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S O M E  
T H O U G H T S  
O N T H E  
R E L A X A T I O N  
O F  
H U M A N B O D I E S, &c.

[Price Two Shillings fewed.]

Conf. Aromaticæ:

- Uj. Test. Ost. Ph. Hij
- Pulv. Rad. Zedoar. Hij
- Zingib. — Ho
- Sem. Sani — Hij
- Lij. Catua — Hij
- Lij. — Hij
- Gran. Arab. — Hij
- Sampl. q. s. ft. Confect.

S O M E  
T H O U G H T S  
O N T H E  
R E L A X A T I O N  
O F  
H U M A N B O D I E S ;  
A N D O N T H E  
M I S A P P L I C A T I O N O F T H E B A R K  
I N T H A T A N D S O M E O T H E R C A S E S .

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Nil prodest, quod non lædere possit idem.

OVID.

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L O N D O N :

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M.DCC.LXXXIII.







dissolved ; and man and beasts, in fleeing from an enemy, seem to lose their locomotive powers \*. Fowls dropping from their perch at the sight of a fox, and the fascinating power of some serpents on their distant prey, must be ascribed to this solvent, fear. Sleep relaxes and stretches out the whole body, which is sensibly taller in the morning than in the evening. Venerly of every kind is a great relaxer ; and languor, debility, epilepsy, and other disorders are its consequences, especially if used in excess †.

THESE indeed, or most of these, are not diseases, but natural effects of constitution and temperament ; and medicine is not usually administered. But by knowing and attending to these causes

• The ingenious naturalist Mr. Pennant observes, that lobsters are frightened with thunder ; and are apt to cast their claws, on a very loud explosion.

† “ Rara Venus juvat, frequens debilitat,” is an ancient saying.

of

### RELAXATION OF HUMAN BODIES. 3

of Relaxation, we may be enabled to guard against their bad effects ; for bad effects they certainly have on many constitutions ; and then require the help of medical application.

I SHOULD mention that Relaxation is an attendant on old age. The head and hands shaking, the limbs feeble and tremulous, the voice slow and faltering, shew the system to be unstrung and falling abroad. Here, if the age be far advanced, the combining principle is with difficulty renewed by any bracers.

THESE cases, however, as I just said, are not diseases ; but rather natural effects of constitution and temperament.

RELAXATION, considered as a disease, proceeds from various, and less obvious causes ; and these causes ought to be carefully investigated ; otherwise we may do prejudice to our patient, by in-



#### 4 SOME THOUGHTS ON THE

discriminately giving bracing medicines where Relaxation is useful; or relaxing, where the contrary is necessary.

RELAXATION, and consequent lowness of spirits, have been observed to have abounded more in England within these forty or fifty years, than in any former time. This has with great probability been ascribed to that great change in our diet, introduced within that period by the general use of tea, which is now become the common breakfast and afternoon's drinking of all ranks of people, poor as well as rich. Tea, according to Dr. Falconer, is of the narcotic tribe of plants, and produces sedative effects on the nerves, diminishing their energy, and the tone of the muscular fibres. It also promotes the thinner evacuations, wastes the flesh and bulk, tends to enervate and enfeeble the bodies of our people, injure health, and abate the courage, vigour and firmness

## RELAXATION OF HUMAN BODIES. 5

ness of the mind; circumstances surely sufficient to discredit its use with those who are engaged in any situation of life that requires activity, exertion, and resolution, such as that of labouring-men, soldiers, sailors, miners, and hard-working artificers. The laxity and debility produced by this foreign plant, have this farther concomitant evil. Recourse is had to spirituous liquors, that bane of every constitution, to counteract its bad effects, and to relieve that depression which its constant and plentiful use occasions. In the hot climates of India, the use of tea perhaps may not be so prejudicial. It may there tend to abate the weariness caused by heat, and, as a grateful diluent, quench thirst, and promote the necessary evacuations. But the noxious qualities of this plant are not unfelt even in its native countries. The Japanese from its use are subject to a diabetes, and the consumptive atrophy; and the Chinese are so sensible of these

these



these consequences, that they rarely drink green-tea at all, which is most remarkable for these effects. The learned Dr. Falconer, “in his Remarks on the “Influence of Climate,” seems to think the diminutive stature and cowardly and tricking disposition of the Chinese may be owing in no small degree to the universal use of this vegetable.

THE body will be relaxed merely from a diminution of food, particularly with young ladies; who thereupon become pallid, feeble, and emaciated. A few potatoes, some boiled vegetables, with much vinegar, a little dry bread, and large quantities of tea, will soon reduce strong and healthy young women to tenderness, delicacy, and weakness. After suffering by an injudicious abstemiousness, they are forced to have recourse to medicine to restore an appetite lost, or much impaired, by a long disuse of sufficient and invigorating food.

## RELAXATION OF HUMAN BODIES. 7

The design of this is to prevent corpulency, and preserve the shape; but a fine waist is absurdly procured at the destruction of the whole body. This practice, we find, was followed by the ancient Romans, and the mothers in those days were equally desirous to keep down the gross shape of their daughters by a scanty diet.

*Haud similis virgo est virginum nostrarum, quas matres student*

*Demissis humeris esse, victo pectore, ut graciles fient.  
Si qua est habitior paulò, pugilem esse aiunt; deducunt cibum.*

*Tametsi bona est natura, reddunt curatura junceas:  
Itaque ergo amantur.*

TERENCE, Eunuch\*.

\* This young lady is not like our modern young ladies, to whom their mothers want to give a taper shape by pressing down the shoulders, and cramping in the breast. If any happen to grow a little too plump, they call them clumsy, athletic, and then stint them in their diet; and thus, however well-formed their daughters might naturally be, they make them by this management mere tapering rush-like things; and so by this fashion,  
they



8     SOME THOUGHTS ON THE

FASHION is a variable thing, and very different in different countries. In Russia, at present, none but massy and ponderous ladies are deemed beauties. In general, we should follow Nature as to the appetite for food, and not foolishly cramp her, by sacrificing health to ideal beauty. True beauty consists in being *soft without weakness, and being finished more through happiness than pains.*

SUCH a deficient diet, besides merely reducing the habit, will be soon attended with worse consequences. The catamenia from this deficiency will be obstructed, and the mesenteric glands enlarged. There have been instances where Nature, deprived of animal sustenance, has drawn for her support all the fat from the omentum ; one of the resources left for her preservation. And they get their lovers. Mr. Prior embellisheth the idea by saying,

“ Fine by degrees, and beautifully less.”

this

this will not appear strange, if it be considered, that there are, according to Malpighi, adipose ducts, which carry fat from the cells of the omentum into the vena porta; and that land-tortoises, which bury themselves at the approach of winter, live under ground on their own stock of fat, and rise divested of it in the spring. It is likewise said of badgers and bears, that they can live for some time on the same self-supply.

IN this state of relaxation, not accompanied with such bad circumstances, the bark, warmed with aromatics, with *Cort. Eleuther. Cascarillæ* may be useful. But if obstructions be actually formed; if the stomach becomes oppressed with flatulency, and from a defect of vital heat be subject to acidities; if the catamenia be deficient in quantity; and in colour; if the skin be fallow; if there be violent head-achs, neither defined nor determined by periods; if Nature

be too weak, and the body too much exhausted to bear any but very gentle evacuations to carry off the colluvies, which by slow accumulation and detention has acquired putrescence or acrimony; little advantage can be expected from a medicine, which, if taken either in substance or decoction, has no property to remove such obstructions, nor power enough of itself to invigorate Nature to her relief.

As little good can be expected from cold-bathing, which, if continued long, will deprive a tender female of her gracefulness and complexion; and which can never, perhaps, give a permanent bracing to any body whatever: since it is found, by experience, that the habit wastes by its continuance; and the glow which in strong bodies succeeds the momentary immersion, (and such an immersion only is recommended) does not so much demonstrate



strate it has done good, as that it has done no hurt; as it only proves that Nature has recovered herself, and that the fluids, driven to the center, now circulate again in the extremities.

IN confirmation of this, the late eminent Doctor HUXHAM assured me, that he knew an instance where the muscular power of the heart, after the contraction from the cold shock, was not sufficient to overcome the resistance. And I knew myself a land officer, who immediately after bathing, as soon as he came out of the water, complained of the head-ach, grew delirious and convulsed, and died a few days after. Add to this, the hazard many run of giving a shock altogether unnatural to the abdominal viscera, and thereby subjecting the person to a protrusion of the intestine; as lately happened to a coachman, now living with a gentleman of North-Buckland, in the county of Devon. This coach-

man, a large-bowelled man, though perfectly well when he went into the sea, felt at once the intestine pushed out near the navel; an instance, perhaps, rare, yet the fall on his immersion is true, and may be worth recording.

THE lungs also, so subject to rheums and defluxions in young and tender people, whose pulmonary vessels are so liable to be ruptured, may suffer by this process. Some, after plunging thus into cold water, remain hot, with head-ach, till they have slept and perspired; some recover no heat till they have taken wine, or some other cordial; and some are obliged to go from the bath to the bed. All abhor, in general, the first shock\*; and we may justly suspect, that what the senses in general disap-

\* *Me facit invisum, gelidâ cum perluor undâ  
Per medium frigus.*

HORAT. Lib. I. Ep. xv.

prove,

prove, cannot be agreeable to nature. He who swims long in the water, will be so enfeebled, as to be scarcely able to stand when he comes out of it. Nor does this weakness proceed so much from the action of swimming, as from absorption of water by the pores of the skin. Antonius Musa, though he was said to have cured Augustus by cold-bathing, failed in success with Marcellus.

COLD-BATHING, however, in a warmer climate, like that of Italy, might be less exceptionable. It may injure the scraggy, by forcing off too much, according to HUXHAM; and throw the robust into phrenzy, by sudden congestion of the fluids on the brain, according to Boerhaave; especially if the head be not immersed as well as the body. The pampered may carry the *load of yesterday* into the bath as indigestible, at least as injurious, as the peacock's flesh; or die, as Alexander did



did, by plunging, full of meat and wine, into the water. All may suffer by the indiscriminate use of it. I have for many years made observation on those who have constantly used it, and declare I have seen more ill than good effects from it, particularly with delicate and ailing women, for whom this section is calculated, and not for robust men, who need not the physician.

THE delicate and ailing must derive permanent advantage from other sources; such as good diet, early rising, and from walking, which is most natural; but not to fatigue, for then the appetite flags, and will not return till the person has rested, and perhaps slept; or from exercise on horseback, especially as it is less heating, promotes the digestive powers, and moderately strengthens the whole habit. We see people remote from the sea, who by occupation or necessity are obliged to be much in open air, who

who eat without scruple or refined reasoning what they can procure ;

Critique no wine, and analyse no meat ;

who, on the one hand, will not defraud Nature; and, on the other hand, do not by indulgence and idleness so pamper themselves, as to lay up a foundation for diseases. We see that such want neither bark nor cold-bathing; complain not of being relaxed and dispirited; have no bilious or pituitous redundancies; are not affected by any little variation of the atmosphere; are not (the female part I mean) very liable to abortion, or soon broken down by child-bearing, but nurse themselves without any prejudice their own children, who in a short time are strong enough to wander wild, and soon grow up to be of use and credit, instead of a burden, to their parents and the community.

BESIDES



BESIDES these advantages, which people of common reason and sober sense enjoy, who are not deprived of the common necessaries and conveniences of life by poverty, nor unhappily diverted from the plain path of rectitude by wealth and refinement, or injudicious medical advice ; they have commonly the discernment of providing another great help to the body, that of wearing warmer cloathing, and suiting their drefs to the season of the year, and the difference of age and sex. Man ought to follow the dictates of reason. Birds and beasts have feathers, fur, or hair ; and that thicker and clofer in winter, than in summer. The young are kept warm by their dams till their plumage or fur is perfect. The rabbit divests herself of covering to make a warm bed, and screen her offspring from the impulse of the air : and I think I have observed, and am almost sure of the fact, that when a mare and foal are together,

ther,

ther, the mare, if not disturbed, is generally on the windward side : and the same rule holds good with respect to ewes and lambs. Such is the power of instinct ! And this lesson of Nature may be for doctrine and reproof to all parents who expose puny children, or indeed any children, with their necks, breasts, and shoulders bare, to piercing winds and frosts in the coldest seasons ; from a good intention, I suppose, to make them hardy ; but in the event they make them sickly, and subject to colds, coughs, asthmas, consumptions, and other disorders : and may be a lesson of instruction to the young ladies themselves, to take care to be always suitably clad, according to the various changes of the weather, and not sacrifice health and ease to pernicious mode and fancy.

IT will be urged, in reply to all this, that infants newly born *are face all over*, as the Scythian termed it ; that *sævoque*

D

*gelu*

*gelu duramus et undis* ; and that man by custom can brave the elements, and bear any thing. Yet this reasoning, however strong, will not invalidate the facts, that infants thrive best, when they are kept warm ; that soldiers and sailors are stronger, digest better, and perhaps are more courageous with dry warm cloathing, than with that which is slight ; that monks, who wear flannel, are better-coloured, are more in *embonpoint*, and are longer-lived, than ill clad and ill fed peasants.

ANOTHER cause of Relaxation arises from the alteration that some adults make in their diet. These, having for some time lived very freely, and indulged in wines and high eating ; but feeling in themselves some bad effects from such a course, and seeing in others the ill consequences of intemperance ; contract themselves into a narrower compass of living, observe precise rules, live mostly

on



on a vegetable diet, and use only water for their drink. Nature does not, in general, admit of such sudden changes. In consequence of this practice, the powers of digestion become enfeebled: if they have an appetite, they are afraid to make a full meal. Now that food which is not felt in the stomach; or, in other words, that food which does not occasion some fullness, not arising from flatus or oppression; is tardily concocted. Such people become meagre, fallow, and relaxed. And these appearances and feelings arise from a collection of crudities, or an accumulation of phlegm in the stomach and intestines. And though they take in but little, they have little expenditure; the insensible perspiration being defective, as well as the sensible evacuations. Such complaints, and such Relaxation, as they ordinarily proceed from this cause, are partly to be removed by some of the

warmer purgatives \* operating gently, and repeated often, after the use of an emetic ; but more especially by returning to a more generous diet, and making use of a proper admixture of animal and vegetable food, and a more vivifying drink.

THE body will be relaxed from hard drinking, although a moderate quantity of generous wine or other fermented liquors invigorates Nature, and ought moderately to be used with animal food : yet hard drinkers, especially if they begin in early life, generally acquire a fallow meagre countenance, sometimes a bloated one ; have eyes tinged with bile ; a tremor of the hands and legs ; and a variety of complaints termed nervous. Every principle of life and of nourish-

\* Such as Dr. James's Analeptic Pills, said to be made with equal parts of pil. Ruffi, gum. ammon. and his own Fever-Powder, formed into a mass with T. Castor.



ment is so impaired and depraved, that if a scratch by accident be made in the leg, it degenerates into a sordid ulcer, and is with difficulty healed by diet; by abstinence from fermented liquors; by cathartic medicines; by alteratives. Such means, if the constitutional principles be not gone, may, for a while, repair the body by a supply of new and better fluids, and the patient may totter on for some time, till a recourse to his former living, now grown into a settled habit, subjects him to a partial palsy; to the dropfy; or puts a speedier period to his life by an apoplexy: or Nature partially may relieve herself by fistula in ano, the hæmorrhoids, a carbuncle, &c. Under some of these circumstances the Bark has sometimes been administered; but, I believe, not with the success the prescribers expected.

THE body becomes relaxed from a suppression of some customary evacuation;

tion ; the menstrual or lochial discharge ; a sudden stoppage of the milk ; a cessation of discharge from an old running ulcer, or from the perspiration of the feet, or the humour of a scald head ; from the sudden retrocession of humours in the form of tetter ; and very often from worms. Under all these circumstances, the body is relaxed with such anomalous and undefined symptoms, that unless a practitioner has great sagacity in exploring the cause, he must be led by mere chance, and not by knowledge, to the cure. The only way to help the Relaxation is, by medicines adapted to each particular case ; by assisting Nature's efforts in re-producing the usual discharges ; and by destroying the worms : and a physician would shoot at random, and perhaps never hit the mark, if he were to use indiscriminately the common bracer of the bark, or any other anti-relaxants.

MRS. D——Y, six weeks after her lying-in, complained of a violent pain in the epigastric region, which was very tense and painful. She vomited up all food and physic; had a pulse scarcely perceptible; a cold clammy sweat, with such anxiety and languor as threatened dissolution; her eyes were sunk, and her face altogether was hippocratic. She gave a very indistinct account of her first seizure, with regard to the sudden cause of her disorder, and we were left to enquiry about it. At length it was found, that she had been subject to the fluor albus in a very great degree, ever since her delivery; that this suddenly stopped by sitting inadvertently on a wet bank, in order to give her child the breast. This offensive discharge not only ceased, but her milk too; and these evacuations both customary and natural ceasing, a train of evils, of a vague and undetermined nature, followed; under which she had nearly sunk.

HERE



HERE the Bark and cordials, notwithstanding the cold feel, the clammy sweats and Relaxation, could have produced no good effect, it may be presumed. The humours returned back into the habit, operated like a poison; and the milk alone repelled, has occasioned palsy, leprosy, and madness; though sometimes there will be a sudden translation to the leg and thigh, which will become swelled and œdematous, and a suppuration will ensue, and sometimes end favourably and sometimes fatally. In this last instance, the bone is usually affected.

IN the case just described, it required some judgement how to act for relief under such obscure and complicated complaints. The most ready way suggested, was to carry off whatever might be pernicious in the first passages, and so by degrees to rid the constitution of its humours, rendered thus depraved and noxious. With this view she was vomited once, and purged gently every day; and this practice,

tice, though she was in a very low and fainting state, answered the end; for in proportion to the evacuations, which were exceedingly fœtid, her pulse rose, she became warmer, the pain in the epigastric region left her, the milk and the fluor albus after some time returned, and the patient recovered.

THE body becomes relaxed from contagion arising from an epidemic disorder, which sometimes enervates a strong man in the space of twenty-four hours; or, if the effect be not so rapid, if the contagion operate more slowly, the patient goes on for some weeks together, sometimes in a condition not to be confined; not sick enough to seek for medical help, not well enough to do with alacrity his wonted business. When the practitioner is consulted, he finds the patient's disorder as yet indistinct, weak, and relaxed, with little or no appetite, a low creeping pulse, partial sweats, and

no perceptible fever. With this idea the patient is usually put on some preparation of the Bark, in order to strengthen him. But soon after this, the disorder begins to be developed, and coming under a more manifest and distinct type, is treated accordingly.

IN the prevailing epidemic dysentery in autumn 1781, and the late *Influenza*, tho' the disorders were different, patients at the very onset became suddenly enervated, with such a prostration of strength and spirits, as seemed to be in a manner insupportable; yet this languor did not proceed from mere defect of strength, but from the contagion; which, seizing the whole system, relaxed or obstructed the springs of life, and the principles of the constitution, which Relaxation no Bark or bracers would cure.

THIS epidemic fever raged in the spring 1782, throughout the north of Europe,



Europe, and then spread towards the south, through England, France, Spain, Portugal. It was a very cold and backward spring, if so cold and backward a season could be called Spring. Apple-blossoms were not fully out on the 4th of June. We first heard of this disorder from Russia; but further accounts from Russia said, it might be traced from the North of China, through Tartary to Muscovy: the Dutch called it the Muscovite. It grew worse as the season advanced: it was so general, that *there was scarce a house where there was not one sick*. It began with a rigor, or shivering, great pain in the head, a sick stomach, a quick pulse. With many, it was attended with pleurisy, cough, much viscid phlegm, costiveness; in some, a diarrhœa: the elderly and weakly suffered most. Some ascribed the cause of the disorder to a very wet and cold season. But whence this extraordinary cold season? Might not cold or nitrous particles,

particles, in unusual quantities floating in the air, have checked the spring, and produced the cold season? and might not such particles, according to the opinion of the late eminent Dr. ALCOCK, either have arisen from the earth, or come to us from some of the planets? As this disorder seemed at first atmospheric, although afterwards personally communicable, it was surprising it fell upon man only, and did not seem to affect the rest of the animal creation.

THIS disorder in general, if left to itself, did not prove very fatal: three days abstinence from flesh and wine generally proved sufficient to guard against ill consequences. During this time the disorder often worked its own cure by a running at the nose and eyes, or by large expectoration. But those who had been subject to any particular disorder, such as the rheumatism, felt that disorder during the operation of the Influenza  
more

more sensibly. The sweats which came on early in the crude state of the disorder, did not prove critical, or afford lasting relief. The termination was by expectoration of viscid phlegm, and a discharge from the eyes and nose; which discharge gradually went through the stages of concoction; and happily too, if not interrupted. Some by confinement to their beds at the beginning, felt themselves better; but the weakness from confinement sometimes more than countervailed the relief. After all, time was required to recruit the strength, and open air afforded help. Some, though scarce able to keep up, rode, or walked away the disorder; which however, being of its own kind, was cured in its own way. If nothing heating was thrown into the habit, the disorder oftentimes thus went off. Those who drank punch, much wine, brandy and water, soon thickened the defluxion, and became pleuritic or peripneumonic; and then



then there was a necessity to treat such patients as if they had been originally afflicted with those complaints. This method of treating the *Influenza* was equally successful about sixteen years ago, when it prevailed, though not quite so generally. The management of patients depended on particular circumstances; the habit of body, the time of life were to be taken into consideration for the cure. Those who were stuffed with humours, and had an acute pain in the breast, required bleeding, and evacuations, without which they soon became delirious, and in danger. Those who had been subject to chronic disorders, as the gout, if not relieved in that way, died putrid from the complication.

IN the year 1675, a disorder somewhat of the same kind prevailed in London; and the account given of it by Sydenham corresponds pretty nearly with this *Influenza*: *Tusses epidemicæ anno 1675, cum pleuritide,*

*pleuritide, et peripneumoniâ supervenientibus.* Cap. 5. “Epidemic coughs, attended with pleurisy and peripneumony.”

ANOTHER cause of relaxation proceeds from some lurking venereal taint. This subtle lues, not completely eradicated, will appear after the course of many years under various and equivocal tokens; such as pain in the limbs, and then called and treated as rheumatism; sometimes in eruptions, not unlike the *Lepra Græcorum*, and then termed leprosy; or with tubercles, chalky excretions, or ulcerous excoriations on the præputium, glans, penis, or other neighbouring parts, and then pronounced gouty or cancerous; and sometimes with very acute head-achs, not always defined by nocturnal returns; and such head-achs are deemed nervous. With these symptoms the patient, for the most part, has a fallow skin, loss of appetite, is agueish, and wastes in his  
flesh.

flesh. From this tinge and appearance the disorder is often supposed to arise from bile ; and then medicines to correct the ill quality, or redundancy of that fluid are administered. Sometimes, from the emaciation, the disorder is attributed to Relaxation ; and then the Bark, in order to brace the solids, is given. And thus the patient is harassed with a variety of medicines to no purpose, till some characteristic mark ascertains the lurking cause, or superior sagacity discovers it ; for such is the nature of the venereal disease, that all, or some at least of the above enumerated complaints will, in general, attend the patient, if any considerable knot or hardness should remain in the prepuce ; any foetid foulness, or, on freer living, an excoriation should be between the prepuce and glans ; any stringiness of the penis ; a phymosis ; a want of laxity, or natural softness of the prepuce ; all which symptoms will purging much with  
salts



salts bring on, as well as strictures in the urethra; when no sufficient quantities of mercury, at the same time, either inwardly, or, which is far preferable, outwardly, have been used to destroy the virus. All this is necessary to be enquired into, as well as if there had been any inguinal tumor; and after that tumor had supplicated, had been opened, and even healed, whether any hardness had still remained in the sound cicatrix. For, under this circumstance also, the taint still lurks in the habit, whether the cicatrix had cracked or not; and the indurations, the stringiness, the excoriations will, after having subsisted many years, yield to the mercurial friction, and the sarsaparilla decoction; to Plummer's pills; or to pills more active, made with the *mercurius calcinatus*, combined with opium, with camphor, and *sulphur auratum antimonii*: as will also the head-ach, the eruptions, the fallow tinge on the skin, and all the symptoms

supposed to originate from a bilious or nervous affection. The operation of these medicines, however, will be much assisted by warm-bathing previously to, or during the use of, them; and the solution of sublimate, in the quantity of a quarter of a grain taken twice a-day in milk, is also attended with success in some of the before-mentioned complaints; though I think friction preferable to all of them. But we have not always either indurations or excoriations to guide us. From a gonorrhœa ill cured, the same pains will, after thirteen or fourteen years, wander about, if a sufficient quantity of mercury had not been thrown into the habit, proportioned to the degree of virus; and this can be only ascertained by a total abolition of the symptoms before mentioned.

I was consulted some years ago by a naval officer, who had been afflicted seven years with violent head-achs, which



did not regularly come on at night, and abate with day-light; who had the fallow look just described; was reduced exceedingly; was enervated, and relaxed; and had besides such a spasmodic contraction of the left side of his face, and imbecility of his left arm, that, at first sight, he seemed to be in a manner a paralytic: for an actual palsy the disorder will occasion; and such a palsy I have known cured by an antivenereal process. Though, upon enquiry, it appeared that he never had met with the disaster but once, and that incident was fourteen years before; though his children born in that period were healthy, with no rickety or strumous complaints, a circumstance rather unusual; yet, from the obstinate continuance of his disorder, there was room for suspicion; and on this surmise, without any other motive sufficient to justify the process, he was put under a course of the friction, reduced and emaciated as he was;



and had not proceeded in it a fortnight, before the pain of his head abated. Thus encouraged, he rubbed on even to the quantity of four ounces of the *argentum vivum*; by which compliance every complaint was removed; and he became again healthy and athletic. He had taken, before he entered on this course, many pounds of the Bark in substance and decoction, and a quantity not to be ascertained of the Valerian.

AND here I must remark, that sometimes ulcers deemed cancerous; polypus in the nose; eruptions on the head considered as tinea; enlarged and indurated tonsils, every second or third year ending in suppuration, and afterwards remaining enlarged; often proceed from the same cause; require, and will yield to, antivenereal treatment: and I once saw a patient, and produced him to a very ingenious practitioner, with verrucæ hanging at the caruncle of the left eye, but without any other token of the venereal

real

real disorder. The verrucæ first withered, and at last fell off, without any application to the part, by a long-continued use of the mercurial friction on the thighs. I have seen also several instances of patients, who have been weakened and relaxed by pain in the neck and shoulder, called the Rheumatism; which pain, however, has arisen from an enlargement of the collar-bone; and that enlargement has originated from a venereal cause, without any other symptom of the disease, and has given way to a mercurial course.

WE too often see infants, *whose fathers had the dire disease*, born without spot or blemish; yet, soon after, they shall have the appearances of the latent malady; and about those very parts where the disease is seen, when caught by contact and cohabitation with the impure. Such infants, born in sin, may be cured by a grain or two of the *mercurius alkalinizatus*,

*lizatus*, given twice a-day in pap, and the *farfaparilla* decoction in milk; and I never saw in any instance any ill effect from the mercury, thus prepared and administered.

HAVING mentioned children, who, if I may be pardoned the expression, are thus *sown in corruption*; it may not be amiss to caution women, while they are much heated by exercise, not to give infants the breast, as I have known the children suffer in many ways on that account: but for the most part they break out in the head and face; and such eruptions ought to be treated very carefully. For if the acrid humour, which is often profuse, be repelled by local applications, it is apt to fall either upon the eyes, and occasion a very stubborn ophthalmy, or glandular swellings in the neck; or, turning inwardly, cause an asthma which may continue till the state of manhood or through life, spoil the shape of the  
breast,



breast, and the growth of the whole body.

HUMOURS and eruptions also often afflict infants by being kept too long at the breast; and go off upon weaning them: sometimes they proceed from dentition. In all those instances, no outward application should be made. Time, nature, gentle physic, change of air, a discharge procured behind the ears, or encouraged again if it has ceased, or an issue, will probably remove them. Sometimes eruptions spring from a remoter, and less suspected, cause; *uempe, si pueri gignantur ex concubitu hominum cum fœminis in menstrualis tempore*; when they are begotten at a certain time. Eruptions also will attend infants during some prevailing epidemic disorder. Thus, in the dysentery of 1781, the children at the breast had not the disorder in all its circumstances, by sucking the infected mother; yet they had eruptions on the  
 skin,

skin, not unlike the nettle-rash, which disappeared in a few days, previously to which they were feverish.

NOTHING is more common than to meet with patients, at their entrance into old age, or even before that period, who, by a sedentary life, though regular and abstemious, have during a raw, cold, wet season, or soon after it, on the atmosphere changing, pains in the head and face apparently intermittent, though the periods be not always regular or distinct. Such pains originate sometimes from carious teeth, as will also glandular swellings and abscesses in the neck. On enquiry it will be found, that patients thus advancing in life, previously to their complaints, had but little appetite, and always after eating had a sensation of fullness; at times had been subject to a diarrhœa, not sufficient however to carry off the disorder, but to keep it at bay; or to eruptions on the neck  
and

and arms, sometimes like the itch and leprosy, and sometimes like the nettle-rash. To these no outward application should be used; lest, by their sudden disappearance, or retrocession, languor and sickness come on. During this time, such patients will have every symptom of what is called a nervous affection, or a rheumatism; will be weak and relaxed; will have partial clammy sweats, a low pulse, and, in short, such a train of symptoms, as to make an hasty observer conclude, that the system was let down, and required corroborants: yet whoever should then administer corroborant medicines, as they are termed, would injure the patient, by repressing the noxious humours; and would, in all likelihood, fix on some part or other, an evil not easily to be removed; perhaps an hemiplegia, as I have had some reason to believe.

To remove such wandering complaints, arising from a collection of humours within, either not sufficiently



attenuated or active enough for vent, or but partially carried off through the skin, the kidneys, or intestines, no method will succeed so well, as constant gentle evacuations with fenna, warmed with anise or cardamom seeds ; cream of tartar whey, with essence of antimony ; an infusion of trefoil : and whoever will be attentive to the intestinal discharges of such patients will find, that they are always crude, and very offensive : and while they are so, the laxatives should be continued till the appetite and complexion return, the clammy sweats abate, the eruptions disappear. Even if such complaints resemble intermittents, the season of the year should be considered, whether it favours intermittents or not ; whether the periods be distinct or not ; otherwise some danger may accrue from the usual administration of the Bark. For though this drug hath obtained, and in many respects very deservedly, a great character for the  
cure,

cure of such disorders ; yet Sydenham, who I believe first gave a sanction to its use, observed, that by a premature exhibition of it, before the paroxysm was over, and the humour, of what kind soever it might be, was carried off, the medicine might prove pernicious ; and he actually found it was destructive to Mr. Potter, an apothecary in Black-Friars.

EVERY attentive practitioner, from the caution given by that very sagacious physician, waits now, as he waited, for the *despumation*, as he terms it ; otherwise the relicts, not dissipated during the febrile exacerbation, stand some chance to be detained in the habit, and so to lay the foundation for a feverer fit ; not regular, as at the first onset, but changing its time, and often its type. On this account some physicians join, with good reason, some purgative with the Bark, in irregular intermittents, that the ill effect liable to be produced from an hasty use of that medicine, may be prevented.

prevented. And therefore, under those circumstances, if the patient has a fallow look; a sensation of fulness in the stomach; a foul tongue; swelled legs, or the hæmorrhoids; the Bark should be very carefully administered, or rather not administered at all, till the foul humours, productive of such appearances, have been driven from the habit; and the urine, from being crude, or loaded, becomes of an amber colour; and the intestinal evacuations have little or no putrid smell. For most chronic disorders come not on suddenly, but are the consequences of humours engendered first in the *primæ viæ*, and there, not digested, or carried off, so as that the body may return to its wonted standard, assume different shapes; are distinguished by different names; or, lodged in the body, are ready to be set in motion, and partake of any epidemic constitution that prevails: and when the



humours are thus lodged within, the body will become heavy, and seem full; nay, actually will be full, though little sustenance for a length of time had been taken. In this state it will remain, the symptoms sometimes putting on the appearance of the bile, and often of the rheumatism; which symptoms seem to be nothing more than the effort of Nature in different ways to disentangle the imprisoned humours. No one, it may be presumed, would attempt to relieve a patient under such circumstances, by any preparation of the Bark; or think of strengthening a body clogged with ferocities, or irritated by crudities, however weak and feeble it might be; or fancy he could correct the putrefaction of such humours, rendered active by putrefcence; which activity proves the means of expulsion.

THIS putrescence indeed will be often so rapid, and so exalted, as to hurry off the  
patient

patient ere it can be restrained. But here I believe it will be found, prejudice apart, that the largest doses of the Bark will not stay the progress of it ; at least, I have been so often foiled in cases of this kind requiring speedy relief, that I have lamented the inadequacy of the medicine, and have seen with great concern the patient sinking down under the violence of the disorder, the Bark being at the same time given, and shewing no more effect than if it were a mere inert useless powder. I have seen, however, at such a time, some instances of Nature's own power to get rid of the evil by sudden and violent evacuations, and such evacuations to have proved successful. But we have not always active putrescence, or such a seasonable interposition of Nature ; and therefore, with or without these, we ought at all times to be wary and circumspect in the use of this medicine. And this caution, I trust, will be readily approved by All who have  
have

have founded their practice on observation : and though it may not be a very easy matter to ascertain the absolute and immediate cause of ill success, as so many hidden causes are within ; yet I have sometimes thought, that the failure has not been the mere effect of the disorder.

IT is not many years since, that a Lady about 32 years of age complained of an intense head-ach. The pain was altogether confined to the left part of the head, chiefly over the frontal and parietal bones. This pain was attended with nausea, and was periodical. In every other respect she seemed well ; and between the fits was free from every complaint. To this pain she had been subject some years about the vernal equinox, and had been always relieved by vomiting with ipecacuanha, by infusions of fenna, by blistering, and then by the Bark in substance and decoction. As she had



had been always thus freed, at the revolution of the season and the recurrence of the pain, evacuations premised, the Bark was given during the intervals in large doses, and the pain quite ceased by the use of it: but I observed immediately, not without concern and suspicion, that all was not well within, as her countenance appeared unusually cold and cadaverous: notwithstanding, she felt no pain, and did not lose her appetite; and a few days after the pain left her, she fell down senseless, and expired. Here was room for reflection and caution. Though the medicine might not be stigmatized as the cause, we ought to be circumspect on the like occasion.

AND lately another instance a-kin to this occurred, where, though the disorder seemed to be distinctly defined, and though evacuations had been premised, yet violent convulsions twice succeeded the use of the Bark, and upon its disuse did not return; the patient  
some

some time after recovering by constant and gentle evacuations.

MRS. G——n, aged about 34, was seized a little time since in her head and face with an acute pain, which returned daily and periodically about two o'clock in the morning. She had laboured under this complaint a fortnight before she used any medical means. She had in the lower jaw, on the suffering side, a carious tooth, from which the pain seemed to originate. The tooth was extracted without any alleviation of the pain. During the paroxysm, and in the remission, there was no sensible alteration in the pulse; it was neither above nor below the standard of health. She was of a delicate tender constitution, such as we term Nervous. In the daytime she was chearful; her appetite was not much impaired; her food did not disagree with her; at least she had no nausea.

By the two preceding cases I was put on my guard respecting the Bark ; and therefore I gave her none, though the pain was periodical, and perfectly regular ; but an emetic was first exhibited, and then a cathartic of senna : the emetic discharged but little, the cathartic a good deal, and the discharge was very offensive. These evacuations did not relieve her,

HAVING, however, in a variety of similar instances seen the good effects of persevering in the use of the latter ; three grains of calomel were given at night, and she took in the morning an infusion of senna : she passed that night tolerably well ; the pain returned two hours later, with less severity.

THE next night she slept ; but at the usual time the pain came on with such accumulated violence, that she almost lost her senses : the spasms were so quick



and acute, that I was under the necessity of giving her twenty-five drops of laudanum. This calmed her a little, and she perspired, partly perhaps by the use of this, and partly by that of emetic tartar, given her in small quantities at the distance of three or four hours. A truce however, but of short duration, was gained by the opiate; a sop for Cerberus: the pain came on at the usual hour, and as usual it abated.

THE next night the calomel in the same quantity was repeated, and the infusion of fenna, which operated powerfully, and the fœtor of the evacuations was less. She passed the night easily, with little or no return of the pain. Two blisters were applied behind the ears, which had the desired effect; she now perspired universally and copiously, and the pain seemed to have left her altogether.

Two nights after it returned, however without violence. On inspecting the *fæces*, I perceived they were as white as in the jaundice. This colour induced me to repeat the calomel and infusion of senna, and this dose proved sufficient: the intestinal discharge became of a bilious colour; the pain was translated from her head and face to the shoulder. For this pain she took a tea-spoonful of the volatile tincture guaiacum twice a-day in milk; the best miscible vehicle. In a few days this pain also left her, and she grew well.

IN cases, therefore, where the Bark is usually prescribed, and where it is given according to the common idea we have of its effect, some observations antecedent to its use are necessary; such as, whether there be any fixed pain in any particular part; whether the abdomen be tense, the eyes yellow, the pulse quick; whether there be a tendency to  
nausea,



nausea, or to a diarrhœa: for under these circumstances, much care and consideration are required in the use of it; if it be not altogether improper, and not to be used at all; lest the same evils succeed, as followed upon taking the Duke of Portland's powder for the gout; which gave rise to the jaundice, or fixed a disease on the liver, while it was given with a vain view of changing the whole system, and of curing a disorder, which once or twice a-year, 'till the constitution be gone, for the most part favourably rids the habit, and leaves it to recover itself again; and is perhaps, after all, the most safe and salutary of all chronic disorders. For who, afflicted with the gout, severely painful as it is, would lay it down, to take up from the Mountain of Miseries, the palsy or epilepsy, a schirrhous liver or the dropsy? or, in spite of all applications and means, would be harrassed with lowness of spirits, or sit the year round in moping



moping melancholy, with a *tædium vitæ* about him, disqualifying the body for acting, the mind for thinking? which makes the querulous sufferer cry out *in the morning, Would to God it were evening! and in the evening, Would to God it were morning!*

AND when the Bark is given for nervous complaints, as they are called, to brace the fibres, to alter the fluids, and to strengthen the nerves, it often happens, that by a spontaneous vomiting and diarrhœa, the effects of which are directly contrary to the tonic virtue given to that medicine, the patient shall be entirely relieved; which gives some room to think, that all the Relaxation, all the nervous symptoms arose from an unimpaired digestion, from a collection of crudities resident in the first passages: and, perhaps, those very crudities, without a remote power, simply existing in the stomach, and acting there, might create all the mischief and disturbance. For  
experience

experience has shewn, that the blood has often been considered as peccant, when no fault could be found in it ; and the nerves themselves are censured as the origin of complaints of Relaxation, when no human penetration can discover whether they are relaxed or not ; or how such cords do give life, and motion, and sensation to the machine. I have no doubt, but that oftentimes, instead of attacking the disorder itself, arising from one simple point, one cause, but branching out into various symptoms, we prescribe for the symptoms, but neglect the cause.

WE have often, indeed, reason to think that nervous disorders, as they are termed, are tokens only of some malady generating in the habit, to be seen and distinguished at a distant period of time under its proper type. For the gout itself, which generally afflicts people of strong stamina, will, while it is in embryo, before it is defined, occasion torpor, tremor, nausea,

nausea, imbecility, vertigo, convulsion, paralytic affection, and all the train of nervous symptoms which vanish when the gout properly manifests itself.

SOMETIMES the cause is near at hand, but not suspected. If a physician were to examine some of the sailors and marines in the public hospitals at Haslar and Plymouth, and find them with cold clammy sweats, their pulses low and quick, their countenances pale cadaverous and ghastly, and the whole frame in a state of tremor and relaxation; that physician, if he were a stranger, would order the warm gummose medicines and the Bark for such patients, and conclude that they wanted bracers. But the attendant physicians at those hospitals know, that all those complaints can be brought on by chewing tobacco, and swallowing the spittle; an expedient practised by the patients in order to get out of the service, which no vigilance can prevent.



prevent.—And sometimes the practice has been carried so far, and so long persevered in, as to bring on incurable atrophies. I knew a very worthy and learned Dissenting Minister, who had been subject to tremor, weakness, and universal relaxation, all which were attributed to close application to study, and a sedentary life. One day, upon coughing, he vomited up what appeared to be coagulated blood; but, on closer inspection, it was found to be nothing but *snuff*, of which he used to take immoderately. This, the stimulus from custom being lost, had slid gradually down the gullet into the stomach; and on the discharge of it, and the discontinuance of the custom, all the complaints went off.

It is not long since a gentleman was seized suddenly with a violent, and almost intolerable spasm in one leg, which deprived him at once of all motion, and

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seemed

seemed to affect him universally. Various conjectures were formed about the cause, and various antispasmodics were used for relief, to no purpose. At length it occurred, that the spasm might proceed from wearing silk stockings, to which he had not been accustomed ; and the weather at that time was rather cold. On this conjecture he took off the silk, and put on a pair of worsted, stockings ; in consequence of which the pain left him. Most practitioners know, that long-continued rheumatisms have been often cured by warmer cloathing ; and agues brought on anew by change of dress from thick to thinner raiment.

IN the sea-scurvy, when the body appears livid, is stuffed and bloated, by a long-continued use of salt provisions, the nutritious parts thereof being destroyed by the salt, the patient becomes so weak and relaxed, that I have known some instances of marines and seamen  
dying



dying from mere fatigue of being brought on shore to the hospital. Whoever attempts to cure such bloated patients by the Bark and bracing medicines, without carrying off the bad juices by evacuations, and introducing, by a well-adapted diet of fresh provisions, greens, and vegetable acids, another state of the fluids, will often find himself disappointed; and will be surpris'd to see glandular swellings in the neck arise, and very often head-ach, a tense abdomen, and dropfy succeed. Neither will the sick, supposing no glandular swellings, no dropfy, be rid of the scurvy, till a thorough change be wrought in the habit by diet, and by proper evacuations. And it may be observed, that on visiting such scorbutic patients early in a morning, their limbs and body will be found very humid, and very putrid effluvia issuing from them; which gradually abate, as the humours are attenuated, are purified, and breathed out.



And nothing, in this respect, has succeeded so well with me, as the constant use of cream of tartar, and proper diet; taking care, that the transition from salt to fresh provisions be not too sudden. Such diet need not be of any particular kind; for the mere change from salted to fresh meat and vegetables, is sufficient to cure the disorder; especially if the sick be not too far exhausted, when all medicines, perhaps, will prove ineffectual. For if the stomach be strong enough to digest, and no diarrhœa or dysentery comes on, the specific difference of all food in such a stomach is abolished; and the chyle produced from meat, from milk, from vegetables, becomes of one homogeneous nature; especially if the diet be varied, and no kind of food has been long continued. Some years ago the Lords of the Admiralty ordered, that trial should be made of an antiscorbutic diet recommended by the late very ingenious Doctor MACBRIDE of  
Dublin.

Dublin. This diet consisted of biscu-  
 currants, with which the sick drank fresh  
 wort. A certain number of scorbutic  
 patients were selected for this trial, and  
 the same number were kept to the usual  
 diet of the hospital. It appeared, that  
 the men who lived on flesh and vegeta-  
 bles, recovered sooner than the others.

GREAT caution is required in con-  
 ducting such scorbutic patients, lest the  
 humours, in a putrid state, but ready on  
 change of diet to undergo a change with  
 it, be locked up by astringents. For  
 I have often known that a fever with  
 pain in the side has been the conse-  
 quence; and this so acute, that I have  
 been under the necessity of giving speedy  
 relief, and obviating the greater evil, by  
 bleeding the patient; and have been sur-  
 prised to see in those patients whose  
 legs have been black, and whose ulcers  
 on them have been filled with rotten  
 spongy flesh, the blood as coriaceous as  
 in



in the pleurisy. And such bleeding has been attended with salutary effects: nor do I remember to have seen, under such a pressing exigence, any ill of any kind; tho' recourse would not have been had to it, had other means occurred to take away the pain.

IT is no uncommon circumstance for patients who have undergone amputations, and whose stumps have been subject to secondary hæmorrhages, to be seized with fevers. And it has been doubtful, whether the patients, in a very pallid and emaciated state with such bleedings, and with much scurvy still in them, should be bled or not; yet the acute pain in the side which has sometimes afflicted them, has made it necessary to suspend the use of the Bark and elixir of vitriol, and advert only to the fever and the pain. Practice, however, has shewn the propriety of bleeding, and I have for the most part seen the blood buffy,



buffy, and the evacuation useful, at a time when the pulse has not seemingly been in a state to require it, or bear it. I have also known, that the secondary hæmorrhage has been restrained, and prevented, by keeping on the tourniquet, and straitening it, so as to bring on a little tension on the limb, and exciting new inflammation ; a bolster being placed in the course of the Poplitean artery when the amputation has been below the knee.

AND the same deviation from the rules of practice in other cases is necessary. I was some time ago called to a Lady about 45 years of age, who was fallow and leucophlegmatic, with a shortness of breath, and wandering pains in her side. The catamenia had been wavering, visiting her at uncertain periods, and then in profusion. After laxatives had been used, and the *primæ viæ* cleansed, so as to justify the use of the Bark, the Bark was given, and in a short time the hæmorrhage was restrained. But in exchange

change for it the pain, tolerable before, now seized very acutely the hypochondriac region, and became so fixed, as to prevent her breathing, except when she sat erect, and with the pressure of her hand on the part. Under this dilemma, though she was bloated, yet the pain, the difficulty of breathing, and a strong throbbing pulse, induced me to bleed her. The blood had all the appearance of a broken texture, and the loss of eight ounces afforded no relief. Having no certain resource left in medicine, and considering, that in pleurisy the blood first drawn will sometimes shew no sign of inflammation, the venæsection was repeated, and then the blood resembled that drawn in a pleurisy; was buffy and tenacious. In short, encouraged by this appearance, and the abatement of the symptoms, particularly of the pain in the side, I took from her at different times about forty ounces, all of the same buffy colour and consistence. About this

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time



time the catamenia returned with usual profusion, and there was some fear, lest, by the loss in different ways, a dropsy might follow ; though, in general, this disorder does not so often originate from a mere collection of serosities, as from a fault in some viscus.

HAVING little dependence on the use of astringents, it seemed probable, that by unloading an encumbered and turgid habit, some good might result. She was vomited with ipecacuanha, and kept lax with cream of tartar : by which, and the squill pills, the serosities were drained, the uterine discharge abated, her breathing became more easy, her appetite much better, and her health in a great measure was restored.

THIS is not the only instance of the uterine flux being profuse, when the body has been thus turgid. And perhaps no very powerful stypticks ought to be

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employed



employed in such cases, unless they are very particularly circumstanced; lest, when they do act, the hasty suppression bring on some irremediable mischief either on the liver, the viscus most commonly affected, or on the mesenteric glands; or cause ulcers in the legs, which are with difficulty afterwards cured; and very often, when thus caused, ought not to be cured at all. For many instances there have been of irreparable injury from such a step, where the drain, though solicited again by blistering the part, has not returned. Repelled humours once gotten back into the constitution, do not readily find vent again the same way; and then such a train of evils comes on, and such complaints arise, as would puzzle a wise man to find out, and the wisest to cure. It will be found the better way to carry off the long and foul accumulation by evacuations, especially at a critical period of life, when, as in the above instance,

the catamenia are irregular, sometimes flowing, then stopping two months or more, and then again surprising the patient in the same profuse way. At this time the body, however slender before, begins to increase in bulk ; but while Nature observes her periods, the appetite will be good, and the breathing easy. On a natural default, or by improper means to curb the irregularity, the appetite fails, the head becomes dizzy, the breath short, the face pallid, and by degrees all the functions of Nature depraved ; infomuch that the fluids gain over the solids an ascendancy.

HENCE a suppression at this epoch, when the œconomy of Nature is disturbed, and a change is about to take place, renders the situation of the patient as perilous as it was at the first visitation of the menses, and produces the same appearances in young and old ; a bloated pallid look, swelled legs, &c. in



some; and in others, a deep fixed redness in the cheeks, a hardness of the muscles, a coarseness of the hands and arms; and such are most liable to cancers. In the confusion which Nature, on this change, this entrance upon the verge of old age, undergoes, by a concurrence of circumstances within, or some accidental cause without, a fever sometimes comes on, and carries off the incipient evil, and becomes the salutary means of preventing a dreadful chronic disorder. Or if a fever should not take place, it would be rational practice to keep the body open, to retrench the diet, to give nitre in such doses as the stomach will bear, and to bleed occasionally, when pain or momentary heats and flushes require it.

SUCH means cannot be attended with any ill consequences, and may be used, and will be found of service towards checking the inordinancies of Nature.

And,



And in this respect, the poor very often fare better than the rich, whose rank and fortune make them seek, without hesitation, that help from medicine, which very often is insufficient, which is sometimes misapplied, and sometimes counteracted; whereas the simple diet and labour which the necessitous are obliged to use, keep the operations of Nature under controul; and such slide into old age without suffering the inconveniencies of it.

As styptic medicines are in this case very often improper, so in uterine hæmorrhages, after delivery, they will be often found equally insufficient. And here I beg leave to observe, that spontaneous puking has sometimes saved the life of the patient. But however refined it may appear, there seems to be a critical time when this evacuation is eminently serviceable; and that time  
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can be known only by the propensity in Nature that way.

I WAS led to this observation some years ago in attending a patient, who, after labour, had such a relaxation of the uterus, that it seemed to have no power of contracting itself; and the *profluvium* of course was alarming. After medicine had been given to no purpose; when cold air, cold vinegar, and cold water failed; the patient, to all appearance almost in the article of death, puked.—By this puking she revived, the hæmorrhage immediately abated, and soon after ceased. And I have known also that a partial *prolapsus uteri* and a *prolapsus ani* have been at once reduced by the same spontaneous effort of vomiting.

THIS incidental circumstance of the hæmorrhage abating, was too particular to pass unnoticed. I observed it afterwards



wards often.—And perhaps in such dangerous cases, when there is a necessity to be very attentive, and no time is to be lost, we should not wait for this last effort of ebbing Nature ; but imitate her endeavours, before she is reduced to extremity. And nothing hitherto has succeeded so well in hæmoptoes with females advancing in life, when the blood, on a defect of catamenia, has been spit or vomited up, not frothy, but black and clotted, as vomiting them with ipecacuanha. Neither have I seen any ill effects in any way from this practice ; although I cannot pretend to account for its mode of operating. I beg leave only to state the facts, as they occurred to me ; and wish they may be further attended to.

It may not be foreign to our subject to make some distinction even in mortifications ; since they do not all proceed from one uniform cause, and consequently



quently require different methods of treatment. It is not unusual for a mortification to seize the scrotum, in consequence of a suppression of urine, arising from an obstructed urethra, from a gonorrhœa ill-cured in times past. At first there is an obstruction; then by degrees the passage is narrowed; the urine passes in a small stream; and at length, from some cause within, or some injury without, by straining to make water, tension and inflammation come on, and the scrotum is distended to an enormous size.

If the progress of inflammation and tension be not soon checked by bleeding, by enemata, which, acting as an internal focus, and not irritating, are preferable to purging, unless it be with pulp of cassia, lenitive electuary, or some other gentle openers; a mortification succeeds, and speedily too; as, though the cellular membrane in that part is so abundant,

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and so liable to putrefaction. Sometimes the separation soon takes place, the slough is detached, and the urine forces *in perineo* a passage for itself. Sometimes the mortification spreads on, in spite of all endeavours to stop it; and seems, by what principle I know not, to have a stated period of progression. In this progressive state the Bark usually takes place, and of late opium has been recommended; but from what I have seen, the hasty use of either has not been attended with satisfactory success. The fever has not yielded; the coat on the tongue, or the blackness, or hardness, have not gone off; no perspiration has followed; the face has been fallow, the skin dry and hard, with a pungent heat. When these symptoms abate, the line of separation begins. But even here, I have been under the necessity of drawing off a few ounces of blood, and have been justified in the practice by the colour and contexture of it; and have

often found, that the notion of a broken and dissolved blood in such cases, and many others, has been fanciful and groundless.

By this evacuation cautiously made, by enemata, by lenitives, by the use of emetic tartar given in small quantities, the fever has been checked, and likewise the mortification; the pulse has become calm, the perspiration free. At this time the patient requires wine and nourishment.

NEITHER have I been sufficiently convinced, that the early use of the Bark in gunshot wounds has been of use. For even here a distinction must be made between the state of inflammation, and the state of suppuration; else the patient, while we are practising with this medicine to guard against one evil, will be afflicted with another; I mean, a fixed and acute pain generally on the

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opposite side ; which pain I have not, in many cases, by any means been able to remove. Neither do I recollect such a symptom, where the Bark had not been early used, and in large doses. And since I am on this subject, it may be right just to mention, that neither the Bark, nor any medicine I know of, will avail much towards checking the suppuration, unless all splinters and extraneous bodies are removed, or cast off; and therefore this work, at which Nature so long labours, should be prevented by an early removal of them, and by large dilatations of the wound, as soon as the injury is received. For if this be neglected, pain, tension, and inflammation come on, which are prohibitory to dilatation. And oftentimes when the injury is great, and near the joints, if the operation of amputation be not performed on the spot, surgeons wait sometimes to no purpose for a favourable opportunity to perform it.

Indeed, I do not know any thing that requires so much skill and discernment, as to know the precise and critical time for such an operation. If it be neglected on the spot, the tension and inflammation forbid it. If it be too long delayed, hectic heats, and universal depravation from absorption, render it precarious. For it is not here, as it is in scrophulous disorders; where, tho' the patients are exceedingly reduced, the operation proves for the most part successful. In this instance, the wasting is gradual; in the other, sudden and violent. Nature however, all extraneous bodies removed, will do much, if the large joints are not injured. But this subject deserves a separate essay.

By these remarks I mean only to recommend caution and wariness in the use of the Bark, now grown so familiar, and become almost a catholicon in practice; and having nothing in view  
but

but a candid investigation of truth, and the advancement of medical science, tho' my endeavours may advance it in a very small degree, crave that candour which I always wish readily to indulge; and mean not to decry altogether the use of the medicine, but in various cases to shew the inefficacy and misapplication of it. The late ingenious and excellent surgeon Mr. SHARP, and the present learned, accurate, and very skilful Dr. HEBERDEN, *dulce medicorum decus*, have expressed their doubts concerning the power supposed to be inherent in the Bark respecting mortifications. Doctor SAUNDERS, an ingenious physician of London, has lately, since these Observations were prepared for the press, published a pamphlet, setting forth the superior efficacy of the *Red Peruvian Bark*. I hope by the use of this we shall not be so often foiled. But further experience must ascertain its extraordinary excellency.

NOTWITH-



NOTWITHSTANDING all that I have said about the inefficacy of the Bark, I am very sensible, that the character of it often suffers from the ill quality of that which is administered. Sometimes the cortex hath been kept so long, is so arid, old, and juiceless, as to have lost in a manner all its virtue, and become a mere *inutile lignum*, a senseless powder of dust. Sometimes its quality is less valuable, from its growing on a different and less congenial soil, or from its being of a different and worse species; and sometimes it is adulterated by the importers and venders; and more especially in times of war, as at present, when the procurement is difficult, and it sells at an extraordinary high price. For these reasons we must make allowance for the failure of success, and our censure ought not to fall always on the drug, but on the bad sort, or bad preparation of it.

WHETHER

WHETHER there may be actually such distinction in the class of fevers, as is laid down by medical writers between the slow, the nervous, and the putrid fever, I will not take upon myself to determine. The symptoms, however, are much the same.

PERHAPS fevers might be better defined, from the different seasons of the year, vernal, æstival, autumnal, and hyemal. It is certain there are four different constitutions of the air, and these are attended with their respective appropriate fevers.

1st. THE inflammatory fever, or *synochus non putris* of the spring season.

2d. THE bilious, or yellow fever of harvest.

3d. THE putrid fever of the latter end of summer, or of autumn, after the action of the summer heat,

4th. THE

4th. THE catarrhous fever, which chiefly reigns during the latter part of winter.

IN the beginning of the inflammatory constitution of the atmosphere in the spring, and during the dry north-east winds, besides the apthæ, which is a kind of critical eruption, we may observe a slight, thin, dry, silver-coloured covering on the tongue. This differs much from the moist, foul, thick, yellow, bilious covering in harvest, when the bilious constitution begins to obtain ; and from the brown, hard, rough, dry crust, when the putrescent constitution begins to take place, in the latter end of autumn. But these constitutions and fevers are often complicated, and run somewhat into one another ; and, therefore, it is of the utmost consequence to make and observe the distinctions.

PEOPLE



PEOPLE who are confined to little low rooms, to crowded and ill ventilated ships, to prisons, have the same kind of fever; and this fever is highly contagious, and readily propagated. This confined air, for the most part, gives rise and propagation to putrid fevers; and tho' they may originate also from some predisposing, subtle, atmospheric cause; as we see such kind of fevers exist in places and in people who have had no communication with the infected, nor have imbibed a close air; yet, as far as I have been able to observe, it has been found, on enquiry, that even with people remote from the sphere of active contagion, whose fevers have been of the same putrid kind, that they have proceeded from confinement, and from foul air, foul cloaths, foul bedding, &c. For infection will lie long lurking in those articles, as I have had many opportunities of remarking.

A SERVANT, who worked at the house of a man of fashion in the neighbourhood of Plymouth, bought at a shop a coat, which a year before belonged to a marine who died of the small-pox. This coat the servant put on in the hay-harvest; but he had not worn it a week, before he became ill, and the small-pox of the confluent kind broke out upon him; and proved fatal. The disorder at that time did not prevail, and the man had not been out of the neighbourhood; but from this cause the small-pox might have been propagated thro' towns and villages. And many other infectious disorders, perhaps, arise from such a single cause; which, when no reason can be assigned for it, is attributed to the atmosphere.

BUT whether a more rational theory concerning the secret cause, or a more rational and successful method of cure has been introduced since the time of

2

Sydenham,

Sydenham, is a matter of some doubt with learned and ingenious men. That great physician, when he left the city of London on account of the plague, but was prompted to return soon, from a conscientious principle of duty, was surpris'd to find the plague to be the same kind of fever, only heightened in its symptoms, with that he had treated successfully the preceding spring; in which fevers, from the pleuritic colour of the blood, he had found bleeding necessary. And in this practice he persevered, when the plague became manifest, till obstinacy, popular clamour, and prejudice, forced him to adopt another mode, altogether repugnant to his own opinion and ease of mind: so that the plague, not actually existing as such at the beginning, might be generated from this very fever; but being rendered more subtile, the type might be altered, and the contagion become more and more active. And I



once saw a putrid fever propagated by one family through a whole street, narrow, dirty, and crowded; where the symptoms were like to those in the plague, and the fever destroyed as rapidly as the milder sort of plague; and when it ended favourably, the termination was, like that of the plague, in a swelling, or suppuration of the parotid or axillary glands. Whole families were swept away by this disorder, and the progress of it at last was supposed to be checked by kindling fires, and keeping vinegar boiling in every room; and a particular account of this was published many years ago, by the Author of these *Thoughts*, in the London Magazine.

IT is certain, if large evacuations be not made early, such as bleeding, vomiting, and purging, that a fever at first inflammatory, will run into a putrid state, accompanied with the symptoms attending

attending on putrid fevers, primarily called so; such as a dry parched tongue, delirium, tremor, *subsultus tendinum*. These symptoms, however, for the most part will yield to evacuations; tho' not quite so safely to be ventured on, perhaps, as at the first onset of the disorder.

It has been noticed in a practice pretty extensive, that the blackness of the tongue, the pungent heat of the skin, the adust complexion of the patient, the heavy-loaded eyes, have been relieved, and every symptom carried off in one night, by a large intestinal evacuation, sometimes procured by art, and sometimes effected by Nature; after which the pulse hath become calmer, the perspiration free.—And no purgatives have succeeded so well with me, as calomel, used once or twice in the quantity of three or four grains, and an infusion of senna with rhubarb. For tho' salts and manna operate quick-  
ly,



ly, they do not operate sufficiently ; and I have been under the necessity of giving calomel and fenna the very next day ;— the disorder not relenting : and the effect has shewn, that the salts had not been active enough to remove a very large and fœtid load from the intestines. This practice of purging in fevers has been recommended, indeed, by most physicians of extensive practice and discernment ; and it would be needless to enforce or even mention it here, was not this salutary practice sliding away, and the Bark given in every stage of such fevers, from an idea of putrescence in the disorder, and an antiseptic virtue in the medicine. And may not this account for the present large expenditure of that drug, which proceeds not so much from the efficacy or safety of it, or, according to the opinion of the judicious Dr. HEBERDEN, as from the fashion of prescribing it, on a new theory.



WE see, that after evacuations have been carried very far, according to the idea of the practitioner, under symptoms the most threatening and alarming; when the patient has been in a manner expiring, and his strength, to all appearance, nearly exhausted; that a reasonable dose of James's Powder has checked the progress of the putrefaction and fever: and this consequence has happened, not from any specific property in the Powder, or any antiseptic virtue in it, but from the effect it produced, as an active antimonial, in vomiting, in purging, and sweating the patient, whose evacuations then have been in the highest degree putrid and offensive: and, in all likelihood, the duration of the fever depended on colluvies thus pent up, and growing hourly more and more acrid; and sometimes, without the exhibition of this Powder, a spontaneous vomiting and diarrhœa have saved the life of the patient.

THE world is certainly much indebted to the late Dr. JAMES for his Powder, not only as it is so powerful and profitable in itself, but because it has brought the emetic tartar into use. The sudden relief given by a discharge of bile from the stomach, either by this Powder, or by Nature herself, seems to be almost supernatural. *χολην ακραειον* says TULLY in one of his letters to TERENTIA, *noctu ejeci. Statim ita sum levatus, ut mihi deus aliquis medicinam fecisse videatur.* -- *Cui quidem tu deo, quemadmodum soles, piè et castè satisfacias.* Whoever will attentively consider such fevers, and under the guidance of plain sense watch their progress, and the effect of evacuations, from the first attack, will find the truth of these remarks; and will see also what poor dependence is to be placed on camphor, and on neutral draughts, to take off the irritation proceeding from the struggle of Nature to let loose and disengage imprisoned humours;



humours ; tho' I have thought that the *sp. Mindereri* has sometimes been useful in keeping up perspiration already begun. The progress of such fevers may be seen by the tongue, which at first is coated with a bilious mucus ; and it may be supposed, that the œsophagus, the stomach, and intestines, one continued tho' convoluted canal, may be coated also in the same manner. If the tongue in this state be viewed with a microscope, a number of bladders will be seen on it filled with a bilious-coloured fluid ; which bladders, as the disorder relents, break and are cast off ; and then *papillæ*, or little eminences, are seen of a bright red colour, just as ulcers appear clean when the *sordes* is gone.

By what mechanism this separation is made ; whether there be, unaccountable to us, a mechanical principle existing in the human body ready, but not



always powerful enough to throw off, at a given time, the noxious evil, is not easy to determine. Yet some accurate physicians have observed, that this separation, if left to Nature, and Nature be equal to the attempt, is effected, for the most part, in fourteen days inclusively from the seizure. Nor is this mechanism more strange, than that there should be a given time for the appearance of the small-pox, and the consequent suppuration. And it may be observed, that a copious voluntary perspiration tends to detach and dissipate this appearance on the tongue, as well as a copious intestinal evacuation; without which the mucus will still adhere, and shew no disposition to clear away from the tip, where the first sign of separation begins, and which is the first good omen of the disorder relenting.

HOWEVER, in general, such spontaneous and critical sweats in putrid fevers

do not break forth till plentiful intestinal discharges have preceded: and therefore it seems, in a manner, loss of time, not to say trifling with the case, to attempt an elicitation of sweats by any sudorific medicine, after the fever has gone on to such a length as to be subdued by a crisis. Whoever thinks of determining by force such a fever by the skin, will often aggravate the delirium; and by heating the body prevent the perspiration, instead of promoting it; especially in some constitutions.

PERHAPS it is not on the tongue, on the œsophagus, and the intestines only, that this mucus may exist, and adhere; the extension of it may be further, may be in a manner universal; and the tongue, the part visible, may serve as the criterion to judge of the parts invisible; which may undergo the same alteration at that period which we call the Crisis;

may begin to separate at the same time ; till all things, on all sides, giving way, the disorder is judged, the danger is over.

THIS salutary end will be best obtained by making evacuations early, and continuing them through the course of the disorder by laxatives ; and thereby carrying off, if not the cause, for that may not exist after the disorder is produced, but the *fomes* of the disorder ; or relieving Nature so as to enable her to go on by secret principles to the accomplishment of her own wonderful work, that of expelling, or surmounting, the oppressive evil.

WHETHER the Bark, by its virtue to correct putrescence, may be powerful enough to promote this desired end, and carry on the process of subduing, correcting, and expelling, seems to be a matter of much doubt at present, and must be left to the examination of the curious,  
and



and the determination of practice. I cannot find, upon enquiry, that in the West-Indies it is attended with success. Tho' it may not be easy, in such fevers, to ascertain how far the putrefaction may extend; what parts may most particularly suffer, when the disorder proves fatal; yet the lungs have been found, after death, black, or discoloured, and the omentum usually putrid: so that if the fever be checked in time, the putrescence may be brought under, and the separation promoted; if managed early and well, perhaps prevented. And it may be reasonably supposed, that in the ulcerated fore throat, the mere ulcers do not destroy the patient, but the universal putrefaction of all the vital parts; and that the blood itself, tho' so instrumental to animal life, is not so much affected as to destroy; but that the whole cellular substance, the usual seat of such putrefaction without the body, lining every part, sheathing every

every vessel, and almost every fibre within, first suffering, may impart corruption to other parts less liable by their texture to such morbid injury.

AND this notion is not founded altogether on fancy, but in some measure on experiment; as the adipose membrane, originating, according to the ingenious conjectures of MALPIGHI, from the omentum, has been seen in this state after death.

AN this putrefaction will be quicker, and more fatal, according to the degree of contagion, according to the climate, as the East or West-Indies, the habit of body, the quantity and quality of the humours. And perhaps consumptions, that follow upon such disorders, may be owing to the same cause; and what we call *falling upon the lungs*, may be nothing but the  
matter



matter or disease originally affecting much those spongy organs.

CERTAIN it is, that, in other cases, injury begins sometimes within, as it happens where the bones themselves shall be originally diseased; and in consequence of this disease, the limb shall be swelled, and be emphysematous; and on puncturing the tumour, the subjacent bone shall be found carious, as I have more than once experienced. What first made me suspect this affection, or disease, of the cellular membrane within, was a case that not long since occurred of a patient, who had a dreadful erisipelas on the head, limbs, and body, which were swelled and inflamed to a great degree. Under the cuticle, all over the body, lay a quantity of matter, and on the arms particularly the adipose membrane was affected. In such a state of universal rottenness, he was put on a course of the Bark, from



an idea of its antiseptic virtue ; but we were obliged soon to abandon it ; and the fever running very high, attention was paid to that alone. At length, by venæsection and laxatives it was subdued.—During this period, the tongue and fauces were in a state of foulness and putrefaction. As soon as the fever gave way, expectoration came on very profusely indeed : and it was not mere matter that was expectorated, but some portions of a real substance not easily separated ; and, in spite of all endeavours, the man died tabid.

AND I once saw the lining of the windpipe spit up, after a long-continued pleurisy ; and TULPIUS records a fact of a portion of the lungs to be discharged in the same manner. An instance of this latter sort I also saw myself, twenty years ago, in a girl, now an healthy woman, and also two [entire branches of veins, equal, when expanded,

panded to a hand's breadth, ejected by coughing.

AT the close of such putrid fevers, some attention is necessary to determine, whether the crisis hath been perfect or not ; whether the urine hath deposited a copious sediment or not ; whether the perspiration hath been free and universal ; the discharge from the intestines digested. For a case some time ago occurred of a patient, who lay long languishing under a putrid fever, which seemed not to have any tokens of a perfect or proper crisis : yet the fever had run out to so great a length, that the Bark, as a restorative, seemed to be indicated, and was ordered by a physician of exceeding good judgement. At this time, large quantities of very turbid urine were made ; which appearance, however, soon vanished after the use of the Bark, and became transparent. But in exchange for this, a critical abscess

was formed in each thigh, and put an end at last to the disorder. Here was some reason to suspect, that the premature use of the *Cortex* obstructed the natural expulsion of the relicts of the fever through the kidneys, and compelled Nature to take another route, another mode of termination; which, had she not been equal to the effort, might have produced an hectic too obstinate for cure. For if the Bark has extraordinary virtues; and that it has, appears from its effects in agues and many other cases; the same power, when exerted at improper times, and on improper occasions, must be productive of evil, perhaps greater than, at least equal to, its good effects:

*Servare potui; perdere an possim rogas?*

MEDEA.

The same power that can save, ill-directed may destroy.

THOUGH



THOUGH what has been said respecting Relaxation, and the Misapplication of the Bark, might have been carried much farther ; yet I hope the hints here thrown out, and the distinctions made, may prove useful to some young practitioners ; who, tho' blessed with good abilities, and educated in the best Schools, under the ablest Masters, having at their entrance upon practice no instructors always at hand to consult, must depend on theory chiefly to guide them, in a variety of cases that may happen ; and therefore cannot render themselves truly useful in their profession, without the helps and experiences of elder practitioners.

ONCE consulted a very eminent physician, who had read almost every thing, as SOLOMON wrote, from “ the cedar of  
 “ Lebanon to the creeping hyssop on the  
 “ wall,” what books I should select from such a multitude as have been written,

in order to assist my practice; and he gave this laconic answer:—“*Scan the patient well;*” agreeable to what the great BOERHAAVE saith. *Parùm enim proficiunt præcepta theoretica, quæ tantùm sunt generalia, sed ex ipso ægro peti debet quid sit faciendum, quòd idem verum est de medicamentis adhibendis. Praxis dat aliquas regulas quomodo morbus curari libeat. Circumstantiæ verò ex ipso ægro sunt petendæ* \*.

“General theoretical directions profit but little. Your instructions for what is to be done, must be drawn from the patient himself. The same rule holds true with respect to the administration of medicine. Practice will teach you, that such and such things are good for such and such disorders; but what particular medicine to apply, this you must gather from the particular circumstances of the patient himself.”

\* Boerhaave Proleg.

CELSUS, one of the finest writers among the ancient physicians, and Sir GEORGE BAKER, a very learned and eminent modern, have observed, *that the practice of physic rarely admits of any perpetual precepts*; and he will be very apt to err, who will not, as he may find occasion, deviate from authorities, and follow the dictates of his own judgment and discretion, as they arise from the case before him. *Medical Essays.* p. 283.

*The art indeed is long, and life is short.* It behoves every one, however, to be as serviceable as he can; and neglect nothing that may keep a-while a fellow-creature from the grave. Perhaps negligence in such matters may not be consigned with the patient to forgetfulness. The great BOERHAAVE thought, that in another world he might be accountable for his conduct in this, as a physician.



## E R R A T A.

P. 12. l. 4. *after* navel, *r.* on his immerfion; an  
instance, perhaps, rare, yet the fact is true.

p. 13. l. 16. *r.* threw the robuft into a phrenzy,  
by a fudden congeltion.

p. 52. l. 4. *r.* tincture of guaiacum.

p. 54. l. 18. *for* unimpaired, *r.* impaired.

p. 72. l. 21. *dele* though.