ing, grief, relaxation, &c. but it is chiefly owing to an obſtruction or irregularity of the menſtrual flux.

It is very certain that high living vitiates the humours, and prevents fecundity. We ſeldom find a barren women among the labouring poor, while nothing is more common among the rich and affluent. The inhabitants of every country are prolific in proportion to their poverty; and it would be an eaſy matter to adduce many inſtances of women, who, by being reduced to live entirely upon a milk and vegetable diet, have conceived and brought forth children, though they never had any before. Would the rich uſe the ſame ſort of food and exerciſe as the better ſort of peaſants, they would ſeldom have cauſe to envy their poor vaſſals and dependants the bleſſing of a numerous and healthy offſpring, while they pine in ſorrow for the want of even a ſingle heir to their extenſive domains.

Affluence begets indolence, which not only vitiates the humours, but induces a general relaxation of the ſolids, a ſtate highly unfavourable to procreation. To remove this, we would recommend the following courſe: Firſt, ſufficient exerciſe in the open air; ſecondly, a diet conſiſting chiefly of milk and vegetables*; thirdly, the uſe of aſtringent medicines, as ſteel, alum, dragon's blood, elixir of vitriol, the Spa or Tunbridge waters, Peruvian bark, &c. and laſtly, above all, the cold bath.

Barrenneſs is often the conſequence of grief, ſudden fear, anxiety, or any of the paſſions which tend to obſtruct the menſtrual flux. When barrenneſs is ſuſpected to proceed from affections of the mind, the perſon ought to be kept eaſy and cheerful as poſſible; all diſagreeable objects are to be avoided, and every method taken to amuſe and entertain the fancy.

CHAP. XLIX.

DISEASES OF CHILDREN.

MISERABLE indeed is the lot of man in the ſtate of infancy. He comes in to the world more helpleſs than any other animal, and ſtands much longer in need of the protection and care of

* *Dr. Cheyne avers, that want of children is oftener the fault of the male than of the female, and ſtrongly recommends a milk and vegetable diet to the former as well as the latter; adding, that his friend Dr. Taylor, whom he calls the Milk-doctor of Croydon, had brought ſundry opulent families in his neighbourhood, who had continued ſome years*

his parents; but, alas! this care is not always bestowed upon him; and when it is, he often suffers as much from improper management as he would have done from neglect. Hence the officious care of parents, nurses, and midwives, becomes one of the most fruitful sources of the disorders of infants*.

It must be obvious to every attentive person, that the first diseases of infants arise chiefly from their bowels. Nor is this in the least to be wondered at, as they are in a manner poisoned with imdigestible drugs and improper diet as soon as they come into the world. Every thing that the stomach connot digest may be considered as a poison; and unless it can be thrown up, or voided by stool, it must occasion sickness, gripes, spasmodic affections of the bowels, or what the good women calls inward fits, and at last convulsions and death.

As these symptoms evidently arise from somewhat that irritates the intestines, doubtless the proper method of cure must be to expel it as soon as possible. The most safe and effectual method of doing this is by gentle vomits. Five or six grains of the powder of ipecacuanha may be mixed in two table-spoonfuls of water, and sweetened with a little sugar. A tea-spoonful of this may be given to the infant every quarter of an hour till it operates; or what will more certainly answer the purpose, a grain of emetic tartar may be dissolved in three ounces of water, sweetened with a little syrup, and given as above. Those who are willing to use the emetic tartar, may give six or seven drops of the antimonial wine, in a tea-spoonful of water or thin gruel. Small doses of the ipecacuanha wine will be found more gentle than any of the above, and ought to be preferred.

These medicines will not only cleanse the stomach, but will generally likewise open the body. Should this however not hap-

after marriage without progeny, to have several fine children, by keeping both parents, for a considerable time, to a milk and vegetable diet.

* *Of the officious and ill-judged care of midwives, we shall adduce only one instance, viz. the common practice of torturing infants by squeezing their breasts, to draw off the milk, as they call it. Though a small quantity of moisture is generally found in the breasts of infants, yet, as they are certainly not intended to give suck, this ought never to be drawn off. I have seen this cruel operation bring on hardness, inflammation, and suppuration of the breasts; but never knew any ill consequences from its being omitted. When the breasts are hard, the only application that we would recommend is a soft poultice, or a little of the diachylon plaster, spread thin upon a bit of soft leather, about the size of half a crown, and applied over each nipple. These may be suffered to continue till the hardness disappears.*

pen, and if the child be coſtive, ſome gentle purge will be neceſſary; for this purpoſe, ſome manna and pulp of caſſia may be diſſolved in boiling water, and given in ſmall quantities till it operates; or, what will anſwer rather better, a few grains of *magneſia alba*, may be mixed in any kind of food that is given to the child, and continued till it has the deſired effect. If theſe medicines be properly adminiſtered, and the child's belly and limbs frequently rubed with a warm hand before the fire, they will ſeldom fail to relieve thoſe affections of the ſtomach and bowels from which infants ſuffer ſo much.

Theſe general directions include moſt of what can be done for relieving the internal diſorders of infants. They will likewiſe go a conſiderable way in alleviating thoſe which appear externally, as the raſh, *gum*, or *fellon*, &c. Theſe, as was formerly obſerved, are principally owing to too hot a regimen, and conſequently will be moſt effectually relieved by gentle evacuations. Indeed, evacuations of one kind or other, conſtitute a principal part of the medicine of infants, and will ſeldom, if adminiſtered with prudence, in any of their diſeaſes, fail to give relief.

OF THE MECONIUM.

The ſtomach and bowels of a new-born infant are filled with a blackiſh colored matter of the conſiſtence of ſyrup, commonly called the *meconium*. This is generally paſſed ſoon after the birth, by the mere effort of Nature; in which caſe it is not neceſſary to give the infant any kind of medicine. But if it ſhould be retained, or not ſufficiently carried off, a little manna, or *magneſia alba*, may be given, as mentioned above; or, if theſe ſhould not be at hand, a common ſpoonful of whey, ſweetened with a little honey, or raw ſugar, will anſwer the purpoſe.

The moſt proper medicine for expelling the *meconium*, is the mother's milk, which is always at firſt of a purging quality. Were children allowed to ſuck as ſoon as they ſhew an inclination for the breaſt, they would ſeldom have occaſion for medicines to diſcharge the *meconium*; but even where this is not allowed, they ought never to have daubs of ſyrup, oils, and other indigeſtible ſtuff, crammed down their throats.

THE APHTHÆ, OR THRUSH.

The aphthæ are little whitiſh ulcers affecting the whole inſide of the mouth, tongue, throat, and ſtomach of infants. Sometimes they reach through the whole inteſtinal canal; in which caſe they are very dangerous, and often put an end to the infant's life.

If the aphthæ are of a pale color, pellucid, few in number, ſoft, ſuperficial, and fall eaſily off, they are not dangerous; but if opaque,

yellow, brown, black, thick, or runing together, they ought to be dreaded.

It is generally thought that the aphthæ owe their origin to acid humors; we have reason to believe they are more frequently owing to too hot a regimen both of the mother and child. It is a rare thing to find a child who is not dosed with wine, punch, cinnamon waters, or some other hot and inflaming liquors, almost as soon as it is born. It is well known that these will occasion inflamatory disorders, even in adults; is it any wonder then that they should heat and inflame the tender bodies of infants, and set as it were the whole constitution on a blaze?

The most proper medicines for the aphthæ are vomits, such as have been already recommended, and gentle laxatives. Five grains of rhubarb, and half a dram of *magnesia alba*, may be rubed together, and divided into six doses, one of which may be given to the infant every four or five hours till they operate. These powders may either be given in the child's food, or a little of the syrup of pale roses, and may be repeated as often as is found necessary to keep the body open. It is common in this case to administer calomel; but as that medicine sometimes occasions gripes, it ought always to be given to infants with caution.

Many things have been recommended for gargling the mouth and throat in this disease; but it is not easy to apply these in very young children; we would therefore recommend it to the nurse to rub the child's mouth frequently with a little borax and honey, or with the following mixture: Take fine honey an ounce, borax a dram, burnt alum half a dram, rose-water two drams; mix them together. A very proper application in this case, is a solution of ten or twelve grains of white vitriol in eight ounces of barley water. These may be applied with the finger, or by means of a bit of soft rag tied to the end of a probe.

OF ACIDITIES.

The food of children being for the most part of an acescent nature, it readily turns sour upon the stomach, especially if the body be any way disordered. Hence most diseases of children are accompanied with evident signs of acidity, as green stools, gripes, &c.

These appearances have induced many to believe, that all the diseases of children, were owing to an acid abounding in the stomach and bowels; but whoever considers the matter attentively, will find that these symptoms of acidity are oftener the effect than the cause of their diseases.

Nature evidently intended, that the food of children should be acescent; and unless the body be disordered, or the digestion hurt, from some other cause, we will venture to say, that the acescent

quality of their food is ſeldom injurious to them. Acidity, however, is often a ſymptom of diſorders in children, and, as it is ſometimes a troubleſome one, we ſhall point out the method of relieving it.

When green ſtools, gripes purges, ſour ſmells, &c. ſhew that the bowels abound with an acid, the child ſhould have a little ſmall broth, with light white bread in it; and ſhould have ſufficient exerciſe in order to promote digeſtion. It has been cuſtomary in this caſe to give the pearl-julep, chalk, crabs eyes, and other teſtaceous powders. Theſe, indeed, by their abſorbent quality, may correct the acidity; but they are attended with this inconvenience, that they are apt to lodge in the bowels, and occaſion coſtiveneſs, which may prove very hurtful to the infant. For this reaſon they ſhould never be given unleſs mixed with purgative medicines, as rhubarb, manna, or ſuch like.

The beſt medicine which we know, in all caſes of acidity, is that fine inſipid powder called *magneſia alba*. It purges, and at the ſame time corrects the acidity; by which means it not only removes the diſeaſe, but carries off the cauſe. It may be given in any kind of food, or in a mixture, as recommended in the appendix.*

When an infant is troubled with gripes, it ought not at firſt to be doſed with brandy, ſpiceries, and other hot things, but ſhould have its body opened with an emollient clyſter, or the medicine mentioned above; and at the ſame time a little brandy may be rubed on its belly with a warm hand before the fire. I have ſeldom ſeen this fail to eaſe the gripes of infants. If it ſhould happen however not to ſucceed, a little brandy, or other ſpirits, may be mixed with thrice the quantity of warm water, and a tea-ſpoonful of it given frequently till the infant be eaſier. Sometimes a little peppermint water will anſwer this purpoſe very well.

GALLING AND EXCORIATION.

Theſe are very troubleſome to children. They happen chiefly about the groin and wrinkles of the neck, under the arms, behind the ears, and in other parts that are moiſtened by the ſweat or urine.

As theſe complaints are, in a great meaſure, owing to want of cleanlineſs, the moſt effectual means of preventing them are, to waſh the parts frequently with cold water, to change the linen often, and, in a word, to keep the child in all reſpects thoroughly clean. When this is not ſufficient, the excoriated parts may be ſprinkled with abſorbent or drying powders, as burnt hartſhorn, tutty, chalk, crabs claws prepared, and the like. When the parts

* *See Appendix*, Laxative abſorbent Mixture.

affected are very ſore, and tend to a real ulceration, it will be proper to add a little ſugar of lead to the powders, or to anoint the place with the camphorated ointment. If the parts be waſhed with ſpring water, in which a little white vitriol has been diſſolved, it will dry and heal them very powerfully. One of the beſt applications for this purpoſe is to diſſolve ſome fuller's earth in a ſufficient quantity of hot water; and after it has ſtood till it is cold, to rub it gently upon the galled parts once or twice a day.

STOPAGE OF THE NOSE.

The noſtrils of infants are often pluged up with a groſs *mucus*, which prevents their breathing freely, and likewiſe renders it difficult for them to ſuck or ſwallow.

Some in this caſe order, after a ſuitable purge, two or three grains of white vitriol diſſolved in half an ounce of marjoram water, and filtered, to be applied now and then to the noſtrils with a linen rag. Wedelius ſays, if two grains of white vitriol, and the ſame quantity of *elaterium* be diſſolved in half an ounce of marjoram water, and applied to the noſe, as above directed, that it brings away the *mucus* without ſneezing.

In obſtinate caſes theſe medicines may be tried, but I have never found any thing neceſſary, beſides rubing the noſe at bed time with a little ſweet-oil or freſh butter. This reſolves the filth and renders the breathing more free.*

OF VOMITING.

From the delicate ſtate of children, and the great ſenſibility of their organs, a vomiting or looſeneſs may be induced by any thing that irritates the nerves of the ſtomach or inteſtines. Hence theſe diſorders are much more common in childhood, than in the more advanced periods of life. They are ſeldom, however, dangerous, and ought never to be conſidered as diſeaſes, unleſs when they are violent, or continue ſo long as to exhauſt the ſtrength of the patient.

Vomiting may be excited by an over quantity of food, by food that is of ſuch a nature as to irritate the nerves of the ſtomach too much; or by the ſenſibility of the nerves being ſo much increaſed as to render them unable to bear the ſtimulus of even the mildeſt element.

When vomiting is occaſioned by too much food, it ought to be promoted, as the cure will depend upon cleanſing the ſtomach.—

* *Some nurſes remove this complaint by ſucking the child's noſe.— This is by no means a cleanly operation; but when nurſes have the reſolution to do it, I am far from diſcouraging the practice.*

This may be done either by a few grains of ipecacuanha, or a weak solution of emetic tartar, as mentioned before. When it is owing to food of an acrid or irritating quality, the diet ought to be changed, and aliment of a milder nature substituted in its stead.

When vomiting proceeds from an increased degree of sensibility, or too great an irritability of the nerves of the stomach, such medicines as have a tendency to brace and strengthen that organ, and to abate its sensibility, must be used. The first of these intentions may be answered by a slight infusion of the Peruvian bark, with the addition of a little rhubarb, and orange peel; and the second by the saline draught, to which a few drops of liquid laudanum may occasionally be added.

In obstinate vomitings, the operation of internal medicine may be assisted with aromatic fomentations made with wine, applied warm to the pit of the stomach; or the use of the stomach plaster, with the addition of a little *Theriaca*.

OF A LOOSENESS.

A looseness may generally be reckoned salutary when the stools are sour, slimy, green or curdled. It is not the discharge, but the production of such stools, which ought to be remedied. Even where the purging is thin and watery, it ought not to be checked too suddenly, as it often proves critical, especially, when the child has caught cold, or an eruption of the skin has disappeared. Sometimes an evacuation of this kind succeeds a humid state of the atmosphere, in which case it may also prove of advantage, by carrying off a quantity of watery humors, which would otherwise tend to relax the habit.

As the principal intention of the cure of a looseness is to evacuate the offending matter, it is customary to give the patient a gentle vomit of ipecacuanha, and afterwards to exhibit small and frequent doses of rhubarb, interposing absorbent medicines, to mitigate the acrimony of the humors. The best purge, however, in this case, is *magnesia alba*. It is at the same time absorbent and laxative, and operates without exciting gripes.

The antimonial wine, which acts both as an emetic and purge, is also an excellent medicine in this case. By being diluted with water, it may be proportioned to the weakest constitution; and, not being disagreeable to the palate, it may be repeated as often as occasion requires. Even one dose will frequently mitigate the disease, and pave the way for the use of absorbents. If, however, the patient's strength will permit, the medicine ought to be repeated every six or eight hours, till the stools begin to assume a more natural appearance; afterward a longer space may be allowed to intervene between the doses. When it is necessary to repeat the

medicine frequently, the doſes ought always to be a little increaſed, as its efficacy is generally diminiſhed by uſe.

Some, upon the firſt appearance of a looſeneſs, fly immediately to the uſe of abſorbent medicines and aſtringents. If theſe be adminiſtered before the offending humors are diſcharged, though the diſeaſe may appear to be mitigated for a little time, it ſoon afterwards breaks forth with greater violence, and often proves fatal.—After proper evacuations, however, theſe medicines may be adminiſtered with conſiderable advantage.

Should any gripings or reſtleſſneſs prevail after the ſtomach and bowels have been cleanſed, a tea ſpoonful of the ſyrup of poppies may be given in a little ſimple cinnamon water, three or four times a-day, till theſe ſympotms have ceaſed.

OF ERUPTIONS.

Children, while on the breaſt, are ſeldom free from eruptions of one kind or an other. Theſe, however, are not often dangerous, and ought never to be dried up but with the greateſt caution. They tend to free the bodies of infants from hurtful humors, which, if retained, might produce fatal diſorders.

The eruptions of children are chiefly owing to improper food and neglect of cleanlineſs. If a child be ſtuffed at all hours with food that its ſtomach is not able to digeſt, ſuch food, not being properly aſſimilated, inſtead of nouriſhing the body, fills it with groſs humors. Theſe muſt either break out in form of eruptions upon the ſkin, or remain in the body, and occaſion fevers, and other internal diſorders. That neglect of cleanlineſs is a very general cauſe of eruptive diſorders, muſt be obvious to every one. The children of the poor, and of all who deſpiſe cleanlineſs, are almoſt conſtantly found to ſwarm with vermin, and are generally covered with the ſcab, itch, and other eruptions.

When eruptions are the effect of improper food, or want of cleanlineſs, a proper attention to theſe alone will generally be ſufficient to remove them. If this ſhould not be the caſe, ſome drying medicines will be neceſſary. When they are applied, the body ought at the ſame time to be kept open, and cold is carefully to be avoided. We know no medicine that is more ſafe for drying up cutaneous eruptions than ſulphur, provided it be prudently uſed. A little of the flour of ſulphur may be mixed with freſh butter, oil, or hog's lard, and the parts affected frequently touched with it.

The moſt obſtinate of all the eruptions incident to children are, the *tinea capitis*, or ſcabed head, and chilblains. The ſcabed head is often extremely difficult to cure, and ſometimes, indeed, the cure proves worſe than the diſeaſe. I have frequently known

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children seized with internal disorders, of which they died soon after their scabbed heads had been healed by the application of drying medicines.* The cure ought always first to be attempted by keeping the head very clean, cutting off the hair, combing and brushing away the scabs, &c. If this is not sufficient, let the head be shaved once a week, washed daily with soap suds, and gently anointed with a liniment made of train oil eight ounces, red precipitate in fine powder, one dram. And if there, be proud flesh, it should be touched with a bit of blue vitriol, or sprinkled with a little burnt alum. While these things are doing, the patient must be confined to a regular light diet, the body should be kept gently open, and cold, as far as possible ought to be avoided. To prevent any bad consequences from stopping this discharge, it will be proper, especially in children of a gross habit, to make an issue in the neck or arm, which may be kept open till the patient becomes more strong, and the constitution be somewhat mended.

Chilblains commonly attack children in cold weather. They are generally occasioned by the feet or hands being kept long wet or cold, and afterwards suddenly heated. When children are cold, instead of taking exercise to warm themselves gradually, they run to the fire. This occasions a sudden rarefaction of the humors, and an infraction of the vessels, and being often repeated, the vessels are at last over distended, and forced to give away.

To prevent it, violent cold and sudden heat must be avoided. When the parts begin to look red, and swell, the patient ought to be purged, and to have the affected parts frequently rubed with mustard and brandy, or something of a warming nature.

* *I some time ago saw a very striking instance of the danger of substituting drying medicines in the place of cleanliness and wholesome food, in the Foundling Hospital at Ackworth where the children were grievously afflicted with scabed heads, and other cutaneous disorders. Upon inquiry, it was found that very little attention was paid either to the propriety or soundness of their provisions, and that cleanliness was totally neglected; accordingly it was advised that they should have more wholesome food, and be kept thoroughly clean. This advice, however, was not followed. It was too troublesome to the servants, superintendants, &c. The business was to be done by medicine; which was accordingly attempted, but had nearly proved fatal to the whole house. Fevers, and other internal disorders immediately appeared, and at length a putrid dysentery, which proved so infectious, that it carried off a great many of the children, and spread over a considerable part of the neighboring country.*

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They ought likewise to be covered with flannel, and kept warm and dry. Some apply warm ashes between cloths to the swelled parts, which frequently help to reduce them. When there is a sore, it must be dressed with Turner's cerate, the ointment of tutty, the plaster, of ceruse or some other drying ointment.—These sores are indeed troublesome, but seldom dangerous. They generally heal as soon as the warm weather sets in.

OF THE CROUP.

Children are often seized very suddenly with this disease, which, if not quickly relieved, proves mortal. It is known by various names in different parts of Britain. On the east coast of Scotland it is called the *croup*. On the west they call it the *chock*, or *stuffing*. In some parts of England, where I have observed it, the good women call it *the rising of the lights*. It seems to be a species of *asthma*, attended with very acute and violent catarrhal symptoms.

This disease generally prevails in cold and wet seasons. It is most common upon the sea coast, and in low marshy countries. Children of a gross and lax habit are most liable to it. I have sometimes known it hereditary. It generally attacks children in the night, after having been much exposed to damp, cold, easterly winds through the day. Damp houses, wet feet, thin shoes, wet clothes, or any thing that obstructs the perspiration, may occasion the croup.

It is attended with a frequent pulse, quick and laborious breathing, which is performed with a peculiar kind of croaking noise, that may be heard at a considerable distance. The voice is sharp and shrill, and the face is generally much flushed, tho' sometimes it is of a livid color.

When a child is seized with the above symptoms, his feet should immediately be put into warm water. He ought likewise to be bled,* and to have a laxative clyster administered as soon as possible. He should be made to breathe over the steams of warm water and vinegar; or an emollient decoction, and emollient cataplasms or fomentations may be applied round his neck. If the symptoms do not abate, a blistering plaster may be applied round the neck, or between the shoulders, and the child may take frequently a table spoonful of the following julep: Take penny royal water three ounces, syrup of althea and of poppies, each an ounce, mix them together.

* *In this disease, bleeding is not always proper; but in very full habits it must certainly be of use.*

Asafœtida is found to have a good effect in this case. It may be both given in form of clyster, and taken by the mouth. Two drams of asafœtida may be dissolved in one ounce of Mindererus's spirit, and three ounces of penny-royal water. A table-spoonful of this mixture may be given every hour, or oftener, if the patient's stomach be able to bear it. If the child cannot be brought to take this medicine, two drams of the asafœtida may be dissolved in a common clyster, and administered every six or eight hours, till the violence of the disease abates*.

To prevent a return of the disorder, all those things which occasion it must be carefully avoided; as weet feet, cold, damp, easterly winds, &c. Children who have had frequent returns of this disease, or whose constitutions seem to dispose them to it, ought to have their diet properly regulated; all food that is viscid or hard of digestion, and all crude, raw, trashy fruits, are to be avoided. They ought likewise to have a drain constantly kept open in some part of their body, by means of a seton or issue. I have sometimes known a Burgundy-pitch plaster, worn continually between the shoulders for several years, have a very happy effect in preventing the return of this dreadful disorder.

OF TEETHING.

Dr. Arbuthnot observes, that above a tenth part of infants die in teething, by symptoms proceeding from the irritation of the tender nervous parts of the jaws, occasioning inflammations, fevers, convulsions, grangrenes, &c. These symptoms are in a great measure owing to the delicacy and exquisite sensibility of the nervous system at this time of life, which is too often increased by an

* *I was lately favoured with a letter from Dr. William Turnbull in London, a physician of great experience, and who, from his former situation on the north-east coast of England, had many opportunities of observing the symptoms and progress of this dangerous disease. I am sorry the letter came too late to be inserted at length; but as the Doctor's sentiments differs very little from my own, this misfortune is the less to be regretted. The Doctor indeed observes, that he never found blistering of any service; but recommends cataplasms of garlic, camphire, and Venice treacle, to be applied both to the throat and soles of the feet. He likewise recommends boluses of camphire, castor, valerian root, salt of hartshorn, and musk, adapted to the age, strength, &c. of the patient, after which he advises two spoonfuls of the following decoction:—Take of garlic and distilled vinegar each an ounce, hysop-water eight ounces; beat up the ingredients together, gradually mixing the water, and adding three ounces of honey. Let the whole be simmered over a gentle fire, and afterwards strained for use.*

effeminate education. Hence it comes to pafs, that children who are delicately brought up, always fuffer moft in teething, and often fall by convulfive diforders.

About the fixth or feventh month the teeth generally begin to make their appearance; firft the *incifores*, or fore-teeth; next, the *canini* or dog teeth; and, laftly, the *molares*, or grinders. About the feventh year, there comes a new fet; and about the twentieth, the two inner grinders, called *dentis fapientiæ*, the teeth of wifdom.

Children about the time of cutting their teeth, flaver much, and have generally a loofenefs. When the teething is difficult, efpecially when the dog-teeth begin to make their way through the gums, the child has ftartings in his fleep, tumours of the gums, watchings, gripes, green ftools, the thrufh, fever, difficult breathing, and convulfions.

Difficult teething requires nearly the fame treatment as an inflammatory difeafe. If the body be bound, it muft be opened either by emollient clyfters or gentle purgatives; as manna, *magnefia alba*, rhubarb, fenna, or the like. The food fhould be light, and in fmall quantity; the drink plentiful, but weak and diluting, as infufions of balm, or of the lime-tree flowers; to which about a third or fourth part of milk may be added.

If the fever be high, bleeding will be neceffary; but this in very young children ought always to be fparingly performed. It is an evacuation which they bear the worft of any. Purging, vomiting, or fweating, agree much better with them, and are generally more beneficial. Harris, however obferves, that, when an inflammation appears, the phyfician will labour in vain, if the *cure* be not begun with applying a leeche under each ear. If the child be feized with convulfion fits, a blittering-plafter may be applied between the fhoulders, or one behind each ear.

Sydenham fays, that in fevers occafioned by teething, he never found any remedy fo effectual as two, three, or four drops of fpirits of hartthorn in a fpoonful of fimple water, or other convenient vehicle, given every four hours. The number of dofes may be four, five, or fix. I have often prefcribed this medicine with fuccefs, but always found a larger dofe neceffary. It may be given from five drops to fifteen or twenty, according to the age of the child, and, when coftivenefs does not forbid it, three or four drops of laudanum may be added to each dofe.

In Scotland, it is very common, when children are cutting their teeth, to put a fmall Burgundy-pitch plafter between their fhoulders. This generally eafes the tickling cough which attends teething, and is by no means a ufelefs application. When the teeth are cut with difficulty, it ought to be kept on during the whole time of teething. It may be enlarged as occafion requires, and ought to be renewed at leaft once a fortnight.

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Several things have been recommended for rubbing the gums, as oils, mucilages, &c. but from these much is not to be expected.—If any thing of this kind is to be used, we would recommend a little fine honey, which may be rubbed on with the finger three or four times a-day. Children are generally at this time disposed to chew whatever they get into their hands. For this reason they ought never to be without somewhat that will yield a little to the pressure of their gums, as a crust of bread, a wax candle, a bit of liquorice root, or such like.

With regard to cutting the gums, we have seldom known it of any great benefit. In obstinate cases, however, it ought to be tried. It may be performed by the finger nail, the edge of a six-penny piece that is worn thin, or any sharp body which can be with safety introduced into the mouth; but the lancet, in a skilful hand, is certainly the most proper.

In order to render the teething less difficult, parents ought to take care that their children's food be light and wholesome, and that their nerves be braced by sufficient exercise without doors, the use of the cold bath, &c. Were these things duly regarded, they would have a much better effect than *teething necklaces*, or other nonsensical amulets worn for that purpose.

OF THE RICKETS.

This disease generally attacks children between the age of nine months and two years. It appeared first in England about the time when manufactures began to flourish, and still prevails most in towns where the inhabitants follow sedentary employments, by which means they neglect either to take proper exercise themselves, or to give it to their children.

CAUSES.—One cause of the rickets is diseased parents. Mothers of a weak relaxed habit, who neglect exercise, and live upon weak watery diet, can neither be expected to bring forth strong and healthy children, or to be able to nurse them after they are brought forth. Accordingly we find, that the children of such women generally die of the rickets, the scrophula, consumptions, or such like diseases. Children begotten by men in the decline of life, who are subject to the gout, the gravel, or other chronic diseases, or who have been often affected with the venereal disease in their youth, are likewise very liable to the rickets.

Any disorder that weakens the constitution, or relaxes the habit of children, as the small-pox, measles, teething, the hooping cough, &c. disposes them to this disease. It may likewise be occasioned by improper diet, as food that is either too weak or watery, or so viscid that the stomach cannot digest it.

Bad nursing is the chief cause of this disease. When the nurse is

either diſeaſed, or has not enough of milk to nouriſh the child, it cannot thrive. But children ſuffer oftener by want of care in nurſes than want of food. Allowing an infant to lie or ſit too much, or not keeping it thoroughly clean in its clothes, has the moſt pernicious effects.

The want of free air is likewiſe very hurtful to children in this reſpect. When a nurſe lives in a cloſe ſmall houſe, where the air is damp and confined, and is too indolent to carry her child abroad into the open air, it will hardly eſcape this diſeaſe. A healthy child ſhould always be in motion, unleſs when aſleep: if it be ſuffered to lie, or ſit, inſtead of being toſſed and dandled about, it will not thrive.

SYMPTOMS.—At the beginning of this diſeaſe the child's fleſh grows ſoft and flabby, its ſtrength is diminiſhed, it loſes its wonted cheerfulneſs, looks more grave and commpoſed than is natural for its age, and does not chooſe to be moved. The head and belly become too large in proportion to the other parts; the face appears full, and the complexion florid. Afterwards the bones begin to be affected, eſpecially in the more ſoft and ſpungy parts. Hence the wriſts and ancles become thicker than uſual, the ſpine or back bone puts on an unnatural ſhape, the breaſt is likewiſe often deformed, and the bones of the arms and legs grow crooked. All theſe ſymptoms vary according to the violence of the diſeaſe. The pulſe is generally quick, but feeble; the appetite and digeſtion for the moſt part bad; the teeth come ſlowly and with difficulty, and they often rot and fall out afterwards. Rickety children generally have great acuteneſs of mind, and an underſtanding above their years. Whether this is owing to their being more in the company of adults than other children, or to the preternatural enlargement of the brain, is not material.

REGIMEN.—As this diſeaſe is always attended with evident ſigns of weakneſs and relaxation, our chief aim in the cure muſt be to brace and ſtrengthen the ſolids, and to promote digeſtion and the due preparation of the fluids. Theſe important ends will be beſt anſwered by wholeſome nouriſhing diet, ſuited to the age and ſtrength of the patient, open dry air, and ſufficient exerciſe. If the child has a bad nurſe, who either neglects her duty, or does not underſtand it, ſhe ſhould be changed. If the ſeaſon be cold, the child ought to be kept warm; and when the weather is hot, it ought to be kept cool: as ſweating is apt to weaken it, and too great a degree of cold has the ſame effect. The limbs ſhould be rubbed frequently with a warm hand, and the child kept as cheerful as poſſible.

The diet ought to be dry and nouriſhing, as good bread, roaſted fleſh, &c. Biſcuit is generally reckoned the beſt bread; and pi-

geons, pullets, veal, rabbits, or mutton roasted or minced, are the most proper flesh. If the child be too young for flesh meats, he may have rice, millet, or pearl barley boiled with raisins, to which may be added a little wine and spice. His drink may be good claret, mixed with an equal quantity of water. Those who cannot afford claret, may give the child now and then a wine glass of mild ale, or good porter.

MEDICINE.—Medicines are here of little avail. The disease may often be cured by the nurse, but seldom by the physician. In children of a gross habit, gentle vomits and repeated purges of rhubarb, may sometimes be of use, but they will seldom carry off the disease; that must depend chiefly upon such things as brace and strengthen the system: for which purpose, besides the regimen mentioned above, we would recommend the cold bath, especially in the warm season. It must however be used with prudence, as some rickety children cannot bear it. The best time for using the cold bath is in the morning, and the child should be well rubbed with a dry cloth immediately after he comes out of it.—If the child should be weakened by the cold bath, it must be discontinued.

Sometimes issues have been found very beneficial in this disease. They are peculiarly necessary for children who abound with gross humours. An infusion of the Peruvian bark in wine or ale would be of service, were it possible to bring children to take it. We might here mention many other medicines which have been recommended for the rickets; but as there is far more danger in trusting to these than in neglecting them altogether, we choose rather to pass them over, and to recommend a proper regimen, as the thing chiefly to be depended on.

OF CONVULSIONS.

Though more children are said to die of convulsions than of any other disease, yet they are for the most part only a symptom of some other malady. Whatever greatly irritates or stimulates the nerves, may occasion convulsions. Hence infants whose nerves are easily affected, are often thrown into convulsions by any thing that irritates the alimentary canal; likewise by teething, strait clothes, the approach of the small-pox, measles, or other eruptive diseases.

When convulsions proceed from an irritation of the stomach or bowels, whatever clears them of their acrid contents, or renders these mild and inoffensive, will generally perform a cure: wherefore, if the child be costive, the best way will be to begin with a clyster, and afterwards to give a gentle vomit, which may be repeated occasionally, and the body in the mean time kept open by

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gentle doses of *magnesia alba*, or small quantities of rhubarb mixed with the powder of crab's claws.

Convulsions which precede the eruptions of the small-pox or measles, generally go off upon these making their appearance. The principal danger in this case arises from the fears and apprehensions of those who have the care of the patient. Convulsions are very alarming, and something must be done to appease the affrighted parents, nurses, &c. Hence the unhappy infant often undergoes bleeding, blistering, and several other operations, to the great danger of its life, when a little time, bathing the feet in warm water, and throwing in a mild clyster, would have set all to rights.

When convulsion fits arise from the cutting of teeth, besides gentle evacuations, we would recommend blistering, and the use of antispasmodic medicines, as the tincture of soot, asafœtida, or castor. A few drops of any of these may be mixed in a cup of white wine whey, and given occasionally.

When convulsions proceed from any external cause, as the pressure occasioned by strait clothes, bandages, &c. these ought immediately to be removed; though in this case taking away the cause will not always remove the effect, yet it ought to be done. It is not likely that the patient will recover, as long as the cause which first gave rise to the disorder continues to act.

When a child is seized with convulsions without having any complaint in the bowels, or symptoms of teething, or any rash or other discharge which has been suddenly dried up; we have reason to conclude that it is a primary disease, and proceeds immediately from the brain. Cases of this kind, however, happen but seldom, which is very fortunate, as little can be done to relieve the unhappy patient. When a disease proceeds from an original fault in the formation or structure of the brain itself, we cannot expect that it should yield to medicine. But as this is not always the cause, even of convulsions which proceed immediately from the brain, some attempts should be made to remove them. The chief intention to be pursued for this purpose, is to make some derivation from the head, by blistering, purging, and the like. Should these fail, issues or seions may be put in the or between the shoulders.

OF WATER IN THE HEAD.

Though water in the head, or a dropsy of the brain, may affect adults as well as children, yet, as the latter are more peculiarly liable to it, we thought it would be most proper to place it among the diseases of infancy.

CAUSES.—A dropsy of the brain may proceed from injuries done to the brain itself by falls, blows, or the like; it may likewise proceed from an original laxity or weakness of the brain; from

ſcirrhus tumours or excreſcences within the ſkull; a thin watery ſtate of the blood; a diminiſhed ſecretion of urine; and laſtly, from tedious and lingering diſeaſes, which waſte and conſume the patient.

SYMPTOMS.—This diſeaſe has at firſt the appearance of a ſlow fever, the patient complains of a pain in the crown of his head, or over his eyes, he ſhuns the light, is ſick, and ſometimes vomits, his pulſe is irregular and generally low, though he ſeems heavy and dull, yet he does not ſleep, he is ſometimes delirious, and frequently ſees objects double; towards the end of this commonly fatal diſeaſe, the pulſe becomes more frequent, the pupils are generally dilated, the cheeks flushed, the patient becomes comatoſe, and convulſions enſue.

MEDICINE.—No medicine has hitherto been found ſufficient to carry off a dropſy of the brain. It is laudable, however, to make ſome attempts, as time or chance may bring many things to light, of which at preſent we have no idea. The medicines generally uſed are, purges of rhubarb or jalap with calomel, and bliſtering-plaſters applied to the neck or back part of the head. To which we would beg leave to add diuretics, or medicines which promote the ſecretion of urine, ſuch as are recommended in the common dropſy. A diſcharge from the noſe ought likewiſe to be promoted by cauſing the patient to ſnuff the powder of aſarum, white hellebore, or the like.

Some practitioners have of late pretended to cure this diſeaſe by the uſe of mercury. I have not been ſo happy as to ſee any inſtances of a cure being performed in a confirmed dropſy of the brain, but in ſo deſperate a malady every thing deſerves a trial*.

CHAP. L.

OF SURGERY.

TO deſcribe all the operations of ſurgery, and to point out the different diſeaſes in which theſe operations are neceſſary, would extend this article far beyond the limits allotted to it, we muſt therefore confine our obſervations to ſuch caſes as moſt generally occur, and in which proper aſſiſtance is either not aſked, or not always to be obtained.

* *Our reaſon why this diſeaſe is ſeldom or never cured, may be, that it is ſeldom known till too far advanced to admit of remedy. Did parents watch the firſt ſymptoms, and call a phyſician in due time, I am inclined to think that ſomething might be done. But theſe ſymptoms*