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THE  
**PLAIN PHYSICIAN,**

GIVING DIRECTIONS FOR THE  
*PRESERVATION OF HEALTH,*

AND THE  
**CURE OF DISEASE,**

BY  
ELIJAH SEDGWICK, M. D.

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*Northern District of New-York, to wit :*

{ L. S. } BE IT REMEMBERED, That on the fifth day of May, in the fifty-first year of the Independence of the United States of America, A. D. 1827, Elijah Sedgwick of the said District, hath deposited in this office, the title of a Book, the right whereof he claims as author, in the words following, to wit :

"The plain Physician, giving directions for the preservation of health, and the cure of disease.—  
By Elijah Sedgwick, M. D.

In conformity to the act of Congress of the United States, entitled "an act for the encouragement of learning, by securing the copies of Maps, Charts, and Books, to the authors and proprietors of such copies, during the times therein mentioned ;" and also, the act entitled "An act supplementary to an act, entitled, 'An act for the encouragement of learning, by securing the copies of Maps, Charts, and Books, to the authors and proprietors of such copies during the times therein mentioned,' and extending the benefits thereof to the arts of Designing, Engraving, and Etching historical and other prints."

R. R. LANSING, Clerk of the  
District of the United States, for the Northern  
District of New-York.

## **PREFACE.**

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MEDICINE, in its origin, like the other arts and sciences, was enveloped in mystery and darkness, and surrounded by magick and enchantment, to inspire a superstitious awe and veneration from the credulous multitude.

It was for the interest of those who reaped honour, and profit from the profession, to maintain the delusion, and carry the appearance of exercising skill more than human; and in proportion to their want of knowledge of natural remedies were their pretensions to dealing in supernatural. In order to preserve the show of superiority, it was necessary to conceal from others the little knowledge they possessed; and to walk in secrecy and disguise.— But in the present enlightened age, it is our pride and boast that we seek no veil to cover us; we cheerfully submit our pretensions to close scrutiny and investigation; and the more extensive and general the information, the greater our assurance of confidence in our profession.

But while the diffusion of medical light appears to be the general wish of the brightest luminaries of our day, we regret to find that many, very many,

semi charlatans still dread to see the rays of science illuminate our path, subjecting us to the inspection of others, and endeavour to walk in darkness and obscurity, and hide their object, and the nature of their remedy from those whom it most concerns to know : merely to conceal their own ignorance from the eyes of the discerning. If the object of our study is to alleviate the condition of man, let us do it to the extent of our power.—To this end I submit the following work.

## RULES FOR PRESERVING HEALTH.

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HEALTH consists in the regular exercise of the functions of life. It depends upon an equal and sufficient degree of power or strength of every part of the living system: and though this depends in some measure upon the original tone of the living fibre, yet it is greatly effected by external agents.—When these are applied with regularity, and in a proper degree, the different parts of the system will be likely to perform their actions in harmony and order. But if the stimulous be increased, although the immediate effect will be to increase the action, yet by this very means it so wears upon the vital powers, that a less degree of stimulous will not have its full effect, and (if the excessive stimulous be long perserved in) the powers of life become exhausted, and it is difficult, if not impossible, to restore the body to that state of health wherein its actions were excited by their natural stimuli. This overstimulating is the principle cause of bodily weakness and disease, and against this I am principally to contend, in my directions for the preservation of health.

In order to expose improper stimuli, I shall first state the natural, and the degree of them which is necessary, in order to preserve health and vigour. The natural stimuli which operate upon the human body, and promote its healthy actions, are a proper degree of exercise, wakefulness, diet, and heat.

The proper degree of exercise is as much as can be borne without fatigue ; and it should be continued with little intermission, through the day. It strengthens and invigorates the body, and fortifies it against disease. It also tends to produce a clear and strong mind.

The proper degree of wakefulness is also guided by nature, when the other stimuli are properly applied ; but when they are not, the feelings are no guide. The time, however, which man generally requires for sleep, is from 6 to 8 hours in 24. The young require more than the old, and women generally more than men ; the laborious more than the idle, and the studious more than the inert of mind, (though they do not generally get as much.) Early rising is very conducive to health and vigour, both of body and mind.

The proper diet for man, is plain simple food and water ; and of the quantity, his appetite will be a proper guide, if he has not previously corrupted it. All the high seasoned savoury dishes, and spiritous drinks, are wasting the powers of life, and rendering the system incapable of being excited to healthy action by this proper stimuli ; and thereby preparing it for every kind of disease.

The proper temperature is that which is most congenial to the feelings. The feet should, if possible, be kept warmer than the head.

In order to preserve health, and vigour of constitution, it is therefore absolutely necessary that we observe temperance and regularity in the use of those external agents which operate upon the body. And whoever wantonly indulges in excesses, merely to gratify his depraved appetites, brings upon himself, (as a punishment for his folly) a horde of



diseases, which haunt him the remainder of his days. At the head of the means for preserving health, stand temperance and exercise. If those are attended to, the next will naturally be produced; and interference will be unnecessary; for the stomach and bowels, with every other part of the system, will perform their offices healthily.

We shall, however, give as a means for preserving health, (and a very important means too, whilst the others are so neglected) the keeping of the bowels open and regular. If costiveness is attended with headache, or any other disease, first regulate the bowels, and health may easily be restored.

Keep the head cool, the feet warm, and the bowels open, and use temperance and exercise, and you will be in the surest way of health.

## DIRECTIONS FOR THE TREATMENT OF DISEASE.

As there are many external agents operating upon the body, it would be impossible to regulate them all successfully, for the preservation of health, without intermission, for a long period of time. It will, therefore, become necessary to attend to the means for its restoration, when it has become prostrated, by the injurious application of some existing cause. And, though it is not to be expected that a person who is neither acquainted with the animal system of health, nor with the changes which take place in disease, nor with the nature of the medicines to be used, can be very successful in regulating the animal machine, when it is out of order; yet many useful directions may be given, which may be attended to with advantage on every individual.

My object is not to inspire the blind with a false confidence, but to assist those who cannot conveniently have recourse to medical aid. And though I may occasionally give directions which I consider the patient as capable of complying with, without a physician, yet my principal object shall be to direct those who have paid no attention to the study of our science, in those cases where it is absolutely necessary that they should be informed. Many diseases are distinguished with difficulty, and as the same symptoms (though in different diseases) generally require similar treatment, I shall adopt the plan in some cases of prescribing for symptoms, which cannot be mistaken.

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### COLDNESS.

Coldness, with shivering, and constriction of the skin, frequently attended with pain of the bones, languor, and a sense of debility, is the first symptom in common cold, and in fevers of almost all kinds.

The treatment should in all cases consist in applying warmth to the surface, especially to the feet, with friction, and other means for exciting cutaneous action. Some warm diaphoretick drink should be administered; as a decoction of catmint, peppermint, sage, pennyroyal, charmimile, or bonset, (thoroughwort.) The latter may operate as an emetick; and if the stomach is foul, (as it frequently is,) the vomiting will be beneficial; and its cathartick operation will generally be needed. Many a fever has been prevented by thus conquering its first symptom: and many a severe cold subdued in its beginning by this treatment.

The influenza which spread through the country this spring (1826) was easily checked by these means,

in every case where I saw them applied. The most successful practice which I witnessed consisted in first giving 10 or 12 grains of Dover's powders, (which is a powerful sudorifick ;) then after 20 or 30 minutes, following it up with warm herb drinks, until sweating had been kept up for 3 or 4 hours ;— then following this by a cathartick, (three of Lee's pills,) and if the patient was attended to at the commencement of the coldness, he was generally well by the succeeding day.

Others were nearly as successful by merely giving bonset tea in the beginning, until vomiting was induced. This also brought on perspiration, and was succeeded by a cathartick operation. This becomes necessary for two reasons : first, to correct the bowels, which are out of order in this disease ; and second, to reduce the fever, which has succeeded to the first cold stage. The sweating is injurious after the fever commences, and it should never be excessive. Gentle perspiration is the best : for profuse, weakens the patient.

The first or cold stage of fever and ague, should be treated in this way : and the second, or hot stage, as fever. Tonics should be administered between the fits. Sulphate of quinine (1 or 2 grains at a time to an adult) is the best.

*Increased heat or fever.*—That stage of increased heat which follows the cold stage, attended with a full, hard, and frequent pulse, a flushed countenance, and frequently with pain in the head and other parts, is called fever ;—and in this state, whether it arises from cold or whatever cause, any kind of stimulus is manifestly improper. Now the diet should be light and sparing ; the drink should be cooling ; the clothing light, and the room cool and

airy. If the fever is high, bleeding and catharticks is indispensable, and (especially when there is local inflammation,) they must not be delayed.

Bleeding, by lessening the quantity of blood, reduces the arterial action; and is almost universally resorted to in diseases of excitement. But catharticks not only lessen the quantity of blood, by increasing the intestinal secretion, but cleanse the stomach and bowels; thereby removing the cause of disease, and likewise a great source of irritation. Therefore they are more universally necessary than bleeding; and should be resorted to whether bleeding is indicated or not.

In some cases, as in inflammation of the stomach, catharticks are inadmissible; but such cases are rare; in pain and inflammation of the head they are particularly useful.

The best catharticks in fevers and inflammations are calomel and jalap, or tartar emetick in small doses, or the neutral salts, as Glauber's, Epsom salts, &c. After any of the catharticks, nauseating doses of tartar emetick, or a solution of soda or some alkali, are of great use in reducing fever. Frequent washing with cold water is a powerful means of moderating feverish heat, and reducing the force of the circulation. Immersion, aspersion, or ablution, according to the strength; the first is best, if it can be borne.

Cold water may always be applied with safety and benefit, when the heat is steadily above the natural standard, and there is no sense of coldness present, and no perspiration, and no local inflammation. Cleanliness in clothing in every respect, is to be particularly attended to in fevers of all kinds.

By attending to these directions, fevers may gen-

erally be speedily removed, when they arise from no specifick contagion. When they arise from contagion, the same means are necessary, with more particular attention to the state of the stomach, which is generally the first part affected. Emeticks are therefore more particularly required in the first stage of contagious fevers.

## INFLAMMATION.

The symptoms of external inflammation are pain, heat, redness, and swelling. The treatment should be (besides the general treatment) topical bleeding, and cold applications to the part affected. Water, spirits, or spirits and water, or a solution of sugar of lead in water or vinegar, or a solution of common salt may be applied, and kept cold by frequent repetition. In some cases cold application increase the pain, they should then be changed for warm emolient applications; and in all cases, when it is found to be impossible to reduce the inflammation, warm emolient applications should be made, in order to promote suppuration. A poultice of bread and milk, flaxseed, or slippery elm bark, may be applied, and frequently renewed as it becomes cold. Before the applications of each poultice, the part affected may be fomented for 20 or 30 minutes with cloths, wrung out of warm water. The abcess should not in general be opened until the matter is near the surface: and if it is allowed to open spontaneously it will generally be as well. But there are cases where the matter is situated under a membrane, or in some sensible part, when it should be opened early, as in felons, &c. After the abcess discharges matter, and the inflammation is subdu-

ed, the ulcer should be dressed with dry lint; for now warm emollients merely weaken the part, and necessarily increase the discharge, and prevent its healing.

Chronick inflammation requires the same treatment, less active, but more persevering. Small topical bleedings; discutient embrocations, and poultices; as a solution of one ounce of common salt, in a quart of vinegar and water, or one half ounce of sal amoniack, in the same quantity; or this may be made into a poultice with crumbs of bread. Blisters or tartar emetick ointment, or other external viritants may be applied. Chronick is frequently a sequel of acute inflammation; these means are therefore necessary at the subsidence of acute inflammation; but blisters should not be used prior to this state.

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## INFLAMMATION OF THE EYES & EYELIDS.

Inflammation of the eyes is of several kinds which require some variation of treatment. To enter into a particular detail of the cause, symptoms, and treatment of each kind would require a volume. But a few practical directions may be given. This disease may frequently be prevented by applying some astringent to the eyes, at the commencement of the itching, (which is usually the first symptom,) as tobacco juice, or an astringent wash, made by dissolving sugar of lead and white vitriol, of each a tea spoonful, in a pint of rain or snow water; to which may be added the white of an egg, and a few grains of opium or tobacco.

But after the inflammation has arrived to some height, these are injurious, and none but warm emo-

lient applications can be borne. Now bleeding will be necessary, and the blood should be taken from the temporal artery, nearer the ear than is generally practiced by surgeons; that a sufficient quantity may be so suddenly taken as to induce faintness.— A compress should then be applied so as to secure the vessel from bleeding, (cork is the best) and retained by a bandage around the head. As soon as the pain arises again, the compress should be removed and more blood allowed to flow. This may be repeated until the inflammation has subsided: when the artery may be secured by a ligature. Catharticks should be daily administered. During this time none but warm emollient applications should generally be made to the eye; as milk and water, an infusion of slippery elm bark, &c. These may be frequently renewed through the day so as to keep the eye moist and warm; and if purulent matter is formed it must be frequently washed out; light should be carefully excluded. At night while the patient sleeps the eye may be covered with a dry silk handkerchief; or an egg may be boiled, then divided in two in the centre, the yolk taken out, and the space that it filled placed neatly over the eye, and bound on by a tape, or handkerchief. When the inflammation has begun to subside cold astringents are useful. An alum curd poultice may be applied: which is made by putting a little alum into milk, and placing it by the fire until a curd is formed: which is used as a poultice, or the above mentioned astringent wash may be used, and a blister should be applied to the back of the neck.

Sometimes small granulations sprout out of the under surface of the eyelid, which irritate the ball



of the eye, these should be touched frequently with lunar caustick.

Sometimes the inflammation becomes chronick. If it continues long, and appears to be kept up by weakness, the following ointment may be applied. Digest 4 grains of arsenick in 4 ounces of water at a moderate heat, until it is dissolved, then strain, and add 1 1-2 ounces of olive oil and 1-2 ounce of beeswax, then slowly evaporate the water. This is used in chronick inflammation of the eye lids.

The stomach is generally foul in inflammation of the eyes; therefore emeticks and catherticks are beneficial. Sometimes chronick inflammation of the eye lids, and sometimes little ulcers in the eyes are kept up by a foul stomach. In cases where the eyelids are long affected it will be proper to give epsom salts 1-2 ounce, rheuburb 1 ounce, tartar emetick 1 grain, in a pint of water, in divided doses in the course of the day. In cases where the eye-ball is affected with little ulcers it will be proper to give 3 blue pills a day with 1-2 quarter tartar emetick, and 1 ounce cream of tartar, one third being given morning, noon, and night.

### QUINSY.

There are two glands situate one on each side of the basis of the tongue, between the folds of the soft palate. They are called the tonsils, or almonds of the ear: The inflammation of these (one or both) is called the quinsy. Upon the first appearance of the disease it may frequently be removed by an emetick and a blister to the throat. If the patient is plethorick, bleeding will be necessary.—In milder cases a little alkali to cleanse the stomach, with opodeldock, volatile liniment, or a flannel



cloth on the neck to irritate the skin, will be sufficient. If these means do not succeed it will be advisable to bleed the almonds by scarrifying them.—Astringent gargles, as vinegar and water may be used. The skin of the neck should be kept irritated by a blister or some other means, and a flannel roller should be kept round the neck.

If it is found to be impossible to reduce the inflammation, warm gargles of milk and water should be used to promote suppuration; and if the abscess does not burst soon it may be opened. In some cases there is danger of suffocation by delay.

N. B. Emeticks are of great use in inflammations of the throat.

### CROUP OR RATTLES.

The croup or rattles consists in an inflammation of the lining membrane of the windpipe; lymph is secreted on its inner surface, which becomes hard and tough like a membrane, and stops the passage for the breath; and the child dies, almost invariably, when assistance is not procured near the beginning of the disease. The symptoms at first are like those of a cold. There is a dry cough; and usually considerable fever; the breathing is difficult, with a wheezing sound. After the membrane forms, the breathing becomes rattling, and obstructed at intervals: and in some fit of obstruction the child expires.

The treatment should be very energetick at the beginning; bleeding, emeticks, and catharticks should be resorted to early. First bleed the child till it faints; then give it an emetick of ipecack, and tartar emetick, (it frequently requires three times the usual quantity of medicine to operate,) then

give it a cathartick with calomel, and put it immediately into a warm bath, if you have reduced the fever; and put a blister on the throat from ear to ear. After the cathartick operates give nauseating doses of tartar emetick; and if you cause occasional vomiting it will be all the better.

Now as you succeed in reducing the inflammation, be very careful and see that the child is not strangled with the phlegm. Hold its head up and forward, while you extract the phlegm with your fingers, continue the emeticks. Seneca snake root is now good as an emetick; before it was too stimulating. After these means have failed, or have not been used, it is recommended to touch the throat with lunar caustick; it may be dissolved, and applied with a feather. It stimulates the throat to an action different from the secretion of the membrane.

The inflammation of the lungs in children is very dangerous, if not early attended to. The fever and symptoms are some like the croup; but the obstruction in breathing is lower down, without the rattling sound. The treatment should be vigorous, and nearly like the last; the blisters being applied on the chest, instead of the neck.

There is a very dangerous disease of adults, which consists in an inflammation of the parts near the glottis, which are concerned in the formation of the voice. There is great difficulty in speaking and breathing. Treatment nearly the same as in croup—Emeticks. There is more danger than there appears to be; a small swelling will close the glottis entirely.

### MUMPS.

The mumps is an infectious disease, attacking generally but once during life. It consists in an

inflammatory swelling of one, or both glands, situate between the angle of the jaw and ear, and as the swelling subsides, the testicle becomes affected in males. The treatment should consist in keeping the patient from exposure to cold, and giving him some cooling purgative, as salts. If the testicle becomes much affected, the treatment should be more vigorous. Bleeding, emeticks, and catharticks are required. The stomach sympathizes more closely with the part affected, than other parts; it is foul, and must be daily cleansed. The testicle should be supported by a suspensory bandage; and warm fomentations or poultices applied to it.

For like the eye, it requires warm, instead of cold applications. After the inflammation has begun to subside, an alum curd poultice assists greatly in carrying it away. A blister may be applied to the neck, at the place of the first affection; and a flannel roller should be worn around the neck. If the swelling in the testicle should not appear, or should subside suddenly, and the head should become affected, causing delirium, great danger is to be apprehended, and the most prompt treatment pursued. Bleeding if fever, with catharticks. A blister may be put over the testicle. Put the feet in warm water, if he is chilly.

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### BOILS.

Boils may sometimes be prevented by applying a litharge or soap plaster to them, at their commencement. If you do not succeed in this, promote suppuration by emolient poultices. Or if the boil is small apply a plaster of shoemaker's wax large enough to cover it; which causes some pain, but promotes suppuration.

It may be opened, or allowed to break. It should not be pressed hard. The disposition to boils arises from a foul stomach, and may be corrected by the following recipe :—cream of tartar, 1 dram ;—rhubarb, 5 grains ; tartar emetick, 1-4 grain, every day, divided in three doses, one taken morning, noon, and night.

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### CARBUNCLE.

A carbuncle is a large boil, slow in suppurating, which opens by many small openings. The core should be touched with caustick. The French use the hot iron. We use corrosive sublimate, introduced into the openings. Warm emollient poultices should then be applied ; and as soon as necessary for the discharge of the slough, the openings should be enlarged sufficiently. The constitution should be supported ; for it is apt to sink in severe cases.

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### FELON, OR WHITLOW.

There are different degrees of felons. One seated externally to the membrane, which binds down the tendons of the finger, which is the lightest.—The next below this membrane, and the next in the bone. The two last require early opening, and in the last the bone should be scraped ; then apply warm emollient poultices. If not attended to early, the bone will die and come away, which is a tedious process.

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### BURNS AND SCALDS.

Burns and scalds are to be treated on the same principle as inflammation, arising from any other cause. In slight cases, and before the blister rises

in those more severe, cold applications are best.—For blistered burns—emollients. They should be punctured about the third day, obliquely from below, in order that the water may drain off without the admission of air; taking care not to break the skin raised by the blister. If it should get broken, apply a cloth dipped in sweet oil to defend it from the air; and if the discharge be excessive, lime water should be added. If the part is killed, apply emollients until the slough separates; then dry lint.

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### COLD.

When a part is nearly or quite frozen, it should be gradually brought to the natural heat, by first applying snow, or pounded ice, or cold water, gradually increasing the temperature, with friction, to give the blood circulation. After the heat is restored, if it arise too high, it should be treated like other inflammation.

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### RHEUMATISM.

Rheumatism is an inflammatory affection of the membrane; either those which belong to the joints, or those which surround the muscles. The inflammation may be either acute or chronick.

It is produced by any of the causes which produce common cold; viz. exposure to chilly air during perspiration, or upon coming out of a warm room; or to cold chilly rains, or keeping wet feet; lying upon damp ground, or in damp clothes, &c. The symptoms are pain in the large joints, following the course of the muscles, generally increased at night, and during the damp air before a storm.

Considerable fever attends the acute species. The treatment of the acute should be nearly the same as any other inflammation, with perhaps a little more liberty in giving diaphoretics. The chronick should be treated by keeping up a gentle perspiration, and viritating the skin over the affection. Perspiration may be kept up by giving a tea spoonful (or less if it operate as a cathartick) of a mixture of two parts of sulphur, and one of Gum Guaiacum in powder, three times a day; and wearing flannel next the skin; and exercising, without exposure to damp air. The viritation over the affection, may be kept up most conveniently by tartar emetick ointment; made by mixing tartar emetick with three times its weight of lard.

Black cobush, bugbane, or black snakeroot, a plant having a large crooked black root, is said to be excellent in rheumatism. It is generally put in spirits, and the tincture drank two or three times a day; but I should prefer taking a dram of the dried root in powder as often. I have seen it used before the cold fit of fever ague, as a preventative, with good effect; and Bigelow, and others, speak favourably of it in rheumatisms.

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## GOUT.

The gout is an inflammatory affection, similar to the acute rheumatism, generally attacking the small joints, recurring in paroxysms. It is caused by the fullness of living, and idleness. A habitual indulgence in spirituous liquors, with an inactive life, is very likely to bring on the gout. The disposition of the gout, is thought to be hereditary. It generally attacks in the night, after the patient has been

a short time in bed, and perhaps asleep; when he is awakened by the most excruciating pain in some of the smaller joints, (generally in the foot) and gets little ease until morning; then he falls asleep, and when he awakes, he appears nearly free from pain.

The next night he is attacked again in the same manner, (perhaps in a new place) and so on for a number of times; when, perhaps, he will be free for a year; when he has another such fit, or worse, for the fits will increase in violence, and recur at short intervals, as long as the exciting cause is applied. During the fit, it must be treated like other inflammation. If the stomach is foul, it must be cleaned by an emetick, or alkalies. Laxatives are necessary. Reason and experience teach that when the parts are much inflamed, cold applications are the best.

After the inflammation has subsided, and left the part weak, stimulating embrocations, as opodeldocks, &c. But after a person has had one such fit, wisdom would prompt him to live a life of temperance and industry; for all the pleasure which he can derive from an opposite course, will be a poor compensation for one severe fit of the gout.

This disease, like the rheumatism, sometimes attacks some internal part, as the heart, stomach, diaphragm, &c. They should be treated like any other inflammation, with the addition of blisters to the part left, or which would have been attacked in a regular fit. Where there has been frequent attacks of this disease, chalky matter will be deposited, which will render the patient lame for life.



## CHRONICK INFLAMMATION OF THE LIVER.

The symptoms of chronick inflammation of the liver and spleen, are pain in the side, beneath the short ribs, increased on pressure, with a difficulty of lying on the opposite side; pain in the shoulder of the affected side; with dyspepsia.

It is caused by high living, especially in an indulgence in spirituous liquors; it is also the sequel of acute inflammation of these parts, and of billous remittent, and intermittent fever.

The treatment should consist in regulating the bowels, and keeping up the external irritations.—Three blue pills may be given daily, one morning, noon, and night; preventing salivation, by stopping its exhibition for a day or two each week, and giving some other cathartick.

A regular habit must be obtained as directed under the head of costiveness, and after a while the blue pills may be omitted altogether, and other physick used when necessary. Cutaneous irritation over the disease will be best excited by mixing one part of tartar emetick with two of mercurial ointment, and applying a little of this twice a day.

If the back is lame and weak, as it frequently is, it will be well to apply a flannel roller round the loins, with straps fastened to it, to prevent its slipping up. This may be taken off night and morning, to apply the ointment, and then replaced.

As the mind is generally depressed, it will require some means to divert it from the disease, and to raise the spirits without alcohol or opium.

Frequent riding in the open air, morning exercise, good company, temperance, and good sense,



will readily cheer up the patient, and drive away dejection and despair.

By these simple means, well attended to, almost all cases of inflammation of long standing, of either the liver or spleen, may be removed; and the moping melancholick restored to society, in all the gaiety and cheerfulness of health.

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### DROPSY.

Dropsy generally arises from inflammation, which is terminated by effusion in the cells, or cavities of the body.

In some cases the water should be drained off by an opening; and in all cases diuretics should be given, as cream of tartar, squills, calomel, &c.

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### DROPSY OF THE HEAD.

Dropsy of the head chiefly effects children. It generally begins with dullness and stupour, and many of the symptoms of worms.

In the second stage there is fever and delirium, and after the effusion there is stupour again, and the child dies. Medical aid should be called in the beginning, or it will be of little avail. The treatment should be catharticks, pushed to a great extent; and if there is much fever, bleeding will be required. After the effusion, it is generally too late to save the child.

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### ST. ANTHONY'S FIRE.

This is a diffused inflammatory affection of the skin. It frequently begins about the face, sometimes about the limbs, and runs extensively along the skin, without affecting the deep seated parts.

On pressure, the skin becomes white, but returns to its redness on removing the pressure.—The treatment principally consists in regulating the stomach and bowels, by emeticks and catharticks. Bleeding is also proper, when the inflammatory symptoms run high. No external applications are of much use ; but its spreading may frequently be stopped by encircling the limb with a blister, when the extremities are affected. It will not run past the blistered surface.

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### MEAZLES.

The measles is an infectious disease, which attacks the patient but once during life ; and frequently, but not always, runs its course without any formidable symptom. In some seasons it is much worse than in others, and is truly a dangerous disease. The symptoms usually commence about the 12th or 14th day after the infection ; they are much like those of a common cold, with the addition of inflamed watery eyes ; the cough is more dry and tickling. The roughness of the face and soreness of the throat usually make their appearance a short time before the eruption, i. e. about four days from the first symptom ; now the cold chill abates, and considerable fever usually attends the eruptions ; which increases until the fading of the same. The fever then abates with the other symptoms, but frequently leaves a dry hacking cough, which is liable to excite pulmonick disease. When it is succeeded by free and loose expectoration, it is more favourable. The eyes continue weak, and subject to inflammation. The eruption or efflorescence is of a crimson colour, with intermediate natural skin,

It terminates by desquamation, in about three days. Our treatment of the measles should consist in first preparing the system, by reducing its inflammatory diathesis. This is to be done by cooling laxatives, (as salts,) and a light diet before the commencement of the symptoms; second, combating, the cold stage by heat, to the feet, and warm diaphoretick drinks; but spirits, and those stimulants whose operation will be continued until the hot stage, must be carefully abstained from.

When it is time for the efflorescence to appear it may frequently be brought out quicker by an emetick, (Ipecac.) After the appearance of the eruption and fever, all stimulants, even warm drinks should be sedulously avoided.

The patient should be kept comfortably cool, in an equal temperature, and take a very little light food often enough to guard the stomach; with cool drinks, as flaxseed tea or slippery elm bark. If the efflorescence should recede from the surface, through exposure to cold or any other cause, it will be best to put the feet in warm water, and give an emetick of Ipecac. or white vitriol. If this does not bring out the eruption the most diffusible stimulants will be proper.

As the efflorescence begins to subside a cathartick is proper. If there should remain a dry tickling cough, it should be treated as directed under the head of consumption.

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### SCARLET FEVER.

The scarlet fever is an infectious disease something similar to the measles. The eyes are not so watery and the cough is more dry. The eruption,

(which is a scarlet diffused redness, without any intermediate patches of the natural colour,) usually appears about the second or third day.

In bad cases there is little if any eruption, and the throat is severely affected with sloughing ulcers; the fever becomes of the low kind, with much debility; and the patient is carried off by a violent diarrhœa.

Our treatment of scarlet fever should consist in first giving an emetick and cathartick; and keeping the patient cool during the inflammatory stage with effusions of cold water: sometimes it will be necessary to bleed.

The sore throat will require astringent gargles or gargles of cayenne pepper and frequent emeticks.

In cases of low fever with debility, nutritive diet will be proper, with cleanliness and rest.

## CHICKEN OR SWINE POX.

This eruption consists of large watery vericles, which appear the 2d day and dry up after a few days without breaking. Some cooling laxative is all that is required.

## WHOOPIING COUGH OR CHIN COUGH.

This is also an infectious disease chiefly attacking children. It is attended with some danger especially to infants.

After several short expirations, during the exertions of coughing, the child has a long sonorous inspiration like a whoop which gives the disease its name. Each fit of coughing is frequently closed

by vomiting. Emeticks of ipecac. are useful when vomiting is not induced by the coughing.

When the disease is of long standing and kept up by habit a change of air is very beneficial. Laxatives are proper : also after the fever is over paragogick and ipecac.

---

### NETTLE RASH.

The nettle rash is an eruption similar to that which arises from stinging with nettles. It is usually attended with some fever ; and always with an excessive itching, which is aggravated on heating or irritating the skin. It may continue for a week or longer. Sometimes it becomes chronick and continues for years or during life. It is frequently excited by some unwholesome or indigestible article of diet. In that case it may generally be removed by an emetick. Treatment, emetick, catharticks, as salts daily. Abstain from that kind of food which aggravates it.

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### ITCH.

The itch is a contagious disease, usually appearing first in small pimples between the fingers, filled with a thin fluid which runs out on being scratched, and forms scabs ; continually spreading (until cured) over the limbs and body.

This disease is easily cured by sulphur. It may be given internally daily for a few days, then applied externally in the form of an ointment with lard, until the disease is cured ; which if bad will require 2 or 3 applications.

It may also be cured by any kind of mercurial

ointment; but this is not so safe or certain as sulphur.

There are many other kinds of eruption which excite excessive itching, difficult of cure which may be relieved by bathing.

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## CONSUMPTION.

The consumption arises from a diseased state of the lungs; frequently tubercles become first inflamed and then ulcerated. In some families there is a predisposition to these tubercles.

The symptoms denoting inflammation of these tubercles are a dry tickling cough, with some fever; and generally heat and uneasiness in the lungs.—These symptoms should be combated in their commencement. For the cough let the patient take small doses of tartar emetick; and when there is not much fever dissolve a grain of tartar emetick, in an ounce of water, and take a teaspoon full of a mixture of this with an equal quantity of paragoric, every 2, 3, or 4 hours, with continual exercise, in the open air (as riding on horseback in pleasant weather.)

In order to subdue the inflammation small bleedings especially topical bleedings on the chest are beneficial. Keep the bowels open, and the skin excited. Wear flannel next the skin; and apply blisters or tartar emetick ointment to the chest.

Tartar emetick ointment is made by mixing tartar emetick with 3 times its weight of lard. Let a grain or two of this be applied daily, it will cause pustules to arise, and keep up cutaneous irritation.

If these means fail and the tubercles ulcerate, laudanum gives ease, lessens the irritation and

cough, and checks the diarrhœa which attends the hectic fever. Elixir vitriol lessens the night sweats.

---

### DYSENTERY.

In dysentery, the bowels are obstinately constipated, and the tenesmus and mucous stool, show great irritation about the lower part of the intestinal canal.

Our object should be to procure a free discharge of the feculent matter, and thereby allay the irritation and fever. If there is much fever, blood should first be taken; then an emetick, followed by mild catharticks. If there is not fever, the emetick and catharticks, with external irritation, as warm bath, flannel worn next the skin, &c. and after the catharticks, opium may be given.—In either case, emollient injections are proper, as mutton broth, &c,

A very good prescription in dysentery, is an ounce of epsom salts, and two or three grains of tartar emetick, dissolved in a pint of water: take 3 or 4 spoonfulls every 15 or 20 minutes, until vomiting is excited. This will determine to the surface, causing gentle perspiration, and allay the irritation and fever, and empty the bowels; fulfilling every indication.

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### COLICK.

Colick is a painful affection of the bowels, generally attended with a twisting sensation. In this disease the bowels are obstinately constipated, and frequently distended with wind. Sometimes there is considerable fever in colick. In that case, bleed-

ing will be necessary. Open the bowels freely by catharticks; premising an emetick when there is any known substance in the stomach, which causes it.

In the flatulent colick, much benefit may be derived from some warm stomachick; as fennel, anise, or caraway seeds, or their essential oils, or the warm aromatics and spices; as pepper, ginger, cloves, nutmeg, cinnamon, &c.

The following may be taken:—Winter's bark and cassia, of each 4 oz.—cloves and anise seed, of each 3 oz. powder them separately, and mix—put 1 1-2 oz. of the powder into a quart of gin or whiskey; of which a table spoonfull may be taken every two hours, while the pain is severe; or a spoonfull on going to bed, as a preventive.

In the colick which arises from lead, first give opium and alum, then catharticks. Sometimes by throwing cold water on the legs, you can quicken the operation of your catharticks, and sometimes by a blister on the abdomen.

The semicupium or warm bath, up to the middle of the body, is useful in almost all diseases of the bowels.

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### ASTHMA.

In the asthma there is a sense of suffocation, coming on by periods. It generally attacks in the night. The patient perhaps has been asleep, when he awakes nearly suffocated; he arises and goes to the window for fresh air; he continues to breathe with difficulty through the greater part of the night, when he becomes easier, and gets a little rest; but there remains a tightness across the chest. The succeeding night he is taken again in the same



way. These turns gradually decreasing in violence, after a while he is left comfortable for a season.

This disease arises from several different causes, which require some variation of treatment; and it is difficult to give directions for the detection of each. They mostly are something irritating to the lungs, and this irritation should be allayed. Emeticks are frequently of use, ipecac. is the best.—Opium is sometimes of use. Coffee is a good vehicle to administer it in. Smoking tobacco, or the leaves of the thorn-apple, frequently relieves the paroxism. Lobelia inflata (Indian tobacco) has done better than any other emetick. It should be given in the evening, a short time before the commencement of the symptoms.

The patient should be careful not to overload the stomach; and should ascertain what state of air agrees best with him, and try to obtain it.

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### PAINFUL ASTHMA.

There is a painful difficulty of breathing, which usually comes on as the patient is ascending a hill. The pain is severe at the lower end of the breast bone, extending to the arms. The patient when seized, can go no farther, until relieved. It continues by turns during life, unless cured.

The habit is generally plethorick; and it is supposed to depend upon a fullness of blood, or some disease about the heart. Our treatment principally consists in reducing the system, by low living. with open bowels, and bleeding, if plethorick.

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### ASTHMA OF CHILDREN.

There is a kind of convulsive, asthma of chil-

dren, called the rising of the lungs, which requires emeticks, and the warm bath.

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### DIARRHŒA.

Diarrhœa generally arises from some irritating substance in the bowels, or from weakness. In the first instance, the irritating cause must be removed by catharticks; then astringents, as opium, fleabane, &c. with flannel next the skin. Rhubarb and magnesia in small doses. Rhubarb is strengthening to the bowels; but if the stools are bad, it should be preceded by calomel and jalap. When it proceeds from debility, i. e. when the stools are nearly natural, but frequent and watery, it should be treated like the first, after the irritating cause is removed; with tonicks and astringents, and irritation to the surface.

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### CHOLERA MORBUS. OR PUKING AND PURGING.

In this disease mild drinks should first be given to wash out the offending matter; then corn coffee and opium may be given to check the discharges. After the vomiting is subdued, a cathartick, with calomel, is advisable. Sometimes an emetick will leave the stomach in such a state, that you can check the vomiting, when you cannot before.

The catharticks should be continued until the discharges are natural, and ease is obtained.—External irritation is beneficial, as in diarrhœa.

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### COSTIVENESS.

Costiveness is a greater evil than many are a-

ware. In itself it is a serious evil ; and it aggravates other diseases with which it is frequently complicated ; producing piles, headache, indigestion, &c. and it should be removed as speedily as possible. By so doing, many an obstinate, chronick disease will be prevented.

In order to correct a costive habit, it is generally necessary to commence with some gentle laxative, which should be given daily, so as to produce its operation the same hour each day. For instance let the laxative be given at night, and the patient solicit a stool each morning at a certain hour, until a regular habit is acquired ; then let the patient gradually diminish the quantity of physick, until the effect will be kept up by habit, without medicine ; when he may discontinue it altogether, continuing to solicit the evacuation the same hour each day.

It is a law of the animal economy, that any power operating upon the system so as to overcome its natural action, and producing an effect materially different from the operation of ordinary, external agents, will, by repetition, render the system more easily affected by it : whereas, if it is applied gradually, so as not to materially affect the system, it may be borne in gradually increased doses, until a large quantity will produce little effect.

It is on this principle that the catharticks may be gradually lessened in quantity, while the effect will be continued.

Habit is known to have a powerful influence on the animal body ; and when this habit is once formed, it will be kept up without medicine ; and if the patient is only slightly affected with costiveness,

this regular habit may frequently be established by merely soliciting an evacuation at a certain hour each day; persevering until he becomes successful in his endeavours.

Due attention must be given to exercise in this complaint; for it is induced and much aggravated by a sedentary life.

Our Ladies who are girt up by machinery to produce a fine form, and seated at some genteel work, soon find cause to rue the day in which they forsook the paths of simple nature. They become a prey to a multitude of diseases which they have induced by this very means; and which can only be relieved by turning back from this unnatural mode of life to exercise in the open air, freedom of motion, and ease and gracefulness in nature's plain and beauteous paths; where rosy health, with cheerfulness, and contentment, wait to welcome her back to their peaceful and happy abode, surrounded by all that can render life agreeable, and earthly existence desirable.

Students who lead a sedentary life are particularly liable to costiveness, and exercise with this regular habit is the best means for preventing it.

In ordinary cases Lee's pills will form the best laxative. Generally one taken on going to bed will be sufficient to produce one operation in the morning, which is all that will be required.

For a cold phlegmatick habit the compound aloetic pill or picra. But these are not admissible when a person is subject to piles; for by stimulating the lower part of the intestines they tend to aggravate the disease. In that case sulphur and cream of tartar. If plethorick neutral salts. If feverish in full doses.

### PILES.

Piles are generally produced by costiveness; that should therefore first be removed by some gentle laxative which will not excite griping. This of itself will generally remove piles if they are not of long standing. If they are painful and turgid they should be bled, and emolient fomentations applied. They may be annointed with tobacco ointment; made by boiling tobacco, and adding olive oil and beeswax, and simmering away the water. If they are relaxed much benefit may be derived, from sitting over burning sulphur; and astringents may be applied.

In old chronick cases Ward's celebrated paste may be given.

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### DYSPEPSIA OR INDIGESTION.

In this disease there is a complication of symptoms. The bowels are irregular; more generally costive: with clay coloured stools; or, in worse cases, dark and unnatural. The appetite is fastidious.—Stomach, foul with frequent acid eructations, and flatulence. Headache is a frequent attendant; with langour, listlessness, and an indisposition to move: palpitation of the heart upon the least exertion; and a long train of symptoms too numerous to mention. The costiveness should be removed as before directed. The food should be light, and easy of digestion; as animal broths, &c. A little broiled beef generally agrees well with weak stomachs.

Exercise should be taken regularly in the open air. The acidity of the stomach should be corrected with alkalies, as soda, potash in any form, lime-water, magnesia; and all the symptoms should be

combated on their own ground.—Heart-burn is owing to acidity of the stomach, and may be relieved by alkalies.

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### WATER BRASH.

In this disease there is an eructation of water from the stomach in the morning. The meals should be light, and often. Opium is recommended in small quantities.

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### DEBILITY.

Debility, however induced, requires great care and attention. Whether it be brought on by, depletion or disease, we should particularly guard against stimulating the system to act beyond its power.

Our means of recruiting the strength, should be carefully applied. All that is generally necessary, is frequent and small meals of light nutritive food. as broths, broiled beef, &c. with clean linens, fresh air, friction, and other exercise; gradually increased as the patient is able to bear it.

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### MANIA, APOPLEXY, EPILEPSY, & PALSY.

These arise from an increased flow of blood to the head, causing a turgescence of its vessels, and thereby affecting the brain. Some species of palsy depend upon injury of the spinal marrow.

They are frequently induced by high living.—They are usually preceded by costiveness, which favours a determination of blood to the head.

This should be removed by catharticks, and bleeding if the patient is plethorick: with other adjuvants to determine from the head; as a warm

bath for the feet, with cold water on the head.

If there is organive disease, these remedies, tho' useful will not probably cure.

When a person is taken with a fit of apoplexy, the first thing to be done is to see that no ligatures (as the neckcloth) prevent the return of blood from the head. Next elevate the head above the body, to favour the return of blood; and give the patient fresh air.

If he does not yet revive, and the face is turgid, blood may be taken; and when he revives, increase the quantity. If his face is pale, and he is not plethorick, apply some diffusible stimulus, as hartshorn or ether, to the nostrils; and as soon as he is able to swallow, let him take a little. If his face becomes turgid, bleed him, and give him active catharticks.

Palsy requires catharticks, and topical irritants over the affected parts, and along the spine.

### SPASMS, OR CRAMPS.

In spasms after regulating the bowels, if plethorick, give nauseating doses of tartar emetick. If they arise from debility, give laudanum and sulphurick ether, of each 60 drops, or more of the ether.

### ST. VITUR'S DANCE.

This is caused by nervous debility, occasioned generally by accumulation of feculent matter, thro' costiveness; and may be cured by a long and persevering course of catharticks, with nutritious diet to strengthen the system.



## WORMS.

The worms which infest the intestinal canal, are the round worm, which is the common worm of children; the tape or joint worm, which is several yards in length, and the pin worm, which is small, and confined principally to the lower intestine.

The symptoms produced by worms, are a bloated abdomen, emaciation, a shallow countenance, with occasional red flushes on the cheek, and sometimes fever, a timid upper lip, itching of the nostrils, causing the child to pick them frequently, grinding of the teeth during sleep, with frequent twichings, and sometimes convulsions. But these symptoms may all be induced by any other irritation in the stomach and intestines, which may easily be removed by catharticks.

For common worms, first give a solution of soda, or some alkali, with an infusion of pink, if you please, then a cathartick; as calomel, cloves, senna, oil, or salts, &c. Oil of turpentine is given as a cathartick, in ounce doses, in cases of tape worm. For pin worm, aloetick injections are recommended, and catharticks of a solution of common salt: dose a quart of strong brine.

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## WOUNDS.

In fresh wounds, our first object is to secure the hemorrhage, which may frequently be done by compression; but when an artery of any size is wounded, it must be secured by a ligature.

Whilst the surgeon is arriving, you may staunch the blood for the present, by placing the finger on the divided end of the artery next the heart, and pressing gently; or if the wound is in a limb, you

may apply a ligature above it, that is between it and the heart, and putting a stick under, twist it around until you have stopped the bleeding. If you know where the artery is, lay a compress over it; applying your ligature over the compress. This must not be trusted too long, for the limb will suffer by the pressure, which is necessary to stop the blood.

After the suppression of the hemorrhage, and removing any extraneous substance, and cleansing the wound, our object is to bring the divided surfaces together, and keep them there, that it may heal in a short time, without suppurating. This is done, in most cases, by strips of adhesive plaster, sufficiently long to retain the skin of the divided surfaces together. The strips should be less than an inch wide, and a space of 1-4 of an inch, should be left between them. These are assisted by bandages, so applied as to keep the deeper seated parts in contact. These may remain 4 or 5 days, until the wound has healed, then soak and remove them. If inflammation arises, cold water, or spirits and water, should be applied. If it still increases, give over your hopes of union by the first intention; take off your bandages, and apply emollient poultices.—When suppuration is established, dress it with dry lint. If it be too dry and painful, apply simple plaster, made of 3 parts beeswax, and 2 of mutton tallow, 2 of rosin.

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### SPRAINS.

Sprains, if painful, may be bathed in camphor and spirits, salt and vinegar, or cold water continually, or the white of an egg, beat up with salt,

After the inflammation is subdued, bandages strengthen the part.

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### BRUISES.

First apply cold applications to reduce the inflammation. If it will suppurate, apply emollient poultices. After the inflammation is removed, and suppuration established, poultices, or oily substances, increase the discharge, and weaken the part.—Dry lint is generally the best application to healthy suppurating sores and ulcers.

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### INDOLENT ULCERS.

Indolent ulcers sometimes continue for years, or through life. They will not heal of themselves; but may easily be healed by proper treatment.—They generally appear on the legs. They have a smooth surface, sunk below the level of the surrounding parts, covered with a viscid matter. The discharge is thin, and profuse at times. The treatment consists in bandaging the limb tight. First apply strips of adhesive plaster one inch wide, leaving a space of 1-3 of an inch between them. Let them reach once and 2-3 around the limb, applying the middle opposite the sore, and lapping the ends over it; then apply a bandage, beginning at the toes, where it should be tightest, continuing neatly up, decreasing in tightness as you ascend above the sore.

Lint dipped in a solution of corrosive sublimate, (1 qr. to an ounce) may be applied to the sore, and the rest over it. Keep the bandages wet with cold water. The ulcer will heal in a few weeks.

Ulcers in the mouth, depending upon a foul stom-

ach, may be removed by cleansing it with an emetic, and small doses of catharticks, and perhaps correcting the acidity by alkalies: then borax and honey. Astringents, &c. may be applied to the mouth.

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### TOOTH-ACHE.

Tooth-ache, when arising from a rotten tooth, may sometimes be relieved by plugging the aperture in the tooth, with tinfoil, lead, or some other substance. If not, the tooth may be extracted.

Rotten teeth are caused by a foul stomach, which gives rise to a collection of tartars on the teeth, which should be removed with an instrument for the purpose; then char-coal tooth powder should be daily used, besides cleaning the stomach. Tooth-ache, arising from inflammation, requires depletion, and cold applications.

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### SALT RHEUM.

This generally affects the wrists, and the back of the hands, causing a dry, scabby, cracked skin, which is difficult to cure.

I should first endeavour to cleanse the stomach, by small doses of cathartick medicines, daily for some time; as salts, rhubarb, and magnetia, or the mixture advised for correcting boils, or some other corrective of the stomach, perhaps lime water, with sulphur boiled in it, or an occasional dose of some other alkali may be of service.

The local treatment should be astringents, when the discharge is profuse, and emollients, when the skin is dry and cracked. Sometimes by washing the hands with the water from a blacksmith's trough,

or with soap and water, or with sour butter milk, or by applying tobacco ashes wet, and (after either of these) anointing the hands with cream, or some other oily substance, and wearing gloves to keep the hands moist, and from the air, (which causes the skin to become dry, and crack,) a cure may be easily effected; but if after this general and local treatment, the disease continue, it will be proper to give tonicks, and apply something to the hands, which will change the nature of the morbid action. Fowler's arsenical solution may be used for both purposes. Let from 2 to 10 drops be taken two or three times a day, on an empty stomach, and the hands be washed with it as often, (attending to the directions before given, viz. of oiling and defending them from the air, after each application,) and if this don't cure them, you may suppose that you have not previously cleansed your stomach, and regulated your bowels. This solution should be administered with care; if given in an over dose, it causes head-ache, pain at the stomach, &c. and the quantity must be lessened. I need not tell you that 20 or 30 drops of it at a time, would endanger life.

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### MILK CRUST.

A pustulous eruption sometimes effects children who are fed too highly, causing a disgraceful scabby head. Small doses of catharticks are necessary to cleanse the stomach, with lime water, or some other alkali, and the head should be washed daily with soap and water. If it continues, treat it as scald head: shave off the hair, and apply a tar poultice, or charcoal poultice.

## FEVER SORE.

This arises from a dead bone ; it produces irritation which keeps the sore in its place for years ; sometimes discharging matter, and sometimes closing for a season, until the dead bone is separated from the living and removed from the body. This is the work of nature, and (the first part) cannot be assisted by art. In removing the dead bone after it is separated from the living, we may sometimes render some assistance, by enlarging the opening and extracting it. Therefore all quack remedies may be abstained from ; it will get well itself when the bone comes away ; and no application will do any good before.

If fistulous openings are formed which do not heal after the dead bone has all been extracted, or spontaneously come away, a solution of corrosive sublimate, (one grain to an ounce of water,) may be injected into the openings ; or a bougie may be introduced for a short time, and (after either of these) a bandage should be applied.

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## ULCERATION OF THE BONE.

This is a worse disease than the last, and not cured by nature ; the discharge is profuse, and continual.

The ulcerated surface of bone should be seared with a hot iron ; and thus killed it will require the same treatment with the last ; the dead part will exfoliate, and come away ; and new bone will be formed. If the system is much reduced it must be supported with tonicks.

If this disease is seated in any of the large joints

amputation may be necessary. If in the hip joint in adults it is incurable.

(See *Brodie on the joints.*)

### RICKETS.

The rickets is a disease of children between 3 months and two years old. The symptoms are foetid stools, swelled belly, emaciated limbs, great debility large head and joints, projecting breast, flattened ribs, and deformed bones. It arises from foul stomach, and neglected bowels, occasioning bad digestion, and consequently the nutriment will not be prepared by the digestive process so as to support the healthy action of the system.

Our first object should be to regulate the stomach and bowels; which may be done by removing the first cause of foul stomach, (viz bad air and confinement) and administering small doses of catharticks (as rhuburb and magnetia) daily with the cold bath, and other means to strengthen the system. Alkalies are useful.

After the stomach and bowels are regulated, iron filings or some other preparation of the metal will be useful as a tonic.

A less degree of the exciting cause of rickets will produce a bloated abdomen, and emaciation, and those symptoms which are usually ascribed to worms. This requires the same treatment as the last.



## ERRATA.

As I did not examine the proof sheets, some typographical errors have escaped unnoticed; in order to correct some of which, I have thought fit to subjoin the following:

Page 5, thirteenth line from bottom, for *preserved*, read *persevered*.

" 6, fourteenth line from top, for *of*, read *in*.

" " twelfth line from bottom, for *this*, read *their*.

" 7, tenth line from bottom, for *existing*, read *exciting*.

" " seventh " " " for *of*, read *in*.

" " second " " " for *on*, read *by*.

" 8, fifth line from top, for *capable*, read *incapable*.

" 10, second line from top, for the first *is*, read *are*.

" 12, tenth line from top, for *amoniack*, read *ammoniac*.

" " thirteenth " " " for *viritants*, read *irritants*, and in other places where the word occurs.

" 14, fourteenth line from bottom, for *quarter*, read *grain*.

" " thirteenth " " " for *ounce*, read *dram*.

" 15, third, " " for *ipecaack*, read *ipacac*.—and in other places where the word occurs.

" 16, sixth line from bottom, *in*, read *is*.

Page 20, sixteenth line from top, for *cobush*, read *cohosh*.

" " sixth line from bottom, omit *the*.

" " second " " " for *of the*, read *to*.

" 21, twelfth line from top, for *short*, read *shorter*

" 22, eighth " " " for *in*, read *by*.

" 24, thirteenth line from bottom, for *face*, read *fauces*.

" " ninth and tenth lines from bottom, take *s* from *abates* and *eruptions*, and insert them after *symptom* and *chill*.

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**J. M. Morse**



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