion.

Sharp foods, hot drinks, inflaming spices, absolutely disorder the secretion of the humour termed gastric juice, which it separates in the stomach to forward digestion, thickens and hardens the bile itself, obstructs and influences its channels, gives costiveness, maintains a small fever; all the secretions and evacuations are disordered. Idleness, though it operates differently, produces, in the long run, almost the same effects: But it is certain that the passions which absolutely disorder the functions of these two classes, grief, weariness, anxiety, envy, destroy, as hath been said, digestion, and the offices of the bile; and when those functions are disordered, the basis of the animal oeconomy is reversed, sleep disappears, health declines,

declines, and the door is opened to all chronicle diseases.

SECT. 28.

We may range under the article of secretions the pleasures of love; and here all the advantages remain with the son of nature: brought up under the eyes of his father and mother, accustomed to continual action, unknown to the anxiety of idleness, sheltered from dangerous discourses, far from alluring objects, he knows not the business till his union is determined; when excess of health awakens in him a sensation which nature hath given even to the brutes, to stimulate him to create his likeness as soon as he hath acquired maturity: his desires have not that impetuosity, which is oftener the effect of imagination than necessity—he wants opportunities—hence the pleasure with him goes no farther than what nature requires, and he encreases his health even while he exhaults it: but with the youth of the town, who finds himself in circumstances absolutely different, debauchery advancing age by force, is the ge-

neral cause of his diseases, and of his perishing in the flower of his age.

## S E C T. 29.

Dress, designed to favour perspiration, is among people of fashion one cause of the badness of their health, and is detrimental many ways.

In the first place, it has commonly the effect of a bandage, which, if it is not general, acts at least upon the principal vessels; narrow shoes to confine the feet, bandages under the hams, at the lower belly, at the arm-pits, at the neck, at the wrists, at every part where the circulation of the blood ought to be free.

We know how much bodies bound in whale-bone are destroyed in shape and health. The stomach and intestines always confined, and constantly constrained in the performance of their offices, engenders diseases, digestion is lost, the bowels cloged, the humours disordered, the symptoms end in the green sickness and corrupted humours, the acids prevail, nutrition ceases; the bones grow weak, and are often put out of form, from the age of ten to eighteen,

teen,

teen. So that the very means designed to make fine shapes, are the causes of deformity.

Another inconvenience attending fashionable dress, is, that those who require the most covering, have the least: The ladies have their breast and neck covered, or quite bare, alternately; the men always closely invested, admit no air to enter but precisely at the middle of the breast. Each the most certain to endanger those essential parts. The peasant is never confined, but always buttoned; his wife and children see no part of his body, and his breast is covered at all times alike.

#### SECT. 30.

The pores of the head always shut by a fat and mealy gum, sometimes those of the face by pomatum filled with pernicious particles, of which M. *Des Hays* hath made the dangers known, are again the cause of damage by preventing perspiration, which being retained, flies to the neighbouring organs, and produces a variety of maladies.

The head unequally covered, sometimes much, sometimes not at all, is dangerous; the smallest  
causes

causes greatly affecting objects replete with sensibility and delicacy.

The frequent use of fans is even dangerous, for an able physician has lately asserted, that in stopping the perspiration of the face, they render the head hot, and heavy. I think it the occasion of so many bad eyes, sore noses, teeth-achs, and pimply eruptions.

#### SECT. 31.

Secretion of milk is another cause of disorder among ladies of fashion: when they do not suckle their offspring, the milk overflows, and causes infinite complaints, very grievous and hard to conquer; among which is one extremely dreadful, because it immediately impedes population, and which none have mentioned before; it is a species of palsy in the uterus, which follows the loss of the milk and renders them insensible to the pleasures, and unfit for the purposes of generation. In the same manner flowing upon the intestines, it sometimes occasions a *diarrhœa* without being felt. If they suckle without experiencing the trouble requisite in so novel a situation,



situation, they are exhausted, and fall into a disorder of the nerves.

## SECT. 32.

The abuse of tobacco is no more an error, tho' many years preserved, among the great, it appertains equally to all orders; it is at present more used in the anti-chamber than in the parlour, and much more so in paltry public houses, than in convivial assemblies of the great. But the use of perfumes, as well in powders as liquids, is a branch of luxury of the toilets only, attended with very bad consequences, in continually irritating the nervous system, and that so forcibly in some persons, that it weakens them exceedingly, if they are obliged to sustain it long. There are those of the muscadine kind which produce this effect with more certainty than the others: but all, let them be what they will, are truly pernicious, and should be absolutely banished. Offensive smells alone should be perfumed, says *Martial*, sixteen hundred years ago. I don't know if he reformed the citizens of Rome, but if the abuse now ceases, the repetition will be useful. A good reason

reason why the custom should be abandoned by all such as have good constitutions, is, that it is useful only to such as are disgraced by nature, and who are obliged to conceal, with perfumes, the disagreeable odours with which they have the misfortune to be infected.

## A R T I C L E VIII.

*Disorders most frequent in People of Fashion.*

## SECT. 33.

I HAVE in haste gone through the principle differences observable between the man of fashion and the labourer's manner of living, but shall particularly point out the diseases generally resulting from the continued habitude of those causes. I must premise that those causes having once acted upon a first generation, their children are weaker than themselves, and luxury and effeminacy having presided over their education, those seeds of evil which were born with them are daily augmented; their progeny are therefore still weaker than the parents, and the evil is progressive from age to age. There is a country where the courtiers are known by the meanness of their shape.

Our fathers, less strong than our grandfathers were,  
Are succeeded by us who are weaker by far.

SECT.

## SECT. 34.

If the education of the man of fashion was the same as the labourer's, if they increased his strength from his infancy, he would be better able on his entrance into the world to sustain the shocks he must try; but through a shameful abuse they begin to ruin his health the moment he sees the light: so there remains but little to make him effectually lose it, when there is an opportunity, and he is frequently exposed to infirmities, the consequence of a life of luxury and dissipation, of which the chief effects are generally a total loss of digestion, an universal disorder of the nerves, with all the concomitant maladies, obstructions, a sharp principle in the humours, and an habitual disposition to be feverish from these general effects, operating upon the different organs, many diseases proceed. I shall briefly mention the chief and most common.

## SECT. 35.

The first, though not one of the most dangerous, but of the most inconvenient, is that sensibility

bility to every impression of the atmosphere which makes its least sensible changes troublesome. The weak man in the remotest part of his alcove imagines the north wind rages ; want of sleep, a general uneasiness, and universal anxiety seize him ; while his husbandman, who hath already been several hours in the open air, is at a loss to guess what is the matter with him : fogs give him the vapours, rainy weather oppresses him, takes away his appetite, enervates and makes him miserable ; cold weather makes him cough, gives him the cholic, and causes him to spit blood. In women it occasions the stranguary, renders them irascible, passionate, and irksome to themselves. We call to mind that the chancellor of *Chivernia* predicted to the president of *Thouse*, that if the Duke of *Guise* provoked the spirit of *Henry III.* during the frost, he would render him almost furious, and cause him to dispatch him without the form of law.

M. Boyle hath preserved the history of a lady of the court of London, whose sensations were so fine that she could at first sight judge if those who came to her had passed through any

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place

place where there had been any quantity of snow. In approaching her they caused her to suffer; her nerves were affected by the few nitrous particles with which their cloaths might be tinged, and which the heat of the room causes to evaporate and fly to any thing near. An observation which proves what the author of a very interesting new work has attempted to establish: that is, that the particles with which the air abounds in its different changes, greatly contribute to what valetudinarians suffer at those various times.

Mental delicacy is sometimes not less predominant, and I have often seen a man of wit and sense but too susceptible of such sensations—who could not bear people to come near him whose countenances did not please him, without feeling himself remarkably uneasy, which had a great influence on his pulse.

#### S E C T. 36.

The vapours is a disease too common among people of fashion; they are in general the consequence of some imperfection in the stomach or nerves, often of both: it is a disorder the more  
grievous

grievous, as, besides its violence, which is sometimes excessive if it often happens, and the intervals between the fits are but short, it renders the whole nervous system so unfortunately delicate as to admit of hardly any relief: and in fine, after having endured it many years, if it should be displaced, it exposes them to disorders more grievous than the most cruel vapours themselves.

I have seen palsies, convulsions, asthmas, pains in the stomach, and strong dysenteries proceed from excessive vapours.

#### SECT. 37.

A great tenderness in the eyes, pains in the bottom of the ball, an impossibility of opening them in the morning; a light gum on the eyelids, a too great facility in shedding; an inability to read long, or do any other trying business, are likewise the consequences of that principle of heat and sensibility that are always found under various forms among those persons whose constitutions principally employ me, and are perhaps encreased by the great light of their chambers,

chambers, by the glasses and their reflections, and by the smoke of a number of wax lights.

SECT. 38.

Another effect less considerable in itself, if we are not attentive to it, but a source of evils by the uneasiness it gives, or by means of the remedies taken to get rid of it, are the pimples which come in the face.

They are caused by that sharp principle in the humours, and that irregularity in perspiration, which are the appendages of persons of this class. It is this two-fold principle which likewise hatches those multitudes of tetter, not only in the face but all over the body, which are more common with persons in high life than others.

SECT. 39.

The itch, which is most commonly a contagious disorder dispersed by want of neatness, is frequent among the lower class of people and mechanics, but rarely found with the opulent: but tetter, least known among the poor, whose blood is naturally sweet, and who have the itch  
only



only by infection, are frequent with people of a higher class, but who carry in their blood, overloaded with sharp humours, a principle of eruptive diseases, always ready to manifest itself in different appearances, which sometimes flies back from the skin to the internal organs: at other times it encroaches upon the internal organs without being first externally obvious, producing pains in the head, coughs, asthmas, convulsions, reachings, cholics, diarrhæas, and a number of other diseases, oftentimes badly treated, because their real causes are not attended to.

## *The GOUT.*

### SECT. 40.

The sharp gouty humour, the fruit of bad digestions, irregular perspirations, and often of inflamed blood, is another of those diseases peculiar to such as eat at the table of voluptuousness, indulge in the pleasures of love, give themselves up to sleep, inactivity, the passions, and  
strong

strong contentions of spirit, and who are almost absolutely unknown to the rustics.

3. Unhappily it passes from the parents who have deserved it to their innocent offspring, and when it is once established, it is difficult to eradicate.

1. When it is regular, from time to time it causes pains so intolerably acute, that we regret ever having done any thing to give them birth: but the greatest evil of which it is productive, is when it cannot fix itself, or when it injures, in either case, by wandering in the mass of humours, inflaming successively different interior or exterior parts; it alternately produces pains, convulsions, palsies, anguish, fevers, cholics, obstructions, the stone, swellings, continual uneasiness, an habitual weakness of the legs, a privation of self enjoyment, and of all other pleasures: We cannot indeed taste any when we no longer enjoy that sensation of health, which is the first in itself, and the foundation of all other pleasures.

*Disorders of the LUNGS.*

## S E C T. 41.

The Lungs are those organs which suffer the most from that sharp and inflammatory disposition of the mass of blood. The humour which continually exhales from them, is the same as that which perspires through the skin, the same acrimonious principle which is found in the latter, and occasions the disorders mentioned in Sect. 38, 39. inflames the interior membrane of the lungs, producing more grievous effects, because their seat is in much more important organs. Here are engendered coughs, oppressions, asthmas, and heats of the breast: If the external perspiration happens to be stopt, and flows back upon the lungs, it is what is called a catarrh, or rheum, which equally attacks the interior parts of the nostrils, the neck, and the breast, and which often produces a real inflammation.

But of all the disorders of which the kind of life I mention is productive in the lungs, one of the

the most common and most dangerous is, the tubercle; a name given to those small tumours, from the bigness of a pimple to that of a small nut, more or less hard, which are produc'd in the lungs; at first small, and few in number, but become larger and more numerous: Farther on I shall give their history, with some more account of them: It sufficeth to say in this place, they are rare among the lower class of people, and one of the causes of shortness of breath in people of fashion. Juicy viands, strong wines, or spirituous liquors, and incontinency, are three causes, which never fail to produce them when the lungs are weak. We find shortness of breath in the peasant as well as in people of fashion; but in him it is the consequence of the bad treatment of an inflammation in the breast, or of a catarrh too much neglected.

## *Disorders of the* STOMACH *and* BOWELS.

### SECT. 42.

If we pass to the organs which are contained in the breast, and those enclosed in the lower belly,

belly, the stomach presents itself first; whose functions are the most disordered by that kind of life which characterises *good company*; loathing, irregular appetite, a mouth out of order, sickness at heart, heart-burn, contraction or convulsions in the stomach, habitual reachings, thirst, drought of the throat, are disorders hardly known in the country, and which torment the citizen in proportion to his fashionable pleasures, his sensuality and luxury; while the husbandman eating daily near the same quantity, the same kind of food, and at the same hours, never feels any disorder at his stomach.

#### SECT. 43.

The organs of the intestines are, and must be, as much disordered as those of the stomach: a frequent uneasiness in the bowels, costiveness, dryness, continual windiness, habitual cholics, and, above all, the bloody flux, disorders as uncommon in the country as frequent in town, are the symptoms of which the persons spoken of daily complain, and which conducts them by degrees to others more terrible.

## OBSTUCTIONS.

## SECT. 44.

The other most common disorders are, stoppages in the different intestines; above all, of the liver, and mesentery, which necessarily lead to lassitude, and particularly to the passions, which directly incommode the secretions; and above all, the gall, which stagnate in their channels, grow thick, and even become hard, stopping them intirely, and sometimes become real stones, which are more frequently found in the vessels of the gall than in the liver, causing those tormenting bilous cholics, dependant on the difficulty which these stones have to pass from the vesicle into the bowels by the chole-doc canal, and which, if the principle is not destroyed, renders life extremely miserable, causing a dangerous jaundice, and terminating in an incurable dropsy, which very much shortens existence.

Of all the stoppages of the lower belly, that of the liver, and above all, that of its small of  
chief

chief lobe, are the most frequent: But it appears to me, that that of the pylories (the passage from the stomach to the intestines) and of the mesentery, are become more common than formerly, the natural consequence of the encrease of disorders in digestion. Nerves continually agitated, affect the order of circulation; and the frequent swellings of the intestines, by compressing the vessels, and often forcing the humours to stagnate, produce the same effect.

These stoppages, joined to the sharpness of the humours, give birth to those small fevers which so often visit delicate persons, which cease for a time, by dieting and light evacuations, and afterwards cease no more, but insensibly destroy the patient.

## *The* STONE.

### S E C T. 45.

The Stone in the bladder, is a disease rather peculiar to certain countries than certain orders of men, and I believe not more frequent among the rich than the poor, the gouty excepted,  
 who

who are much less subject to the stone than to the gravel, by which they are tormented perhaps for several years, without its forming into large stones.

## SECT. 46.

These are the diseases which commonly attack the different parts; but there is another still more common, more peculiar to people of fashion, more evidently the effect of their manners, their passions, their regimen, and their manner of living, which is the

*Disorders of the NERVES.*

Bad digestions, the imperfect nutrition which attends them, inactivity which prejudices the secretions, are the causes that the matter of the animal spirits is not sufficiently worked; watchings, irregular perspiration, the sharpness of those aliments which turn sour of themselves, the functions of all the vessels being badly executed, agitate them, the continual whirl of the passions confuse them incessantly: It is therefore not at  
all



all surprizing that their offices are not well performed, that their courses are irregular, and that they give birth to that innumerable collection of disorders, that vary in all their subjects, that vary from day to day in the same subject, and whose variations are undoubtedly not infinite, but certainly indefinite. To count them, we must assign the number of the different parts of the body which have nerves, and which are considerable enough, for their combination, to produce a sensible effect, and calculate of how many combinations the number is susceptible; the number which results from the operation, is the possible number. I do not say of the diseases of the nerves, which may be reduced to a small number of classes, but of nervous symptoms: Those classes are, the palsy, or the cessation of action, convulsions, or an action too strong and lasting on the same part; mobility, or too great facility of passing from a violent action, to one which is weaker; or so strong a sensibility, that the re-action of the nerves is always more than proportionate to the action of the impression: It is the symptoms of this last class which are the most frequent, and which renders

renders miserable the lives of many men, at whom all sneer, and who are only miserable because they find in their nerves an insurmountable obstacle to happiness; the slightest impression is to them a lively sensation; what their neighbours does not even perceive, strongly affects them; that which is slightly disagreeable to others, is to them excessively painful; with regard to their mind, whatever does not sooth is excruciating; an unpleasant idea gives them despair, and not being able to drive it away, it incessantly rises on the mind, and renders them continually miserable; whatever does not immediately tend to make them happy, is a cause of sorrow; by the same rule, all who are about them give them pain, and they give pain to all about them; true felicity flies from them, and their hopes ever to enjoy it are but small; their wishes and desires have the same instability as their nerves; the objects of their imagination, of their appetites, of their passions, vary sometimes every minute; fearing every thing, enjoying nothing with tranquillity; their life passes in fears and desires, without any quiet possession; while the happy husbandman

wishes

wishes for little, enjoys it quietly, and never fears any thing.

SECT. 47.

Besides the diseases of which I have spoken, and which may attack either sex without distinction, the mode of life in question renders ladies of fashion more particularly subject to some, which are much less common in the country. I shall here mention only four, the irregularity of the terms, miscarriages, the bad consequences of miscarriages, and the white evacuations.

*Irregular* TERMS.

SECT. 48.

That species of the green sickness derived from the terms finding difficulty to establish themselves, is common enough in the country. We often see girls of eighteen or twenty years of age, who yet are without terms; there are natural reasons peculiar to them: It is not the same with persons who reside in cities, and live a modish life, the courses appear, and the young  
girls

girls are mature much sooner than in the country, sometimes much too soon; for those early terms contribute oftentimes to weaken them for life, and afflict them with the seeds of all languishing disorders, which are adduced from fibres too relaxed; the veins do not acquire the strength they ought to have, and thereby the functions are never brought to perform their offices perfectly. But if with the country people the terms take place later, they operate more regularly; the uniformity of their lives establish, in this respect, the best order, and that order contributes greatly to their health. It is not the same thing with ladies of fashion, of whom many are subject to the most irregular menses, and above all, of frequent stoppages without any apparent cause; sometimes the suppression continues for two or three months, sometimes the returns are regular, but the quantity is sensibly diminished. With others, on the contrary, the returns are too frequent, or the evacuations too copious; and all these cases naturally proceed from the manner of living, and, above all, from the passions, always conducive  
of

of uneasiness, lassitude, faintness, pains in the head, and obstructions.

SECT. 49.

Not only the menses are more irregular with persons in high life, but they find them more troublesome; and it is common to find in young persons of this class those violent cholics which precede each appearance of the terms, and sometimes turn to convulsions, which are rarely experienced by those who reside in the country, and to whom this period is not a time of faintness as with the others. We may therefore rank these menstrual cholics among the diseases of ladies of fashion; they are likewise more exposed to them, their mode of living subjecting them to obstructions and disorders of the nerves.

MISCARRIAGES.

SECT. 50.

That weakness in the fibres of the uterus, which renders the evacuations so irregular, must necessarily conduce to miscarriages, for two

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reasons,

reasons ; the first is, that the adherence of the after-birth is much weaker, because the power of adhesion between similiar bodies, is proportionate to their degree of density ; the separation is therefore much easier. The second is, the approach of the blood, so very irregularly made, is sometimes so considerable, that it produces an hemorrhage, of which a miscarriage is almost always the consequence—at other times it is so scarce that it is hardly sufficient to nourish the child, who perishes. Entanglements are of the same kind, and a separation necessarily succeeds. We may add a third : the agitation of the nerves of women of fashion, as I have said, renders them susceptible of fright ; and frights are of all others the most frequent causes of abortion. We may perceive from this single cause, how much more scarce it must be among the country people who fear nothing, than among ladies who fear every thing ; which weakness hath occasioned, and daily occasions, many great families to be extinct.

Frequent miscarriages greatly enfeeble women, because they are generally accompanied by losses abundantly great, which exhaust very  
 much ;

much ; and what most to be lamented is, that the first often paves the way for a second, and that again for a third. I have seen a woman who miscarried twelve times at three months and never could go beyond that time.

## *The Consequences of LABOURS.*

### SECT. 51.

If miscarriages kill a great number of children in the most considerable houses, bad labours kill many mothers, or at least throw them into languishing disorders, which greatly abridge their days, and make them barren after a first conception.

These bad labours are commonly rendered so by a complication of a putrid fever, an inflammation of the uterus, over-flowing of the milk, and disordered nerves, which are infinitely more rare in the country, where this concurrence of causes is not found, and where it is common to see women who have had a great number of children, without ever having been even obliged to take an ounce of manna: and if we read  
 many

many dissertations concerning the health of women of fashion, we shall too often perceive the origin of their complaints proceed from a miscarriage or from a bad labour. Those periods give a blow to their constitution which they cannot remedy.

## SECT. 52:

Among the bad consequences of frequent labours, we must reckon the ravages made by the overflowing of the milk, a disorder formerly so uncommon, that it is scarcely mentioned by authors who wrote forty years ago; but it is so common in cities at present, that it is become one of the principle objects of those, who since then, have treated of the disorders incident to women. Without them we have nevertheless arrived at an explanation of its causes and phænomena in a satisfactory manner.

The change which pregnancy causes in the uterus, influences the whole machine, but principally the breasts: they become tender, painful, swelled, hard with the milk; sometimes in the first weeks of pregnancy, and at the end of



of that period, it is uncommon if there is not a certain quantity.

The second, most commonly the third, sometimes only the seventh or eighth day, it comes in greater abundance: and this operation is sufficiently troublesome to occasion a fever, sometimes very violent; and which, complicating with other causes, may become dangerous. If the milk deposited in the breasts is drawn out as often as full, by the infant for whom nature designed it, it continues to abound, and nothing is to be feared from those disorders. It may flow during several years, and the only danger to which it exposes any person is exhausting them. The milk is formed of the chyle, and preserves the greatest part of what characterizes it; therefore the nourishment of the child is taken from that of the mother, and if she has not an appetite while she nourishes, she must of necessity be exhausted, which happens every day, and throws many women into a languid state and a disorder of the nerves.

But if the milk, which sometimes appears to form in the vessels before it is carried to the breasts, is not forced out, or after it is, if it  
returns

returns to the mass of humours, it operates like a strange body, which is incapable of assimilating with the blood; it works like an inflammation, and sometimes produces a violent fever; other times it is more moderate, but never entirely ceases, so that the blood cannot get rid of this humour with which it cannot be allied, and which appears agitated like a light acid injection.

## SECT. 53.

We may range under three classes the effects of this kind of milk thus overflowed, where it remains in the vessels, and whence it either evacuates by some natural strainer or fixes itself upon some internal or external part.

When it remains in the vessels it causes a continual fever, which becomes an hectic fever, commonly accompanied by a husking cough, and a dryness of the skin, much greater than is generally found in other hectic fevers, destroying all the functions, and leading to death.

## SECT. 54.

The ways by which the milk most commonly evacuates, are the uterus, stools and urine.

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We often find that when the red menses diminish they are replaced by those which are white and absolutely milky, which I mentioned before, Sect. 31. as one of the dangers; another more frequent is, if they leave black evacuations.

S E C T. 55.

The second way by which the milk retires is the intestines. There is no physicians or midwife, who has not frequently seen in labours, stools actually milky; sometimes the milk seems in good condition, at other times a little disordered.

I have seen seventy-seven stools in twenty-four hours, which appeared to be absolutely nothing but milk, the whole of which might amount to twenty four or twenty-five pints; the odour which exhaled from them was exactly like that of four milk; the following days this large evacuation, which prodigiously weakened the patient, and would have killed her if it had continued with the same violence, very considerably diminished, but remained nevertheless  
above

above six weeks, and I have seen them often when less copious, continue much longer.

SECT. 56.

The urine is a third way by which the milk evacuates oftentimes too abundantly: I have seen women who have continued it from time to time by this means, above six months after their labour, and it is this way which weakens them the least and is the least dangerous.

SECT. 57.

It is more uncommon for the milk to evacuate by reaching than by stools: I have, nevertheless, sometimes known them come by this means; and twice these pukings were the salutary crisis which drew the patient from the gates of death.

SECT. 58.

The milk does not perspire under its natural form as it comes from the uterus with stools, urine, and vomits; but sweating is nevertheless one of those evacuations by which it is frequently

quently dissipated; at first, it is certain a copious evacuation, at the end of a milk fever, is what may shelter the person afflicted, from the ravages caused by the milk, more than any thing else; and this sweat, which comes on the first day of the labour, sensibly diminishes the fever, so far indeed, that it partly removes the cause: the truth of which, the smell and situation of the sheets will not permit us to doubt; they often acquire, in drying, a redness, which evidently proves that it is imbibed from a thicker humour than the simple common sweat.

## SECT. 59.

Sometimes the milk is carried back to the breasts, which is the most favourable crisis. I have seen them full in about seven weeks, plentifully flowing, and all the accidents which the unhealthy feel are thereby dissipated. In the course of several months they become well of themselves; and I have under my care, women in whom this alternate flowing of the milk, to and from the breasts, and this languor, is maintained during a long time.

## SECT. 60.

After these first periods of the labour are past, it sometimes happens that when they have begun to diminish this hectic milk fever, of which I spoke in sect. 54. (which is attended with so great a dryness) the skin moistens a little, and afterwards permits a sufficient perspiration, which is a favourable crisis, but never complete, and to whose assistance other aids must be called.

## SECT. 61.

Sometimes nature tries this crisis and it does not operate, but only carries the milk to the skin, which occasions those disorders called milky eruptions, that are disguised under different forms, and fix in different parts; sometimes like boils, which continually succeed each other, and other times like whitlows, which are a species of boils; sometimes like tetter or the itch, and other times like runnings more or less copious, watery, or purulent; and many other disorders which, whatever form they take, are

are often of very long continuance if not properly treated at first.

The disorder sometimes seems to sleep, the patient believes it cured, but at the end of a few weeks it appears again with additional vigour. I was consulted by a woman, who in the space of three years had lost, after several renewals, many nails, and sometimes from the same finger with a great deal of pain; in calculating she found that she had lost and renewed twenty-three.

#### SECT. 62.

The third termination of the effusive milk, is what they properly call stagnated milk, which M. *Puzoz*, to whom we owe an excellent French work concerning labours, first mentioned, with a just attention, and in the most satisfactory manner, the vessels continually inflamed by the milk, which seeks to disengage itself, as when it is infected by gouty humours, the small-pox, the measles, the plague, &c. When the evacuation cannot be made by means of those strainers, of which I have spoken in the preceding sections,

fections, will deposit itself somewhere. As it often happens in an agueish fever, nature deposits the inflamed humour on some organ; and this deposition is good or bad according to the importance of the part on which it is made.

It is the same with stagnated milk. We have seen that if this effusion of milk does not separate from the mass of humours, it causes a fever which conduces to death; but if it deposits itself upon some essential organ, such as the brains or the lungs, as it sometimes happens in the first ten or twelve days of the lying-in, the disorder perishes immediately. After that period it seldom fixes upon those organs. It then fixes either in some part of the lower belly, and principally the bladder, or outwardly, and oftener upon the nether extremities than elsewhere. I have seen it fix itself upon the mesentery, upon the oviary, frequently at the bend of the thigh, sometimes at its junctions, in the intervals of the muscles of the thigh themselves, which I have seen three times bigger than their common size, attended with acute pains upon the legs, upon the fat which surrounds the breast, on the arms, &c.



## SECT. 63.

At the commencement of these lodgements or fixtures, the invitation being less general, the disorder seems rather favourable, and the fever abates; but the obstruction soon causes pains more or less acute, sometimes atrocious, the collected matter not being complete, or a part thereof repassing into the mass of the blood, again produces a fever to the full as strong, and often attended with more dangerous symptoms than the first, and the patient falls into that state which the most afflicting pains occasion. The tumour causes the functions to operate improperly, the nervous system is disordered, the fever, and the new lodgement of a part of the refluxing humours carried to different parts, cause the most alarming symptoms, and often the most uncommon, of which history presents a large detail, which does not belong to a work not designed for physicians, and of which the only end is to make known to the afflicted the disorders to which their manner of living exposes them.

SECT.

## SECT. 64.

Those which I describe, the irregularity of the menses, the effects of bad labours, the overflowing of the milk, disorders as common among people of fashion as rare in the country, are evidently derived from those irregular secretions which we find are the effects of their manner of living; in that acrimonious principle and inflammatory disposition, which always exists in their blood, in that mass of hot substances which continually burns their entrails, in that modification of the nervous system which is always ready to incommode the functions and evacuations; and finally, in that continual fluctuation of the soul, which incessantly alters the state of the body, are the causes which often render those acute disorders of persons of this class so irregular, complicated, difficult, and permanent.

## SECT. 65.

The white evacuations are another disorder unknown to the peasant, but very common to  
 women

women of rank : their varieties, their numerous effects, and their different causes, does not come within my plan ; I shall therefore confine myself to three general observations ; one is, the almost continual lowness of spirits, weakness, melancholy disposition, frequent sensation of anguish at the pit of the stomach, weight and weakness at the reins, loathing, paleness, leanness, and eyes cast down, are the common symptoms of this disorder. The next is, that it may be dependant on the most opposite causes ; that if it continues for any long time, it entirely ruins the health, and commonly conduces to all the disorders of the nerves. In fine, if not timely remedied, it becomes very difficult to eradicate it. The third is, that of all the disorders mentioned, it is this which is the most certain and most constant effect of that inflaming and customary mode of life, of which I have so often made the dangers known.

## ARTICLE IX.

## REMEDIES.

## SECT. 66.

A weak constitution, destructive of happiness, which renders life miserable, and shortens its duration, which makes all uneasy who are about us, destroys population, and infects the rising generation with the seeds of languor and diseases; is undoubtedly an object worthy the attention of physicians; but such attention solely will be found very inefficacious; it is not certain receipts which can remove the evil, but the concurrence of the patient is here of the utmost necessity; he must be sensible of his situation, and willing to be cured, and his will must be sufficiently strong to determine him to renounce the causes of his disorder, by changing his mode of life; but that the proposition  
 may

may not alarm, and shock too much, I do not pretend to propose an impossible remedy, which would certainly be ridiculous.

I do not invite any to exist like the savages, who, for the generality, deliver themselves up to an indolent stupidity, and scarce ever leave home, but to seek provisions or satisfy resentment; living the carnivorous life of brutes, rather than of reasonable beings; and are far from resembling those imaginary portraits drawn by romantic, and perhaps misanthropical travellers; and intended rather to humble the civilized, than exalt the savage. Or they perhaps thought to acquire a greater degree of importance, by raising the merits of those by whose means they existed, or finally, who mislook for a national character, some peculiar beauties which could prove nothing in favour of the generality.

Neither do I mean to call the polite to the life of a labourer, though I believe the labourer is happier in that life than the man of fashion in his mode of living. But two very enchanting classes of pleasure, those which have their source in imagination, and sentimental exercises, are almost lost to him, which powerfully concur to

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encrease

encrease the felicity of the man who enjoys them. If therefore, the man of fashion, who can procure them, is less happy than the villager, it is his own fault; for naturally he must have the advantage. But he is so unlucky, that he destroys the edifice of his fashionable pleasures, which is become the foundation of his pains.

S E C T. 67.

The first change which we can propose for the amendment of his constitution, should therefore be an attention to those two classes of enjoyment which are in his power, and which ought to be the objects of such as have the care of his education; the great end of which is to make known to man the true sources of his happiness, and the ways conducive to it.

Great abilities, great riches, agreeable society, the charms of wit, and splendor, in the natural order of things, are found with the best educated. But talents, convivial joys, and shining charms, are all destroyed by a bad state of health.

“ All he may claim, and boast the art to please,

“ But nought enjoys, while tortur'd by disease.”

M. de VOLTAIRE.

Reason

Reason itself is often rendered uselefs by a bad constitution.

Oh! say, can reason rule a weakly frame,  
 And the wild fury of disorder tame ;  
 Reason is like, thus aiming to control,  
 A skilful driver on his chariot's pole,  
 Who drives a craz'd machine, without a brace,  
 Or wheel, to aid him in his lagging pace :  
 Or like a pilot, who a vessel guides  
 Without a rudder, through the foaming tides ;  
 For in affliction fancy cannot roam,  
 But chain'd by sickness, is confin'd to home.

Epistle to MONTULE.

Nerves continually agitated by humours, which are always irritative, by disordering the harmony of the organs, and invigorating the body, murder the mental faculties ; which are so much dependant on the situation of those things that surround them, that whatever disorders the œconomy of the one, absolutely prejudices the the mode of thinking in the other.

“ That bright'ning ray by God himself bestowd,  
 “ Blends with our senses, and like them grows weak.”

And

And this observation, confirmed by the experience of ages, gives to all the salutary law of being carefully awake to the preservation of health ; but this law acquires a greater degree of strength, in proportion as we fill up a more necessary code, which is, or which we believe to be of more importance.

## S E C T. 68.

Another change upon which we must of necessity confine ourselves to a general definition, or enter into an endless detail, is to take away entirely, those things which shorten existence, without, in the least, encreasing happiness ; to know precisely the pleasures of fashion, and fallacious custom ; and to distinguish them from those pleasures which are real ; not to risk being always subjected to actual inconveniencies, in order, for a moment, to avoid these which are trifling ; and finally, to learn to reckon, and ballance those imaginary pleasures which bear the name without being so, and in the flurry of which we cannot help yawning out, “ its very  
“ amusing.” Pleasure enters into the eternal order of things, it exists invariably ; to form it,  
there



there must be certain connective conditions in the object who enjoys, and him who bestows: those conditions are not arbitrary, nature hath pointed them out, the imagination disorders though it cannot create them, and the most sensual libertine cannot succeed better in augmenting his enjoyments, than by renouncing them to such as do not carry this mark of nature.

## S E C T. 69.

I do not propose to a man who dwells in the middle of a city, (and if cities are evils, there can be no conclusion drawn) who has too long a journey to make, to breathe the air of the country, who knows not how to employ himself there. Such a journey would take up the whole day; but I would persuade him, that the open air is not so hurtful to him, as to oblige him to go out in a gently moving, and closely shut house. I would not have him believe that the pavement will wound his feet, that the common jolting of a carriage will do him a deal of harm, and that by going so very softly, he deprives himself of the only motion which the necessity of pursuing pleasure affords him.

First,

First, in renouncing air and exercise, he ruins his health ; but what is more, by seeking to dispense with whatever does not agreeably impress him, he gains nothing ; for by that means, his sensibility continually encreases ; the slightest impressions augment their relatives ; and now, have at last, as disagreeable an effect as the strongest had before ; he begins to dread every thing, though he cannot avoid all ; hence he becomes a pitious spectacle. Little causes much sooner affect a delicate constitution, than great ones do a strong : the more we aim to avoid the impression of those agents with which nature hath surrounded us, and to whose agency she hath thought proper to expose us, because necessary to our constitution, the more we are incommoded thereby. The Sybarites drove the cocks from their town, for preventing them from sleeping, and then the leaf of a rose would wake them. When we cannot taste a momentary oblivion in bed, we can no longer serenely slumber in an alcove : and he who avoids the open air, and dares not leave his chamber when the north wind blows, will soon find his bed itself uneasy, and will be offended even at his

his friend, who, in opening the door, causes a frozen current to assault his legs. It has been said with justice, that “Effeminacy en-  
 “ creases itself; when to-day we imagine we  
 “ are incommoded by that which incom-  
 “ modes no-body, we shall to-morrow be in-  
 “ commoded by that which to-day is no incon-  
 “ veniency; at last we shall find none but pain-  
 “ ful situations; the new precautions we im-  
 “ pose are new afflictions prepared, and we are  
 “ always miserable, because, while wishing has  
 “ no end, happiness has no beginning.”

S E C T. 70.

I do not think it necessary to go to bed with the sun in order to do well: I would not have society conclude, that the moment the convivial person occupied during the day, has leisure to begin to enjoy it. He should not.—We may without danger keep awake some of those hours which the husbandman, fatigued with hard labour, sleeps away. But I would not have the man of fashion think that he cannot be happy without breaking through the order of nature, and turning night  
 into

into day ; that he will not think it beneath him to allow the same luminary to light him which lights the universe ; that he will not imagine that no pleasures are awake to him but when the rest of the world sleeps ; that he will not chuse for his favourite hours that which the ruffian, who desires to be unknown, chuses ; or like the ferocious brute, who attacks his prey in the darkest shades. Pleasure is of all hours, and it is not necessary to his amusement that the sun should have finished his journey : to think, or appear to think otherwise, is to be distinguished by a littleness of thought. Pleasure is much more agreeable, and we enjoy it longer, when taken in those hours which detriment health the least ; and it cannot be too much insisted on, that it is not equal to stay up late in order to rise late ; such habit deprives us of the enjoyment of the pure air, and reduces us to the necessity of breathing the smothered air of a chamber, during the greatest part of the day, and confines us at night to inhale the air of rooms, crowded with people, and full of lights, which is necessarily unhealthy. Without striking

striking at the existence of pleasures, let us only time them properly, and walk in the path designed by nature, and we shall certainly be gainers.

## S E C T. 71.

I would not reduce the opulent to live upon brown bread, lettuce, and cabbages; such food requires organs fortified by exercise and open air. The town air, much thicker than that of the country, renders the appetite less craving, and is of less service to digestion. It causes a necessity for lighter and more favourable foods than that which satisfies the hardy workman. The inactivity of the rich does not permit them to live upon bacon, beans, and pease: such viands would corrode in the stomach, and occasion many disorders. I would not therefore wish to restrain them to the same regimen as men whose mode of life is so different. It is necessary there should be a specific difference in their food: but between the gross aliments of the labourer, and the heating foods, and sauces of the opulent, a just mean compatible with health may be preserved, and unite lightness, delicacy,

and an agreeable relish. Here we may again mention the observation before made, relative to the air, that is, the more we pursue exquisite sensations, the farther we are from attaining our end ; the organs become hard to please by frequent use. Simplicity alone can assure a constant taste of pleasure. The water-drinker always relishes it ; he who drinks the most delicious wines will always desire new ones. The organs always inflamed by foods and sharp liquids, become callous, the sensations grow dull ; thence comes the indifference for every thing which is not delicious, or uncommon ; thence arrives the necessity of nourishing with meats and drinks that are hurtful, and sometimes in the end an impossibility of nourishing ; for the consequence of this mode of life is often a total loathing, from which a more simple manner of living is a security, a manner of living which may even impose upon the most voluptuous : the whole depends on calculation. I have said we do not calculate enough. In considering the matter a little more, we should all encrease the sum of our happy moments, and society in general be the gainers.

## SECT. 72.

The danger of the passions has been displayed: I shall not here mention the practical part of that article, which is no longer in my province; the politician may use, and the moralist correct, but the physician is confined to observe only their influence upon health, and to reform the pernicious effects. Unhappily this is very difficult; above all, as long as the cause subsists, we cannot extinguish a fire in the midst of a storm; we cannot secure a ship in agitated waters; nor can the abilities of the pilot prevent its breaking from its anchors: but a conflagration is less violent, if there are less bituminous and dry materials; the tempest is less to be dreaded if the body of the ship is firm and well constructed. It is the same with man, whose situation is such as renders him liable to be agitated by passions.

If such a situation is necessary to exist, he is much less affected, if his constitution is firm and robust, his fibres strong, his humours sweet, and his nerves in good order. The passions are  
still

still less detrimental to him, whose regimen is regular : he shall farther find himself in the same predicament, and be much less affected by his passions, because the passions are only a lively sensation, and the vivacity of the affections depends on the sensibility of the nervous system. Him in whom this sensibility is disordered, is too much affected by trifles. That which would be only an ordinary or indifferent event if it was regular, seems to him considerable and alarming.

## S E C T. 73.

The man destined to pass his days in the heart of large towns or cities, and employed in affairs of importance, cannot move about so much as him who resides in the country. He frequently finds that his sedentary manner of living is detrimental to him, and perceives the danger without the power to shun it—he is more to be pitied than blamed. But it baffles comprehension, to find that many people, entirely disengaged, whose laziness alone is blameable, whose only business is dissipation, and who cannot be ignorant of the advantages and necessity of

of



of exercise, are arrived to such a degree of indolence, that they not only renounce, but fear it; and by that means, deprive themselves of the most agreeable and sure way of diminishing the danger of many ills which their conduct produces: It is the most certain preserver of health and strength: and all persons who have time to employ themselves as they please, should lay it down as a rule, to exercise themselves every day, at least two hours, in walking or riding, in a coach, or on horseback, which is the most salutary. It were to be wished that young ladies in polite life were taught to ride, and that an academy in every large town was appropriated to instruct them in that art, the same as the men. Not only their health, but their external charms would thereby receive advantage.

#### SECT. 74.

Disorders of the secretions depend on the other errors of the regimen. They operate more perfectly in proportion as fewer of these errors are committed, as a purer air is breathed, as the aliments are wholesomer, as the exercise is more, as the sleep is better, and as the passions have  
less

less influence. The regularity of the evacuations is consequently re-established, their route is the barometer of health, and order succeeds irregularity. I have therefore nothing more in particular to say ; and, after these general observations on the mode of life best calculated to secure health, I shall proceed to those methods which seem the most probable to re-establish it when disordered.

## ARTICLE X.

*General METHODS of CURE for  
the principal Disorders.*

## SECT. 75.

**T**HAT delicate habit, before defined, being the source of disorders among people of fashion, and common to most, should be the first object of consideration to physicians. They would be less subject to diseases, if they could get rid of that facility with which they receive every impression, which is the characteristic of that delicacy : to consider which, is at present an object of importance.

## SECT. 76.

It principally depends on three causes already mentioned, a weak fibre, a too great ner-

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vous sensibility, and a perspiration too susceptible of change. And as it frequently happens that the two last are the consequences of the first, the best method of treating it is to strengthen the fibres. I only speak of cases in which delicacy is the principal object, and not the effects of a languishing desire, which, when of long duration, produces the same effects.

## SECT. 77.

As the seed of this delicacy sometimes exists from the birth, it should be the care of education to eradicate it: the facts which this article would supply might fill a volume. They shall here be reduced to a few general rules, which are the same as found in many treatises on this subject, but which it may be necessary now and then to call to mind. As the ancients are not so frequently read, the advantage of modern works, which do not contain a single idea that is new, is to place before us useful truths that have been forgotten.

## SECT. 78.

The methods that experience hath taught us are proper to strengthen children, who  
appear

appear to have been born weak, are the following:

1. They should have a healthy nurse, with a good breast of milk, that the milk itself may be sufficient nourishment for a year at least. When that is not practicable, and there is a necessity of using other nutriment, it should be given with an equal quantity of milk, which undoubtedly is the most proper aliment to give strength and perfect health to the most delicate infant.

2. While the child is fed from the breast it may be allowed to take as much as it will, or as it can have; but with respect to other food, moderation must be used, that a habit of overgorging may not be contracted. A good digestion is indispensibly necessary to communicate strength, and the only strengthening remedies are such as establish it: but after all, in a delicate child it never can be perfect without an abstemious regimen, to which too much attention cannot be paid; which if known, or properly noticed by those who have the care of children's education, they would soon be convinced of its good effects. To which end let

them but compare the ease, activity, vivacity, spirits, strength, and sweet sleep, enjoyed after a moderate meal, with the anxiety, dullness, lassitude, ill-humour, weakness, and troubled slumbers that follow repletion, and it will be easy to conjecture what effect a repetition of the latter course must have on the health. But what is still worse, is its equally affecting the mental faculties : in the uneasy situation which an overloaded stomach occasions, the faculties are clouded, they comprehend badly, and operate indifferently, devoid of retention, incapable of application ; they dread and dislike study, the nerves disagreeably affected are incapable of receiving soft impressions ; all seems painful, all agitates, the affections grow callous, the soul is shut to virtue, and the heart to tender sensations, which join with ease, and rapidly breed in the healthy and abstemious child, who is disposed to receive every sentiment which precludes happiness.

3. There is not less attention to be paid to the quality than quantity of aliments.

Cow's milk, when not inclined to obstruct or bind too much, is one of the best ; it has, nevertheless,

vertheless, an inconveniency, but it is easy to prevent it ; that is, when the child lives too long upon it without any other food, it often continues in the bowels, for several years, a kind of relaxation and weakness.

Grain, above all rice, wheat, maize fresh ground, pulse, principally all tender and delicate roots, panada made with hard-baked bread, a little succory, porridge or broth, are next to milk the most nourishing things : they may likewise now and then have new laid eggs boiled very soft, and sometimes a little chocolate mixed with their milk at the age of four or five, but seldom before : they may be allowed to dine upon meat which is tender, but not to sup, for suppers should always be light : too much bread is detrimental to the delicate, whose stomachs are weak, and who are subject to the heart-burn, but is otherwise necessary to those who eat a great deal of meat, being a corrective ; but such as live mostly on vegetable diet, have much less occasion for it.

4. They should be prevented from eating pastry, things oily or high seasoned, sauces and hot meats, which destroy the stomach, strength,  
and

and nerves ; let them have but little or no acids, and never wine, though it appears to give strength, as it hurts digestion. In time it must certainly diminish it : and it is a known remark in all countries, that water drinkers are more vigorous, healthy, sprightly, and long lived, than those who drink wine : the difference is very visible in children, among those to whom it is given, and those who are denied it ; the last of whom, at present (at least with us) are by much the greater number. I have seen several who were weak, small, languid, ill, melancholy and sleepless, recovered without any other assistance than the retrenchment of wine, coffee, and tea. There is but one weakness, little understood, and very dangerous, which can maintain the prejudice in this particular, that a total privation of what is not contracted into a habit is unnecessary, and, if discontinued a few days, not hurtful, though in itself inveterate : others think themselves indemnified for the loss of health by the agreeable flavour, and temporary spirits bestowed. Unhappily the malady does not always obviously manifest itself after each error, which occasions admonition to be so often



often disregarded. Sometimes the inflammatory things themselves seem for a while to be beneficial ; but the pernicious blow follows with the greater violence. I have seen children born weakly, or who afterwards became so in a few months, by means of an improper regimen, to whom were given, by advice, meat, strong soups, gravy, a great deal of chocolate, and Spanish wine itself, encrease in growth, beauty, and strength for some time, and afterwards, all at once, at about four or six years of age, fall into a violent disorder, which carried them off in a few days, or into a rapid decline, which put an end to their lives in a few weeks.

5. They should never be bound up or swaddled without discussing the numberless reasons on which this advice is founded : let mothers compare a child who has not been bound tight and one who has, or the same child in its tight dress and out of it.

6. They should be washed or bathed in cold water ; this of itself is of great efficacy, and without which we cannot promise ourselves to be completely successful. But as directions with respect to this head, are to be found in many works,

works, I shall not at present recapitulate them. It is also of great service to rub their bodies frequently all over, but more particularly the back bone, morning and evening, with a piece of dry flannel.

7. The choice of air is another most important article ; but I shall confine myself to set forth its necessity without reciting the particulars which should direct us in its choice. It may be objected that every one cannot do it, which must certainly be allowed ; but it must be understood, that reference is here only made to weak children : and such persons who are more particularly the objects of this work, are generally in a situation which enables them not to neglect any thing in the education of their offspring. After having chosen a proper place of residence, it must be quitted as much as possible for the open air. Within doors cold rooms should be habitually preferred to hot, and the children thinly cloathed and well exercised ; first let them tumble about upon a large bed, afterwards upon the boards, then upon grass or gravel, and when they can go alone, let them walk and run about as much as possible.

8. We must not exact too great an application from a feeble child; the action of the nerves is almost entirely lost on the body; and as it is necessary to encrease the strength, compulsion to a delicate child must be the way to destroy his health, and to throw him into every nervous disorder.

9. They must have as much liberty as possible, constraint intimidates and scares them, destroying their strength and vigour. A celebrated Danish physician, to whom we owe a curious treatise on the cause of the difference between the Germans of Cæsar's time, and those of the sixteenth century, reckons constraint among the first causes of the weakness of the latter.

#### SECT. 79.

When we treat of a mature person past growth, we must employ remedies appropriated to their years. I have seen by temperance, abstinence from sauces, wines, and strong liquors, exercise and good air, the most delicate acquire strength, and lose those sensations which rendered them so unhappy.

SECT.

## SECT. 80.

After these observations on the prevention and cure of too delicate a constitution, I shall proceed to the different methods of curing its different disorders; their causes, as before mentioned, being imperfect digestion, weak nerves, obstructions in the vessels, irregular perspiration, and an inflammation in the humours. Such a situation presents these hints, viz.

1. To mend digestion.
2. To quiet the agitation of the nerves.
3. To diminish the feverish inclination by diminishing the sharpness of the humours, and to facilitate perspiration, the obstructing of which causes those slow, and sometimes inflammatory fevers, which finally conduce to the most malignant disorders of the breast.

## SECT. 81.

With regard to the first particular, an opportunity to assist the stomach appears daily, but nothing is more frequently mistaken than the means. Various causes impede digestion, and sometimes

sometimes they are diametrically opposite. It is, nevertheless, only by attacking the cause that we can effect a cure, when unhappily we think of nothing else but the cure. It is certain that the stomach which cannot digest, must be weak, and to re-establish its tone it must be strengthened; for this reason are taken multitudes of hot medicines, inflaming powders, aromatic opiates, bitter draughts, burning elixirs, drying pills, and a variety of other drugs equally puffed and pernicious, and only of service in cases where there is too great a relaxation in the fibres, stomach, and bowels—Insipidity in the bile, too much water in the liquids, separated by the gastric and internal glands. But very often the disorders of the stomach depend on very opposite causes: the spittle and stomachic juices being too thick and insufficient, the fibres stiff and inflamed by dreams; melancholy weariness, more common in people of rank than others; aliments, sharp liquids, bilious inflammation and over-charged liver; more commonly occasion bad digestions and disorders of the stomach, than the weakness and lassitude in those vessels. This gives the reason why those

disorders very often cannot be cured without a renunciation of such foods, drying regimen, chocolate, eggs, sauces, and hot drinks to live upon; innocent meats, pulse, fruits, a little milk, barley, ptisan, lemonade, chicken broth, and clear water: and in trying the efficacy of glysters, the frequent use of which is condemned by some physicians with too much severity, for they are superior to any other remedy when a variety of circumstances concur to cause dryness, heat, or even an inflammation in the bowels. At other times these disorders require purging oftener than imagined, bleeding, and frequently baths luke-warm, which powerfully re-establish appetite and digestion, when the cause of the disorder is a hot acrimonious, dry, or inflamed principle, which is not uncommon. But they must go into a common bath, for a bathing tub should be proscribed, in which the body is in pain; for what compresses the vessels must be hurtful if often repeated.

SECT. 82.

Nervous disorders, that disposition to be too easily affected and susceptible of irregular and  
painful

painful emotions, is one of the most cruel scourges to people of rank that has been advanced, or which most commonly occurs, and which, till now, has been peculiarly unhappy in a mistaken treatment, because their origin had not been sufficiently investigated: its different species, which required very different remedies, was left unexamined. This branch of physic is at present too much confined to hypothesis, and that little can be of small use to the afflicted, or at least to those of fashion.

Many eminent physicians, regarding all disorders of the nerves as the consequences of relaxed fibres, and weak digestions, would effect a cure by means of remedies which are hot, and strengthened by gums, steel, bitters, camphire, castor, musk, spirituous tinctures, opium, &c. which is an error similar to the following, in speaking of indigestion and stomachic remedies. In attributing all nervous complaints to one cause, they have proposed but one kind of remedy, which unhappily has no better success than in complaints of the stomach. Nerves inflamed by the immoderate use of aromatics, are not relieved by using assafœtida; a sharper  
 medicine

medicine than the most piquant aromatics; those who are dried up by the abuse of Barbadoe's water and Marasquin, will not find assistance by drinking great quantities of tincture of Gentium, of Valerian, or of Castor; but those remedies so hurtful in these cases, are very beneficial in cases where a weak fibre or poor and watery blood are the true causes of the complaint, and they often remove it.

## S E C T. 83.

Another class of physicians, in which we may enumerate some justly celebrated names, have adopted a principle broached by the most ancient physicians, and formerly refuted by *Galen*, that the nerves vibrate like strings, that all hysterick, hypochondriac and convulsive disorders depend on the excess of their tension, that they cannot be cured but by relaxation; that by the same rule all the aliments and drinks which are not insipid are hurtful, and that the best and only good remedies are baths, cold or luke-warm, frequent and almost frightful quantities of drinks purely aqueous. This method is excellent, when the sharpness of the humours,

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the dryness of the fibres, the inflammation of the blood, the heat and thickness of the bile are predominant, and may have, and has had, the most happy success, and has been used by my friend Mr. *Pome*, who with great adroitness hath affected the most admirable cures. But in all cases this is not the resource, but an absolute contrast to the remedy.

## S E C T. 84.

The tonic and relaxing methods have their uses ; physicians, who confine themselves to one only, deprive some of their patients of the most beneficial remedy ; the manner of employing each should be understood, and often in a very different manner ; if success is desired in such cases as admit a cure, a method is not the less estimable because it is the most favourite method of a colleague.

## S E C T. 85.

There is but one article in which the partisans of the two systems seem to agree, because their principles, besides being diametrically opposite, take different paths. It is to forbid severely  
and

and indiscriminately bleeding and purging, of which numerous observations demonstrate the use and necessity to those, who not being devoted to either party, attach themselves only to a discovery of the causes, and to oppose to each that remedy which experience has proved to be proper to destroy it.

If those who are replete with genius and literature, and at the head of these systems, would but cast their eyes towards the observations from which they are at present estranged, and behold the inconveniency of treating disorders opposite in their causes by the same method, enlarge their views, and despise what had hitherto occasioned their ignorance, they would increase their own success, and the acknowledgments of the public, and soon perceive that general rules and methods in the practice of physic are dangerous: they give their greatest remedies an empirical appearance, by pretending to cure all by a single nostrum, and insisting upon the dependence of those disorders upon a single cause, which is never so false as when respecting the nerves; the proper treatment of which should therefore be mentioned. But the particular

ticular recital of these not well known, though much desired remedies, would lead me too far from the bounds of my design, I shall therefore confine myself to some general observations.

1. The passions being the common cause of these disorders, if we cannot remove the objects which awaken them, and weaken their influence, there is no cure to be hoped for.

2. Temperance, early hours, abstaining from viands and drinks which engender humours, exercise, country air, and an agreeable relaxation, are the most certain remedies.

3. A facility of being sensibly affected; decrease of mirth, even melancholy without an apparent cause; disordered sleep, let it be short, slight, or sound, and urinary irregularity, being in general the first symptoms of bad nerves, the greatest attention should be paid to the patient in not applying remedies which are too violent. In this class I have seen the most dreadful cases, which have all grown worse, being in the beginning not understood, and treated violently by ignorant empirics, who often order the strongest remedies without the least thought of making an enquiry into the cause of each symptom,

tom, and what effect the medicine will be productive of. To those whose nerves are disordered, all impressions being too strong, violent remedies must be terrible indeed, and such mistakes are too common; for nothing occurs more frequently, than to see those who are afflicted with every disorder of this species, because at first they had attributed those symptoms of anguish to stoppages and oppressions in the stomach, bad appetite, flatulency, eructations, the jaundice, which were the first effects of those irregular motions of the nerves, the stomach, and the chief intestines; and there is certainly no physician, who has any employment, but must have been consulted more than once by people, whose only disorder was nervous, which they nevertheless treated as scorbutic, and detrimented the patient thereby. Again, there are other physicians, who do not believe that nervous disorders exist, but look upon such complaints as chimerical, and when they find their actual symptoms, never deduce them from their true principle, or hardly know what to call them, but generally term them the scurvy, a disease as  
 uncommon

uncommon among those who are detached from a sea-faring life, as nervous complaints are frequent with people of fashion. All such errors are unhappy for the afflicted, upon whose skin, by a strict scrutiny, may be discovered some small blueish spots; the species is immediately fixed upon—and what is the consequence? they pass six months in taking anti-scorbutics. This trifling alteration in the colour of the skin, which may arise from a number of different causes, and be visible in the strongest persons, is invariably thought to be an enemy to the blood: in vain the person says nay; in vain he declares he is in good health; that his humours are sweet; that he has never lived but in the most salutary places; that he has not a single symptom characteristic of the imputed disease; that his gums are firm, his teeth sound, &c. 'Tis all useless; and nothing can excuse him from undergoing the long and unnecessary cure of a disorder of which he has not even the seed.

Another still more pernicious error is mistaking disorders of the nerves for venereal complaints, and obliging the patient to suffer a salivation. This mistake may not seem easy; but

the many victims to it, sufficiently evidence the fact to admit its mention.

4. The offices of the nerves being those of the animal machine, which seem to require the greatest perfection in all their operations, are the most liable to be disordered, the most difficult to be rectified, and the most susceptible of alteration. It is not therefore at all amazing, that disorders of the nerves should be very common and permanent, and that the alteratives of of well and ill, and ill and well, should frequently happen; that the patient need have a great deal of courage, and the physician a great deal of patience, before a cure can be expected.

5. The manner of treating these disorders often requires change, because there may not only be a complication of first causes, each of which should be peculiarly treated, but likewise, because sometimes, when the first cause which had disordered the nervous functions is removed, there must be other remedies to re-establish their tone; and finally, because the motion of the nerves is too great, being agitated by numberless causes, and their state greatly varied, that they cannot sometimes sustain the effects of a  
 medicine,

medicine, which may have been serviceable to them before.

6. Warm baths, when there is a hot, dry, sharp principle, are indispensable: cold baths, or even those to the last degree frigid, are of great service, when a restoration of the tone alone is to be considered; and the most violent nervous fits are sometimes moderated by taking a piece of ice, when all other remedies commonly used, or authorized by custom, reason, and experience, have only increased the disorder.

#### SECT. 86.

The third thing requisite in treating the disorders incident to people of fashion is, as hath been before mentioned, to diminish the feverish disposition, which is so common, and dependent on the case with which they are disordered, by perspiration.

As this disposition is principally owing to the same cause which hurts the nerves, and hinders digestion, it chiefly requires the same remedies.

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The first is an innocent regimen, almost entirely composed of vegetables, without seasoning; wine, chocolate, coffee, or tea.

The benefit of the warm bath used in the morning fasting is here of the greatest utility. I have seen three patients of this class, thrown by these small fevers into a confirmed hectic fever, whose situation seemed almost desperate, and yet were perfectly cured by using this remedy; and cows milk only for nourishment, which has a good effect when it digests well and meets with no obstructions; if it does, asses milk should be used. But those who would have a rapid cure, must take much larger doses than such as follow the common method; I have made some take forty ounces per day. Skim-milk and acids are in this case of great use.

#### S E C T. 87.

This divine remedy in many diseases, is seldom serviceable in those caused by heat. If it is used, it should only be when the inflammatory, sharp, and dry principle is destroyed: if then the feverish disposition remains, it dissipates it, and re-establishes the strength.



## ARTICLE XI.

*Observations on the MANNER of*  
**TREATING particular DIS-**  
**ORDERS.**

## SECT. 88.

**P**Articular disorders being the effects of general and determinate causes acting on different parts, they should be treated according to the principles which I have already established: I shall therefore be brief.

*Extreme Sensibility.*

## SECT. 89.

That extreme sensibility to all impressions which render many so unhappy, should be  
 treated

treated like disorders of the nerves, on which it depends, and often requires cold baths, milk-diet, much exercise, and the courage to brace the open air, and those things which we most dread.

SECT. 90.

Sometimes the disorder only exists in the imagination. The vapourish persuade themselves are not able to do any thing; when they they are very strong, they fancy every thing incommodious which they are very well able to bear; they deprive themselves of, and renounce all enjoyments; frighten themselves with an unexisting bugbear, and court a real one. Such cases require the physician's utmost penetration: if he is deluded, the patient is lost, but if he deceives the patient and gains his confidence, a cure is the work of a minute. I have seen five such persons, who fancied they could neither bear light, noise, air, or food, keep their beds in a dark and matted chamber, where none were suffered to walk; moved and spoke with the utmost precaution; lived only on broth and jellies; thought themselves dangerously ill, settled

bled their affairs, and all this while they were perfectly well: I compelled them to see, hear, speak, quit their beds, and even their house, to eat and move like other people; to feel themselves well, and pass in one quarter of an hour from the greatest misery to the greatest happiness.

### *Megrims or Vapours.*

#### SECT. 91.

The megrims at first are the effects of faults in the stomach, which digests too slowly, and forms a slimy and acid matter. At this period great numbers have been cured by expelling the slime, filth, phlegm, and acids; in moderating or suppressing the use of wine, and giving mild bitters, joined sometimes with purges of the same kind: senna and rhubarb are often used.

When the disorder is so inveterate as to become an affection of the nerves, or habitual illness, not only on account of its obstinacy, but through prudence, it should not sometimes be  
cured,

cured, for a suppression of the megrims causes more pernicious maladies; we should confine ourselves to mitigate its force, by lessening the fits, or rendering them less powerful, which may generally be effected by using the regimen and remedies already described.

When the megrims attack persons who are strong and full of blood, a total abstinence from wine and sometimes meat is necessary; at other times frequent bleedings: some young people have been cured by marrying.

This disorder has sometimes its seat in the chief intestine, and derives itself from an accumulated bile which corrupts: purges, a continued use of cream of tartar, and above all a temperate and almost entirely vegetable diet, are the true remedies.

From 55 to 60 years of age the megrims usually lose their force.

There are but few ways of giving ease in the fit: tranquillity is almost the only one which is efficacious.

**DISORDERS in the EYES.**

## SECT. 92.

This state of the eyes, mentioned in Sect. 37. which is a disorder of the nerves in those parts, joined to an inflammation in the humours, submits only to resting the eyes, being careful to avoid glaring impressions, many lights, fire, watching, strong drinks, and sharp or astringent washes : cold water is the best, frequently used ; and early hours should be particularly regarded. Also apply every month or oftner a couple of cupping glasses to the nape of the neck.

**CUTANEOUS DISORDERS.**

## SECT. 93.

Pimples and tetter in the face, and other eruptions, together with itchings, often without any eruptions, arise from irregular perspiration, and the viscidty and sharpness of the hu-

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mours,

mours, or often from bad digestions. Which of these causes produce them should be found, and when discovered, be opposed by the remedies already mentioned in speaking of these disorders.

When it is want of perspiration, with a weakness in the lymphæ, few remedies are so beneficial as the inward application of chervil, gathered in the spring or the beginning of summer.

Warm baths assist perspiration, when it is prevented by heat; but when derived from another cause, they do more harm than good. Some children who have thrown themselves rapidly into a general sweat, soon after apparently have it too much absorbed.

In general, in disorders of the skin, sudorifics are seldom useful; purges are preferable; but above all, temperance and a good regimen are necessary. Errors here are more dangerous than in any other disorder; the least stoppage in the stomach affects the patient, and causes sometimes an immediate and obvious increase of the eruption, with intolerable itching.

External applications are generally hurtful; it causes a disappearance of the disorder without

an eradication, which often carries the malady on some internal organ, and is productive of very troublesome and stubborn effects: the only useful remedies are such as insensibly encrease perspiration; we should avoid all others. This humour which lodges in the skin, produces only pimples, heat, and itchings; but carried to the brain, causes convulsions, epilepsies, the palsy, and madnes; to the lungs, mortal inflammations or incurable asthmas; to the bowels, excruciating cholics, twisting, hypochondriac complaints and the jaundice: the constitution is hurt past redemption, and those charms to which all have been sacrificed, vanish without hopes of return.

Sometimes some of these disorders of the skin will yield to nothing; their stubbornness arising from so strong a principle of the thickness in the lymphæ, that nothing can overcome it but mercury, against which its common use and violent effects, have prejudiced many, so much that they will not hear it even proposed, and are offended at its being prescribed. To order it here is undoubtedly to be beneficial, for there are many disorders totally different from  
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the venereal, in which the use of mercury is indispensable, and may be given without any bad effect: besides, it may be useful as an anti-venereal to such as little deserve that disorder, but are victims to the crimes of their parents, nurses, or husbands; and persons of the first rank are as much exposed to such secret infections as others.

## *The Gout.*

### SECT. 94.

There are many boasted remedies for the gout, but experience has proved the inutility of most. Milk, that grand nourisher, has here demonstrated the efficacy of experience by often curing it, that is to say, as long as it is taken, the disorder hath no admittance. And it always assists by rendering the fits less frequent and violent.

Those who have not the courage to follow this regimen, must at least abstain from sweets, oils, acids, ragouts, and even wine, more particularly if youthful. I do not advise a sudden abstinence when the gout attacks age, but the quantity



quantity of common wines must be diminished, and a little Malaga now and then taken, or Madeira, Canary, or Samos wines. In strictly following this regimen and temperance, supping little or none, or only on milk porridge; in sometimes taking slight purges, and afterwards some agreeable innocent bitters; in exercising; in using at the proper season domestic warm baths in which a little soap and a few aromatic herbs are put, benefit may be found; frequent bathing the legs in the same manner will be serviceable. We have had an example of a person afflicted by the gout many years, who had long and painful fits every spring and autumn, that by bathing his legs in this manner twice a week escaped for some years together. Mineral baths are useful; and if popular prejudice did not prevail, of which experience has proved the absurdity, the gout would be thereby greatly reduced.

In the fit the part should be kept warm; temperance observed; taking cold avoided; and if the fever is strong, to moderate it by cooling drinks, by bleeding, leeches, and bathings.

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If weakness causes it to wander, it should be fixed by cordials inwardly, and bathing the part where it is best to be settled.

Its numberless symptoms are sudden, chronic, and always dangerous, the consequence of a confirmed gout, and require a variety, and often a long course of remedies, which cannot be subjected to general rules.

## DISORDERS *of the* BREAST.

### SECT. 95.

Disorders of the breast are, coughs, stoppages, inflammations, pimples, and asthmas; but coughs and stoppages are the symptoms which announce disorders, rather than disorders themselves, which may be reduced to inflammations, difficulty of breathing and obstructions. Spasms, gangrene, the squirt, and closeness are out of the question. Inflammations have several degrees, the first is, that trifling irritation which is attended with a stoppage, the consequence of sharp humours, or their inflammatory disposition, which occasion a dry cough more or less violent,

violent, and a flushing heat. As the stoppage predominates more or less, the symptoms are more or less obvious, and are, thinness, little sleep, morning dryness, and a quickish pulse, which prove that hot meats and drinks have been used. This first state of hectic inflammation, and the only one necessary to mention here, may continue several years without being considerable. It sometimes has long intermissions, the patient is sometimes tolerably well for several months, and then has a little relapse; and this alternative exists till the cause of the disorder is eradicated, or makes its progress till it terminates in an inflammation of the breast, which ends life in a few days, or by a slight running becomes an ulcer, which leads to a real asthmatic disorder.

#### SECT. 96.

It appears from what has been said, that while the disorder is not alarming, it should not be neglected for fear of the bad consequences, which may, from several causes, suddenly happen.

The remedies are,

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1. An innocent regimen, mostly vegetable; but above all ripe fruit.

The reader may perhaps be terrified on finding in each article an exact regimen prescribed. I am sensible of the same, but its importance, and the little hopes of success without, make it appear indispensibly necessary. How should fresh food dissipate the inflammation in the blood if it is at the same time encreased by strong meats, hot drinks, nightly revels, and general excess? Is there any hope to bring a stomach to its proper tone by remedies, if twice a day improper aliments are taken? Is it reasonable to think that physic will be of use when obstructed, or operate when surrounded by slime which prevents its acting, and encreases the stoppage of the vessels?

2. There is nothing better to change the inflammatory disposition of the blood and lungs, than small leeches now and then applied to the arms.

3. Much use of skimmed milk in spring, luke-warm baths in fine weather, and frequently bathing the legs before retiring to rest.

4. Great

4. Great care to avoid air to which the patient is accustomed, or that which is too piercing; the air of hot rooms, or where there is much company; to live much in the country, and retire soon to rest, for watching is here very hurtful.

Persons afflicted should avoid singing; and vocal music ought to be banished from the education of young people whom we may suppose to have this disorder. Avocations which require much exertion of voice should be shunned; and their mode of living has often killed military gentlemen who have had these disorders; the constrained attitudes, practised in general, is very prejudicial to the breast, and has caused many to spit blood.

When the disease seems aggravated, bleed often and eat no meat.

In this disorder the consequences are more feared at about the age of thirty than any other time; and this popular fear is not without foundation: it is certain that when it no longer displays itself; and the fibres require strength, the blood likewise thickens and inclines to be inflamed; the patient goes about his business,

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finds

finds melancholy, the soul is more intense, he sleeps less and less; all this augments the disorder, and the lungs are easily inflamed if that age which is the most violent and dangerous is past: and he arrives at the age of forty without an increase of the disorder, there is much less danger: it nevertheless remains, and sometimes runs thus to the age of fifty-six: but during this time it is generally restrained by medicine; and the patient may live very long, after coughing all his life, with no other inconvenience in his old age but extreme leanness, more frequently coughing, and more abundant expectoration, for the space of half an hour after rising in the morning. The lungs, which had been long inflamed, now becomes relaxed and require much the same treatment with regard to diet, but hardly any of the same remedies.

## S E C T. 97.

Persons thus afflicted should avoid marriage, which augments the complaint, and makes the consequence more dangerous.

S E C T.

## SECT. 98.

Spitting blood is often the effect of a fall, a blow, violent exertion, passion, and other sudden and straining causes, unnecessary to be mentioned here; but the natural consequence of an evil in the lungs, often attached to particular families, and which often destroys them, shall be considered. It derives from a weakness in the vessels of the *viscera*, which having less strength than is proportionably necessary, yields easily to the efforts of the blood, which by degrees swells, distends, and tears them in a dreadful manner.

It is seldom seen in infancy—the watery humours, innocent foods, their digestive, functions, and copious evacuations, prevent it: but it sometimes displays itself as soon as puberty appears, sometimes later, commonly between twenty and thirty years; therefore the same reasons mentioned in sect. 96, concerning inflammation, makes it known. It begins by dilating the vessels; then is attended by a trifling cough, slight stoppage, weakness, leanness, and hoarseness, which continues often for months; the  
spitting

spitting of blood more or less appears; this is the dangerous time, this is the time when it is alarming. Sometimes the vessels shut after this first bleeding without inflammation or suppuration; but being weak soon swell, the swelling impedes respiration, the patient is oppressed, he coughs, cannot sleep, his lungs are disordered, his strength diminishes, and blood grows thin; he feels slight touches of a fever, which increases, and nightly double their violence, till a sweat more or less plentiful brings relief, but greatly weakens; and if he has it not, the oppression and cough redouble their rage, so that he neither knows whether to desire, or fear it most.

It augments progressively, sometimes in a return of blood spittings, othertimes they never more appear, but the fever encreases, and the anguish becomes intolerable; the leanness daily increases, the strength decays, and a deadly faintness finishes the life of the patient when he least expects it, often without expectorating, or at least any thing corrupted.



## SECT. 99.

Other times the malady takes a different turn ; after the first spitting of the blood, it forms an inflammation in the lungs ; the hectic fever, cough and purulent spittings are established, and the patient, by the last mentioned progress, dies in the same manner.

## SECT. 100.

The most certain method of preserving such as are attacked by this dreadful disorder, is to prevent the spitting of blood, which but rarely happens ; that the patient guides himself by the directions in sect. 98, which may cause it to cease and prevent its return : and all other means should be used for the same purpose, such as those mentioned in sect. 96, to prevent the progress of inflammation. But children who are threatened with this disorder should be proscribed whatever encreases blood, tends to inflammation, or settles upon the breast : follow the directions in sect. 96. Singing and declamation are likewise in this case more hurtful than  
in

in the preceding. Whalebone stays are bad, and should not be used, they often cause spitting of blood two hours after having been put on. With these precautions success may be expected. I preserved the last of fifteen children, fourteen of whom perished by this means, between fourteen and fifteen years of age.

## SECT. 101.

When the spitting of blood appears, the hopes of a perfect cure are lessened: the best thing to be done is using leeches frequently, who take away the inflamed blood; light food, skimmed milk, decoction of barley, acids, pure gentle air, tranquillity, and seldom any other motion than an easy ride on horseback; the disorder must be weakened and reduced for some time by great temperance; and when the fever is abated, and the inflammation in the blood destroyed, the strength must by degrees be recruited by gentle restoratives, such as small doses of senna.

## SECT. 102.

In their birth pimples are not very dangerous, and do not obviously exist; they are found  
in

in dead bodies without the symptoms ever having appeared ; but when they become more numerous or larger, and cover a considerable part of the lungs, they begin sensibly to impede the operation of the functions ; the patient finds a difficulty in breathing, and is easily out of breath ; walking, violent motions, hot rooms, and wet weather affect him ; he breathes short, and is sometimes obliged to be quite still, but has commonly neither pains nor heat at the breast.

As the malady encreases, these symptoms become stronger, joined to a little husking cough ; but sometimes, nevertheless, violent fits happen, combined with stoppages in the intestines of the lower belly, and above all in the small lobe of the liver, and attended with a weight at the pit of the stomach, sometimes throughout the body, as if one had a girdle drawn too tight.

#### SECT. 103.

Pimples neglected too long or badly treated, or if neglected if ever so well treated, may have bad consequences, when the patient perishes merely through a cessation of the func-  
tions

tions of the lungs, without inflammation or sup-  
puration, which throws him insensibly into a  
weakness and consumption, with symptoms simi-  
lar to those mentioned in sect. 98. and finally  
into a mortal languor, when these pimples run  
and ulcerate.

#### SECT. 104.

The first consequence is not uncommon, the  
afflicted exists sometimes without cough or spit-  
ting; other times he has a cough and spitting;  
but only voids a slimy matter arising from the  
irritation of the kernels like the spitting in the  
infancy of the rheum, very rarely clots of  
blood, and more uncommon still, at the expira-  
tion of the disease, corrupted matter.

#### SECT. 105.

The second consequence is an inflammation  
of the pimples; these tumours comprising the  
surrounding blood, causes an obstruction. A  
fever begins, the swelling is inflamed; the patient  
has a shivering fever, cough, oppression, and all  
the symptoms of a slight inflammation or thick  
rheum: the disorder often receives this last  
name,

name; it terminates by a little running at the bottom of the pimples; he spits a small quantity of corrupted matter for a few days or weeks, he keeps his room, drinks balsamic pectorals, and is cured for a while. A second eruption makes greater progress; the inflammation is heightened by heat, the same symptoms, caused by the first, are re-produced and end similarly.

The same scene is often repeated during several years, and becomes more frequent with time; at last part of the lungs being destroyed, the resources are destroyed; the termination is no more complete, a permanent suppuration is established, the lungs are destroyed, a virulent phthisic succeeds, and the conclusion is death.

#### S E C T. 106.

This species of disorders of the breast, known ever since the first existence of physicians, and well described with its two consequences by *Hippocrates* himself, has not sufficiently excited the attention of physicians. At the end of the last century, Mr. *Morton*, an English physician, and about forty years since Mr. *Dessault*, a physician

fician of Bourdeaux, made the importance of this article evident: nevertheless they did not sufficiently consider it, and many physicians seem not to know it; and what is still more alarming, its treatment is really more difficult than they imagine, because care must be taken in giving the necessary meliorators not to cause an inflammation.

In the beginning, while the disorder is only crude, without inflammation or stoppage, an innocent regimen, nearly consisting of herbs, fruits and water, once or oftener bleeding, if the patient seems to have a plethora, aperitive remedies (but few acids) among which M. *Desfaut*, with reason, places mercury, of which I have often seen the good effects; soap pills, an extract of hemlock and juice of white rhubarb, are the best remedies. It is in the cure of this species that the water cresses hath gained a reputation superior to most other things. Milk is improper in these cases, and if used, peculiar circumstances in particular patients are the occasion, and we advise to use it sparingly in all kinds of colds: there are many in which it is very hurtful.

When

When the disorder takes the first turn, and is arrived to the crisis mentioned in sect. 103. it is a most incurable phthific; a cure cannot be expected, and all that can be hoped for is to retard its progress; the means to effect which, vary so much that it would be improper here to insert them.

#### S E C T. 107.

In the inflammatory state of each pimple while it remains, treat the patient accordingly by bleeding, innocent drinks, oatmeal, sulphur, and light diet; and when it is arrived to the state of suppuration let him be confined to vegetable diet, honey, and barley broth, or an infusion of proper roots, such as ivy and speedwell; and if he has a small fever daily, a few doses of mineral acids will be of service.

#### S E C T. 108.

Decoctions of glutinous herbs are often useful in this disease, they work upon the tubercles like aperients, and correct the inflammatory disposition of the blood: they may be successfully used as long as this first state subsists; the  
pulse

pulse is thick, and the blood remains in a pleuritic condition; and I have often seen the good effects of ground-ivy, groundsel, great house-leek, &c. but when the state of the blood is changed, and passes from inflammation towards dissolution, they must be proscribed because they haste its progress.

#### SECT. 109.

We find phthitics, different at first, similar in their last stage, which is that of a suppuration established upon the lungs. At this period the requisite remedies are the same for all species, and are soon equally useless: the cure of this disease requires a specific to destroy the virulent disposition of the blood, but unhappily none such is yet known; therefore all that can be done is to cause the patient,

1. To live uniformly upon vegetables or skim-milk; this regimen does not destroy the virulency, but forms a kind of blood, much less susceptible of corruption than meat, and by that means retards its progress.

2. To give remedies which concur to the same end, moderate the fever, and at the same time



time brace the nerves : small doses of fena and a little spirit of vitriol in common drink, above all, at the time of the encreasing fit, are useful ; a little myrrh often does good ; a simple decoction of barley oatmeal, rice, &c. equals, in my thinking, the most boasted drinks.

SECT. 110.

While strength remains, and the pulse beats thick, a little blood frequently taken away is beneficial, because it prevents the inflammation in the lungs which the matter would cause, and an increase of the fever which would be the consequence : thus it always retards, though it cannot cure the disorder, and for all the prejudice of the public and many physicians against bleedings in hectic complaints, my own experience has confirmed what *M. Dover*, many years since, asserted in their favour in this disorder ; the characters and difference of which have here been sufficiently examined, and which I may, perhaps, farther investigate in a future work of this kind. I shall now proceed to,

## DISORDERS *of the* LOWER BELLY.

### SECT. III.

The first is bad digestions, but as the proper treatment of them has been mentioned, nothing farther can be said here upon that head.

The intestines being upon the same construction, and of the same use as the stomach, are subject to the same disorders, and should be treated in the same manner as in sect. 81. When they are hot and costive, and at the same time the patient has flushings, drought, and a quick pulse, the great use of fresh water in drinks, to wash daily with only clear water, and carefully abstaining from all hot meats will remedy those symptoms while purges are tried in vain, since in general they only irritate. But when such simple assistance is insufficient, every morning and evening a quarter of an ounce of cream of tartar should be taken, or a quarter of an ounce of pulp of cassia recently extracted, and with-  
out

out mixing water, as it comes from the apothecary. If the entrails are tender, and if there is no fever but only a great deal of heat, dryness, and inflammation, symptoms which are often the effect of a sharp bile too much irritated, the softest pulp is to be preferred; in the fever cream of tartar is best, warm baths are likewise excellent.

## S E C T. 112.

The hemorrhoids are another disorder of the intestines, which for above an age were looked upon as beneficial, though in reality pernicious. This incontestable principle may be established, that they are always the effect of bad health. It is true, that while this bad state continues, they are an evil which may prevent others; but since they are an evil, though supportable, and but little incommodious, they may become painful and dangerous; and that otherwise their irregularities, when habitual, are as inconvenient as the irregularity of the courses. When they first appear their progress should be prevented; that is to say, all possible means should be used to destroy the original causes, which are commonly

monly stoppages in the vessels of the lower belly, too much blood, a stubborn costiveness, and sedentary life.

The superabundance of blood is lessened by diet, a vegetable regimen, now and then laxatives, sulphur, and cream of tartar.

The means of removing costiveness has been shown: stoppages in the vessels now require attention.

## OBSTRUCTIONS *in the* VESSELS.

### SECT. 113.

Obstructions are the impediments which the juices meet with in passing into the veins, and have various degrees: a *slow circulation*, by means of weak vessels, thick blood, or bad juices, and consequently compression, is the origin of obstruction: if the circulation entirely ceases in some vessels, the obstruction is more mature, and when it ceases in all, complete. If the patient at the same time is insensible, and his nerves callous, the disorder is a scirrhus; no part is exempted from obstructions, the lungs and brain are subject to it, but the bowels most.

1. Because

1. Because they cause a slow circulation.

2. For a reason not sufficiently attended to, viz. the being more exposed to irregular impressions, which depend on the continual variation in the tone of the stomach and bowels.

3. By the nature of the humours which separate in most of its organs; and above all, on account of the bile, too susceptible of thickness and hardness: but of all the vessels none are so liable to stoppages as the liver.

Of adults, six out of nine have stoppages in the vessels; the others have them chiefly in the mesentery, which is their common seat in children, and sometimes in the pylorus, which being surrounded by many glands, is consequently very liable to obstructions, and easily becomes scirrhus—a cruel disorder attended by vomitings, a weight, and afterwards pain in the part conducing to death. The patient almost perishes with hunger by its rendering him unable to eat, and after having felt the sharpness and corruption of the humours, and above all the bile, which is always disordered, and sometimes black and foetid. Of cases in the species we want better accounts than have hitherto appeared.

The spleen is much less obstructive than is commonly believed.

## SECT. 114.

The first remedy is temperance ; for only by diminishing the humours, a re-establishment of the circulation in the obstructed part can be hoped for.

2. Care to avoid greasy and viscous aliments, such as feet, heads, and entrails of animals ; pastry, milk, nuts, potatoes, and indeed whatever causes phlegm.

3. The choice of meliorating aliments, such as watry herbs and fruits. Obstructions which have withstood all other remedies, have been removed by living six months upon endive : and all kinds of ripe fruits which succeed each other without intermission, from the earliest cherries, to autumnal grapes ; with a little bread and water.

4. By regularly rubbing with a dry flannel every morning, the part affected and the bowels, which facilitates the circulation, and dissolves the thick humours. The use of these frictions

is

is described at large in an *Essay on the Health of Sedentary Persons*.

5. By much exercise in country air, without which success cannot be hoped for.

6. By a constant use of meliorating remedies, beginning with the mildest: the best are the juice of liquorish, and anti-scorbutic herbs, simply taken, when the season, plant, and stomach permit; when the plants are not too juicy; when the stomach cannot retain any thing raw; or finally, when it is necessary to dissipate the virulent, or too active juices, such as hemlock, Venice soap, gums, antimonial preparations, bitter salts, cream of tartar, sea water, mineral-waters, mercury, steel, and aperitive roots.

The choice of these remedies is determined by accidental circumstances. Obstructions of the liver require the juice of herbs, salts, cream of tartar, and mineral salts. Those of the mesentery, soap pills, gums, mercury, antimony, steel, and sulphur.

The intermission or presence of the fever, acid or putrid symptoms, require variety of remedies. During the use of aperitives in obstructions, but particularly those of the bowels, purges must be frequently employed.

In those of the pylorus, care should be taken not to use any sharp remedy, the effects of which acting upon the part itself ulcerate it, and has terrible consequences.

## SECT. 115.

Warm baths, by relaxing the vessels, and qualifying the humours, greatly assist the cure, and when there is no reason to the contrary should never be neglected, but above all in obstructions of the liver.

Persons subject to bad nerves are often troubled with the consequences of these disorders, and require the same remedies. But the most active which are given in other obstructions, in these irritate too much, and instead of lessening, encrease the disorder.

*Of* CHOLICKY SWELLINGS.

## SECT. 116.

Cholics, which depend on swellings in the bladder of the gall, and commonly arise from the passions more than any thing else, should be  
corrected



corrected by drinking only water, and a vegetable diet; the juice of herbs, above all endive, dandelion, creffes, fumatory, are the best remedies to expel; butter-milk, manna, honey, and journies in a carriage, the motion of which may be quickened according to the use of the remedies mentioned; mineral waters and those of Baly-rock, which produce excellent effects, are very proper to destroy this disorder. But when there is room to suspect a more considerable swelling, such active medicines should be avoided, which far from diminishing, encreases the disorder, augments the pain, and may have very bad effects.

## SECT. 117.

The vapours and hypochondriac complaints remain to be mentioned, but cannot be so copiously treated of here, as in a work begun ten years ago, which I shall carefully execute and publish to the world, concerning disorders of the nerves. I have nothing to add to what has been said of nervous complaints in general, and shall therefore proceed to female disorders mentioned in Sect. 47.

# IRREGULARITY *of the* COURSES.

## SECT. 118.

The first is irregular menses, arising from the sharpness of the humours, obstructions, and the motions of the nerves and passions. This disorder should be carefully treated, and hot remedies precautiously avoided, on account of irritating the nerves, and giving an inflammatory thickness to the blood, thereby prolonging instead of ending them. They yield to an innocent regimen, a regular life, warm baths, mild aperitives, constant exercise; but purgatives, which are detrimental in the suppressions, are more dangerous than those which arise from nervous disorders.

Frequent menstrual evacuations require the same mode of life; butter-milk, baths almost cold, fena when it is certain there is no hot principle, bleedings, gentle purges, and sometimes strong acids, seldom astringents, which in delicate persons may cause spasms or other nervous

com-

complaints. Milk made the sole nourishment will cure what other things will hardly ease.

## MISCARRIAGES.

### SECT. 120.

There are two things to be considered in the treatment of miscarriages. One to prevent a miscarriage when it seems to threaten; the other to prevent that disposition to frequent miscarriages, which has been before mentioned. These objects pre-suppose that the greatest attention has been given to examine their causes.

When it is an overflowing, or heat of blood that causes the miscarriage, which is often occasioned by an exertion, start, emotion, or extension of the arm, the best remedy is directly to bleed once or oftener; to put the patient in a bed rather hard than soft; to let her be immoveable and silent; to give her nothing, but a few insipid aliments and cooling drinks, such as barley or rice waters, almond milk, chicken broth; one or two glisters daily to prevent the effects which the corroding matters may cause.

The

The acuteness of the pain sometimes requires anodynes; but sometimes the best remedies are ineffectual; and when there is a plentiful evacuation, it is difficult to prevent a miscarriage. Sometimes it is imagined that the crisis is arrived, the evacuation and pain ceases, the patient revives and hopes, but in a few days the symptoms re-appear, and never depart till the burthen is lost.

SECT. 121.

When the miscarriage is caused by weakness, it is longer in taking place, being towards the fourth, fifth, or sixth month, and threatens before it arrives, by the mother's languor, weakness, paleness, pain in the reins, heaviness in the bowels, a diminution of the infant's motion. If this state begins early, the mother should be kept quiet, and take nothing but what is light and nourishing. Inwardly give them some mild restorative intermixed with one or two laxatives, if it is suspected that stoppages in these parts are one cause of the weakness, or the reins have the same indication, the life of the child may be preserved

preserved and a miscarriage prevented. But if it is neglected, and the evacuation begins, which in this species comes less forcibly than in the other, there is but little hope; and indeed, it can hardly be wished for, for this kind of miscarriage rarely happens till after the death of the child. It is best for the mother to be delivered first, because if the labour is stayed till the child is dead, she seldom lives to be released from it.

## SECT. 122.

Early precaution to prevent miscarriages among those who are subject to them, should be carefully taken, as they are easily divined by the rules established in the two preceding articles; but their application requires many directions, and contains remedies which cannot be expected to be found in a work not designed to give any instruction to physicians, but to make known to the patient what is necessary for the knowledge of her situation, that she may perceive the necessity of a cure, and be tractable to the advice of such as direct it.

CONSEQUENCES *of* LABOURS.

## SECT. 123.

The consequence of labours depends on the mother's state of health, her conduct during pregnancy, and her mode of living at all times. The only method of being as happy in this particular as the robust countrywoman, is to acquire her health, but that being impossible, the means I have found to procure happy consequences to delivery for woman, for whom I have had reason to fear in this period, are,

1. To avoid, in the last weeks of pregnancy, all that is over heating, in temper, meats, and drinks.

2. Daily exercise in open air till the time of delivery, unless something essential prevent.

3. If they are of hot temperament, and are accustomed to plentiful menses, they must be let blood eight or ten days before the time, and sometimes during the labour.

4. The

4. The body should be kept open during the latter pregnancy, not only by glysters, but even by gentle purges. Pregnancy generally causes bad digestions; at first they have loathings and longings; they eat what is unhealthy, and the stomach operates badly. In a few months when the stomach recovers, the bowels are oppressed by the weight of the child, their functions are necessarily impeded; even the secretions of the bile suffer; it gathers, the matter corrupts and forms that putrid heat which I have assigned as a principle cause of the effects of bad labours. When before labour they have purgative evacuations, it prevents these evils.

5. To procure the same internal liberty after the labour by glysters, or even laxatives, which is generally too much dreaded in that situation, and of which I have seen the good effects in procuring good times, and when it appears necessary, in the first day of the labour; and so far are they from opening too much, that they render the passage easy and regular, and prevent the suppression and inflammation of the uterus, which is often the consequence, by removing  
the

the irritation which causes them. But it is not here advised to purge upon all occasions, and at all labours; many times it is unnecessary, at other times does harm; but by numberless observations it has been found requisite, where the symptoms appear to demand evacuation, purging is immediately necessary.

## SECT. 124.

The very means which contribute to good labours, contribute to prevent an effusion of milk, and render it uncommon. When it is necessary, there should be great care taken, and a variety of assistance given according to the circumstances, which some day or other may perhaps be the subject of a pamphlet, in which I shall recount all the observations which I have had occasion to make, and some not hitherto known; but here I shall confine myself to some important particulars.

The first is carefully, in the regimen and remedies, to avoid acids; tho' a strong fever may seem to require them; but they are always prejudicial, at least when only demanded by a complication.

The



The second is, that as long as there is no gatherings made, but the milk is mixed with the mass of humours, absorbents joined to lenitives, and intermixed with some purges are the best remedies.

The third is, as the nerves in these cases are very delicate, and susceptible of irritation or spasms, all violent remedies should be avoided.

The fourth is, nature being weakened by this milky humour, which sometimes causes the palsy, or obstructs the organs where it goes, it is often requisite to call in the assistance of strengtheners, notwithstanding the fever; which, let it arise from what it will, must be treated with cooling things. It has happened more than once, that for want of making this observation, physicians, otherwise skilful, have suffered their patients to languish many months under continual fevers, which nothing could assuage.

The fifth is, when there appear symptoms which seem to indicate an inflammation on some interior vessels, nothing should be neglected to remove it; the least inflammation may draw the milky gathering to that part, which then  
will

will require strong internal applications to destroy it.

The sixth, is sometimes baths of thermolae waters may be of great use, when all other remedies have failed.

## WHITE EVACUATIONS.

### SECT. 125.

To treat copiously of white evacuations would take as much time as the milky effusions, but I must here likewise restrain myself to generals.

### SECT. 126.

They are often the effects of bad digestions; the coats of the stomach not being repaired by an active life, from a quantity of slimy matter and waterish blood, which causes habitually this running more or less plentiful or permanent: the chief symptoms of which are mentioned in sect. 65. A dry regimen, much exercise, a long use of restoratives, and some purges, are the common remedies.

remedies. It is principally in this class, which is the most common, that all hot waters are detrimental ; and, as the author of *Experimental Physic* remarks, the bad effects of coffee with milk or cream are instantly evident, a cure cannot here be effected without the patient abstains from what is milky or oily, and from pastry, and the great use of greens and fruits, which in these cases are too relaxing and watery.

## S E C T. 127.

When they arise from a general bad state of the mass of humours, from a real complication, they resist all remedies ; at least, to remove the disorder would bring on an hectic fever, consumption, dropsy, and death. Most happily this class is uncommon. A re-establishment of the foundation of health only, can give hopes of a recovery, and that is often difficult. An exact diet, and a few purges assuage the disorder when incurable, and may be considered as drainers to a tainted body.

## SECT. 128.

Sometimes plentiful evacuations, frequent labours, and milky effusions, leave a principle of weakness, which is the only cause of white evacuations. When mild restoratives continued long, chalybeate waters, and purges (for they cannot be cured without them) with cold baths, are very useful.

## SECT. 129.

A fourth cause common to this disorder, is what is called a catarrh of the uterus: this organ is habitually in the same state as the membrane belonging to the nostrils and the lungs at the beginning of a rheum. Heat and heaviness in the bowels, with symptoms of a tolerable state of health, usually accompany this species. Bleeding, warm baths, lenitives, asses milk, and an innocent regimen, often assist in the cure; but hot and strong things are hurtful.

## SECT. 130.

In these cases care should be taken to guard against astringents, which suppress without destroying

stroying the causes, and have pernicious effects.

Mineral baths are useful in cases almost desperate.

This disorder may be placed among those which are hereditary; if it is not, it appears very early: I have frequently seen it at the age of seven years, and once at three.

It is true, I could generally trace the causes of these early maladies in the mother, or faults of the regimen. They are sometimes in young persons preceded by disorders in the bowels, which cease when they appear; others have the cholick when the evacuations are small.

When they are suppressed or diminished without their cause, the consequences are head-achs, coughs, and sometimes the jaundice.

I shall finish this essay, (the omissions and imperfections of which I am sensible of) by repeating, that I am far from presenting a project of reformation. It cannot be those to whom it is most necessary—men to whom their situation, talents, reputation, long experience, and a well established authority, give them the right of speaking useful truths without fear of offence;

with that energy which is necessary to persuade. Leave me, like others, to behold with regret, that persons who, by their birth, station, and education, ought to give essential examples to society, to whom they are dear, and whose health is as important as their influence might be powerful, are precisely those who give the worst; because they continually labour to destroy it, by following a mode of life which is directly opposite to it, and which is so far from encreasing their pleasures, shortly deprives them of the very power of enjoying them, by throwing them into that state which excludes all.—Is it possible that they can give themselves up to illusion in a point so essential? Are there any to whom it is indifferent whether they are well or ill? Can the inestimable benefit of health be so perfectly unknown in all orders of society, as to be scarcely desired, or what is worse, that langour should be as attractive as frost to the inhabitants of the Alps, or blackness to the Negro? This thoughtless excess is scarce credible; for sure none but a malicious satyrist can say *that it is not fashionable to be well*. What fashion is it but a fashion which renders it impossible to be happy, and to discharge

discharge our duty properly? Never ought it again to be received by any order of mechanics, much less by those which are composed of persons the most intelligent, who truly languish by error, not system, and who will undoubtedly be happy in being disabused. I shall congratulate myself if the perusal of this essay should evince to any the danger of their manner of living, and recal them to one less detrimental, or engage other physicians better situated for the purpose, more able and eloquent than myself, to execute so necessary a work, of which this is indeed but the outlines.

F I N I S.

The first part of the document is a list of names and titles, including the names of the authors and the titles of their works. The list is arranged in a columnar format, with the names on the left and the titles on the right. The names are written in a cursive hand, and the titles are in a more formal, printed style. The list includes names such as "John Smith" and "Jane Doe", and titles such as "The History of the United States" and "The Principles of Law".











