

wards his body may be kept open by clysters, and the expectoration promoted by taking every four hours two table spoonsful of the solution mentioned above.

When an inflammation of the breast does not yield to bleeding, blistering, and other evacuations, it commonly ends in a suppuration, which is more or less dangerous, according to the part where it is situated. When this happens in the pleury, it sometimes breaks outwardly, and the matter is discharged by the wound.

When the suppuration happens within the substance or body of the lungs, the matter may be discharged by expectoration; but if the matter floats in the cavity of the breast, between the pleura and the lungs, it can only be discharged by an incision made betwixt the ribs.

If the patient's strength does not return after the inflammation is to all appearance removed; if his pulse continues quick though soft, his breathing difficult and oppressed; if he has cold shivering at times, his cheeks flushed, his lips dry; and if he complains of thirst and want of appetite, there is reason to fear a suppuration, and that a phthisis or consumption of the lungs will ensue. We shall therefore next proceed to consider the proper treatment of that disease.

CHAP. XVIII.

OF CONSUMPTIONS.

A CONSUMPTION is a wasting or decay of the whole body from an ulcer, tubercles, or concretions of the lungs, an empyema, a nervous atrophy, or cachexy.

Dr. Arbuthnot observes, that in his time consumptions made up above one tenth part of the bills of mortality in and about London. There is reason to believe they have rather increased since, and we know from experience, that they are not less fatal in some other towns of England than in London.

Young persons, between the age of fifteen and thirty, of a slender make, long neck, high shoulders, and flat breasts, are most liable to this disease.

Consumptions prevail more in England than in any other part of the world, owing perhaps to the great use of animal food and malt liquors, the general application to sedentary employments, and the great quantity of pit-coal which is there burnt; to which we may add the perpetual changes in the atmosphere, or variableness of the weather.

CAUSES.—It has already been observed, that an inflammation of the breast often ends in an imposthume: consequently whatever disposes people to this disease must likewise be considered as a cause of consumption.

Other diseases, by vitiating the habit, may likewise occasion consumptions; as the scurvy, the scrophula or king's evil, the venereal disease, the asthma, small-pox, measles &c.

As this disease is seldom cured, we shall endeavour the more particularly to point out its causes, in order that people may be enabled to avoid it. These are:

—Confined or unwholesome air. When this fluid is impregnated with the fumes of metals or minerals, it proves extremely hurtful to the lungs, and often corrodes the tender vessels of that necessary organ.

—Violent passions, exertions, or affections of the mind; as grief, disappointment, anxiety, or close application to the study of abstruse arts or sciences.

—Great evacuations; as sweating, diarrhœas, diabetes, excessive venery, the fluor albus, an over-discharge of the menstrual flux, giving suck too long, &c.

—The sudden stoppage of customary evacuations; as the bleeding piles, sweating of the feet, bleeding at the nose, the menses, issues, ulcers, or eruptions of any kind.

—Injuries done to the lungs, calculi, &c. I lately saw the symptoms of a phthisis occasioned by a small bone sticking in the *bronchæ*. It was afterwards vomited along with a considerable quantity of purulent matter, and the patient, by a proper regimen and the use of the Peruvian bark, recovered.

—Making a sudden transition from a hot to a very cold climate, change of apparel, or whatever greatly lessens the perspiration.

—Frequent and excessive debaucheries. Late watching, and drinking strong liquors, which generally go together, can hardly fail to destroy the lungs. Hence the *bon companion* generally falls a sacrifice to this disease.

—Infection. Consumptions are likewise caught by sleeping with the diseased; for which reason this should be carefully avoided. It cannot be of great benefit to the sick, and must hurt those in health.

—Occupations in life. Those artificers who sit much, and are constantly leaning forward, or pressing upon the stomach, and breast, as cutlers, tailors, shoe-makers, seamstresses, &c. often die of consumptions. They likewise prove fatal to singers, and all who have occasion to make frequent and violent exertions of the lungs.

—Cold. More consumptive patients date the beginning of their disorders from wet feet, damp beds, night air, wet clothes, or catching cold after the body had been heated, than from all other causes.

Sharp, saline, and aromatic aliments, which heat and inflame the blood, are likewise frequently the cause of consumptions.

We shall only add, that this disease is often owing to an hereditary taint, or a scrophulous habit; in which case it is generally incurable.

SYMPTOMS.—This disease generally begins with a dry cough, which often continues for some months. If a disposition to vomit after eating be excited by it, there is still greater reason to fear an approaching consumption. The patient complains of a more than usual degree of heat, a pain and oppression of the breast, especially

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after motion; his spittle is of a saltish taste, and sometimes mixed with blood. He is apt to be sad; his appetite is bad, and his thirst great. There is generally a quick, soft, small pulse; though sometimes the pulse is pretty full, and rather hard. These are the common symptoms of a beginning consumption.

Afterwards the patient begins to spit a greenish, white, or bloody matter. His body is extenuated by the hectic fever, and colliquative sweats, which mutually succeed one another, viz. the one towards night, and the other in the morning. A looseness and an excessive discharge of urine are often troublesome symptoms at this time, and greatly weaken the patient. There is a burning heat in the palms of the hands, and the face generally flushes after eating; the fingers become remarkably small, the nails are bent inwards, and the hair falls off.

At last the swelling of the feet and legs, the total loss of strength, the sinking of the eyes, the difficulty of swallowing, and the coldness of the extremities, shew the immediate approach of death, which however the patient seldom believes to be so near. Such is the usual progress of this fatal disease, which, if not early checked, commonly sets all medicine at defiance.

REGIMEN.—On the first appearance of a consumption, if the patient lives in a large town, or any place where the air is confined, he ought immediately to quit it, and to make choice of a situation in the country, where the air is pure and free. Here he must not remain inactive, but take every day as much exercise as he can bear.

The best method of taking exercise is to ride on horseback, as this gives the body a great deal of motion without much fatigue. Such as cannot bear this kind of exercise, must make use of a carriage. A long journey, as it amuses the mind by a continual change of objects, is greatly preferable to riding the same ground over and over. Care however must be taken to avoid catching cold from wet clothes, damp beds, or the like. The patient ought always to finish his ride in the morning, or at least before dinner; otherwise it will oftener do harm than good.

It is a pity those who attend the sick seldom recommend riding in this disease till the patient is either unable to bear it, or the malady has become incurable. Patients are likewise apt to trifle with every thing that is in their own power. They cannot see how one of the common actions of life should prove a remedy in an obstinate disease, and therefore they reject it, while they greedily hunt after relief from medicine, merely because they do not understand it.

Those who have strength and courage to undertake a pretty long sea voyage, may expect great advantage from it. This to my knowledge has frequently cured a consumption after the patient was to all appearance, far advanced in that disease, and where medicine had proved ineffectual. Hence it is reasonable to conclude, that if a voyage were undertaken in due time, it would seldom fail to perform a cure. But physicians seldom order it till the disease is too far advanced, and frequently the patient cannot go a voyage of sufficient length. The late Dr. Buchan said, "though I do not remember to

have seen one instance of a genuine consumption of the lungs cured by medicine, yet I have known a West India voyage work wonders in that dreadful disorder;" and that "a voyage of this kind, if taken in due time, will seldom fail to cure a consumption."

Such as try this method of cure ought to carry as much fresh provisions along with them as will serve for the whole time they are at sea. As milk is not easily obtained in this situation, they ought to live upon fruits, and the broth of chickens, or other young animals which can be kept alive on board. It is scarcely necessary to add, that such voyages should be undertaken, if possible, in the mildest season, and that they ought to be towards a warmer climate.

Those who have not courage for a long voyage, may travel into a more southern climate, as the south of France, Spain, or Portugal; and if they find the air of these countries agree with them, they should continue there at least till their health be confirmed.

Next to proper air and exercise, we would recommend a due attention to diet. The patient should eat nothing that is either heating or hard of digestion, and his drink must be of a soft and cooling nature. All the diet ought to be calculated to lessen the acrimony of the humours, and to nourish and support the patient. For this purpose he must keep chiefly to the use of vegetables and milk. Milk alone is of more value in this disease than the whole *materia medica*.

Asses' milk is commonly reckoned preferable to any other; but it cannot always be obtained; besides, it is generally taken in a very small quantity; whereas, to produce any effects, it ought to make a considerable part of the patient's diet. It is hardly to be expected, that a gill or two of asses' milk, drank in the space of twenty-four hours, should be able to produce any considerable change in the humours of an adult; and when people do not perceive its effects soon, they lose hope, and so leave it off. Hence it happens that this medicine, however valuable, very seldom performs a cure. The reason is obvious; it is commonly used too late, is taken in too small quantities, and is not duly persisted in.

I have known very extraordinary effects from asses' milk in obstinate coughs, which threatened a consumption of the lungs; and do verily believe, if used at this period, that it would seldom fail; but if it be delayed till an ulcer is formed, which is generally the case, how can it be expected to succeed?

Asses' milk ought to be drank, if possible, in its natural warmth, and by a grown person, in the quantity of half an English pint at a time. Instead of taking this quantity night and morning only, the patient ought to take it four times, or at least thrice a-day, and to eat a little light bread along with it, so as to make it a kind of meal.

If the milk should happen to purge, it may be mixed with old conserve of roses. When that cannot be obtained, the powder of crabs' claws may be used in its stead. Asses' milk is usually ordered to be drank warm in bed; but as it generally throws the patient in a sweat when taken in this way, it would perhaps be better to give it after he rises. Dr. Reid however observes, that "a peculiar antiphthisical property has been attributed to asses' milk. The only ad-

vantage that it has over cows' milk, consists in its being in a slight degree more easy of digestion." Mint water mixed with the latter will prevent its curdling in the stomach.

Some extraordinary cures in consumptive cases have been performed by women's milk. Could this be obtained in sufficient quantity, we would recommend it in preference to any other. It is better if the patient can suck it from the breast, than to drink it afterwards. I knew a man who was reduced to such a degree of weakness in a consumption, as not to be able to turn himself in bed. His wife was at that time giving suck, and the child happening to die, he sucked her breasts, not with a view to reap any advantage from the milk, but to give her ease. Finding himself, however, greatly benefited by it, he continued to suck her till he became perfectly well, and is at present a strong and healthy man.

Some prefer butter-milk to any other, and it is indeed a very valuable medicine, if the stomach be able to bear it. It does not agree with every person at first; and is therefore often laid aside without a sufficient trial. It should at first be taken sparingly, and the quantity gradually increased, until it comes to be almost the sole food. I never knew it succeed unless where the patient almost lived upon it.

Cows' milk is most readily obtained of any, and though it be not so easily digested as that of asses or mares, it may be rendered lighter, by adding to it an equal quantity of barley-water, or allowing it to stand for some hours, and afterwards taking off the cream.

If it should notwithstanding, prove heavy on the stomach, a small quantity of brandy or old rum, with a little sugar, may be added, which will render it both more light and nutritive.

It is not to be wondered, that milk should for some time disagree with his stomach that has not been accustomed to digest any thing but flesh and strong liquors, which is the case with many of those who fall into consumptions. We do not however advise those who have been accustomed to animal food and strong liquors to leave them off all at once. This might be dangerous. It will be necessary for such to eat a little once a day of the flesh of some young animal, or rather to use the broth made of chickens, veal, lamb, or such like. They ought likewise to drink a little wine made into negus, or diluted with twice or thrice its quantity of water, and to make it gradually weak till they can leave it off altogether.

These must be used only as preparatives to a diet consisting chiefly of milk and vegetables, such as rice and milk, or barley and milk, boiled with a little sugar, which is very proper food. Ripe fruits roasted, baked, or boiled, are likewise proper, as currant or gooseberry tarts, apples roasted, or boiled in milk.

The jellies, conserves, and preserves of ripe subacid fruits, ought to be eaten plentifully, as the jelly of currants, conserves of roses, preserved plumbs, cherries, or China oranges.

Wholesome air, proper exercise, and a diet consisting chiefly of these and other vegetables, with milk, is the only course that can be depended on in a beginning consumption. If the patient has strength

and sufficient resolution to persist in this course, he will seldom be disappointed of a cure.

In a populous town in England (Sheffield), where consumptions are very common, I have frequently seen consumptive patients, who had been sent to the country with orders to ride and live upon milk and vegetables, return in a few months quite plump, and free from any complaint. This indeed was not always the case, especially when the disease was hereditary, or far advanced; but it was the only method in which success was to be expected: where it failed, I never knew medicine succeed.

If the patient's strength and spirits flag, he must be supported by strong broths, jellies, and such like. Some recommend shell-fish in this disorder, and with some reason, as they are nourishing and restorative. I have often known persons of a consumptive habit, where the symptoms were not violent, reap great benefit from the use of oysters. They generally ate them raw, and drank the juice along with them. All the food and drink ought however to be taken in small quantities, lest an overcharge of fresh chyle should oppress the lungs, and too much accelerate the circulation of the blood.

The patient's mind ought to be kept as easy and cheerful as possible. Consumptions are often occasioned, and always aggravated, by a melancholy cast of mind; for which reason music, cheerful company, and every thing that inspires mirth, are highly beneficial. The patient ought seldom to be left alone, as brooding over his calamities is sure to render him worse.

MEDICINE.—Though the cure of this disease depends chiefly upon regimen and the patient's own endeavours, yet we shall mention a few things which may be of service in relieving some of the more violent symptoms.

In the first stage of a consumption, the cough may sometimes be appeased by bleeding; and the expectoration may be promoted by the following medicines. Take fresh squills, gum-ammoniac, and powdered cardamum seeds, of each a quarter of an ounce; beat them together in a mortar, and if the mass proves too hard for pills, a little of any kind of syrup may be added to it. This may be formed into pills of a moderate size, and four or five of them taken twice or thrice a-day, according as the patient's stomach will bear them.

The *lac ammoniacum*, or milk of gum-ammoniac, as it is called, is likewise a proper medicine in this stage of the disease. It may be used as directed in the pleurisy.

A mixture made of equal parts of lemon-juice, fine honey, and syrup of poppies, may likewise be used. Four ounces of each of these may be simmered together in a saucepan, over a gentle fire and a table-spoonful of it taken at any time when the cough is troublesome.

It is common in this stage of the disease to load the patient's stomach with oily and balsamic medicines. These, instead of removing the cause of the disease, tend rather to increase it by heating the blood, while they pall the appetite, relax the solids, and prove every way hurtful to the patient. Whatever is used for removing the cough,

besides riding and other proper regimen, ought to be medicines of sharp and cleansing nature; as oxymeal, syrup of lemon, &c.

Acids seem to have peculiarly good effects in this disease; they both tend to quench the patient's thirst and to cool the blood. The vegetables' acids, as apples, oranges, lemons, &c. appear to be the most proper. I have known patients suck the juice of several lemons every day with manifest advantage, and would for this reason recommend acid vegetables to be taken in as great a quantity as the stomach will bear them.

For the patient's drink, we would recommend infusions of the bitter plants, as ground-ivy, the lesser centaury, camomile flowers, or water-trefoil. These infusions may be drank at pleasure. They strengthen the stomach, promote digestion, and at the same time answer all the purposes of dilution, and quench the thirst much better than things that are luscious or sweet. But if the patient spits blood, he ought to use for his ordinary drink, infusions or decoctions of the vulnerary roots and plants. [See a formula in the Appendix.]

There are many other mucilaginous plants and seeds, of a healing and agglutinating nature, from which decoctions or infusions may be prepared with the same intention; as the orches, the quince-seed, coltsfoot, linseed, sarsaparilla, &c. It is not necessary to mention the different ways in which these may be prepared. Simple infusion or boiling is all that is necessary, and the dose may be at discretion.

The conserve of roses is here peculiarly proper. It may either be put into the decoction above prescribed, or eaten by itself. No benefit is to be expected from trifling doses of this medicine. I never knew it of any service, unless where three or four ounces at least were used daily for a considerable time. In this way I have seen it produce very happy effects, and would recommend it wherever there is a discharge of blood from the lungs.

When the spitting up of gross matter, oppressions of the breast, and the hectic symptoms, shew that an imposthume is formed in the lungs, we would recommend the Peruvian bark, that being the only drug which has any chance to counteract the general tendency which the humours then have to putrefaction.

An ounce of the *cinchona* in powder may be divided into eighteen or twenty doses, of which one may be taken every three hours through the day, in a little syrup, or a cup of the patient's ordinary drink; for which we recommend tea made of equal parts of coltsfoot leaves and horehound.

If the bark should happen to purge, it may be made into an electuary, with the conserve of roses, thus: Take old conserve of roses a quarter of a pound, Peruvian bark half an ounce, syrup of orange or lemon, as much as will make it the consistence of honey. This quantity will serve the patient four or five days, and may be repeated as there is occasion.

Such as cannot take the bark in substance, may infuse it in cold water. This seems to be the best menstruum for extracting the virtues of that drug. Half an ounce of bark in powder may be infused for twenty-four hours in half an English pint of water. Afterwards

let it be passed through a fine strainer, and an ordinary tea-cupful of it taken three or four times a-day.

We would not recommend the bark while there are any symptom of an inflammation of the breast; but when it is certainly known the matter is collected there, it is one of the best medicines which can be used. Few patients indeed have resolution enough to give Peruvian bark a fair trial at this period of the disease, otherwise we have reason to believe that some benefit might be reaped from it.

When it is evident that there is an imposthume in the breast, and the matter can neither be spit up nor carried off by absorption, the patient must endeavour to make it break inwardly, by drawing in the steams of warm water or vinegar with his breath, coughing, laughing, or bawling aloud, &c. When it happens to burst within the lungs, the matter may be discharged by the mouth. Sometimes indeed the bursting of the vomica occasions immediate death by suffocating the patient. When the quantity of matter is great, and the patient's strength exhausted, this is commonly the case. At any rate the patient is ready to fall into a swoon, and should have volatile salts or spirits held to his nose.

If the matter discharged be thick, and the cough and breathing become easier, there may be some hopes of a cure. The diet at this time ought to be light but restorative, as chicken-broths, sago-gruel, rice-milk, &c. the drink, butter-milk or whey, sweetened with honey. This is likewise a proper time for using *cinchona* (the Peruvian bark), which may be taken as directed above.

If the vomica or imposthume should discharge itself into the cavity of the breast, between the pleura and the lungs, there is no way of getting the matter out but by an incision, as has already been observed. As this operation must always be performed by a surgeon, it is not necessary here to describe it. We shall only add, that it is not so dreadful as people are apt to imagine, and that it is the only chance the patient in this case has for his life.

☞ The preceding plan of treating consumptions having been recommended by the late Dr. Buchan, with scarcely any variation, for upwards of five and twenty years, we shall subjoin an account of some methods of cure that have been more recently proposed by gentlemen, who, like him, have endeavoured to make themselves useful in their beneficent profession.

In the year 1679, an Inaugural Thesis or Dissertation was published by J. T. P. CHRIS. EBELLING, entitled "DE LICHEN ISLANDICUS," a plant described by our celebrated botanists Ray, Morrison, Hudson, and Lightfoot; also by Linnæus and other foreign writers. Dr. Ebelling informed us, that in some of the northern countries, (Iceland, Russia, &c.) *lichen islandicus*, or Iceland moss, is used, not only as a medicine, but as an article of diet; from the mild, nutritious qualities of which it is evidently possessed, we may account for the good effects which had been said to be derived from it in cases of emaciation and in consumptive disorders, and which, at the time

above mentioned, had been confirmed by the testimony of many accurate observers.

The lichen is purely and to a high degree mucilaginous; but notwithstanding this plant has been in great repute as a remedy both as aliment and a medicine in pulmonary complaints, and as a restorative in *tabes dorsalis*, it was scarcely noticed in the medical practice of this country until Drs. Crichton, Reece, and Regnault, lately recommended it to the public. We shall have reason to congratulate our readers, if future experience justify the high, we fear too flattering encomiums they have bestowed upon it, as having effected a cure in many cases of phthisis, which those gentlemen, and other writers on the continent, have adduced.

In order to obtain the virtues of the lichen islandicus, it must be infused in boiling water, to separate all the earthy particles which adhere to it, and to take off the bitterness which renders it disagreeable; after which it may be boiled in water, or milk, just as it is intended to employ the mucilage obtained in this manner either as food or medicine. It may be rendered more or less agreeable by the addition of honey or syrup.

To concentrate in some degree all the medicinal properties of the Iceland moss, a jelly is directed to be formed, by boiling six ounces of the lichen with three quarts of spring water for an hour; press the boiling decoction through a fine hair sieve, and then put it over a slow fire in a jelly-bason, and let it evaporate till it is reduced to a pint; then add six ounces of refined sugar, and evaporate the mixture till you have a pound of thick syrup, which, when cold, will assume the consistence of a jelly. Four to six table-spoonsful of this preparation is to be taken in the course of the day. As this anti-phthical remedy is pectoral, agglutinant, and demulcent, affording nutriment and support without producing inordinate irritation, it may be usefully employed as an auxiliary to more powerful remedies, especially while the patient is taking, under the direction of skill and prudence, any preparation of the Foxglove.

Some have given the Iceland liverwort, or moss, in the form of a decoction, made by boiling an ounce and a half in a quart of milk, *over a slow fire, exactly one quarter of an hour*; the dose six or eight table spoonsful, to be taken frequently in the day. If the milk disagree, water may be used in its stead; but care must be taken to boil it over a slow fire, and not more than fifteen minutes. Another medical practitioner directs two ounces of the herb (previously washed in cold water) to be boiled with a little liquorice in a quart of water to a pint and a half: a tea-cupful may be taken three times a day.

The Icelanders and many of the Dutch physicians use this herb in a state of powder, which is prepared by carefully freeing it from the little sticks and green moss that is generally gathered with it; and after being washed in cold water, re-dried in an oven gently heated, so as not to scorch it; then being ground, it must be passed through a fine sieve to deprive it of its fibrous parts, which are insoluble, and devoid of medicinal virtue. This farina may be taken in doses of a

quarter of an ounce or three drachms (two or three large tea spoonsful) boiled with half a pint of pure water or milk, which coincides with its virtues, and so far covers its bitter taste as to render it an agreeable breakfast, and an evening repast.

The real Iceland moss may be had at Mr. LABROW'S, chemist No. 128, St. John's Street, West Smithfield; of Mr. OGILVY, chemist, No. 147, Minories; and at some other respectable drug warehouses in London. Consumptive patients, who are so situated as to be unable to obtain the genuine plant, may employ the artificial asses' milk, or the decoction of marsh-mallows: an ounce or more of the dried root may be boiled in three pints of water to a quart; half an ounce of liquorice root may be added towards the end of the boiling. The strained liquor may either be drank alone, or used as a vehicle for other medicines; or the decoction may be boiled up with three pounds of fine sugar, and formed into a syrup, for obtunding and incassating acrimonious, thin fluids; in tickling coughs from defluxions on the lungs; in hoarseness; erosions of the stomach, intestines, and urinary organs; lubricating and relaxing the passages in calculous complaints.

Nature has furnished us with another variety of demulcent and mucilaginous vegetables in the Orchis Root, a plant that flourishes in various parts of Asia and Europe, and grows spontaneously and in great abundance in our own country. Salep is said to contain the greatest quantity of nourishment in the smallest bulk; and furnishes a cheap, wholesome, and restorative article of diet. The substance brought from the eastern countries under the name of salep, and recommended, like our orchis root, in bilious dysenteries, defluxions of the breast, consumption, diarrhoea, dysentery, strangury, and dysury, appears to be no other than the prepared roots of plants of the orchis kind: reduced into powder, they soften or dissolve, as it were, in boiling water, into a kind of mucilage, which may be diluted for use with water or milk. Salep retards the acetous fermentation of milk, and is consequently an useful ingredient for milk pottage, &c. especially in and near large towns, where the cows, being frequently fed with sour grains, must yield milk of an acescent quality.

Dr. Bourne has recently published a treatise in recommendation of Uva-Ursi, a plant that, having previously been employed with apparent success in certain disorders, which, like pulmonary consumption, are characterized by hectic fever, Dr. Bourne was induced to direct the powder of Uva-Ursi in cases both of genuine consumption and other disorders attended by hectic, in which cases it was attended by a greater or less degree of benefit to the patient, to whom the author mostly exhibited the *uva-ursi* in doses of eight to fifteen grains of the powder three times a-day.

A favorable change, the Doctor observes, generally occurs in the appearance of the urine after the remedy has been taken for a while: it is made in the natural quantity, is of the natural colour, and deposits no more sediment than urine in its healthy state. When the tongue is foul from hectic depending on phthisis, it becomes, if mistake not (says the author), either comparatively clean, or absolute.

ly so, under the influence of *uva-ursi*, excepting in deplorably advanced stages of the disease; and in proportion as the tongue becomes clean, there is a return of the proper desire and relish for food.

In the pituitous consumption of the lungs of aged patients, this medicine has proved beneficial; but in some other species of that intractable disease, we do not expect that an astringent which tends to restrain the secretions of morbid mucus from the lungs, can afford to those who are labouring under this malady any lasting relief. For their benefit we have inserted a formula in the Appendix for preparing artificial asses' milk, which may be taken alone, or combined with other medicines.

The common drink of consumptive patients may be either Bristol or Seltzer water, or fresh common whey. The dry vomit is sometimes serviceable; and in all cases of phthisis, suppuration may be prevented or restrained by issues, setons, or open blisters on the chest. Small repeated bleedings, suited to the strength of the patient and the degree of inflammation, are admissible. Good effects rarely attend the use of cinchona in this disease; but the colligative sweats may be moderated by the use of the diluted vitriolic acid, or the infusion of roses, inserted in the Appendix.

For abating the exacerbations of hectic fever, we have seen the most beneficial effects result from the use of the warm bath, and the exhibition of the Foxglove; these, Dr. Reid has well observed, claim a high rank in the scale of modern improvements. The utility of warm-bathing may perhaps be principally referred to three sources. It affords a grateful, mild, and uniform stimulus; insures cleanliness of the external surface; and preserves a freedom and regularity in cutaneous perspiration. When the tepid bath is employed, during the decided existence of hectic fever in particular, the proper time for immersion is about noon: the temperature of the water must be in a great measure regulated by the sensations and pulse of the patient. As a general rule, an appropriate warmth will be found in the range of 90 to 96 degrees of Fahrenheit's thermometer. The propriety of bathing on successive or alternate days must be determined by the actual and individual experience of the patient.

Foxglove diminishes the frequency of the pulse and the irritability of the system: it increases the action of the absorbent vessels and the discharge by urine; but advantage cannot be expected from an indiscriminate or incautious employment of this delicate and important instrument of medicine. To insure success in the administration of foxglove, great attention must be given to regulate the diet and regimen of the patient. The alvine discharges must be maintained with regularity, to obviate the irritation consequent upon a retention of feces. Every other artificial source of irritation must likewise be carefully avoided: ardent spirits, particularly in an undiluted form, are for the most part highly injurious. Those articles of food and drink should be resorted to which supply nutriment without inducing any considerable degree of irritation. A milk diet is generally and with propriety recommended. But the caution which, in the early stages of consumption requires to be most strenuously urged to give

effect to the beneficial operation of the medicine, and to prevent a confirmed consumption, is carefully to *preserve the feet from chill*; to avoid an exposure to sudden and partial variations of the atmosphere; to observe moderation in the indulgence of the appetite and passions; an equable warmth is as much as possible to be preserved; and all irritation, either corporeal or mental, carefully to be avoided.

Ten drops of the tincture of *foxglove* (see the Appendix) may generally be given in the first instance to an adult, which may be repeated, with a very gradual increase, to fifteen drops, two or three times in the course of the day, till the pulse be considerably reduced, or the irritability of the patient be in a great measure subdued.

As every hint that has a tendency to restrain the ravages of this formidable foe to the human race cannot fail to be acceptable to our readers, we must not conclude this subject without informing them, that Dr. Rush, professor of physic in the University of Pennsylvania, mentioned a few years ago, that he had succeeded in curing some cases of phthisis pulmonalis by the use of mercury, so as to excite a salivation. By a late communication from this gentleman, it appears that he continues to experience a great degree of success from the employment of this remedy, which, in the early stages of consumption, he looks upon as almost certain; while it has occasionally succeeded even in those cases that were far advanced: in the latter however, he finds it difficult to excite salivation.

A NERVOUS CONSUMPTION is a wasting or decay of the whole body without any considerable degree of fever, cough, or difficulty of breathing. It is attended with indigestion, general debility, wasting of the body, and want of appetite.

Those who are of a fretful temper, who indulge in spiritous liquors, or who breathe an unwholesome air, are most liable to this disease.

We would chiefly recommend for the cure of a nervous consumption a light and nourishing diet, plenty of exercise in a free open air, and the use of such bitters as brace and strengthen the stomach; as the Peruvian bark, gentian root, camomile, horehound, &c. These may be infused in water or wine, and a glass of it drank frequently.

It will greatly assist the digestion, and promote the cure of this disease, to take twice a day twenty or thirty drops of the elixir of vitriol in a glass of wine or water. The *wine of iron* (chalybeate wine) is likewise an excellent medicine in this case. It strengthens the solids, and powerfully assists Nature in the preparation of good blood.

Agreeable amusements, cheerful company, and riding about, are however preferable to all medicines in this disease. For which reason, when the patient can afford it, we would recommend a long journey of pleasure as the most likely means to restore his health.

What is called a *symptomatic consumption* cannot be cured without first removing the disease by which it was occasioned. Thus, when a consumption proceeds from the scrophula or king's evil, from the scurvy, the asthma, the venereal disease, &c. a due attention must be paid to the malady from whence it arises, and the regimen and medicine directed accordingly.

When *excessive evacuations* of any kind occasion a consumption,

they must not only be restrained, but the patient's strength must be restored by gentle exercise, nourishing diet, and generous cordials. Young and delicate mothers often fall into consumptions, by giving suck too long. As soon as they perceive their strength and appetite begin to fail, they ought immediately to wean the child, or provide another nurse, otherwise they cannot expect a cure.

Before we quit this subject, we would earnestly recommend it to all, as they wish to avoid consumptions, to take as much exercise without doors as they can; to avoid unwholesome air, and to study sobriety. Consumptions owe their present increase not a little to the fashion of sitting up late, eating hot suppers, and spending every evening over a bowl of hot punch or other strong liquors. These liquors, when too freely used, not only hurt the digestion, and spoil the appetite, but heat and inflame the blood, and set the whole constitution on fire.

Among the various domestic medicines which have been employed for the cure of what is called a *nervous atrophy*, we are warranted by experience to add, that few are better calculated to restore an emaciated frame than the salep-root, or meadow-orchis, and the jelly obtained from the red garden-smail. Two drams of the former in powder, boiled in a pint of whey to the consistence of a thick mucilage, ought to be taken twice a-day; and from six to eight of the latter, dissolved over a slow fire in equal quantities of milk and water, with the addition of a little cinnamon and sugar, should be used every morning. If the patient's appetite should be considerably impaired, he may begin with smaller doses: they may be imperceptibly increased, and mixed with the syrup of lemon-juice.

CHAP. XIX.

OF THE SLOW, OR NERVOUS FEVER.

NERVOUS fevers have increased greatly of late years in this island, owing doubtless to our different manner of living, and the increase of sedentary employments; as they commonly attack persons of a weak relaxed habit, who neglect exercise, eat little solid food, study hard, or indulge in spirituous liquors.

CAUSES.—Nervous fevers may be occasioned by whatever depresses the spirits, or impoverishes the blood; as grief, fear, anxiety, want of sleep, intense thought, living on poor watery diet, unripe fruits, cucumbers, melons, mushrooms, &c. They may likewise be occasioned by damp, confined, or unwholesome air. Hence they are very common in rainy seasons, and prove most fatal to those who live in dirty low houses, crowded streets, hospitals, jails, or such-like places.

Persons whose constitutions have been broken by excessive venery, frequent salivations, too free an use of purgative medicines, or any other excessive evacuations, are most liable to this disease.

Keeping on wet clothes, lying on the damp ground, excessive fatigue, and whatever obstructs the perspiration, or causes a spasmodic stricture of the solids, may likewise occasion nervous fevers. We shall