THE MANAGEMENT OF THE GOUT.

[Price One Shilling and Sixpence.]

THE

Old Man's Guide

TO

Health and Longer Life:

WITH

RULES for DIET, EXERCISE, and PHYSICK;

FOR

Preserving a good CONSTITUTION, and preventing Disorders in a bad one.

By Dr. HILL. 7

The FIFTH EDITION.

LONDON:

Printed for R. BALDWIN, in Pater-noster-Row, and J. RIDLEY in St. James's-Street. 1764.

[Price Six-pence.]

THE

Old MAN's GUIDE.

HEALTHFUL old age is the moſt valuable period of human life: Experience has rendered the antient more able than thoſe who have ſeen leſs, and felt leſs, to conduct themſelves and their deſcendants; and being freed from the empire of the paſſions, they enjoy quiet.

Philoſophy pretends to this condition; but age gives it truly: Whatever our heirs may think, it is worth preſerving; and in that ſenſe I write the preſent Treatiſe.

A hundred are cut off by diſorders which a good regimen might prevent, for one who dies of age, or its unavoidable effects: Many

fall by accidents, to one who is fairly called away by nature. The purpoſe here is to direct the means, by which theſe accidents may be avoided, and thoſe diſorders timely obviated.

Old mens diſeaſes are hard to cure; but eaſy to prevent. It muſt be a good natural fabrick which has preſerved itſelf ſo long; and the ſame ſtrength may keep it much longer well, under good regulation.

MODERATE diet and due exerciſe are the beſt guardians of health in all: but in the advanced period here conſidered there are two great preſervatives beſides; theſe are Eaſe, and Cheerfulneſs; both are the natural offspring of health; and they will continue the bleſſing to which they owe their origin.

IT is allowed, we know ſo little of nothing, as of ourſelves: it has been ſaid often of the mind, but is not leſs true of the body. Fancying we have diſeaſes will

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ſometimes bring them upon us: and there is as much danger in forcing ourſelves to believe, againſt our feeling, that we are well, when we have ſome diſorder.

To avoid both, let the old man read here with a free mind. Let him not ſuppoſe, becauſe God has bleſſed him with long health, he is above the reach of ſickneſs; nor neglect the care which may conquer, in its beginning, a diſeaſe that would in the end conquer him. Let him be as ready to acknowledge real diſorders, as careful to avoid imaginary.

Health conſiſts in a good digeſtion of the food; and free circulation of the blood. The appetite, and the condition of the ſtomach after eating will ſhew the firſt; and the latter may be known beſt by the pulſe.

That old perſon's digeſtion is good, who has a ſharp but not voracious appetite; and who feels no pain nor ſickneſs after meals. To preſerve this let him be content with

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leſs than he could eat. To keep the ſto-mach in order, do not overload it.

The beſt time to feel the pulſe is in a morning; a little after getting up, and before breakfaſt. It ſhould be a rule never to omit this examination. A conſtant and regular attention to the pulſe will ſhew its ſlighteſt variations: and when any ſuch happen, care muſt be taken of the health.

There are methods of counting the ſtrokes by a watch; but the plain way is better.

A frequent examination will inform us what is the condition of our pulſe in health; and the deviations from this ſhew ſickneſs.

While an old man feels his pulſe regular, finds his digeſtion good, and with a mind at eaſe can take his uſual exerciſe freely, he may be certain he is well; and we ſhall tell him how to keep ſo: when a fault is ſeen in time 'tis eaſily remedy'd.

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If the pulſe beat too quick and high the diet muſt be lower; if too ſlow, and weak, the food muſt be ſomewhat richer. This ſhort direction will prevent diſeaſes.

Exerciſe has thro' the younger part of life been very inſtrumental in preſerving health: when we grow old we cannot uſe ſo much; and we muſt therefore be more careful in our diet. That will go off well with exerciſe, which will overload when quiet: that will nouriſh while we walk abroad, which, when we ſtay at home, breeds fevers.

We muſt not make this change of diet violently: for all ſudden alterations are dangerous. Our ſtrength for exerciſe will leave us by degrees; and we muſt reduce our food accordingly.

Old men are leaſt healthy in winter; they ſhould then be moſt careful. They are colder than the young; therefore cold more affects them: They will perceive the cold

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has hurt them, when they find the pulſe weaker and ſlower than uſual: and they muſt recover the new damage, by more warmth of cloathing; and a ſomewhat higher diet.

If perſpiration has been ſtop'd by the cold, and no other ill effect follow, it will be ſeen by the urine being paler, and more in quantity than uſual. In this caſe let flannel be put on carefully: this will reſtore the perſpiration, and the urine will come to its due colour and quantity. After that let the flannel be carefully left off again.

Health conſiſts in the evacuations having all their proper courſe and quantity; and flannel will diminiſh one as much as it encreaſes another.

No diſorder is more troubleſome to old men than coſtiveneſs: and the uſe of flannel improperly will ſometimes occaſion this.

A careful attention to health is the only way

way to preſerve it: many things are excellent when properly uſed, which may otherwiſe be deſtructive.

If the appetite fail, or wind oppreſs the ſtomach after meals, take more air, and exerciſe; and read or ſtudy leſs. Much ſtudy always hurts the digeſtion.

Light diet is moſt proper for aged perſons.

Beef and pork ſhould be avoided: for the ſtomach will rarely be able to digeſt theſe when it is not aſſiſted by exerciſe.

Lamb, veal, pig, chickens, and tame rabbet are excellent; and out of theſe, if there were no others, a tolerable management may produce ſufficient variety.

No aged perſon ſhould eat more than one meal of ſolid food in the day. The ſtomach will manage a dinner when breakfaſt and ſupper have been light: otherwiſe the load of one meal not being gone off

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before another is brought in, neither will be digeſted.

Dinner ſhould not be eaten too early, that the appetite may not be violent for ſupper: The older we grow, the more this ſhould be diminiſhed. This was the practice of Hippocrates; and by the obſervance of it Cornaro lived to his extreme age.

With reſpect to ſupper, the lighter it is the better: though we do not agree with thoſe who adviſe the omitting it intirely. Moderation is the rule of health. They were in the right who declared the miſchief of heavy ſuppers; but the poets have long ſince told us what ſort of people thoſe are, who, in avoiding a fault, ruſh into its contrary. There is a medium between a heavy ſupper and emptineſs; and that is beſt. Let the old man eat liquids; and of all liquid diets, thoſe which are partly compoſed of milk are beſt.

The digeſtive faculties in an old man

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are weak; but milk is in a manner ready digeſted. He wants an eaſy nouriſhment; and this affords it without loading the ſtomach, or oppreſſingit during the hours of reſt.

Aſſes milk is moſt eaſy of digeſtion: a pint of that, with a ſmall toaſt, eaten two hours before bed-time, will be nouriſhing, and ſit eaſy on the ſtomach. The value of aſſes milk is its lightneſs: that of the cow is richer and heavier. Thoſe who uſe the latter in the country, ſhould mix it firſt with an equal quantity of ſoft water: in London this care is unneceſſary, thoſe who ſell milk do it for them.

There are many other methods in which milk is proper: milk pottage, and thin rice milk, will give a variety. But ſome farther change need not be denied. Weak broths of veal, chicken, and mutton may be eat occaſionally; and Jellies honeſtly made at home, are proper, ſafe, and nouriſhing.

Theſe things will anſwer the purpoſe of nouriſhing, and moiſtening; for aged perſons are naturally too dry.

The breakfaſt is not very important. Thoſe who eat no ſupper are too hungry in a morning; and the ſtomach being loaded with what they take at that time, is the leſs able to digeſt a dinner. This is the reaſon we adviſe old perſons to eat ſuppers, of a right kind; theſe take off the edge of the morning's appetite, and there will remain juſt ſo much deſire to eat as will lead them to get ſomething into the ſtomach without loading it.

Men may faſt away their appetite; and their power of digeſtion goes with it. The conduct of the appetite regulates the health; and this is not enough regarded.

It is as eſſential not to keep the ſtomach empty, as not to overload it. Wind is the conſequence of emptyneſs, and this diſturbs its office. It ſhould be always kept at its due employment in advanced periods of life; and this by ſmall quantities of proper food.

Therefore

Therefore breakfasts, are as necessary as suppers. Only those who are troubled with phlegm should eat less at this meal than others. A cup of chocolate, not too strong, is a good breakfast. Coffee I cannot advise generally: but the exceptions against tea, are in a great measure groundless.

If the old man likes it he need not deny it to himself for breakfast. Let him use the plain green tea, of sixteen shillings a pound, and make it well; taking care the water boils, and allowing so much tea that it may be of sufficient strength without standing too long upon the leaves.

Let him drink three moderate cups, with a little sugar and a good deal of milk; and swallow it neither too hot, nor mawkishly cool. Let him eat with it a thin slice or two of good bread, with a little butter; and he will find it nourishing and excellent.

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The virtues of tea thus drank are as conſiderable as its bad qualities when ill managed. In this manner, it ſtrengthens the ſtomach, and aſſiſts digeſtion: it keeps the body from emptineſs without loading it: the appetite for dinner will be the better for it; and the digeſtion alſo more perfect. Tea in this quantity is ſufficient alſo for the great purpoſe of diluting; and it refreſhes the ſpirits more than any other liquid.

The beſt drink at meals is malt liquor, not too ſtrong; ſmall ale is better than table-beer, becauſe it will keep to a due time for ſafe uſe. A little wine is neceſſary to old men, and according to the conſtitution, and former manner of life, more may be born by ſome without inconvenience. And of all wines ſack is the beſt, if it can be obtained genuine.

As occaſion ſhall require the ſupper foods here directed may be uſed by way of dinner; and broths may alſo be neceſſary

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ſome times for breakfaſt. When the ſtomach cannot digeſt ſolids, theſe liquid nouriſhments muſt ſupply the place; and when more nouriſhing things are wanted, a broth breakfaſt is excellent. Vipers are extolled, but 'tis an idle fancy: I have found, on repeated tryals, broth of veal and chickens is better.

Every thing that is heavy, and hard of digeſtion, muſt be avoided: and tho' vegetables may be thought innocent, they will in ſome caſes prove hurtful.

Carrots are to be avoided, no old Stomach can digeſt them: potatoes are innocent; and parſnips are nouriſhing.

Sallads ſhould be ſhunned: cabbage, and all its kinds breed wind; but aſparagus is diuretick; and is excellent againſt that common old man's complaint, the gravel.

Bad cheeſe ſhould be avoided; and there is nothing worſe than eating to much butter:

ter: but very fine Cheſhire cheeſe, or the Parmezan in a ſmall quantity after other food, are not amiſs.

All ſharp taſted things, whether in food or drink, are carefully to be ſhunned. They cannot be neutral upon the ſtomach; and they are much more likely to do harm than good.

Fruits of a due ripeneſs, are innocent: but this is the beſt that can be ſaid of them; otherwiſe they hurt the ſtomach and often bring on dangerous cholicks.

Cucumbers, weaken the digeſtion, and greatly prevent the natural and neceſſary ſecretions.

The pine-apple, the moſt pleaſant of all fruits, is the moſt dangerous: its ſharpneſs fleas the mouth, and we know what effect uch a thing muſt have upon the ſtomach and bowels weakened by age. I have known it bring on bloody fluxes, which have

have been fatal. There are ſeveral kinds of this fruit, ſomewhat differing in quality; and a perfect degree of ripeneſs in a great meaſure takes off its bad effects: but theſe are nice diſtinctions; he who is wiſe will judge as he does of muſhrooms; where many are dangerous, avoid all.

Thoſe who are advanced in years ſhould be upon their guard againſt things as they are not accuſtom'd to. Let him who knows what agrees with him ſtick to that. Change is wrong, and it may be hazardous: and 'tis idle to run into the way of danger where there is no advantage.

Mixtures of food are bad; there is not a greater error than to eat of many diſhes at one meal.

Nothing contributes more to long life than good air: but it muſt not be bleak.

Many live to a great age in London where the air is foul; where we breathe ſmoak, and the mixt ſtench of a thouſand putrifying ſubſtances.

Let not him who has attained to a healthy threeſcore and ten there, think of leaving London, to continue his days to a longer period. They ſay uſe is ſecond nature. It becomes nature itſelf: and indifferent things, are better than ſudden changes. Several who have reached an uncommon Date of life, have periſhed by raſh alteration.

Too bleak an air is wrong; for bleak and cold are always found together. Cold air chills the blood, and in old men we want rather to warm it.

All hills are cold the warmeſt air of the country is that of vallies, ſheltered by riſing grounds; but this is uſually damp.

A gentle aſcent is beſt; and if there be a running water near, it is the better.

The ſoil alſo is of conſequence; and ſo is the expoſure. A clayey bottom is always cold, and the air about it raw and damp.

A clean gravel is the beſt of all. The air over this is warm, and naturally dry; for all rain ſoaks through it.

The north and north-eaſt winds are worſt for old men: let the deſcent of the ground therefore face the ſouth-weſt; and then the natural riſe will keep off the bleak and cold air from the oppoſite quarters. This may be aſſiſted alſo by plantations of trees; and thus the true ſeat of health and pleaſure may be ſo far eſtabliſhed.

The later in life ſuch a reſidence is choſen, the more carefully muſt the owner accuſtom himſelf to it: firſt in ſummer; and by degrees, and at times, at other periods of the year. An air thus choſen, will then give all the great articles age wants, appetite digeſtion, and a free circulation.

Exerciſe will be eaſy; and it will be pleaſant in ſuch a ſpot: but let this be under the regulation of good ſenſe. Nothing is better than walking; but let him never go out but when the air is in a condition to do him good, nor venture upon the ground but when it is dry.

No country houſe is without a garden; and the beſt part of this will be a good gravel walk. Let it be open to the ſouth-weſt, and well defended from the dangerous quarters. Let it be laid tolerably round, that the water may not lodge; and let it be kept well rolled, hard and ſmooth.

Let him never come upon it till the dew is off the graſs; and let the ſetting ſun be the laſt object he ſees there; even in the beſt weather.

Some hours of the warm part of the day, paſſed conſtantly on ſuch a walk, will add many years to life; and give health with them.

Riding is alſo a noble exerciſe; but the beſt hours of the day muſt be choſen for it.

In ſevere weather it is neceſſary to ride under ſhelter; and at all times to avoid damp or bleak places.

Many diverſions alſo afford excellent exerciſe, bowling is one: but the ſame care

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muſt be taken, of a proper time. A chariot may ſupply the place of a horſe to thoſe who are very feeble; and when even this is too much, there will be a great good in being driven along in a garden chair.

To ſuch as are fond of gardening, nothing affords ſo happy, or ſo conſtant exerciſe. We do not mean that they ſhould dig, or weed the ground: but uſe ſuch employment as will give exerciſe without labour; and ſuch as no hand will ſo well perform as that of the maſter. The trimming of ſhrubs, the management of eſpaliers, the thining of fruit and the following and overlooking other works.

The only danger is this it is too tempting. Let him who falls into it take an invariable reſolution, never to let his fondneſs for the garden carry him out too early, or keep him there too late.

The weather will ſometimes deny all theſe exerciſes; in this caſe, any buſtling about within doors, whether in the light of buſineſs, or amuſement, will be proper.

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The adjuſting an eſcritoire, or the new arranging the volumes in a book-caſe have often produced this good effect: and billiards or other ſtiring diverſions within doors, anſwer the ſame purpoſe.

To thoſe who are too weak for exerciſe, the beſt relief is a fleſh-bruſh; its effects are more than can be imagined. The great benefit of exerciſe is aſſiſting circulation, The fleſh-bruſh does this nearly as well; but it muſt be frequently repeated.

Waſhing the body with warm water and rubbing it very well with repeated dry cloths afterwards is alſo excellent. The warmth and moiſture here join in ſoftening the ſkin, and this is a great point, for it is apt to grow hard and dry with age.

Great care muſt be taken to avoid taking cold after this. The beſt time is evening in a warm bedchamber; and the bed ſhould be ready immediately, that the perſon may go into it while he is hot.

The hands and feet ſhould have their full ſhare in this, for circulation is weakeſt there.

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The warm bath anſwers, in ſome degree, this purpoſe; and will be ſpoken of hereafter: but it is rather to be uſed as a remedy than a preſervative; and we are here treating of old men in health.

The paſſions demand great regard in preſerving health. The circulation is greatly affected by them: and the nerves ſuffer more. I have often ſeen diſeaſes, and ſometimes immediate death the conſequence of giving a full ſcope to them.

In anger the pulſe is violent and hard; in grief faint and ſlow; terrors make it irregular; and ſhame impedes its motions.

Theſe are proofs of a diſordered circulation: and old men cannot bear this without hurt. Philoſophy teaches the governing our paſſions; and this is true wiſdom. The old man ſhould love himſelf too well to indulge them: it is not worth his while to be angry, Quiet is his buſineſs: and as he is paſt the fluttering pleaſures of youth, let him place himſelf above its troubles.

Good humour, and a ſatisfaction of mind

mind will give the aged many years. Diſcontent and diſturbance wear out nature.

Of all paſſions the old man ſhould avoid a fooliſh fondneſs for women. This never will ſolicit him, for nature knows her own time, and the appetite decays with the power: but if he ſolicit that which he cannot enjoy, he will diſturb his conſtitution more than by all other means whatever: and while he his ſhortening his life; and robing the poor remainder he allows of peace; he will be only making himſelf the jeſt of thoſe who ſeem to favour his ineffectual deſires.

Paſſion often ariſes from bodily diſorders madneſs is a diſeaſe: and violent paſſion is a temporary madneſs. It proceeds often from a redundance of humours; and medicines will cure it.

Let the old man conſider, he hurts himſelf more than others by his anger; and he will wiſh to be cured of its tyranny. Let him examine himſelf, whether it be a diſorder of his mind; and his phyſician, whether

whether it lie in the body. In the firſt caſe the remedy is philoſophy: in the latter, a few medicines will reſtore him to that temper, on which his life and happineſs depend.

Let him who is gloomy baniſh the fear of death by warmer foods, and wine.

A diſturb'd hurry of the ſpirits is always to be avoided: The blood and the nerves are diſorder'd by this more than by bodily motion. Exerciſe ceaſes abſolutely when 'tis over: but the ſtorms of the mind leave a ſwelling ſea, which ſtrength alone can calm: and in age this is faint.

No diſeaſe is more hurtful to weak old perſons than a purging: and I have ſeen this brought on inſtantly by a fit of paſſion. Medicines have attempted to relieve it in vain. That which would have been ſtop'd, if natural, by a ſpoonful of

chalk julep, has reduced the perſon to a ſkeleton; nay to death.

Joy, is, in a violent degree, as hurtful as the other paſſions: it hurries the circulation vehemently, and irregularly; it exhauſts the ſpirits; and has occaſioned ſudden death. It is a violence of youth; it belongs to that period of life: that can bear it; and to that let us leave it. Let the old man be as the quakers in this point; always chearful but never merry.

Laſt let the aged man combat with all his power that dangerous enemy covetouſneſs. Too great carefulneſs brings age before its time; and in age it brings death prematurely. The care of heaping up for others, when it ſhortens our own life, is more than any heir deſerves.

Sleep recruits nature, and reſtores the waſted ſpirits. This is neceſſary to all perſons; but to the aged moſt: becauſe they

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can leaſt bear the waſte of them. They may therefore indulge in it longer than the young.

Six hours is as long as a perſon in the prime of life ſhould ſleep; but in age eight or ten, are proper.

Let the old man go to bed early, that he may enjoy theſe hours of reſt without breaking in upon the morning. To go to bed at ten, and riſe at eight, is a good general leſſon.

If he do not reſt well any night, let him ſtill riſe at the ſame time the following day: and the next evening he will ſleep better. If not let him next day go into a warm bath; and indulge himſelf with a glaſs more wine, a little before bed time. This will take off his watchfulneſs; and he will ſink into the moſt pleaſing ſlumber.

Lying in bed in the morning, to make up for want of ſleep at night, is every way extreamly wrong. As nothing refreſhes

like ſeaſonable ſleep, nothing weakens more than long lying in bed in the day.

As ſoon as the old man wakes let him get up. He will be in ſpirits for the day. If he lies doſing, he will get into a weakening ſweat. He will be low ſpirited during the day; and watchful at night.

Upon the whole there is no pain in living regularly in old age; and the conſequence of it is certain: a longer life, and every day of it more agreeable.

The old man by good conduct often may prevent diſeaſes: but if he fall into them, let him not longer truſt to himſelf, but call in the phyſician. I have advis'd him how to preſerve health, and how to remedy general diſorders, ſo far as a due regimen can do it; but he muſt be an ill judge of the human frame, who will pretend to remedy its diſeaſes without knowledge in its ſtructure; and he would be a bad member of ſociety who gave ſuch advice.

Fulneſs

Fulneſs of blood brings on redundance of the other humours: they are ſeparated from the blood, and naturally encreaſe with it in quantity.

We know we have too much blood by theſe plain ſymptoms: the pulſe will be full ſtrong, and quick; the complexion ruddy; and the urine high coloured. The veins alſo will be ſwelled, and breathing difficult.

Too high feeding, and too little exerciſe cauſe this; and the plain remedy is more motion, and an abſtemious diet.

But this muſt not be ſudden. For all haſty alterations are dangerous. As it is ſlowly, let it be alſo regularly brought on. Nature will ſo be relieved in a ſatisfactory manner.

Firſt retrench one third part from the fleſh eaten at dinner; and let it be only of the

tender

tender and young meats and theſe well and thoroughly dreſs'd.

Riſe an hour before the uſual time, and every day encreaſe the quantity of exerciſe a little; but with care not to go out at improper hours to endanger taking cold. In getting rid of one evil let us not run into another. This fulneſs is a ſtate in which diſeaſes are eaſily brought on, and will be violent. Colds are moſt dangerous in this condition, and therefore are moſt carefully to be avoided.

The pulſe will ſhew whether this reduces the redundance. If it do not take effect in five days, it will be proper to be blooded. After this the ſame regimen will probably compleat the purpoſe, and there will be no need for medicines.

If this fail, the warm bath every other day will probably anſwer. 'Tis beſt to avoid medicines, if it can be done with ſafety: for they diſturb the conſtitution; and the

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beſt guard of the old mans health is quietneſs.

When old perſons fall into a waſteing and decay, it too often carries them off: but many may be ſaved by timely care, to whom no remedies will be of ſervice after a firſt neglect. While the ſtomach is able to digeſt any thing, there is hope; but when its power is loſt, both food and phyſick are vain.

When an old man perceives his fleſh waſting, and his ſtrength and ſpirits failing, let him take good nouriſhment, and adapt it carefully to the condition of his ſtomach.

If it be too ſtrong, or if he take too much, the digeſtive faculty, impaired by general weakneſs, cannot manage it; and he will haſten his death by ſuch a conduct.

The rule is to eat only innocent and nouriſhing things, and theſe often, but in moderate

derate quantities: chicken, young lamb and veal boiled down almoſt to jelly, are the proper foods.

Two hours before dinner, let him take half a pint of chicken broth; and as his ſtomack ſtrengthens, veal or mutton broth; and the ſame again one hour after his light dinner.

Let his breakfaſt be a yolk of an egg, beaten up with half a pint of aſſes milk, and a quarter of an ounce of conſerve of roſes: and his ſupper veal broth boiled almoſt to a jelly,

Every afternoon let him take half a pint of aſſes milk alone: and all this while there muſt be no violent evacuations. A purging would be deſtructive; and morning ſweats are very hurtful. Let him riſe early: and to compleat the cure, believe theſe methods well perform it. An eaſy mind will do more than food or phyſic.

Sharp

Sharp humours often trouble old perſons greatly. The firſt ſign of them is an uneaſineſs at the ſtomach; then comes on a want of appetite, with ſour belchings, cholic, purgings, and defluctions; thirſt, and a feveriſh diſpoſition.

The fault lies originally in the ſtomach: high ſauces, and bad wines, have generally been the cauſe. The firſt ſtep to a cure is to abſtain from theſe: and life depends upon it. To aggravate thoſe ſymptoms is to deſtroy the conſtitution utterly. Incurable fevers, or fatal purgings follow.

The beſt beginning is by a vomit: and after this the diet muſt be all of the mild and cooling kind. Every morning take two ſpoonfuls of ſyrup of ſnails made by bruiſing them with ſugar, and hanging them up in a flannel bag till the juice runs out. At meals, let the drink be a tea made of marſhmallow and liquorice-root, with one third part milk, drank juſt warm. If the ſkin grow yellow, or the white of the eyes ap-

pear of that colour, a dose of rhubarb once in three days will be needful. The best method of taking it is by chewing.

This is as much physick as we would have the old man use in such a case: the rest must be done by a proper regimen. Violent anger will increase this disorder; let him also banish fear: If he thinks himself in danger, he will bring it on.

He must never overload his stomach; nor suffer it to be quite empty. Once in about two hours he should swallow something. Jellies of hartshorn, are excellent; but they must be prepared at home: cheating is so easy, and the method with hartshorn only is so tedious, that few who make them for sale will do it fairly.

Often this complaint rises from a stoppage of perspiration particularly in the feet. The business then is to bring that on again by additional warmth: as by flannel socks and yarn stockings. This will in many cases alone per-

perform the cure; and in all others, where ſuch a ſtoppage has been a part of the cauſe, it will greatly aſſiſt the other methods.

The pulſe, which was at firſt too quick, will grow moderate as theſe cautions take place; and this promiſes a cure. To compleat it, go to bed in time, and uſe moderate exerciſe in the beſt hours of the day. Eat no fat meats, drink little wine; and avoid care, and uneaſineſs.

If ſleep be wanting a ſmall doſe of ſyrup of diacodium every night will give it ſafely.

This method will reſtore health, but it muſt be preſerved with due care afterwards: relapſes in this caſe are frequent. A vomit once in ſix weeks, and a doſe of rhubarb every ten days, with a careful diet, will make this a very healthy conſtitution.

When an aged perſon is in pain he muſt examine carefully whether there be inflammation with it.

This he will know to be the caſe by his pulſe beating hard and quick, and by high coloured urine: his fleſh alſo will be hotter than uſual. When pains come on without theſe ſymptoms, warmth in the part, and patience, are the remedies: but when theſe join with them they threaten danger.

Bleeding, and abſtinence from all hot foods often performs the cure.

If this fail the next day but one a vomit will be proper. If the body be coſtive, it inflames all the ſymptoms; and yet if purges be given, they increaſe the violent motion of the blood: Cooling and oily glyſters are the proper method; and they ſhould be repeated every morning.

The diet muſt be light and cool: all ſolid foods omitted for the firſt four or five days. Chicken broth and jellies muſt be the nouriſhment during this period.

As

As the diſorder abates, by degrees the uſual diet for healthy old men may be introduced. But this muſt be done gradually, and with great caution; otherwiſe, a ſudden change, from low to richer diet, will certainly bring on the complaint again.

Aged people bear a coſtive habit better than they do purgings; for by theſe they are eaſily weakened.

They will be cured of purgings by proper diet when regarded early: otherwiſe medicines muſt be called in, and perhaps they will be ineffectual.

The quantity of ſolid food ſhould be abated in this caſe but it ſhould not be left off wholly. The drink ſhould be made of burnt hartſhorn and comfry root, two ounces of each boiled in two quarts of water, the liquor poured clear off, and drank warm with a little red wine.

Rice-

Rice-milk, with cinnamon boiled in it, is beſt for breakfaſt; and Rice-pudding for ſupper; two hours before bed-time. Sea-biſcuit ſhould be eat inſtead of bread, and more than ordinary exerciſe ſhoud be uſed to promote perſpiration.

Old perſons are very ſubject to obſtructions in the urinary paſſages; and the gravel and ſtone follow. Theſe are diſorders difficult of cure; but eaſily prevented in moſt conſtitutions.

The firſt rule is to avoid wine; and ſupply its place by beer.

The diet ſhould be cooling: and exerciſe moderate.

When fits come on, take manna and oil: this is an eaſy and effectual medicine. Two ounces of manna ſhould be diſſolved in half a pint of hot water, and ſix ſpoonfuls of oil of ſweet almonds added to it. A ſpoonful of this taken every half hour will ſtay upon the

the ſtomach, aſſwage the pain, ſtop the vomitings which often attend this complaint; and at the ſame time procure ſtools: and while it eaſes the pains will give paſſage to the ſtone.

When a fit is perceived coming on, an infuſion of BURDOCK ROOT ſlic'd, is the beſt remedy. Half a pint of this with a quarter of a pint of milk, and ſweetened with honey, is to be taken every four hours.

Great evacuations, intenſe ſtudy, violent paſſions, or a too low diet will ſometimes bring on, an alarming weakneſs on old men; with feeblenefs of the limbs, paleneſs of the face, waſte of fleſh, and low ſpirits. The remedies are cordials, and a ſomewhat richer diet

The greateſt of all medicines in this caſe is *Sage:* this plant is perfectly innocent, a grateful cordial, and a preſervative againſt all the decays of nature; raiſing the ſpirits, compoſing the mind, and giving chearfull days and quiet nights.

nights. The antients had ſome way of preparing this plant by which they gave old men the ſpirit, and the advantages of youth. But I am afraid at this time we have little knowledge of their method *

Reſt of mind and body are proper in this caſe. Let not the patient think he is in danger: Let him riſe early; but not go out 'till the day is warm. The country air is alſo excellent: f he be too looſe in his bowels let him check it by the means we have directed; and lat his malt liquor be ſtrong of the hop.

Between breakfaſt and dinner let him take

* Since the publication of the laſt edition of this pamphlet, that method ſeems to have been found. The *Tincture* of *Sage* will anſwer all the old mans expectations, and make good every thing the antients wrote of it. See a pamphlet on THE VIRTUES OF SAGE IN LENGTHNING HUMAN LIFE, publiſhed at Mr. Baldwins, in Paternoſter-Row, and Mr. Ridleys, in St. James Street.

take a yolk of a new laid egg beat up in a glaſs of ſtrong white wine. The company of agreeable friends will be the beſt medicine in an evening: and good broth his fitteſt ſupper.

An aſthma is a common complaint with aged perſons: 'tis difficult of cure; but relief is eaſy: and it will depend chiefly on the air. This ſhould be neither thick nor damp.

The ſmoak of London, and ill ſmells from trades carried on there are hurtful. No perſon ſubject to an aſthma ſhould live near tanners or tallow chandlers.

Exerciſe before dinner, and ſupper is particularly uſeful.

Frequent waſhing the feet in warm water, with good rubbing with dry cloaths afterwards, is alſo highly ſerviceable.

Cold and viſcous foods ſhou'd be avoided The ſtomach muſt not be ſuffered to be empty, nor muſt it be loaded. The food

ſhould be ſomewhat rich, and to aſſiſt digeſtion two or three diſhes of good green tea, made carefully and taken with little ſugar and without milk, ſhould be drank conſtantly, two hours and a half after dinner.

Bleeding is uſually neceſſary: And if the blood be ſizey it muſt be repeated.

After this the greateſt preſervative is gum ammoniacum. A quarter of an ounce of this being diſſolved in half a pint of water, two ſpoonfuls ſhould be taken, every night.

This method will prevent many fits; and abate the ſeverity of thoſe which cannot be put off.

Thus the old man, even againſt the fury of this worſt diſturbance of his life, as well as all the reſt, will live happy: and he ought to value that happineſs the more becauſe he will owe it to his own diſcretion.

F I N I S.

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