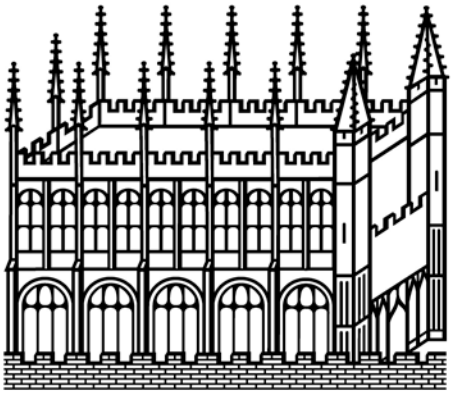


Bodleian Libraries

UNIVERSITY OF OXFORD

This book is part of the collection held by the Bodleian Libraries and scanned by Google, Inc. for the Google Books Library Project.

For more information see:

http://www.bodleian.ox.ac.uk/dbooks

This work is licensed under a Creative Commons Attribution-NonCommercial-ShareAlike 2.0 UK: England & Wales (CC BY-NC-SA 2.0) licence.

A

TREATISE

OF

CONSUMPTIONS

And other

DISTEMPERS

Belonging to the

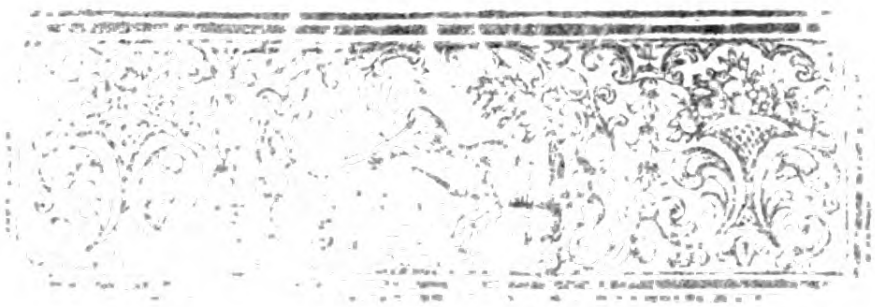
Breaſt and Lungs.

BY

Sir RICHARD BLACKMORE, *Kt.* M. D.
And Fellow of the Royal College of Phyſicians in *London.*

LONDON,

Printed for *John Pemberton*, at the *Buck* and *Sun*, over againſt St. *Dunſtan's* Church, *Fleetſtreet.* MDCCXXIV.



BIBLIOTHECA·BODLEIANA

THE PREFACE.

I Have been condemned by ſome for publiſhing Books of Phyſick in the *Engliſh* Language. But what do theſe Objectors mean? Are they incapable of reflecting that *Hippocrates* wrote in *Greek* to the *Grecians*, *Celſus* and *Galen* in *Latin* to the *Romans*, and *Avicenne* and *Averroes* in *Arabick* to the *Arabians*? And ſhall an *Engliſh* Phyſician be reproach'd for imitating the Example of the ancient Fathers of Phyſick, who were never cenſur'd for writing to

their Countrymen in their own Tongue? If the Knowledge of the healing Art is a good and uſeful Thing, can the Communication of it be too general and diffuſive?

Beſides, ſhould a Phyſician impart in *Latin* his Sentiments, concerning the Nature and Cure of Diſeaſes; it is almoſt certain, that his Works, if eſteem'd and valu'd, will be ſoon done into *Engliſh* by ſome low and obſcure Hand, as thoſe of Dr. *Willis*, Dr. *Sydenham*, and others, have been, even their Recipes as well as Theories: and ſhould not an Author look upon it as more elegible to ſend Abroad his Thoughts originally in the Language of his Country, than leave them to be ill expreſs'd and deform'd by a vulgar Tranſlator, or a half Scholar, who are uſually employ'd on theſe Occaſions.

It ſhould likewiſe be conſider'd, that the Diſpenſary of the College of Phyſicians in *London*, containing Forms and Recipes for the Cure of all

all Sorts of Diſtempers, has lately, by the Order, or at leaſt the Conſent of the Learned and worthy Preſident and Cenſors, been Tranſlated into *Engliſh*, as well as the Works of Eminent Gentlemen of the Profeſſion have been, without ſuch Direction.

Notwithſtanding I plead for propagating the Knowledge of Phyſick without Limitation, and cannot think it can be too extenſive, when in the Hands of Gentlemen or Ladies, or other intelligent Perſons, who thus may be qualify'd to do much Good to their Families and Neighbours, where no tollerable Phyſician can be apply'd to, and to thoſe Indigent Creatures, who are unable, by reaſon of their Poverty, to call in better Aſſiſtance; yet I own the Practice of Phyſick ought to be reſtrain'd, as it is in this great and populous City, to Perſons of Learning and Education, and as it is in ſome, tho' incompetent Meaſure, in other Cities

and Country-Towns: For the Civil Magiſtrate, who is ſo much intereſted in the Preſervation of the People's Lives, ſhould take Care that the Strength of the Nation be not diminiſhed by incapable Practiſers of Phyſick; he ſhould wreſt this edged Tool out of the Hands of Quacks, and bold, unqualify'd Pretenders, nor ſuffer impudent and deſtructive Ignorance, to adminiſter Medicines with Impunity, to the Ruin of the Subject, and the Expence of the Government.

But that which I contend for, is only this, that as Gentlemen bred in our Inns of Court, and inſtructed in our Laws, do often retire into the Country; where, while they live on their Eſtates, they aſſiſt by their Advice and Counſels their Poor Neighbours in their Law-Affairs; ſo if others, Men of Fortune and Leiſure, eſpecially the Clergy, had acquir'd laudable Knowledge in Phyſick, might they not be uſeful in

di-

directing the Poor, and ſometimes thoſe of better Condition, who live in Places remote from Towns and Cities, and where no ſkilful Phyſician can be had? 'Tis evident, that in this Caſe many worthy Gentlewomen practiſe Surgery within the Limits of their Knowledge among their Indigent Neighbours, and when no capable Surgeon is at Hand, to the Benefit of the People and their own Honour: Then why may they not, when Phyſick is made eaſy and plain to their Capacities, be let farther into the Knowledge of it; and likewiſe of Pharmacy, as well as Surgery, for the promoting of ſo good an End, where better Help is not to be procur'd?

Nor would this at all diminiſh the Profit of the Profeſſion; for, 'tis ſuppos'd, that the Liberty of Practice that I ſpeak of, is in the Countries where no worthy Phyſician can be apply'd to; and as to the Cities and larger Towns, whence the Advantage

of Phyſicians ariſes, the People will of Courſe apply to the Doctors, in whoſe Judgment they can confide; and therefore, publiſhing of Books in *Engliſh*, and propagating the Knowledge of Phyſick, is not injurious to the Profeſſion.

Nor, can it be alledg'd, that the publiſhing the Works of *Sydenham*, and others, have been detrimental to the qualified Practiſers of this Art.

But does not the propagating of uſeful Science to the World, far more improve civil Societies, than when it is uncharitably confin'd among a few? Certainly the Communication and generous Diffuſion of any important Benefit, diſcovers a great Benevolence and Love to Mankind; and therefore muſt be deſirable, tho' ſome ſhould ſuffer a little by it. If any Man could teach a Way, with ſmall Expence, to make all the Hills in *Great-Britain*, as fruitful as the Valleys, it might abate

abate the Profit of the Owners of the laſt; but would the Nation in general be injur'd by ſuch Improvements? I would have all the Sources of Science and Liberal Arts laid open, of which the People are receptive. It is true, that many ſublime Theological Subjects, tho' expreſs'd with the greateſt clearneſs, and convey'd in the moſt eaſy and intelligible Words, that can be imagin'd, are yet far ſuperior to their Underſtandings, and ſo are Scholaſtick Speculations in Phyſick, Philoſophical Diſquiſitions, and Mathematical Problems; for theſe are above the Reach and Comprehenſion, even of Men of good Senſe, unfurniſh'd with Literature and ſuperior Abilities; but to publiſh Knowledge in an unknown Language, and to cloud plain and obvious Sentimens with difficult Expreſſion and affected Obſcurity, and by ill employ'd Learning, to make eaſy Things unintelligible; thus, I ſay, to write in Cypher or

Short-

Short-hand, and in ſuch Diction as is meer Jargon to the People, on Purpoſe not to be underſtood, betrays an unworthy Diſpoſition of Mind, and envious Averſion to improve the World.

It is an indelible Reproach on the Clergy of the Church of *Rome*, that they deny to the People the Knowledge of the Chriſtian Religion, which, however, they oblige them to profeſs; and inſtead of opening the Book of Life, and inſtructing them in their Articles of Faith, compell them to take their Creed upon Content; cruel Injuſtice! And all others are culpable in Proportion, who lock up any beneficial Knowledge in their own Breaſts, as Miſers do Money in their Coffers. For my own Part I ſhould not think myſelf endow'd with Chriſtian Charity or Juſtice, if I ſhould not be well pleas'd, not only that all Profeſſors of Phyſick, but that Gentlemen of Senſe, eſpecially the Clergy, were ſkilful in this

this Art; and I think it my Duty to contribute to it by all Ways in my Power.

By this it appears, that a conſideble Benefit to the Kingdom in general, may ariſe from publiſhing Books of Phyſick in *Engliſh*, and but little Detriment can attend it, if compar'd with the Advantages and extenſive Good, that may ariſe from it.

It is farther ſaid, that the Dignity of Phyſick will ſuffer by this Practice, which was always preſerv'd by former Phyſicians, who would not lay open and expoſe a worthy and uſeful Art, to the Cenſures of the captious and unjudging Vulgar. I anſwer, that the true Dignity and Worth of Phyſick does not lye in any odd Phraſes, Technical Words, or intricate Myſteries; on the contrary, if you diveſt it as much as can be of Philoſophical Notions and Scholaſtick Darkneſs, it will yet appear more uſeful and amiable. It is much to be ſuſpected, that no

Art

Art or Invention is to be rely'd on, that will not bear the Light. It is not Merit and Beauty, but Deformity and Turpitude, that refuſe to take off the Veil for Fear of being expos'd.

Why ſhould modern Phyſicians, more than the Ancients, be oblig'd to write in a foreign Language, upon Pretence of keeping up the Honour of the learned Faculty? Did not the eldeſt Profeſſors of the Art, as *Greeks*, *Latins*, and *Arabians*, all compile their Books in their native Tongue, as before mention'd? And I dare affirm they never dream'd that they betray'd the Dignity, or ſunk the Veneration of their worthy Profeſſion, by ſo doing; and do not many *Italian* and *French* Authors follow their Example?

The firſt Phyſicians acquir'd their Knowledge of the Vertue of Medicines, and the Succeſs of their Operations by frequent Tryals and Experience, whence they were call'd em-

pirical

pirical Practiſers; as *Celſus Pliny*, and others tell us; that is, experimental Phyſicians, for that is the Signification of the *Greek* Word Εμπείρικος. tho' this Term is ſince alienated, as many others are, from its primitive Senſe, to which the *Galeniſts* much contributed, who decry'd that Sect, to advance the Reputation of their own; and at this Time Empiricks, or experimental Practiſers, are injuriouſly ranged in the ſame Claſs with Quacks and Mountebanks. And thus all the Maſters of the healing Art before *Galen*, muſt go under this diſhonourable and opprobrious Denomination. But if we take the Word in the Genuine and original Signification, an Empirical Doctor is no contemptible Appellation; for it only denotes a Phyſician, that comes to underſtand the Vertue of ſimple Remedies, Plants, Drugs, Metals and Minerals, by repeated Tryals of their Force and Efficacy; and pretend not to enter into the hidden

which

Cauſes of their Operations, which ſtill remain a Secret, after all the elaborate Efforts and Enquiries of the moſt ſagacious Chymiſts, and *Modern* Mathematical Phyſicians.

'Tis true, the *Galenical* Sect derided the Plainneſs and Simplicity of this primitive Practice, and therefore undertook to embelliſh and ſet off the Art with many ornamental Novelties of ſhewy and oſtentatious Learning. They compiled voluminous Syſtems, tedious and unprofitable Inſtitutions, and ſeem'd to rely on Method, more than Medicine; while they preſcrib'd a long Catalogue of Alteratives, to prepare the Humours of the Body, to be purg'd off by Series of nauſeous Medicines; whence Courſes of Phyſick were extended ſo far, and repeated ſo often, that they took up a great Part of the Courſe of Life; of which, we have a celebrated Example in the Practice of *Cardan*, an eminent *Italian* Philoſopher and Phyſician: The Story,

if

if I do not miſtake, I have read in his Life, written by *Gabriel Naudeus*. This great Doctor being ſent for to the Archbiſhop of St. *Andrews* in *Scotland*, directed for him ſuch Remedies as in his Judgment the Primate's Caſe requir'd; and at Length, taking his Leave of him, put him into a Courſe of Phyſick for three Years; very wonderful! Sir *Theodore Mayern*, tho' a celebrated Methodiſt, was inferiour to *Cardan*; for he never, as I can learn, preſcrib'd a Courſe that was to laſt above two Years.

I do not find that the *Galeniſts*, who departed from the plain and ſimple Method of the deſpis'd empirical Practiſers, ſet themſelves ſo much to the Diſcovery of new Remedies, as to invent various Compoſitions of the old, which they mingled together in elegant Forms, as they believ'd, and rang'd them in Order, under the Titles of Apozems, Infuſions, Decoctions, diſtill'd

Water,

Waters, Electuaries, &c. By this Improvement, however, Pharmacy, before in a low and mean State, was much enrich'd, and ſoon made a conſiderable Figure, by an immenſe Collection of compounded Medicines; and if the Reputation and Dignity of Phyſick conſiſts in being attended with a pompous Apparatus, and a magnificent Train and Equipage of complicated Remedies, by which the Art is maſk'd and diguis'd, and being more myſterious, becomes more venerable; then I acknowledge the *Galeniſts* have much promoted the Credit and Honour of the Profeſſion; but if it conſiſts in more uſeful Medicines, whoſe ſalutary Vertue may be depended on; I do not find they have much advanc'd the Faculty. For let a Number of uncertain Medicines be mix'd with the greateſt Skill and Accuracy, and form'd into Pills and Electuaries, the Compoſition will not give them, what none of the Ingredients had before,

before, a certain Efficacy in curing Diſeaſes; and tho' the *Galeniſt* may by his elaborate Mixtures and endleſs Combinations prove a more accompliſhed Apothecary, I cannot ſee he becomes by that Knowledge a more able Phyſician; and therefore it ſeems owing to this Sect, that there are ſo few ſimple Medicines of ſingular Vertue yet diſcover'd; for they, unhappy Thinkers, imagined they might ſupply the Place of ſingle Efficacious Drugs, and highly improve the Art, by inſtituting long Methods, and blending together a great Number of Ingredients; for what is a rude ſimple Drug to the pompous ſtructure of a Confection, or Orvietan form'd of an infinite Variety of coſtly Parts; which Compoſitions, tho' of little Efficacy, yet, in their Judgment, ſupport the Dignity of Phyſick, otherwiſe naked, vulgar, and undiſtinguiſh'd, either by Myſtery or Magnificence. It is wonderful, as well as

much to be lamented, that this uſeful and important Art ſhould be improved ſo little in ſo many Centuries; and that its State ſhould ſtill continue ſo uncertain and imperfect. We have hitherto diſcovered few Remedies of a peculiar ſpecifical Virtue, for the Cure of any Diſeaſes. I confeſs Dr. *Eaton*'s Balſamick Styptick; if future Succeſs confirms the Reputation it has juſtly gain'd by many Trials made by others, as well as my ſelf, bids fair for the Credit of a certain Remedy in ſtopping of Blood outwardly or inwardly, where the Craſis of the Blood is not entirely ruin'd; and will be of more Service to Mankind, than all the diſcoveries made by *Galenical* Compounders of Drugs, and Syſtematical Methodiſts.

Some Gentlemen have been diſingenuous and unjuſt to me, by wreſting and forcing my Meaning in the Preface to another Book, as if I condemn'd and expos'd all Learning, tho'

tho' they knew I declar'd, that I greatly honour'd and eſteem'd all Men of Superiour Literature and Erudition, and that I only undervalued falſe or ſuperficial Learning, that ſignifies nothing for the Service of Mankind; and that as to Phyſick, I expreſly affirm'd, that Learning muſt be join'd with Native Genius to make a Phyſician of the firſt Rank; but if thoſe Talents are ſeparated, I aſſerted, and do ſtill inſiſt, that a Man of Native Sagacity and Diligence, will prove a more able and uſeful Practiſer, than a heavy notional Schollar, encumber'd with a heap of confuſed Ideas: For I never ſhall be convinc'd, that a Man, either of a dull Thought and a cloudy Imagination, let his Head be ever ſo much ſtuffed with undigeſted Notions; nor on the other Hand, one who is a meer Rattle, and pertly inſignificant or offenſive by a ſtrong Infuſion of the Coxcomb

in his Make, will ever prove a good Phyſician.

If the Faults and Errors in the Practice of Phyſick are eſſentially united and conſolidated with the Being of the Art; then I acknowledge, that I have expos'd the Art it ſelf. But will any Man ſay, that a Divine who preaches and writes againſt the falſe Opinions and Vices of Chriſtians, preaches and inveighs againſt Chriſtianity? ridiculous! but I have ſaid enough; and ſhall only add, that a Man muſt have a great Mind to miſrepreſent an Author, and a ſtrong Paſſion for Calumny, that can exclaim againſt me as an Enemy to Learning and my own Profeſſion, meerly becauſe I endeavour to ſet this honourable and uſeful Faculty in a clearer Light; and ſuggeſt the Ways, which, in my Opinion, will promote its Credit, and make it more extenſively beneficial to the World; and after all, it will ſurely be found a more vertuous, and perhaps

haps a more advantageous Way to neglect the Craft, and apply more diligently to the Art of Phyſick: To break up all Confederacies among the particular Perſons that carry on their Buſineſs in a joint Stock; and abuſe their Power and Reputation, by defaming and oppreſſing others, tho' Men of Skill and Learning, who cannot favour a deſigning Party of the Society, nor bow down to, and worſhip the Doctors in Faſhion. To ſupport, in this Manner, the Practice of Phyſick by Faction and unworthy Combinations, as it miſbecomes the Dignity and Gravity of a Learned Order of Men; ſo it will exceedingly hinder the Growth and Improvement of the Art: For the younger Practiſers will rather make their Court to the Leaders of this Cabal, by whoſe Encouragement they may ſooner riſe than by laborious Study and Application; and whilſt they think themſelves ſure of Succeſs by the favour of the

Æſculapian Junto, their Endeavours, after more ſolid and extenſive Knowledge, muſt certainly ſlacken; ſince they will conclude they have found a much eaſier and ſhorter Way to Reputation and Profit.

Since the *Galeniſts* have made ſuch an inconſiderable Advancement in Phyſick, whatever they have done in Pharmacy, and the Chymiſts by ſeparating and unraveling the Works of Nature, and diſſecting the Bowels of the Earth, have found out very few uſeful Remedies; it ſeems probable, that the Way to improve the healing Art, is to apply by frequent Experiments, as the eldeſt Phyſicians did before the Innovations of *Galen*'s Sect, to diſcover the ſalutary Virtue of Simples; that the Faculty may be enrich'd with more Medicines of ſuch Efficacy in curing Diſeaſes, as may be depended on: For, notwithſtanding the diligence of the voluminous Methodiſts, and the unweary'd

Labours

Labours and Lucubrations of the Operators in Fire; Phyſick, as to the Knowledge of Remedies of peculiar Energy, ſeems to be ſtill in its Infancy, at leaſt in as low and weak a State as *Galen* found it.

Now to excite Men of Diligence and Sagacity to ſearch after more Medicines of a ſpecifick Vertue in particular Diſeaſes; let it be conſider'd how few are yet diſcover'd that may be rely'd on: For excepting Opium, Mercury, the *Peruvian* Bark, and Steel, either ſolid or diſſolv'd in Mineral Waters, and next to theſe the *Bath* Waters in ſeveral Caſes; they are all uncertain and precarious, and the Doctor depends more upon Compoſition and Method than the Force of his Drugs: And therefore young Phyſicians ſhould be inform'd of the Unuſefulneſs and Inſignificancy of the Generality of Medicines, which they will find in the Writings of the

boaſtful Chymiſt, ſuperficial Botaniſt, and ſyſtematical Phyſician; they ſhould be perſwaded to ſet out right, and not think of curing Diſeaſes by notional Schemes and Philoſophical Subtilties, but by Reflection, Practice, and Obſervation.

To free the Way to the Diſcovery of efficacious Remedies, and to convince young Doctors, that among the immenſe Varieties of Medcines recommended by the Writers of the Faculty; there are ſcarcely any of extraordinary Merit, and from which they can promiſe themſelves Succeſs; it is deſirable that ſome capable and experienc'd Phyſicians would draw up, and publiſh to the World a Catalogue of ſuch Medicines, as have been honour'd with a Character by modern Authors, and marſhalled in various Forms of Compoſition for conquering all Diſtempers; and kindly, and honeſtly, let Students know that for many Years, they have by repeated

repeated Tryals, obſerv'd their Operations, and ſeldom or never diſcover'd any Virtue in them, but almoſt ever found them idle and inſignificant; or at leaſt of ſuch uncertain Vertue, that it is doubtful, whether the Recovery of the Patient from an acute Diſeaſe, were owing to the Force of the Remedies or the Strength of Nature; and whether the Diſtemper had not been ſubdu'd in Time, if the pretended Aſſiſtance of Pharmacy had been omitted; as Fevers of all Kinds are ſometimes conquer'd among the common People by ſimple Means, and a meer abſtinence from hurtful Things.

If any Phyſicians, qualify'd for ſuch an undertaking, ſhould ſet about this uſeful Work, which would eaſe the Practice of Phyſick of great difficulties and heavy Burdens, and ſave the Time of younger Practiſers, who muſt otherwiſe, by their frequent Trials and Diſappointments, be oblig'd to ſpend many

Years

Years to learn, that the far greateſt part of Medicines in Uſe are impertinent and unavailing: And by ſuch a faithful Scrutiny, how many celebrated diſtilled Waters, Apozems, Pills, Electuaries, *&c.* will be thrown out, which have no Right to be rang'd with effectual Remedies? How great Sufferers muſt even our moſt eminent Authors be? How great a Part of their Compoſitions will be diſmiſſed? And how much of their pompous Medicinal Equipage will they be obliged to lay down? For excepting the four great Remedies excepted before, almoſt all the elaborate and ſhewy *Apparatus*, and empty variety of Medicines muſt be retrench'd, or at leaſt be look'd upon as uncertain.

As to the operoſe Combinations and Mixtures of numerous Simples; let it be conſidered, that if any one of the Ingredients has an appropriate Vertue to remove the Diſtemper, which it is intended to Cure; then the

the reſt may be ſpared, not only as needleſs, but hurtful, by clogging and incumbring a Medicine of more certain Force: But if no one of the Ingredients is endow'd with ſuch a Vertue, then, as before ſuggeſted, how many ſoever are united in one Compoſition, ſince the Parts can never give to the whole, what they never had in themſelves, that Compoſition muſt be unavailing. It is in vain to hope, that from a great Number of ineffectual Ingredients join'd together, ſhould reſult an effectual Mixture; as if Order, Proportion, and Numbers could ſupply that Force and Virtue, which none of the various compounded Drugs could pretend to of themſelves; this is to form an Epicurean Scheme of Phyſick; ſo many Drugs reduced by the Mortar to Atomes, and huddled together by an unaccountable Concourſe into an Electuary, or maſs of Pills, muſt make an admirable Remedy; and, that this

this Obſervation may be confirm'd, let any competent Judge look into the endleſs Train of Ingredients that compoſe the Electuaries, Orvietans, Apozemes, *&c.* that crowd moſt publick Diſpenſaries, and are recommended by Phyſicians of ſuperiour Reputation. As to the Suggeſtion I have made about the aſcertaining the Force of Medicines, I have broke the Ice up and down in the following Treatiſe, and particularly, where I treat of a Pleuriſy; and mention ſome Medicines, in which, tho' cry'd up by many Authors, I never found by frequent Tryals, any Efficacy in curing the Diſeaſe, for which they were preſcrib'd.

In the following Treatiſe, among the Cauſes of a Conſumption enumerated in their proper Place; I have mention'd Irregularity in drinking as well as eating; and there is no Doubt but Riot, Luxury, and Exceſs of Wine contribute often to

that

that Diſtemper, while they oppreſs the Stomach, relax its Tone and ſubvert its digeſtive Faculty; whence the Appetite is deprav'd and the Food ſo ill concocted, that it adminiſters to the Blood incongruous Nouriſhment, which ſticks in the Glands of the Lungs, and obſtructs their Paſſages: And if immoderate Drinkers of Wine are obnoxious to theſe pernicious Effects, much more are thoſe, who indulge themſelves in the Uſe of ſtronger Liquors, ſuch as Brandy, Rack, and other reviving Spirits, and ſtrong diſtill'd Waters. It is very obvious to every Man's Obſervation, that theſe unhappy Perſons, under the Dominion of ſuch Tyrannical Maſters, from which they ſeldom effectually break looſe, do very often fall into ſchirrous Tumours, and a deprav'd Diſpoſition of the Liver, no leſs deſtructive than ſmall Swellings and Ulcers in the Lungs. The frequent Uſe of ſtrong

ſtrong diſtill'd Liquors, which now univerſally obtains, was in a comparitive Senſe little known to our Anceſtors; but now it has invaded the whole Kingdom, makes its Way with reſiſtleſs Force, and ſpreads its prevailing Infection among Multitudes of Families; and it would be well if our Men only were culpable in this Article; but, alas! the Contagion has ſeiz'd the fair Sex, not only Perſons of mean and low Circumſtances, but many likewiſe of ſuperior Rank and Condition. I would therefore here admoniſh ſuch Patients to beware of refreſhing themſelves by frequent drinking of Spirits, ſtrong Liqours, and cordial Waters, which are commonly call'd Drams; leſt by that Means, they weaken and macerate the nervous Fibres of the Stomach, and produce a Maſs of Crudities and Choleriok Humours there; and leſt they ſink the Appetite, deſtroy the digeſtive

digeſtive Faculty, and ſo renew thoſe Fits, which they pretend to remove: And this is the unhappy Fate of Multitudes, that indulge and deceive themſelves to their own Ruin, who unfortunately are drawn in to this pernicious Cuſtom, while for want of Labour and Exerciſe they loſe the Deſire to eat, bring on Pain and loathing of Food, and then call in Aid their generous Liquors, and ſplit on the Rock, to which they fly for Refuge; and it will be found a juſt Obſervation, that the Cloſets of ſome Ladies are furniſh'd with Stores of deadly Cordials, and great Choice of ſure Deſtruction.

I acknowledge, that a warm Cordial Liquor, ſuch as *Uſquebaugh* ſtrong *Cinnamon* Water, *Citron* Water of *Barbadoes*, Spirits of *Saffron* and *Lavender*, *Hyſterick* and Dr. *Stephens*'s Water, and many more drawn by Diſtillation or Infuſion from hot Ingredients, will anſwer the preſent

ſent Exigence, and remove the Sickneſs and Uneaſineſs of the Stomach; but ſince they perform this Office only by animating and expanding the Spirits, and diffuſing a ſuddain warmth thro' the Maſs of Blood, without communicating any ſolid Nouriſhment; the alacrity and gay Temper they produce, quickly Vaniſhes: For the Flame of the kindled Spirits, like that of Stubble ſet on Fire, ſoon diſſipates and conſumes its Fuel, whence Nature ſinking again into its low and languiſhing State, complains again of great Uneaſineſs, and want of Spirits; the common Phraſe, that expreſſes ſuch Diſorders, and demands the ſame ſupplies as before.

And therefore theſe ſpirituous Drams, impart only a tranſitory and falſe Refreſhment to the Patient, while they exert their Vertue by nothing, but firing and extending the active Principles of the Blood, which

which at the ſame Time they waſte and conſume, and ſoon leave the Patient in as low and diſconſolate Condition as at firſt.

I would not here be miſunderſtood, that I condemn the Uſe of all Cordial Waters, and all Infuſions of active and generous Plants and Drugs; for a moderate Quantity taken after a full Meal by Perſons of a weak concoctive Faculty, and after hard Labour, or great Fatigue, and now and then, when the Stomach is weak, or oppreſs'd, muſt be allow'd as Beneficial: But what I declare againſt as manifeſtly pernicious, is when Perſons of either Sex make theſe hot and fiery Liquors an habitual and familiar Entertainment, and fly to them perpetually out of Wantonneſs and Luxury, or from a pretended Neceſſity of reſtoring their Alacrity, and relieving a ſick and uneaſy Stomach. In the mean Time, while by theſe unnatural Ways they raiſe their Spirits, they

ſink the true Powers, and Faculties of Nature, ſubvert her whole Œconomy, and ſubſtitute in its Room, ſpurious Heat and artificial Life, and for that Reaſon it can neither be eaſy or laſting; for while this deſtructive Cuſtom is purſu'd, the Appetite is ruin'd, and the vitiated Blood and degenerate Humours are diſpos'd to ſtop the Paſſages and narrow Roads of the Lungs, and at laſt to produce a deplorable Conſumption. From this fatal Fountain of hot Waters, incurable Dropſes, Jaundice, hard Tumours, Knots and Ulcers in the Inteſtines, Meſentery, and other invincible Diſeaſes take their Riſe; while ſuch falſe Cordials, the great Enemies of Life, produce theſe poiſonous Fruits, not only by drying up the Liver, and diſabling it from performing its natural Function, and filling the neighbouring Parts with obſtructions, but by deſtroying the regu-

lar

lar Tone of the Stomach, and taking off natural Hunger.

And as this unhappy Cuſtom too much prevails among Perſons of ſuperiour Rank and Condition; ſo, like a rife and epidemical Diſeaſe, it rages among the lower and indigent People: Mechanicks, and poor Day-Labourers of either Sex, ſpend their little Subſtance, the Wages of their Toil, in buying a coarſe hot Spirit of Mault, or that commonly call'd *Gin*, drawn, as pretended, from Juniper Berries, of which, they drink repeated Drams, in an exceſſive Degree; while they are continually running to the ſtrong Water Shops, that wonderfully abound in this Town, and every where open the Way to Deſtruction to theſe unhappy Cuſtomers; and while poor Men and Women, young and old, conſume their Money in theſe inflaming Liquors, and defraud themſelves of Meat and wholeſome Food, which they forbear to buy, that they may

more freely gratify their Spirits with theſe enlivening Drams; this pernicious Practice does not only promote the Immorality, and vicious Manners, which in an amazing Degree have overſpread the common People of the loweſt Sort, to the great Diſhonour and Danger of the Community; but it is productive of Abundance of Diſeaſes, and a ſad Train of the Meſſengers of Death: For the Strength and Vigour of theſe Perſons, being almoſt only ſupported by ſtrong Waters, and not by wholeſome Foods, which they are unwilling to eat, and unable to buy, while all the Money they can procure is laid out in coarſe Spirits; they contract by Degrees loſs of Appetite, ſick Stomachs, Jaundice, Dropſies, Conſumptions, and inflammatory Feavers; by which Means, the civil Government is defrauded and robb'd of great Numbers of Subjects, that yearly periſh by repeated Drams, and fall by the cruel Diſtiller, whoſe Fire

is more deſtructive than the Vollies of an Army. And ſince the Labour of the Inhabitants, is at leaſt of as great Value as the Territories of *Great Britain*; and ſince the Government loſes ſo many Subjects every Year by this miſchievous Courſe, it may perhaps be thought worthy of the Conſideration of the publick Magiſtrate, who upon Reflection, may look upon it as reaſonable, to put a Stop in ſome Meaſure to this growing Evil, by ſome ſalutary Laws ennacted for that Purpoſe.

I will detain the Reader no longer with prefatory Matters, but invite him to the Peruſal of the following Diſſertation.

TO

TO

Sir *Richard Blackmore*,

On his TREATISE of

CONSUMPTIONS.

TOO long have we deplored the *Phyſic* State,
While *Science* droop'd, and labour'd with its Weight.
Fluſh'd with Diſpute, and heated in the School
The fiery *Methodiſt* deſtroy'd by Rule.
Then vain HYPOTHESIS, the Charm of Youth,
Oppos'd her Idol Altars to the Truth;
Full many Worſhippers the *Harlot* drew,
And all her Oracles were *falſe, and new*;

'Till

To Sir RICHARD BLACKMORE

'Till the true PHŒBUS had forgot to reign,
And ſought himſelf in his own Art in Vain.

SYDENHAM, at Length, a mighty Genius, came,
Who founded *Medicine* on a nobler Frame.
Who ſtudied *Nature* thro', and *Nature's* Laws,
Nor blindly puzzled for the peccant Cauſe.
Father of *Phyſic* He — Immortal Name!
Who leaves the *Grecian* but a ſecond Fame;
Sing forth, ye *Muſes*, in ſublimer Strains
A new HIPPOCRATES in *Britain* reigns;
With every healing Plant his Grave adorn,
Saviour of many Millions yet unborn:
Forgive this Tribute to the Glorious Dead,
You knew *The Man*, whom I have only read,
More is his Due who freed me from the Rules,
Of Tyrant Notions, and pedantic Schools.
Keep him ye humbler Sons of Art in View,
Hopeleſs to reach, ambitious to purſue.

This to the Young—but Thy experienc'd Age
Wants not the Guidance of a former Sage;
Rich in yourſelf your Fountain can ſupply
The Neighbour ſcanty Streams, and yet run high.

The Field, judicious SYDENHAM left untill'd,
Thy Hand has planted, and thy Bounty fill'd:

Nature,

on his Treatiſe of Conſumptions.

Nature, and all her fine *Meanders* here,
Detected by your happy Clue appear:
From whence the ſhort, *reciprocating* Breath,
The *Lobe Adhæſive*, and the *Sweat of Death*,
By what Degrees the *Tubercles* ariſe,
How ſlow, or quick, they ripen into Size,
How Art prevents, or mitigates the Pain,
Friend of Humanity! — Thy Works explain.

But if a Crime thy Native Tongue be thought,
Say, — Thus HIPPOCRATES and CELSUS wrote.
Great Guides! Whoſe pure Simplicities excel
The puzzling Pride of *Latinizing* well.
Then may the *Judging Few* in this agree,
ENGLISH and SENSE ſhou'd of the *World be free.*

G. SEWELL.

Hampſtead, March the 7th, 172¾.

A

TREATISE

OF

CONSUMPTIONS;

AND OTHER

DISTEMPERS

Belonging to the

BREAST *and* LUNGS.

THE Word Conſumption ſignifies, in general, a great Diminution or Waſting of the Body, eſpecially of the Fatty Subſtance, that covers its Muſcular and other Fibrous Parts; and, as it proceeds from various Cauſes, it is diſtinguiſhed by various Denominations. Sometimes the Limbs are exhauſted by what is called an *Atrophy*, and grow lean and thin by a Defect of Nouriſhment, occaſioned by

an inordinate Scorbutick or Erratick Heat; for I reſtrain a Hectick Fever to that Species which ariſes from a waſting Ulcer.

In ſuch ſlow and lingring Fevers, by Reaſon of the depraved Craſis or Texture of the Blood, the active Parts employed in Digeſtion, are in a good Meaſure diſabled from doing their Duty, in converting the new Chyle into the Nature of the Blood, and forming a ſufficient Quantity of thoſe ſmall Threads or Fibres, which nouriſh the various Parts of the Fabrick; and theſe being excluded by the peculiar Pores and Meſhes of the Blood-Veſſels in too ſmall a Portion, the ſolid Parts of the Frame are unrecruited, and their daily Loſſes not enough repaired; by which Defect the Skin grows parched and dry, and the whole Body lean and meagre.

Which likewiſe becomes emaciated by a great Subverſion, or total Loſs of Appetite, whence due Supplies of Nouriſhment are not conveyed into the Veins; or from the ruined or perverted Faculty of Concoction in the Stomach, whence proceeds great Plenty of Crudities, and degenerate Humours, from ill digeſted Foods, as well as too ſmall a Portion of wholeſome Alimony.

A meagre and impoveriſhed Habit may likewiſe ariſe from this, that the Lacteal Glands, which are the Strainers to let thro' the nutritive Juice, called the Chyle, into the Blood, are defective by Nature, either

by

by being too few, or of an improper Figure and Dimenſion to do their Duty in Perfection, or becauſe they are grown narrow or obſtructed, and ſo become incapable, in a Meaſure, of performing their native Function: And this is the Caſe of Perſons who advanced in Years are exhauſted, and their Fleſh much abated; for by Length of Time the Glands, or Lacteal Strainers, are much worn, grown more dry and ſtrait, and, perhaps, many of them quite ſhut up, and therefore will not admit the Chyle to paſs through ſo freely and plentifully as in Youth, when they were of a juſt and regular Size, and a proper Flexibility; whence People in Years ought to eat more than they did formerly, who ſcarcely convert half ſo much of their Food into Nouriſhment as they did when young and healthful. And 'tis remarkable, that generally ſpeaking, Perſons deſign'd for long Life, though in their former Years they were ſmall Eaters, yet find their Appetites encreaſe with their Age; whence they take in a greater Quantity of Meats than before, becauſe the former Proportion, by Reaſon of the Diminution of the digeſtive Ferments, and the Indiſpoſition of the Lacteal Strainers in old Age, would not afford ſufficient Supplies of Nouriſhment.

A Conſumption, or Waſting of the Body, may likewiſe ariſe from immoderate Evacuations, which defraud the Blood of the Ma-

terials laboured there, to ſupply the Fat congeſted between the Muſcles and the Skin, as well as of the fibrous Strings, that otherwiſe would have paſſed through the Pores and Paſſages in their Canals, and have been diſtributed according to Nature's Oeconomy on the various ſolid Parts, for their Encreaſe or Reparation. Thus continued and habitual Sweats, copious and protracted Fluxes of the Belly, and exceſſive Diſcharges of Urine for a long Time, and frequent and copious Bleeding, will, of Neceſſity, exhauſt the richeſt Stores of the Blood, and by profuſely conſuming Nature's Proviſions, introduce a meagre and lean Condition, and threaten the Patient with unavoidable Famine.

Beſides, exceſſive Leanneſs may ariſe from a defective Frame or Formation of the Kidnies, either native and original, or occaſioned by internal Diſtempers; that is, when the Pores of this Colander are too wide and lax, or too numerous, by which Means the faulty Sluices let through a great Quantity of wholeſome, beſides excrementitious Juices, which ſhould have been kept back and confined to the Blood; *by which Means* the ſolid Parts of the Body are defrauded of neceſſary Supplies.

Theſe nutritious Materials, that ſlip thro' the defective Papillary Strainers, together with the redundant Serum, or watry Humours

mours are protruded with the Urine, through the Ureters, into the Bladder, and being thence excluded with it, in a ſhort Time ſubſide, and appear either in a white, mealy, incoherent Matter, or in a viſcous and ropy Subſtance, reſembling the Whites of Eggs; which being thick and undiluted, cauſes, by obſtructing the Paſſages, frequent Suppreſſions of Urine, or great Difficulty and Labour in excluding it; and if it ſtay long in the Bladder, it contracts likewiſe a ſharp or acrimonious Quality, whence the Pain in its Paſſage is much augmented, and theſe Symptoms may continue many Years, while there is yet no Ulcer formed.

A Conſumption, or Loſs of Fleſh, may likewiſe be occaſioned by internal Ulcers, either in the Bladder, the Guts, or the Kidnies; or by external running Sores, or ſinuous Fiſtulas, whoſe ſecret Caves and winding Burrows empty themſelves by copious Diſcharges.

But no Waſting of the fleſhy Parts, proceeding from the various Cauſes hitherto deſcribed, while the Lungs are ſound and unulcerated, is the Conſumption treated of in this Diſſertation; for though the Patient may from other Cauſes be exceedingly emaciated, and appear as a ghaſtly Skeleton, covered only with a dry Skin, yet nothing but the Ruin and Deſtruction of the Lungs denominates a Conſumption, in the ſtrict

Senſe of the Word, in which I here uſe it; and under no other Idea is it the Subject of this Diſcourſe.

Of the Nature and Properties of a Conſumption.

THE Diſeaſe that in *Engliſh* we call a Conſumption, is in the *Latin* Tongue called *Tabes*, and in the *Greek*, *Pthiſis*, whence the Terms *Pthiſick* and *Pthiſical* have their Riſe; though alienated from the Signification of the Original, it now expreſſes an *Aſthma*, or difficult and laborious Breathing, and that chiefly from congeſted Humours, that obſtruct the Lungs, and oppreſs the Spirits in their Office of dilating and contracting the Cheſt.

The eſſential and diſtinguiſhing Character of a confirm'd Conſumption is, A Waſting of the Body, by Reaſon of an ulcerated State of the Lungs, attended with a Cough, a Diſcharge of purulent Matter, and a Hectick Fever. Theſe are the neceſſary and inſeparable Symptoms that belong to this Diſtemper, at the firſt Formation of an Ulcer there, though many others ariſe in its Progreſs; which in their Order ſhall be enumerated and accounted for.

The Tabid Diſpoſition, or the Ulcer or Ulcers of the Lungs, which are the Foundation of this Diſeaſe, is very different from a Diminution of the Body, and Decay of Strength, from a meer Relaxation, and diſproportioned Extenſion of the Pores or Paſſages, by which the Lungs perform their Function of Filtration, and ſeparate the ſuperfluous Flegm from the Blood; for they being ſometimes too much enlarged and expanded, let the nutritious Juices floating in the Blood, as well as the Flegmatick Humours, run through their Holes, which thus intercepted and diſcharged by Expectoration, rob the Body of the Supplies prepared, and intended for the ſolid Parts.

This Weakneſs and Diſability of the Lungs, not accompanied with any Ulcer or Corruption of its Glands, nor with a Hectick Fever, may not ſoon deſtroy the Patient, though it keeps him lean and emaciated; and ſometimes it may not exhauſt him 'till he reaches an advanced Age: For, as I obſerved before concerning the Kidnies, that while the Secretory or Separating Glands are only too much widened and extended, they ſuffer a great Quantity of nutritive Juice to paſs through, which ſhould have been withheld, and not permitted to ſlip through the Strainer, by which Means the Limbs are defrauded, yet while their Integrity or Continuity is preſerved, and there is no Diſruption or

Solution of the Parts to form an Ulcer, the Patient may continue long, though in a valetudinary State; ſo it is with the Lungs, if this looſe and ſpungy Subſtance is only weakened and relaxed, but not broken and corrupted, it will ſuffer many nutritious Parts to ruſh through its Meſhes, beſides the ſuperfluous Flegm which ought to be diſcharged; whence a great Diminution and Waſting of the Fleſh will ariſe, yet the Patient however may continue many Years.

This was the Caſe of KING *WILLIAM* of Glorious Memory. That *Great Prince*, as he inform'd me himſelf, was, from his Birth, a weakly Child, and all along liable to a Cough, and a copious Expectoration; and when he came laſt into *England*, for the happy Deliverance of this Nation from *Popiſh Tyranny* and *Superſtition*, his Cough was ſo increaſed, while he travell'd over *Salisbury Plain*, that he apprehended he ſhould ſcarcely live 'till the following Spring, yet by that Time he recovered a better State, though ſtill perſecuted with a great Cough, and an inordinate Diſcharge of white and pondrous Flegm; while notwithſtanding as he eat and ſlept well, ſo he was free from a Hectick Fever, and all other proper Symptoms of a Pthiſis or Conſumption; however, he was ſo emaciated and exhauſted by the immoderate Evacu-

Evacuation before-mentioned, which carried away ſo great a Part of the Chyle concocted in his Blood, and intended by Nature for his Nouriſhment, that he grew meagre and very feeble, and his Blood was ſo wonderfully diminiſhed and exhauſted, that, as it appear'd upon Diſſection, he had not a Quart of it left in his Body; his Limbs being unſucculent, and his Veins and Arteries dry and empty: And though a recent Mortification appeared in his right Side, where the Lobe of the Lungs, as is not unuſual, adhered to the *Pleura*, occaſioned, as was judged, by his Fall from his Horſe, yet no Ulcer or Corruption was diſcovered in his Lungs; ſo that, at laſt, he ſunk purely by a Defect of Nouriſhment, of which he was defrauded by the perpetual and exorbitant Evacuation before deſcribed.

By this Inſtance, and many others, it is evident, That there may be a great and conſtant Cough, with an extraordinary Diſcharge of Flegmatick Matter, that in Appearance reſembles the putrid Contents excluded from an Ulcer, while notwithſtanding the Subſtance of the Lungs remains ſound and uncorrupted, though the Structure is weak and loſe, and the Dimenſions of its Pores too much dilated, by which means the ſpungy Filter becomes, in a great meaſure, uncapable of its native Function, and lets through good and bad Humours without diſtinction. And

And this likewiſe is ſometimes, as already mentioned, the Caſe of the Kidneys, which, though not affected with an Ulcer, let ſuch a Quantity of nutritious Juices paſs through their papillary Glands, together with the Serum, that by degrees the Patient is much emaciated, his Limbs being robbed of their intended Supplies. The Aliment that is carried off through the looſe and gaping Pores of the Strainer, and leaves the various ſolid Parts unrepaired, appears in the Urine, which at firſt is whitiſh, and turbid, and afterwards the Contents ſeparated from it are ſometimes ropy, and ſometimes only a grey and mealy, light Subſtance, that being ſhaken and diſturbed will float and hover in the Urine, but neither the one nor the other is purulent Matter diſcharged from an Ulcer, but the Parts of the Kidneys preſerve their Union and Continuity, and no hectick Fever affects the Patient.

Of this ſeveral remarkable Hiſtories might be ſet down, where the Patients have waſted by ſlow Degrees, by ſuch immoderate Diſcharges from the Kidneys, yet have lived, though under great Sufferings, many Years.

And this is likewiſe oftener obſerved in the ſmaller Strainers diſperſed through all the Skin, whence they become too looſe and wide, for by theſe too open and eaſy Outlets, immoderate and waſting Sweats, as well

well as attenuated Matters, by exceſſive inſenſible Perſpiration, conſtantly exhale in Streams and Vapours, by which means Nature is put to a great Expence of Vigour and Spirits; and in this laſt Caſe it is that the cold Bath is chiefly, if not only uſeful; that is, by ſtrengthening the Glands of the Skin, and contracting its Pores and Chinks, and ſo enabling them to do their Duty, in letting no other Steams or Effluvia paſs through, than the Exigencies of Nature ſhall require.

It is no eaſy Thing always to diſcern, whether the ſuſpected Matter expectorated by a Cough be really purulent; that is, ſuch as comes from an Ulcer, when the Lungs, by vulgar Expreſſion, are ſaid to be touch'd; for ſometimes able Phyſicians have been miſtaken, by pronouncing the Matter putrid, and the Patient therefore in a Conſumption, only by examining the Matter which he raiſes and ſpits up; for 'tis certain, that this will in Colour, Weight, and other Qualities, ſo much reſemble the worſt Kind, that 'tis difficult to diſtinguiſh them. And ſometimes purulent Matter may be diſcharged from the Glands in the upper part of the Larinx or Wind-Pipe, while the Lungs are ſound and uninfected, which has now and then impoſed on undiſtinguiſhing Obſervers, and made them conclude, that the Patient was fallen into a Conſumption.

It

It is therefore ſafer to take in other concomitant Symptoms, I mean a Hectick Fever, great Loſs of Appetite, Nocturnal Sweats, and a Propenſion to a Flux of the Belly, before the Lungs are peremptorily condemned as ulcerated.

A Diſpoſition, or Tendency to a Conſumption, is diſcovered by theſe Symptoms and Appearances (*viz.*) a thin and lean Habit, a ſtubborn Cough, frequent Hoarſeneſs, Catarrahs, Sick Fits, and loſs of Appetite; theſe are the various previous Complaints and Defects of Health, e'er the Lungs are yet affected with Knots and Ulcers, that preſage, and at length introduce a Pthiſis or Conſumption.

Of the Cauſes of a Conſumption.

THE Maſs of Blood is a Compoſition of various and repugnant Ingredients, in which a Balance and Temperament, held by a due Symmetry of the Parts, and a regular Subordination of the paſſive, or leſs active, to the more active Principles, is preſerved in its due Integrity, and a healthful Conſtitution, and this is effected by a conſtant Separation, and Excluſion of hurtful or ſuperfluous Humours, that otherwiſe might annoy its peaceful Diſpoſition, and interrupt its regular Circulation. And

And for this important Office, in maintaining the juſt Oeconomy of Nature, an infinite Number of Strainers called Glands, are diſperſed through the whole Frame of the Body, through which the Blood is obliged to paſs in its return to the Heart. Theſe retard the Current in its direct and rapid Motion, and by their peculiar Pores and Meſhes, let through and divide from the wholeſome Streams, the inordinate Juices in Quantity or Quality.

Beſides theſe innumerable Glands, or Kernels of a ſmaller and unequal Size, that are formed by Nature, and diſpoſed, by a juſt Diſtribution, in proper Places, to ſupport her regular Adminiſtration; letting paſs the Liquors that are adapted to the Dimenſion, and Figure of their Holes or little Chinks, by which others, that bear no ſuch Proportion to them, are kept back. There are three large Strainers, the *Liver*, the *Kidneys*, and the *Lungs*, which are moſt obſervable and eminent for this important Uſe.

The *Liver* is framed and deſtined for fining and depurating the Blood, by filtring from it the exceſſive Bile or Choler, and carrying it off by proper Conveyances. The Kidneys, by their peculiar Glands, ſeparate the ſuperfluous Serum or watry Parts, and diſcharge them by the Urinary Paſſages; and if theſe ſecretory Glands are grown dry,

or

or otherwiſe defective by Age, or obſtructed by noxious Parts, unapt for Percolation and Ejection, then Diſeaſes are produced proper to thoſe Bowels, as *Tumours*, *Ulcers*, and *Jaundice*, in the firſt; and Suppreſſion of *Urine*, *Ulcers*, and the *Stone*, in the laſt.

The *Lungs* are formed by Nature, not only to admit by turns the vital Air by Inſpiration, and excluding it by Reſpiration, but likewiſe to ſeparate and diſcharge the redundant Pituitous, or Flegmatick Parts of the Blood; and as they happen to be various Ways defective in the Diſcharge of this Duty, various Diſtempers are produced.

Now unnatural Knots, or Protuberances and Ulcers in the Lungs, are the only immediate Cauſes; one of an initial, and one of a confirmed Conſumption. For it is in this that the eſſential Notion of this Diſtemper conſiſts, and is diverſified from all other ways of exhauſting the Body, which in this Caſe, by feveriſh Diſorders, and a continual Diſcharge of purulent Matter, and nutritious Juices, ready to be aſſimulated, and converted into Blood, as well as by melting expenſive Sweats, and an obſtinate Flux of the Belly is much diminiſhed; for now the Muſcles, and the ſtringy Parts of the Tendons and Membranes are left unrecruited, while the Proviſions and Supplies deſigned for them are intercepted, and cut off in the Road of the ulcerated Lungs, and conveyed another way.

The

The remote Cauſes of a Conſumption, are all Things that previouſly contribute to the Production of ſuch Tumours, or Kernels, or ſuch an Ulcer, which are of various Sorts, and ſeveral of them may, as partial Cauſes, conſpire for this Purpoſe.

Beſides, as in a native and inbred Diſpoſition to a conſumptive State, all Foods, and the nutritive Juices that proceed from them, if groſs, pondrous, and ſluggiſh, are apt, for that Reaſon, to be ſtopp'd, and left behind, and thus produce unnatural Knots and Kernels in the Lungs, ſo a conſumptive Diſpoſition is often acquired by immoderate drinking of ſtrong Liquors, which, by vitiating the Appetite, inflaming the Blood, and depraving the Humours, create a great quantity of Impurities, apt to obſtruct the Pulmonary Paſſages. The inſpired Air does likewiſe often communicate to the Lungs unwholſome Vapours, and many hurtful Effluvia, which mingling with the Blood, corrupt its Purity, and produce the Seeds of this deſtructive Diſeaſe; for it is evident by Experience, that this Element, in ſome Places and Countries, is more productive of this Diſeaſe, than others.

And for theſe concurrent Reaſons, this Diſtemper is found more frequent and fatal in this, than in the neighbouring Countries, and therefore it is called *Tabes Anglica*, or the *Engliſh* Conſumption, notwithſtanding the

Natives have a fuller Habit, ſquarer, and more extended Cheſts, than the People that lie beyond us to the South.

A Patient may be afflicted many Years with the various Symptoms that are previous and preparatory to a *Pthiſis*, or a Conſumption, as a vexatious Cough, Catarrhs, Hoarſeneſs, ſick Fits, loſs of Appetite, *&c.* before the Lungs are dangerouſly afflicted; and during this conſumptive Diſpoſition, while yet no Knots or Kernels are formed in the Lungs, the Diſeaſe is not begun, though it may be near at Hand, and the Patient may be in great danger of being ſoon attacked in Form, while the Seeds, or Principles of the Diſtemper, are ſtill contained in the Blood, and produce only the Complaints I have mentioned, the Lobes of the Lungs being yet free from obſtructive Tumours, this is the Seaſon for the Patient to uſe the utmoſt Care and Diligence in taking all proper Remedies, and Means, to correct the Humours, reſtore a due Contexture of the Blood, and reduce the Symptoms, that by this timely Application, the Progreſs of theſe Diſorders may be ſtopped, and the Breeding of Knots and little Lumps in the Lungs may be prevented; for though ſometimes, in that Caſe, the Patient may recover, yet it is more ſeldom, and with greater difficulty, than before they are ſo infected.

This is by ſome called the firſt Stage of a Conſumption, but I had rather call it an ill Habit preparatory to that Diſtemper, which is not yet produced, but is in *Fieri*, or in Embryo, and only exiſts at preſent in its remote Cauſes.

But when the Glands of the Lungs are obſtructed, and the ſmall Kernels formed and diſperſed through either Lobe, or any part of either, then the Diſeaſe appears out of its Cauſes, and is actually in Being, and now properly, and not before, receives its Denomination, that is, an initial Conſumption; and in this its firſt Stageit continues a longer or ſhorter Space of Time, as theſe green and unripe Knots are ſwifter or ſlower in growing to Suppuration, when they break, and terminate in an Ulcer; and then begins its ſecond Stage, and becomes a confirmed Conſumption.

The Formation of Knots and Tumours in any Part of the Body, external or internal, that degenerate at length into an Ulcer, ariſe from this, that ſome Parts of the Blood becoming by their Size or Figure diſproportioned to the ſmall winding Channels of the Glands, cannot freely ſlip through, but are entangled and intercepted in their way, by which means they obſtruct the narrow Ducts, and being augmented by the conſtant Acceſſion of more ſuch irregular Particles, they elevate and ſwell the Gland, where the

impure Parts now left out of the Circulation, and excluded from the Veſſels, are by the Labour, and conſtant Efforts of the active Principles, brought firſt to a State of Inflammation, and then of Maturity, and Digeſtion, till by degrees the Matter wholly concocted, or in part crude, is, upon the Diſruption of the Membrane, or the Parts where it is formed, ejected. And this, in particular, happens to the Lungs, when crude and hurtful Humours, communicated to the Veins from a ſick and depraved Stomach; or contained in the Blood from a defect of its aſſimulating Power, or occaſioned by unwholeſome Air, or from *mala Stamina* in the Patient's firſt Formation, by their Inaptitude to flow through the narrower Paſſes, and winding Meanders, are intercepted and ſtopped in their Courſe, whence the Seeds of theſe Knots and Elevations, that at length ripen into an Ulcer, are fixed in the Parts to which they adhere.

Another different Cauſe of a waſting Ulcer in the Lungs, is, the Diſruption of a Veſſel, whence the Blood iſſues into the Cavities and Interſtices of the Lungs, and is thence expectorated by a Cough.

If the Breach happens in a minute Veſſel in the lower Part of either Lobe of the Lungs, the Cough that diſcharges it is ſharp and deep, and the Blood is ejected in a ſmall or moderate Quantity; but if a larger Veſ-

ſel

ſel is divided in the upper Parts, near the Inſertion of the *Aſpera Arteria*, or Wind-pipe, the Blood ruſhes out with great Force, and in a large Quantity, and is caſt out by the Mouth with a motion like that of Vomiting, more than Coughing, whence ſuch a Diſcharge from the Lungs is often miſtaken by the Patient and his Friends for vomiting of Blood from the Stomach.

The Breach in the Lungs, whence this Symptom proceeds, ariſes from this, that the Blood is too ſwift in its Motion, and the Channels through which it muſt paſs are too ſtrait and feeble, whence ſtriving to make its way through the weak and narrow Meſhes, and not finding ſufficient room, it breaks a Veſſel to force its Paſſage, which ſometimes iſſues out in a ſmaller Rill, and ſometimes ruſhing through a larger Chaſm, overflows the Cavities about it with a Deluge, which is pumped up and emptied, as before mentioned.

And whoever contemplates, with becoming Attention, the Structure of this delicate, ſlight and ſlack Strainer, formed of innumerable ſmall griſtly Pipes branching from the great bronchial Tube, of perforated Fibres, hollow Threads, and minute Bladders clothed with capillary Arteries, and a curious and wonderful Net-work of Veins, muſt be tranſported with Admiration at the Proſpect, and rather wonder, that ſome or

other of theſe little Canals are not every moment broken through, by the ruſhing Tide of the Blood, while it circulates through the intricate Ambages, implex Labyrinths, and inviſible Receſſes of involved Veſſels, than that ſometimes they ſhould ſuffer a Diſruption that occaſions ſpitting of Blood: Nor will he be able to forbear a rapturous Acknowledgment of the infinite Wiſdom and Contrivance of the Divine Artificer, who has framed out of ſuch tender, looſe and flaccid Materials, a Bowel of ſuch Importance to animal Life, that ſhould be laſting and permanent, while it ſeems continually liable to Diſ-union and Ruin.

The Lungs being formed of a ſoft, looſe and bladdery Subſtance, and weakened by repeated Effuſions from the Wound, and therefore leſs capable of healing than the ſolid Parts, are often apt, not only to feſter and putrify, but to ſpread the Infection among the neighbouring Glands, for one part ulcerated communicates the Contagion to the neareſt Knots or Kernels, which by this means become ulcerated; for this breathing Spunge being of a lax and light Texture, when it is torn or wounded, will ſcarely ever be reſtored, by good Digeſtion, to its former Soundneſs and Integrity, like the ſolid Parts, where the Fibres are more cloſe and compacted, eſpecially in external Wounds, which are capable of topical Applications,

plications, and therefore the lacerated and ſever'd Fibres of the Lungs, for want of due Digeſtion, and being likewiſe unaſſiſted by outward Remedies, are apt to putrify and corrupt; for not being bound, or brought cloſe enough together, the balſamick and active Principles of the Blood cannot eaſily unite in a ſufficient Proportion to digeſt the Wound, and therefore, as I have ſaid, an Ulcer is often the fatal Event.

This Rupture of the Lungs, and conſequent ſpitting of Blood, uſually ariſes from an Orgaſm, or an immoderate Motion of the Blood, which ruſhes with ſuch a Force from the Heart into the Lungs, that for want of room it breaks through ſome of its Channels, too weak to ſuſtain the Tide, as before mentioned; which likewiſe is the Caſe of Eruptions of Blood from other Places. Young Perſons of a florid Complexion, and active Temper, are often liable to exceſſive Effuſions of this nature, which happen likewiſe often from the Hæmorhoids, and frequently in Fevers and the Small-Pox, when the Blood, expanded and agitated to an inordinate degree, grows impatient of Reſtraint, and breaks through the Veſſel in this or that place, where it can moſt eaſily find a way, which the Noſtrils moſt commonly afford.

It muſt be acknowledged, that, after ſpitting of Blood, many Perſons, who owe to their

firſt Formation a firmer and ſtronger Syſtem of Veſſels, eſcape an Ulcer in the Lungs entirely, or for many Years, while, however, they are afflicted with a troubleſome Cough, and ſuch a copious diſcharge of Flegm, as keeps them in a lean emaciated State, and the Flegm they expectorate is all this time white and pondrous, till at long run, when it becomes greeniſh, and leſs coherent, and is attended with a hectick Fever, it ſhews the Wound is degenerated into an Ulcer: And ſome Patients, that in their Youth and manly Age have been liable to this Symptom, and reduced by it to a valetudinary and very unequal State of Health, have, by their better Structure of the Lungs, together with Abſtinence and Regularity of Living, and watchful Care, preſerved their Lives to a great Age; of which, among ſeveral others, the celebrated Mr. *Lock* was an eminent Example.

And indeed, if valetudinary Perſons, in danger of a Conſumption, continue without an Ulcer in the Lungs till towards Forty, they are not afterwards ſo liable to contract one; for by length of Time the Parts of which they are conſtituted become firm and tough, and, as it were, callous, by which means they grow leſs obnoxious to Corruption. A Wound therefore in the Lungs, whether from natural Diſtempers, or outward Violence, for I have known ſeveral

In-

Inſtances, where the Lungs run through with a Sword have been conſolidated and healed, is not always attended with a fatal Conſequence; but then it is, when the Patient is of a more hail and firm Conſtitution: But when the Frame of the Lungs is not ſo well woven, but is lax and tender, there is great danger, that after ſpitting of Blood they will, by degrees, putrify and conſume.

There are likewiſe other Cauſes of Blood-ſpitting, beſides that I have mentioned; one is the Settlement of a gouty Matter in the Subſtance of the Lungs; for as the Seeds of that painful Diſtemper will inhabit at Times moſt parts of the Body, as well as the Joints their uſual Reſidence, ſo the Lungs are ſometimes invaded by it, where obſtructing the Glands, or fretting or eating the ſoft and tender Veſſels, they produce this Effect.

Of the Progreſs of Conſumptions.

I HAVE given an Account of the Cauſes of an Ulcer in the Lungs, whence a confirmed Conſumption proceeds, either from the Breach made, that is attended with coughing up of Blood, or without ſuch Evacuation, from the Obſtruction of the Glands with impure and noxious Humours: This laſt, which is the moſt common and moſt dan-

dangerous, is, as before ſuggeſted, formed in the Manner of other Tumours; that is, the morbifick Matter ſtops and ſticks faſt in the Glands, which they are uncapable, by their diſproportioned ſize or figure, to pervade, and then are augmented by degrees, by the Acceſſion of new Materials, till they ſwell the Kernel to ſuch a Plenitude, that at length an Inflammation follows with a Fever, which is not properly hectical, it being the ſame that accompanies all other inflammatory Tumours, if large, or in greater number; and it ariſes from the Labour and Efforts of the Spirits and active Principles employed in Suppuration; and when the Matter is digeſted, at leaſt in good part, and the Skin or Membrane that encloſes it becomes ſufficiently thin, the purulent Matter breaks out into the Cavities, where irritating the neighbouring Parts, it provokes a ſharp Cough to expectorate and diſcharge their Burden; and upon this Diſruption of the inflamed Gland the Ulcer is formed, and a hectick Fever, properly ſo called, attends it; for while the Blood in its Circulation through the corrupt and degenerate Parts, waſhes away with its Tide ſome of the putrified Contents, they being uncapable of being ſo digeſted and changed, as to become parts of the Blood, Nature ſtrives to expel them, and free it ſelf from ſuch hurtful Gueſts, and from that Conflict

ariſes

ariſes the hectick Fever; and at length the active Principles prevail, and exclude theſe pernicious malignant Parts with which the Blood is infected by nocturnal and morning Sweats, which are continually repeated, becauſe freſh Matter is continually communicated to the Blood in its Paſſage through the Ulcer, whence theſe copious Sweats are juſtly called melting, or colliquative.

It muſt be obſerved, that in this glandulous Kind of Conſumptions many Kernels ſwell in Succeſſion, whence ſome beginning before others, they reach not at Maturity all at once, but one more forward Tumour ripens firſt, while the reſt of this malignant Fruit are partly knit, and partly green and crude, and ſome yet nearer to a mature State, which they acquire by degrees, and burſt by Suppuration one after another.

After the Diſruption of the ripened Tumour, and the Diſcharge of its Contents, the Fever, common to all Inflammations that accompanied the Maturation, and may thence receive its Name and Diſtinction, is greatly abated, and almoſt extinguiſhed, but then follows the hectick Fever, which ariſes from the Communication of the corrupt Contents to the Blood, as it paſſes through the putrified Lungs in the Manner before deſcribed. But the different Fevers that attend a Conſumption in all its Stages, ſhall be accounted for diſtinctly at the End

of

of the ſecond Section. When one ſuppurated Kernel in the Lungs is broken, and has diſcharged by Expectoration its purulent Humours, the Patient is more at eaſe, and finds all his Symptoms moderated, till another ſwells, and by a ſlower or ſwifter Progreſs, according to the milder, or more putrid Nature of the Humour, advances to a State of Maturity, and now all the Symptoms are revived, that accompanied the Formation of the firſt Ulcer, that is, Coldneſs, Shiverings, and Rigors that attend the Beginnings of Suppuration, and are ſoon followed by the putrid Fever before deſcribed.

While Nature prepares the tumified Knot for Suppuration, a ſharp Cough afflicts the Patient, which ariſes from the Pungency and Irritation of the inflammatory Contents in the diſtempered Gland; but this Cough, though acute and vehement, yet is dry and ineffectual for the Expulſion of any noxious Matter, while only a little frothy inoffenſive Flegm is diſcharged, till the ſwollen Gland being ripened burſts, and lets forth its putrid Contents, which in a greater or leſs Quantity are diſcharged by Expectoration, and then the Cough grows moderate and eaſy, and the Fever of Maturation ceaſes, but is ſucceeded by a Hectick ariſing from the putrified Parts of the Lungs, as before deſcribed; and in like manner, one putrified Kernel after another ſwells and breaks

till

till the Body is extremely emaciated, and the Blood and Spirits ſo exhauſted, that they are no longer able to eject by Coughing this noxious Matter, whence Death enſues.

Towards the latter End the hectick Fever is augmented, while the Contents of the Ulcer grow more malignant, and infect the Blood in a greater meaſure, and ſo excite a ſtronger Effort of the Spirits for their Excluſion. At this Period likewiſe, the Thirſt of the Patient is increaſed, and the Throat grows dry and inflamed, by the hot and corroſive Effluvia or Exhalations that aſcend from the Lungs through the *Aſpera Arteria*, whence likewiſe proceeds a conſiderable Hoarſeneſs and Difficulty in forming the Voice; for as ſometimes a long and obſtinate Hoarſeneſs, occaſioned by the Drineſs, and ſtrait Pores of the Glands, which diſcharge not Serum enough to moiſten the Organs of Speech; and as that Drineſs proceeds, and infects the Glands, or griſtly breathing Pipes, diſperſed through the Lungs, introduce a proper Conſumption, ſo at the laſt Stage almoſt all Conſumptions are accompanied with this Symptom, occaſioned by Eruptions and Steams from higher degrees of Putrefaction in the Lungs now infected with inveterate Ulcers, which corrode, and make the Wind-pipe dry and leſs flexible, whence that Suffering proceeds, and is one of the ſad train of Symptoms

which

which attend the Patient in his laſt Moments.

Nocturnal Sweats, and great Thirſt, as well as purulent Expectoration, are Symptoms that diſcover a confirmed Conſumption. Theſe melting and waſting Evacuations, as explained above, ariſe from the Conflict of the Spirits and active Principles exerting their Force to expel from the Blood the corrupt Matter, which they are unable to aſſimilate and convert into Nouriſhment; and while new virulent Matter is continually communicated to the Blood, in its Circulation through the ulcerated Parts, they are obliged to repeat their Labour every Night, to exterminate by Sweat the offenſive and putrid Humours, whence the Patient is much waſted and enfeebled; and he is the more ſo, becauſe in this confirmed State of the Diſtemper there is generally a great dejection of Appetite, and a nauſeous loathing of Foods, with dead Sickneſs of Stomach, frequent Vomitings, which are ſometimes cauſed by exceſs of green Choler, like Verdigreaſe, or Juice of Leeks, that is often ejected, to free the Stomach of its Burden; and ſometimes excited by a long and vehement fit of Coughing, that Nature employs to pump and eaſe ths Lungs, by which violent Action the Motion is continued to the Organs in the Stomach deſtined to that expulſive Office.

In

In this State of the Diſeaſe a Flux of the Belly often happens, which being colliquative or waſting, like the flowing Sweats by Night, bring on apace the Diſſolution of the whole Fabrick, by exhauſting the wholeſome Juices of the Blood, laying waſte the Spirits, and enfeebling the Body to the laſt degree. And while this Flux prevails the Sweats are much diminiſhed, while the Matter that fed them takes another turn, and is excluded by the Glands of the Inteſtines.

Of the ſeveral Sorts, or Species of a Conſumption.

THE firſt Diviſion of Conſumptions may be properly made into Glandulous, and ſuch as are conſequent upon the Spitting of Blood.

The Difference between theſe two Sorts conſiſts in this, that the glandulous Kind proceeds from noxious Humours that obſtruct the Lungs by forming Kernels, and making their knotty Settlements in their Glands, which, as before deſcribed, degenerate at laſt, and ripen into Ulcers, and is never, or very rarely, attended with Expectoration of Blood; whereas, the other Sort does not owe its Original to any ſuch little

little Lumps, Concretions, or Protuberances, but ſolely to the Rupture of ſome Blood Veſſel in the Lungs, upon which Diſ-union, or Solution of the Part, the Wound often putrifies, and becomes a fatal Ulcer, as before deſcribed.

This Diſtemper is likewiſe divided into the ſwift and haſty, or the ſlow and lingering; for though all Conſumptions are ranged in the Claſs of chronical Diſeaſes, yet ſome finiſh their fatal Period in ſo ſhort a Time, compared with others that are protracted to a far greater length, that the former may be juſtly called ſwift and acute in reſpect of the latter, which are of long Duration; and the Reaſon of the quicker, or ſlower Termination of this Diſtemper, ariſes from theſe three Springs; the different Quantity of Impurities; the different Degrees of the degenerate and noxious Humours communicated from the Blood to the Lungs; and, the different Strength, Amplitude, and Firmneſs of the pulmonary Veſſels and Channels.

As to the firſt, it often happens in this, as in other ulcerated Parts of the Body, as well external as internal, particularly in the Kidneys, the Neck of the Bladder, the Inteſtines, or in Scorbutick Sores, the Puſtules of the Small Pox, and the malignant Tumours, that accompany peſtilential Fevers. If the noxious Seeds of the Diſeaſe are contained in a ſmaller quantity in the Blood, they

they form and feed the tumified Glands in ſlow Succeſſion; and if the irregular Particles, or Principles of the Diſeaſe, when intercepted, and lodged in the ſtrait Paſſages of the Lungs, that produce glandulous Swellings, are of a mild and leſs hurtful Quality, as well as ſmall in Quantity, the Patient often continues many Years in a languiſhing and conſumptive State, while the Kernels and Knots diſperſed through the Lungs, like the Fruit of the Vine, or other Vegetables that grow in Bunches or Cluſters, ripen one after another, while ſome, as mentioned before, are ſmall, and ſcarcely appear; others are green, and of different Amplitude, and others in a State of Maturity. When one of theſe Knots riſes to Suppuration, and burſting excludes its Putrefaction, and after a Time empties it ſelf by Expectoration, if the Materials of the Diſeaſe are few and mild, it will be a conſiderable ſpace before another neighbouring Kernel ſwells, ſuppurates, and breaks, ſo that by reaſon of the long Intervals between theſe Diſruptions, and the ſmall quantity of Matter ejected from the little Ulcers, as well as the Mildneſs of its Nature, the Symptoms diſcontinue, or revive.

And as they often deject, they more often flatter the Patient with hopes of Recovery; for while the ſmall Ulcers are formed by the Rupture of the inflamed

flamed Knots, at a conſiderable diſtance of Time interpoſed, Rigors, Chilneſs, and a Fever attend every ſuch new Suppuration, the Patient thinks he has only taken another Cold, and ſo eludes the Apprehenſion of a new formed Ulcer, by ſuppoſing it no more than a common Cough; and it is wonderful to obſerve, how inapprehenſive theſe Patients are of their Diſeaſe, and backward to believe their Caſe is dangerous, even when it is deplorable. As a Patient afflicted with Splenetick, or Hypochondriacal Symptoms, is often inſulted by imaginary Fears and Apprehenſions of imminent Death, who, notwithſtanding, has a long Courſe of Years yet to come; ſo on the contrary, a Patient in a deep Conſumption, who can breathe but a few Days longer, is ſo far from believing, that his Days are numbered, and, that he is ready to expire, that, perhaps, he is buſy in forming Schemes deſigned to take place twenty Years after. In theſe Caſes then, a Pthiſis, or Conſumption, may be prolonged many Years, eſpecially if the Patient has an indifferent good Habit of Body, and the Structures of his Lungs has a tollerable Firmneſs.

But on the contrary, if the Blood be full of the noxious Principles of this Diſtemper, that during its Circulation are apt to ſtick in the Glands, it will then ſupply the Lungs with ſo great a quantity of Impurities, as will

will obſtruct abundance of Glands, and all over infect the Lungs with Tumours, not only of larger Dimenſions, but diſtended with more malignant and deſtructive Contents; and if this happens to a Patient, unhappy likewiſe in a weakly Complexion, and a valetudinary Habit, the Frame of whoſe Lungs is woven with too tender, ſlack and delicate Threads, their Subſtance will putrify and unravel apace, and the Diſeaſe, with a ſwift Career, will, in a ſhort Time, reach its laſt fatal Stage.

So likewiſe, if by an ample Breach of a Blood Veſſel in the upper part of either Lobe of the Lungs, a large Wound is made, if the Fibres are weak, and more receptive of Putrefaction, the Diſeaſe is very haſty, and a fatal Ulcer is ſoon formed in the feſtering Parts.

But it muſt be obſerved, that ſometimes Patients that diſcharge Blood from a Breach in the Lungs, eſcape an Ulcer, which is often the Effect of ſuch a Breach, and conſequently elude a threatened Conſumption; and indeed, the Danger from ſpitting of Blood is not ſo great, as that which attends the Swelling and Inflammation of a Gland, not accompanied with that frightful Symptom; for 'tis remarkable, that a gouty Matter, as ſeveral Times I have ſeen, and ſmall Stones bred in the Lungs will, by corroding and fretting the Capillary Veſſels, occaſion ſpit-

ting of Blood; which, in Perſons of a hailer Conſtitution, is ſeldom followed by an Ulcer in the Lungs.

In the firſt Caſe I have obſerved many Examples, where gouty Seeds, which will be depoſited in any part of the Body, being determined to the Lungs, have produced a copious Diſcharge of Blood, that after ſome Time being tranſlated into the Joints, have entirely freed the Lungs from that Symptom, which never after returned; and a Patient of mine is now living, in an advanced Age, that thirty Years ago did, at ſeveral Times, caſt up from the Lungs a large quantity of Blood, but upon the Appearance of the Gout in his Feet that Symptom entirely vaniſhed. And I have often obſerved in other Caſes, That when Perſons have been long afflicted with Vomitings, Sickneſs in the Stomach, Flux of the Belly, and Pains in the Limbs and Head, which, however, did not abate their Fleſh or Strength, nor diminiſh their freſh Colour, though they eluded the Force of all Medicines proper in ſuch Complaints, have at length turned to the Gout, and ſo have frequently been relieved. And as the Symptoms, as Doctor *Sydenham* has remarked, which are commonly reputed Scorbutick, are often nothing but the Principles or Seeds of a growing, but unripe Gout, in the Habit of the Body, before they are diſlodged, and caſt off upon

the Joints, ſo the whole Idea of the Scurvy, the Notion of which, notwithſtanding all the Explanations given of it by Authors, continues ſtill very confuſed and obſcure, may at leaſt, for the greateſt part, be nothing elſe than the various Complaints ariſing from the Seeds of various chronical Diſeaſes, yet unfaſhioned and in Embrio.

Conſumptions Hereditary or Accidental.

ANother Diviſion of Conſumptions is into Hereditary and Accidental. The unhappy Seeds of this Diſeaſe, as well as thoſe of Lunacy and the King's Evil, which are complicated with the Principles of Life, and interwoven in the original Conſtitution, continue entangled and combined with them, till they are diſengaged and unfolded by the Ferments of Puberty, which generally happens between Fourteen and Twenty Five, though ſometimes afterwards; and being derived from the Parents it is named Hereditary. This Conſumption being generally of the glandulous Kind, begins without any Breach of the Lungs accompanied with Blood ſpitting, and is formed when the Impurities of the Blood peculiar to this Diſeaſe, diſintangled and let looſe from the

other wholeſome Parts, are intercepted and ſtopped in their Paſſage through the Glands in the Lungs, till by the gradual Acceſs of ſimilar Matter they obſtruct, and ſwell them with little Tumours, as before explained: And this is the moſt dangerous and fatal Kind, that diſappoints the Force of all Method and Medicine, and is very rarely, if ever, cured, the Patients having been ſhapen in Corruption, and born in natural, as well as moral Impurity.

An hereditary Conſumption, like Lunacy, and the King's Evil, named before, is a fatal Entail on many Families, not to be extirpated by the moſt efficacious Means; for though ſometimes it lies concealed, and miſſes the Father, it will riſe up in the Grandſon, and be propagated to all Poſterity. The putrid Seeds of this Diſeaſe, as already obſerved, are complicated with the Principles of Life, and born with the unhappy Child, though, as before ſuggeſted, they do not uſually diſplay themſelves till he grows adult, and then, as before ſuggeſted, they are unfolded, and ſet at liberty, by the Ferments that accompany the Flower of Age.

I have ſaid above, that a glandulous Conſumption uſually diſcovers it ſelf between Fourteen and Twenty Five, but ſometimes, though Hereditary, it begins to diſplay its fatal Symptoms at other Periods of Life.

And

And here I crave leave to recite a remarkable Story on this Subject. About ſeven or eight and Twenty Years ago being in promiſcuous Company, where the Converſation turned upon this Subject, and obſerving one of the Company look fat and florid, I addreſſed my ſelf to him to this Effect. You, Sir, are ſo Happy in a hail Conſtitution, freſh Looks, and muſcular Limbs, that you are ſafe enough from the Diſeaſe we are diſcourſing of. Sir, he replied, by all that appears you may juſtly be induced to beſpeak me in the Manner you have done, but notwithſtanding that, I am well aſſured, that I have not a Year longer to live, for it is not known, that for ſeveral Generations, any one of my Family has exceeded Forty, but generally they die about eight and Thirty; and, I now being turned of Thirty ſeven, I conclude I ſhall live but a little longer. He ſpoke this with ſuch a ſedate and undiſturbed Mind, that I could not impute it to Melancholy, or a ſplenetick Whimſy; and I was confirmed in my Opinion, when in leſs than ſix Months after he ſent for me to give him my Advice, I found him ſtriving with a ſharp and obſtinate Cough, attended with a feveriſh Diſorder, and a faded Aſpect, and in deſpight of Medicine, in leſs than three Months, to my great Surprize, his Diſtemper entirely unravelled him, and he melted away.

An accidental, or acquired Conſumption, which I call ſo, becauſe it does not derive its Origine from either of the Parents, but from noxious Humours generated afterwards in the Blood, as other acute and chronical Diſtempers are produced, which ſpring up at various Seaſons from ſundry Cauſes, in the Veins of thoſe who cannot impute their Illneſs to their Conſtitution, nor owe their Death to their Principles of Life. The Seeds of this waſting Diſeaſe are bred in the Patient, while many irregular and degenerate Parts, by the defective Oeconomy of Nature, continue complicated with the Blood, which ſhould have been digeſted and expelled by ſome of the Strainers, till they contract ſuch a noxious Quality, that is, ſuch an inordinate Size and Figure, as make them unapt to ſlide through the Meſhes, and Blood-Channels in the Lungs, and therefore they adhere to them, and are ſtopp'd there, till by new Supplies gradually ariving, they diſtend and enlarge their Lodgings, from which, when inflamed and ſuppurated, the ſmall Ulcers are formed peculiar and eſſential to this Diſeaſe, as before deſcribed. And it is in this Species of Conſumptions, before they are confirmed, as well as thoſe that are threatened by ſpitting of Blood, that the Art of the Phyſician is often efficacious and beneficial; for as to Hereditary Diſeaſes of this Nature, they are deaf and

inex-

inexorable, they elude the Art of Phyſick; and triumph over all the Force of Plants, and Drugs.

Original and Secondary Conſumptions.

ANother Diviſion is into an Original, or primary, and a ſecondary Conſumption, ſuperinduced upon ſome previous Diſeaſe, the Cauſe or Occaſion of it. Of the firſt Sort, are the Conſumptions I have hitherto diſcourſed of, whoſe Seeds are either complicated with the *Stamina vitæ*, and ſo are Hereditary, or afterwards formed in a degenerate and depraved Blood. The ſecondary Kind is, the Conſequent of ſome Diſtemper, and is various, according to the various Diſeaſes that introduce it, either Acute or Chronical.

The acute Diſeaſes, that often terminate in a Conſumption, are *Vomicas*, *Peripneumonies*, *Inflammations of the Lungs*, *Empyemas*, the *Meaſles*, *Pleuriſies*, and ſlow, putrid, and malignant *Fevers*, protracted to a great length. The Chronical are, chiefly, *Hypochondriacal*, and *Hyſterick* Affections, vulgarly known by the Name of the *Spleen*, or *Vapours*, confirmed *Venereal* Diſtempers, *Scrophulous* or Strumous Swellings, and Ulcers, commonly called the

King's Evil; obſtinate *Coughs*, *Fiſtulas*; and *Ulcers* in the Guts, or the external Parts of the Body, Tumours in the outward glandulous and nervous Parts, which proceed ſlowly to Maturation, and when ſuppurated, diſcharge much Ichorous and Sanies, like undigeſted and crude Contents, which are ſometimes like Honey, ſometimes a fatty Subſtance, like Suet, and often a great Variety of other odd and anomalous Matter, all which at length do often end in a Tabes, or Conſumption of the Lungs, where theſe various Diſeaſes, like numerous Streams running into ſome ample River, are ſwallowed up, and loſe their Denomination.

When the oily and fiery Parts of the Blood are too much exalted, and having broken the juſt Proportion and Symmetry of the Parts, become licentious, and unbalanced, from the Heats and Diſturbance that follow, ſome inflammatory Fever is ſoon produced; and if thoſe balſamick Principles are too much weakened and depreſſed, and therefore uncapable of maintaining their due Power, and ſhare in the animal Government, this inordinate Diſpoſition of the Blood, brings on ſlow and chronical Diſeaſes, and a Tabes, or proper Conſumption, among the reſt, while the languid and impoveriſhed Maſs grows ſlow and unactive, and is therefore apt to ſtop and reſt in its

Way,

Way, and ſo clog and obſtruct the Glandulous Strainers.

As to the various Diſeaſes before enumerated, which frequently degenerate into a true Conſumption, ſeveral of them, as well acute as chronical, belong to the Lungs, or the Region of the Thorax, that is, the Trunk of the Body; ſuch as Coughs, Pleuriſies genuine or ſpurious, Vomicas, *&c.* And theſe Subjects I ſhall here diſmiſs, and reſerve the Diſcuſſion of them to the third Section, where I ſhall diſtinctly conſider all the Diſtempers of the Cheſt or Thorax, beſides a genuine Conſumption.

Of an Atrophy.

AN Atrophy, that is ſometimes called a Maraſmus, is a meagre and exhauſted Habit of Body, unrecruited by due and proper Nouriſhment; which Defect ariſes ſometimes from a perverted and ruined Appetite, when the Patient nauſeates and loaths wholeſome Foods, and ſcarcely eats enough to ſupport Life, and much leſs to repair the unavoidable and daily Loſſes of Nature, eſpecially by Sweats, and inſenſible but copious Tranſpiration.

Sometimes it proceeds from degenerate and vitiated Humours, eſpecially an immoderate

derate Quantity of bitter Bile or Choler, communicated to the Stomach from the Blood, or from Crudities, the undigeſted Leavings of Meats and Liquors, which the depraved Ferments were unable to convert into Chyle. For it often happens, as Experience teſtifies, that a great Collection of ſowre, ſharp, bitter, and otherwiſe irregular and noxious Juices, as well as an exceſſive Portion of pondrous Flegm, often diſables the Stomach from performing its Duty of Concoction, whence little wholeſome Nouriſhment is laboured and prepared for Nature's Service, and, beſides, a great Part of this likewiſe is loſt and waſted, by frequent Vomitings, or Dejections, to each of which theſe Patients are liable.

This Diſtemper may likewiſe ariſe from the depraved State of the Nerves that form, and the Spirits that inhabit the Coats of the Stomach, and are employed in the Office of Digeſtion. All Men by Experience find the Neceſſity of the Aid of the Spirits in the Buſineſs of Concoction, while they cannot but obſerve, that if after their Meals they call them away from doing their Office in the Stomach, by intenſe Study, or Application to Buſineſs that requires little Action, the Digeſtion of their Foods will ſoon proceed more ſlowly, and with more Uneaſineſs: But while the nervous Fibres preſerve their due Tenſion and Firmneſs, and the Spirits

are

are tranſmitted to them from the Brain, endowed with due Strength, Swiftneſs, and Vivacity, and are ſuffered to attend their Duty, without the Avocations of Thoughtfulneſs, and intenſe Contemplation, the Concoction of the Meats is well performed, and ſufficient Nouriſhment is diſtributed for the Reparation of the Body, if it otherwiſe continues in an healthful State.

An Atrophy may likewiſe ariſe from Want of a due Number, or from the ill Conformation of the Lacteal Veſſels, that for thoſe Reaſons will not admit and convey to the Blood ſuch a Plenty of Chyle, as the due Repair of the humane Frame requires. By theſe, and perhaps ſeveral other Errors and Diſorders, occaſioned either by impure and degenerate Humours, collected in the Body, or by the original Irregularity of the various Veſſels and Strainers, the Body is defrauded of due Supplies of nutritive Juices, 'till it preſents Spectators with a Skeleton, or the Figure of a Man, emaciated and conſumed by Famine. And though often theſe unhappy Sufferers expire for Want of ſufficient Vigour and Spirit to carry on the Animal Regimen, and ſupport the languiſhing and exhauſted Fabrick, yet ſometimes they drop at length into a true Pulmonary Conſumption; to which they have ſuch an eaſy Tranſition from their poor and meagre State, that it is ſurprizing they eſcaped it ſo long.

There

There is not a Chronical Diſeaſe that more frequently introduces the Diſtemper I am diſcourſing of, than Strumous or Scrophulous Swellings or Ulcers. It is the Property and diſtinguiſhing Character of this Diſtemper, to obſtruct and ſtuff the Glands through which the Blood paſſes in its Circuit, eſpecially thoſe under the Ears, about the Neck, and on the Back; and, generally ſpeaking, the original Seeds oft infect the vital Principles of the Embrio, and like thoſe of a Conſumption are cloſely interwoven in its Conſtitution, though they ſooner diſplay their pernicious Fruits in occaſioning ſore Eyes, Ozenas, ſwollen Lips, Tumours in the Body, of various Figures and Amplitude, of which many by Degrees ſuppurate, and become obſtinate conſuming Ulcers, 'till the Body being waſted and emaciated, it is no Wonder if Part of the Matter of this Diſeaſe, which ſo eaſily adheres to the Glands, and augments and diſtends them to an unnatural Dimenſion, ſhould at length ſtop in thoſe of the Lungs, and being uncapable of flowing freely through thoſe narrow Channels, ſhould ſtay in their Way, 'till they cauſe and afterwards encreaſe the Pulmonary Knots or Kernels, which by Degrees inflame and break, as before expreſs'd. And thus a Glandulous Conſumption, ſuch as does not affect the Lungs with a Rupture of its Veſſels, and Coughing up

Blood,

Blood, is produced by Strumous or Scrophulous Humours. And the Nature and Properties of theſe two Diſtempers are ſo much alike, that the Tranſition from the King's Evil to a *Tabes*, or Conſumption, is very eaſy and ordinary.

Though Hypochondriacal and Hyſterick Diſtempers, in Perſons of a corpulent Habit, and a more firm, robuſt, and colder Complexion, ſeldom degenerate into this Diſeaſe, yet when the Patient is thin and meagre, and liable to feveriſh Heats, the Caſe is otherwiſe: For ſuch Patients, the Texture of whoſe Fibres and Membranes is too fine and delicate, and whoſe Spirits are over keen and active, when they have many Years laboured under a ſad Series of painful Symptoms, ſuch as frequent Sickneſs of the Stomach, Loſs of Appetite, Vomitings, Profuſion of pale Urine, feveriſh Diſorders, immoderate Sweats, great Inquietudes, wakeful Nights, Pains of the Limbs, and Aches of the Head, beſides many other imaginary Diſtempers; which, however, are attended with real and unfeigned Sufferings, that enfeeble the Body, and diſſipate the Spirits; theſe Patients, I ſay, their Vigour and Blood being exhauſted, do ſometimes fall into a true Conſumption, as others of a robuſter Conſtitution, under the like Complaints, are at length often ſeized and taken off by an Apoplexy, or an Hemiplegia, commonly

monly called a dead Palſy. For when by long Succeſſion of grievous Complaints the Blood is ſunk and greatly impoveriſhed, and deſpoiled of its Balſamick Riches, it becomes unable to circulate freely through the ſtrait Meanders of the complicated Glands in the Lungs, without leaving behind it many noxious and degenerate Humours, which adhering to the Channels, and afterwards augmented by freſh Supplies, extend and amplify the obſtructed Part, 'till the Tumour is formed, that at laſt ſuppurates and becomes an Ulcer, in which, as I above aſſerted, conſiſts the peculiar and eſſential Character of a radicated Conſumption.

Venereal Diſtempers confirmed by frequent Relapſes, where the tranſient Satisfaction is infinitely over-balanced by a ſad Variety of tragical Sufferings that attend it, often produce a downright Conſumption of the Lungs. For the humane Fabrick being worn, ſhattered, and almoſt demoliſhed by continued and grievous Pains, and Aches in the Limbs, eſpecially by Night, when the Patient grows warm in Bed, by loathſome Eruptions in the Skin, waſting Ulcers internal and external, painful Excreſcencies, and Elevations of the Bones, and ſeveral conſuming Evacuations peculiar to theſe Caſes, nor leſs by long and tedious, as well as grievous and uneaſy Courſes of Phyſick, which how neceſſary ſoever to the Cure, much enfeeble

the

the Patient, and reduce him to a low and languiſhing State, at length is often deſtroyed by a true Conſumption.

And the Reaſon that it does not more frequently bring on that Diſeaſe, is probably this, That the noxious Particles in the Blood, which conſtitute a Venereal Diſtemper, at long run acquire a peculiar Size and Figure, by which they are adapted, and diſpoſed rather, to inſinuate themſelves, and penetrate into the minute Pores and Interſtices of the Bones, where being intercepted and impriſoned, they produce the Excreſcences, and painful Protuberances before mentioned; and ſometimes all their Moiſture being exhauſted by the putrefactive Contagion, they grow dry and incoherent, and ready to crumble into Duſt. And this likewiſe is obſerved in the Scrophulous Humours mentioned before, which often fall upon the Bones, diſſolve their Continuity, and fill them with Rottenneſs and Corruption, particularly in that calamitous Inſtance, of a white Swelling in the Knees, called a *Spina Ventoſa*.

And while the Venereal Principles are thus diſpoſed to enter the Cavities, and minute Receſſes of the Bones, they are prevented from being depoſited in the Lungs, and perhaps they gain ſuch a Figure and Size, as make them leſs liable to be caught and entangled there; the Blood, however, in its

low,

low and languiſhing State, during its Circulation through that intricate Strainer, leaves behind it, in the porous Subſtance, its groſs and dreggy Parts, which, by a gradual Congeſtion, ſwell the Glands, and at length produce a conſuming Ulcer.

In like manner, lingring Rheumatiſms, that affect the Joints, with painful Swellings, Fiſtulas in Ano, and obſtinate Ulcers, produced by depraved and ill conditioned Humours, collected and lodged in the Glandulous, or Muſcular Parts of the Body, and brought by ſlow Advances to a very imperfect Suppuration, do, by copious Evacuation of a long Continuance, defraud and impoveriſh the Blood to that degree, that it can no longer paſs through the narrow Channels of the Lungs without cauſing thoſe Obſtructions, that prove their Ruin.

Other chronical Diſtempers, beſides theſe, I have enumerated, as *Dropſies*, *Jaundice*, &c. which are not of that Claſs that belongs to the Cheſt, ſometimes terminate in a Tabes, or waſting of the Lungs.

An obſtinate Cough, and frequent Catarrhs, accompanied with a plentiful Diſcharge of thin Humours, as well as a conſtant Expectoration of pondrous Flegm, often diminiſh the fleſhy Parts, and uſher in a Conſumption; but a Cough and Catarrh being Diſorders that affect the Thorax, or Region of the Breaſt, I ſhall refer the Diſcuſſion

cuſſion of them to the Third Section, where I ſhall treat of thoſe Diſtempers.

Beſides, putred and malignant Fevers, by their ſlow Advances, and long Continuance, degenerating at laſt into lingring and erratick Heats, expend the Spirits, vitiate the Blood, and lay all Nature waſte; and by this Means the Balſamick Parts of the Blood being exhauſted, or diminiſhed to a great Degree, it is filled with noxious Humours, apt to obſtruct and corrupt the Lungs, when conveyed by Circulation to that tender and delicate Bowel: And ſometimes intermitting Fevers, or Agues, by long Duration, and multiplied Repetitions, ſap the Foundations of Life, and ſo far break and ſhatter the Animal Fabrick, that it is not ſurprizing that a genuine Conſumption ſoon follows.

But this is more frequently the fatal Conſequence of inflammatory Fevers, ſuch as Pleuriſies, Peripneumonies, *&c.* which ſhall be more diſtinctly accounted for hereafter, in the Place deſigned for them.

I come now to the Method of Cure; but I ſhall not meddle with all the Diſtempers I have reckoned up, that frequently bring on a Pthiſis or Conſumption, for that would be to enter too far into the Body of Phyſick: And beſides, I am confin'd by my Subject, and the Limits I have ſet my ſelf, to treat only of Conſumptions and the other Diſeaſes, that affect the Lungs, or the Region of the Thorax.

SECTION II.

The Method of Cure.

HEREDITARY Conſumptions, which ariſe partly from an Error in the original Structure or Formation of the Lungs, whoſe Fibres are too tender and delicate, as their Channels are too ſtrait and narrow; and partly from the Seeds of this Diſeaſe complicated with the firſt Principles of Life, that as ſoon as explicated and diſengaged from the Blood, are apt to obſtruct the Pulmonary Glands, in my Opinion are incurable: But what may properly be preſcribed to retard the Progreſs, or palliate the Severity of the Symptoms, will afterwards be mentioned.

As to accidental or acquired Conſumptions, ſuch as ariſe from a degenerate and irregular State of Blood contracted in the Patient's Courſe of Life, as before deſcribed; theſe may often be relieved and cured, while

they are *in fieri* and unfiniſhed, and not accompanied with any Symptoms that ſhew the Lungs are ulcerated; for after the Diſruption of ſuppurated Kernels, and the Excluſion of putred and corrupt Matter, the Caſe becomes deplorable, while one putrefy'd Gland infects its Neighbour, and that the next, and ſo on; 'till the Lobe, the Subject of the Diſtemper, is in a great Meaſure waſted, and the Patient ſo exhauſted and diſpirited by ſucceſſive Inflammations, Ruptures, and Evacuations, that Nature is ſpent, and yields at laſt to the prevailing Enemy.

But after one or more Ulcers formed in the Lungs, I never, as I remember, in the Courſe of above Forty Years Practice, ſaw more than two recover, whoſe Hiſtory ſhall be hereafter related. The Intereſt therefore of the Patient requires, that when he is now but in valetudinary and ſickly Circumſtances, and only the Marks and Tokens of a threatned Conſumption begin to appear, that is, a vexatious Cough, Loſs of Strength, Fleſh, and Appetite, ſick Fits, hollow Eyes, and a fading Aſpect, to apply diligently the moſt efficacious and prevalent Remedies to deſtroy the engendering Seeds of this Diſtemper, or at leaſt to prevent their growing worſe conditioned, and contracting ſuch a Quality as will make them uncapable of paſſing through the Glands of the Lungs; whence little Lumps and Kernels, the deſtructive Hoards

and Nurſeries of purulent malignant Matter, muſt of Neceſſity ariſe: This is the moſt proper and moſt ſucceſsful Seaſon to meet and attack the advancing Enemy, before he grows ſtronger by collecting greater Forces, and aſſaults the defenceleſs Lungs with invincible Fury.

And firſt I ſhall lay down the Method of Cure in glandulous Conſumptions, not occaſioned by ſpitting of Blood, proper for their firſt Invaſion. The Progreſs of this Diſeaſe from firſt to laſt may be thus accounted for, under theſe Ideas, A Conſumption approaching, begun, and confirmed: An obſtinate Cough, Loſs of Appetite, Diminution of Fleſh, Thirſt, and thick Breathing, diſcover a Conſumption beginning or near at Hand, and during theſe Symptoms it is ſuppoſed that no Glandulous Swellings are yet formed in the Lobes of the Lungs. The next Denomination mentioned, is a Conſumption actually begun; and that is, when ſome Parts of the Lungs are knotted and tumified, but then theſe Tumours of ſmall Size, continue as yet cold, green, and quiet, without giving Diſturbance to Nature's Oeconomy, which finds no more Diſorders from this Event than ſhe felt before.

And therefore though theſe Knots or Concretions are begun in the Glands, I cannot imagine how any Phyſician ſhould know the Time when theſe Obſtructions firſt ariſe;

for

for as to a violent Cough, Abatement of Fleſh, difficult Breathing, *&c.* all theſe Symptoms appeared before it is ſuppoſed that the Glands are tumified and knotted, and if a Fever comes on with great Thirſt, with an Increaſe of all the Complaints before named, then the little Kernels are ſwollen and inflam'd, and proceeding to Suppuration. And therefore here, where an initial Conſumption truly appears, ſhould its firſt Stage be fixed, which continues till the Knots are ripened, and diſcharge their putred Contents into the Receptacles of the Bronchia, and then the ſecond and laſt Stage begins with the Ulcer, that is the Conſequence of that Diſruption; for what ſome reckon another and the firſt Stage, is only a Diſpoſition to it.

I think it is therefore reaſonable to ſettle the firſt Stage of this Diſtemper, not from the Attacks of an obſtinate Cough, and other previous and preparatory Symptoms, but from the Swelling and Inflammation of the knotty Obſtructions, though other Phyſicians have ſtated it otherwiſe; and ſhall ſet down the proper Method of Cure for that Seaſon.

It is true, that every Cough, though ſevere, and of ſome conſiderable Continuance, is not of a conſumptive Nature, nor preſages Diſſolution and the Grave; for when Men that have happy Principles of Life, and a robuſt and vigorous Conſtitution, ſhall con-

tract a vexatious Cough, and hard Breathing, by catching a great Cold, or by Riot and Exceſs of Drinking, they may ſoon be relieved by the Strength of Nature, with a moderate Uſe of common Remedies; but it is otherwiſe with Perſons who by a tender and delicate Complexion, a thin and ſlight Frame of Body, weak Lungs, and a narrow and irregular Formation of the Breaſt, are previouſly diſpoſed and prepared for a Conſumption; if theſe ſhould be ſeized with a ſharp Cough from the Cauſes before mentioned, or any other Incidents, they are not ſo eaſily reſtored to their former State; for while a great Quantity of ſerous Humours make an Irruption into the Lungs by Catarrhs and conſtant Defluxions, they are apt to oppreſs and obſtruct the Glands, and form the Kernels and Concretions, that by Degrees degenerate ſo far as to inflame, and ruin the ſpungy Structure.

And not attending carefully to this, the Patients flatter themſelves that they have only got a common Cold, which will ſoon be maſtered; and being thus deceived in the Opinion of their Symptoms, they neglect their Cure, 'till at length they drop into a downright Conſumption: And ſome of them whoſe Diſtemper is ſlow and of long Duration, believe it to be protracted only by renewed Cold, and cannot be perſwaded that their Caſe is dangerous, even when

when it is paſt all Hopes of Recovery.

I ſhall now ſet down the Method of Cure that regards the Riſe and Progreſs of this Diſeaſe, 'till it reaches the ſecond Stage; that is, when the Glandulous Tumours begin to be ſwollen and inflamed: For the ſame Remedies that are required to prevent a ſettled Conſumption, are equally uſeful for the retrieving the depraved State of Blood, and ſtrengthening the weak and tender Lungs, and for unlocking and freeing them when obſtructed with Concretions, and Scrophulous like Kernels.

When a great Cold is firſt taken, and Catarrhs and Defluxions of ſerous Humours overwhelm the Breaſt, load the Lungs, and occaſion a laborious Cough, and Difficulty of Breathing, it is neceſſary to open a Vein, to make Room for the free Circulation of the Blood, 'till the crude Flegmatick Humours are digeſted: And this Operation after Two or Three Days muſt be repeated, if the Exigencies of Nature require, and the Patient's Pulſe and Spirit will bear it.

Gentle Vomits to diſcharge the Crudities and impure Humours of the Stomach are beneficial, ſuch as this.

℞ *Take of Oxymel Scilliticum an Ounce or Ten Drachms, of the Vomitive* Indian *Root, a Scruple; of Oyl of Sweet Almonds, an Ounce: Take all*

in a Draught of the Pectoral Decoction, or of Barley Water, and give now and then a Spoonful of the Oxymel in a Draught of the Infuſion of Carduus Leaves in Spring Water, to ſollicit the Vomiting, if it be ſlowly or not ſufficiently excited, Or,

℞ *Take of the Infuſion of Crocus Metallorum, or the Emetick Wine, Six Drachms; Milk Water, Two Ounces; Oxymel Scilliticum, Half an Ounce: Make it a Vomitive Draught, and promote the Operation of it with a ſtrong Infuſion of Leaves of Tea or Carduus in Spring Water, as the Patient's Strength will endure.*

This Vomit may be repeated often, if it be found ſucceſsful; eſpecially if the Patient labours under ſhort Breathing.

The Night after each Vomit I adviſe, as my Manner is after all Vomitings and Purgations, that the Patient take a Quieting Medicine: Such as follows.

℞ *Take of Milk Water, and Penny Royal Water, each an Ounce; of liquid Laudanum, Eight Drops; and Half an Ounce of Syrup of Meconium.* Or let him take this;

℞ *Take of Cowſlip Water, or Red Poppy Water, Two Ounces; of Plague Water,*

ter, Three Drachms; of crude Opium, diſſolved and ſtrained, Half a Grain; of Syrup of Meconium, Three Drachms.

Gentle Purgatives are likewiſe ſerviceable, by driving the ſerous Deluge from the Breaſt; ſuch as this.

℞ *Take of the Leaves of Sena two Drachms; of Rhubarb a Drachm and half; of Tamarinds an Ounce; of ſliced Liquoriſh a Scruple; boil them in a ſufficient Quantity of Spring Water to three Ounces, ſtrain it, and add to it ſix Drachms of Manna.*

Or, the Patient may take over Night a Scruple of *Pil Ruffi formed into three or four Pills, and drink the next Morning three Pints of* Epſom, *or other purging Waters; and after a few Days let it be repeated, and take at Night, after Purging, one of the compoſing Forms, mentioned before, to be given after Vomiting.*

After ſuch due Evacuation the Remedies muſt be given, that are endowed with Virtue and Force to ſtrengthen, and recruit the balſamick or ſulphurous Parts with new Forces, and raiſe them from their low and depreſſed State, to the original Power and Proportion

portion they poſſeſſed in an healthful and unbroken Conſtitution, and to correct the inordinate and ſower Humours of the depraved Blood, that being unapt to paſs through the Pores and Channels of the Lungs, which may likewiſe, by an Error in Nature in their firſt framing, be too intricate and narrow, ſtick in the Glands, and by their unhappy Settlement there, by degrees inflame, and ulcerate the Part.

The eſſential Difference, that diſtinguiſhes the Seeds of a Conſumption from thoſe of other Diſeaſes, and which conſiſts in their peculiar Dimenſion and Figure, that makes them ſtop in their way, and hang in the winding Meanders, and minute Receſſes of the Lungs, by which means they obſtruct and oppreſs them, eludes all Philoſophick Enquiries, and remains, like almoſt all eſſential Principles, an inexplicable Secret; nor have the moſt acute and ſagacious Phyſicians hitherto been able, by their moſt diligent Applications, curious Reſearches, and various Trials, to find out any Medicine of a peculiar and ſpecifick Virtue, that can ſubdue, and extinguiſh this *Herculean* Diſeaſe, in the Manner that Opiates conquer Pain, the Peruvian Bark intermitting Fevers, and mercurial Remedies Venereal Sufferings; the Phyſician therefore is, very often, compelled to apply his Medicines to the moſt powerful and threatning Symptoms.

That

That which ſeems moſt to be endowed with a particular appropriate Virtue in Conſumptive Caſes, and ſo comes neareſt to a Specifick, is Sulphur, or Medicines of oily, balſamick, and ſulphurous Parts; for ſince the native Balſam of the Blood in this Diſtemper is too much impoveriſhed and depreſſed, while the acid and auſtere Parts are too much exalted and become exorbitant, as they are in moſt chronical Diſeaſes, it is agreeable to Reaſon, that Sulphur and balmy Remedies ſhould be moſt proper to reſtore the due Temperament and Conſtitution of the Blood, by ſupplying the Want before mentioned: And this is confirmed by Practice and Obſervation.

It is for this Reaſon that Sulphur is ſo much honoured by the Chymiſts, as to be ſtiled the Balſam of the Lungs. And hence it is, that thoſe Countries, as I have been informed, where the Inhabitants burn Turf as their common Fuel; as in *Holland*, and ſome parts of *England*, which therefore are remarkable for a ſulphurous Odour, not only are more free from Conſumptions, but eminently contribute to the Cure of thoſe that are obnoxious to that Diſtemper, and did not the ſulphurous Fumes, ſpreading from burning Turf, qualify the moiſt Atmoſphere of the *United Provinces*, and correct the exhaling Reeks and raw Fogs that hang in the Air, it muſt be much more

more injurious to the Health of the Inhabitants.

Since by the Diminution and Depreſſion of the Sulphur, the native Balſam of the Blood, and the immoderate Power of the ſharp and ſower Parts, by which the animal Government is embroiled, and a Pthiſis or Conſumption, is like to follow this Confuſion, it is no wonder that the Mineral Sulphur, by recruiting and aſſiſting the Native to recover its Power and Station in the vital Oeconomy, and ſuppreſſing the auſtere and acid Particles too much exalted, ſhould prove ſo friendly and ſalutary to Patients in danger of this Diſeaſe. I ſhall now ſet down the various Forms in which it may be uſed, in Conjunction with other gummous, and balſamick Drugs, or by it ſelf to ſtop the Progreſs of the Diſtemper, and prevent the Corruption in which the Skill of the Phyſician is principally concerned.

℞ *Take of choice Myrrh, Gum Ammoniac, Balſam of Tolu, each a Drachm; Flowers of Sulphur four Scruples; Saffron half a Drachm; with a ſufficient Quantity of Gum Ammoniac diſſolved; make all into ſmall Pills, take five or ſix every Morning and Afternoon, drinking after it a Cup of Colt's Foot, or ground Ivy Tea.* Or,

℞ *Take*

℞ *Take Powder of the Root of Enula Campana, Flowers of Sulphur, Olibanum, each a Drachm and half; Flowers of Benjamin two Scruples; Gum Ammoniac diſſolved, as much as will form it into ſmall Pills. Take them as thoſe preſcribed before.*

Powders. ℞ *Take of the Root of Liquoriſh three Drachms; of Lac Sulphur a Scruple; Sugar Candy two Scruples. Take half a Drachm Morning or Evening in a ſpoonful of Syrup of Maiden Hair or Marſh Mallows.*

℞ *Take of Flowers of Sulphur Olibanum, of Root of Liquoriſh, each two Drachms, divide it into twelve Doſes; take one twice a Day in a ſpoonful of Syrup of Marſh Mallows.*

This Medicine may be given likewiſe in a plain and ſimple way, with good effect. Let the Patient take of the *Flowers of Sulphur half a Drachm every Morning, in a Draught of Cow's Milk, for a Fortnight or Three Weeks together, or made into a Bolus, with the balſamick, or any other pectoral Syrup.*

There are likewiſe other efficacious and prevalent Remedies to be preſcribed, for altering and correcting the Blood, and thoſe

are

are Chalibeates, or the Bath Waters. Chalibeate Waters, ſuch as the Spaw, and ſeveral others in our own Country, are very proper, for they animate the Spirits, and inſpire the Blood with new Vigor and Activity, while they aſſiſt, and enable the ruling Principles, in a good Meaſure, to ſubdue and expel the incongruous and hurtful Parts, that breed Diſturbance and Confuſion there, by which means the ſhattered Structure of the Blood is confirmed, and reſtored to a more juſt and healthful Temperament, while all the Parts being in a good degree re-eſtabliſhed, by a due Subordination in their proper Places, carry on with greater Regularity the Adminiſtration and Execution of the animal Government.

Chalibeate Waters are very uſeful, not only as they ſtrengthen the weak and tender Fibres, and contract the looſe and flaccid Tone of the Lungs; but likewiſe, as they dilute the Blood, and diſſolve the noxious Salts, and carry them off with other Impurities, in their Percolation through the Kidneys; and for theſe Reaſons, as Chalibeate Waters are very beneficial in correcting and ſubduing the impure Seeds and Principles, that engender all ſorts of chronical Diſtempers in the Blood, and which, as I before ſuggeſted, afford us the beſt Idea of the Scurvy; that is, ſecret Diſtempers that begin to unfold themſelves and ſhew their Nature,

but

but have not yet acquired a mature State and diſtinct Denomination, and therefore are the beſt Antiſcorbutick Remedy yet diſcovered: So in particular, they muſt be very ſerviceable in the firſt Stage of a Pthiſis, which is yet immature and unformed, by diluting, diſſolving, and waſhing away the degenerate Salts from the Blood, by raiſing the ſulphurous and balſamick Parts, too much weakened and impoveriſhed, and by contracting, and drawing cloſer the looſe Meſhes and Pores of the Lungs, and reſtoring to the relaxed Fibres their proper and native Tenſion. And ſince by Experience, in other chronical Diſeaſes, no Remedy is found more effectually to enable the Spirits and active Principles to unlock the obſtructed Glands, and remove all Lets and Hindrances in the Roads of Circulation, there is great Reaſon to conclude, that they will be ſucceſsful in opening and diſentangling the Knots and Kernels, removing the Matter congeſted in the Glands, and clearing the Paſſages of the Lungs, and therefore Chalibeate Waters, Sulphur, Myrrh, Gum Ammoniac, and Galbanum, *&c.* that abound with active and attenuating Principles, by their ſubtile and minute Particles, are moſt qualified to penetrate the ſtrait Receſſes, and free the Veſſels from all Concretions, and ſtubborn Obſtacles; and the Seaſon of doing this is, while thoſe Knots, and glandulous Obſtructions, are yet

green,

green, and lie at reſt; for when they come to extend their Bulk, and are inflamed, a Fever begins with that Inflammation, which forbids the Uſe of theſe hotter Remedies, eſpecially Chalibeates: And indeed, it is not only impertinent, but prejudicial, to aim at the diſſolving and diſſipating of the Knots, or little Lumps, when they are inflamed, and in a ſtate of Suppuration; for could one ſucceed in the Attempt, what would the Event be, but to fill the Blood with crude Impurities and Putrefaction? Nor, indeed, is it ſafe, to preſcribe the Medicines before mentioned, at any Time, though in the firſt Stage of the Diſeaſe, while a manifeſt Fever afflicts the Patient; and if a ſlow erratick Fever only diſturbs the Blood, yet then the Bath Waters will be preferable to Chalibeates.

The Seaſon of taking theſe Mineral Waters is the Summer; the Time to be expended in uſing them about ſix Weeks; the Quantity to be taken at one Time, in the Morning, three Pints, at moſt two Quarts; a watchful Care to avoid taking Cold; and great Regularity of Life ſhould be obſerved by ſuch Patients; moderate Purging ſhould be preſcribed before they enter upon the Uſe of the Waters; and if they do not unlock the papillary Glands, and paſs off ſufficiently by Urine, the Patient may take a Scruple of pure Salt of Amber in the firſt Glaſs, every

Morn-

Morning, to promote a more copious Diſcharge. If, as it often happens, the Waters not finding an eaſy Paſſage by the Urinary Strainers, have recourſe to the Glands of the Inteſtines, and breaking through there cauſe a Looſeneſs, or Flux of the Belly, the Patient ought to reſtrain it, by taking twenty Drops of liquid Laudanum, or a Grain of Opium diſſolved, and ſtrained in a little draught of Barley Cinnamon, or Mint Water, adding a ſpoonful of ſtrong Cinnamon Water; and if the Looſeneſs continues, to repeat the ſame Draught for two Nights following. But if this Symptom proves obſtinate, and unmaſtered, the Patient muſt, for that Seaſon, deſiſt from drinking the Waters. And he will be obliged to obſerve the ſame Rule, if after a Week's Trial he finds the Waters cannot find means to open the Urinary Out-lets in a ſufficient Meaſure.

Another Remedy of ſingular Uſe in this Diſeaſe, without whoſe Aſſiſtance all others are impotent and unſucceſsful, is Opium, or the Preparations of it. As this Drug is an eminent Inſtance of Divine Compaſſion to Mankind, provided in general for the removing Pain, charming Inquietudes, and procuring refreſhing Sleep; ſo in particular, nothing is ſo prevalent to compoſe and ſooth the diſturbed and agitated Spirits, and calm and pacify an obſtinate irritating Cough, that defies and mocks the Force of all other

Medicines: And to deny a Patient this, even through all the Courſe of this Diſeaſe, when his Cough, and want of Reſt demands it, is to defraud him, not only of the greateſt Bounty of Heaven, and his chief Conſolation and Support under Pain and Miſery, but the principal Means of Deliverance from them; and therefore, among other Medicines, through the different Stages of this Diſeaſe, I have interpoſed the Uſe of Opiates with regard to the Cough, as afterwards will be ſeen.

Great Varieties of other Medicines, on which I lay but little weight, are recommended by Authors, and preſcribed by the Practicers of Phyſick. As to pectoral Decoctions, that in the *London* Diſpenſary is as uſeful as any; and as for Emulſions made from ſweet Almonds, and the cold Seeds, their Forms are well known, and need not here be ſet down.

The Decoctions of Root of Sarſaparilla, *China* Guiacum, *&c.* are applauded, and univerſally preſcribed in this Diſeaſe, either to be taken by it ſelf in good Quantities, or mingled with Cow's Milk. I have often directed this Remedy, but cannot, from any obſervable Succeſs that attended it, encourage any to follow the Example; for I am very diffident, whether theſe celebrated Wood-drinks are of any conſiderable Benefit to the Patient, how beneficial ſoever they

may

may be to the Preſcriber in Venereal Caſes.

A great Number of Plants, Seeds, and other Ingredients, are likewiſe generally directed in Decoctions, which, I believe, are endowed with little Efficacy to correct the vitiated Diſpoſition of the Blood, that endangers the Patient, and threatens the Ruin of the Lungs: And as for diſtill'd Waters, particularly that of Snails, Millepedes, and other Ingredients, I could never diſcover any Advantage of Moment procured by their Virtue, that ſhould invite any to be fond of them.

The Remedies I have hitherto recommended, are addreſſed to the Correction of vitiated Humours, and the Recovery of a regular Texture of the Blood, to preſerve it not only from being farther depraved, and degenerating into a genuine Conſumption, but likewiſe to reſtore its healthful Conſtitution. And now I ſhall mention the Medicines proper to relieve the principal Symptoms, which are a conſtant Cough, dejection of Appetite, an Hoarſeneſs, obſtinate Wakefulneſs, frequent ſick Fits, laborious Breathing, and feveriſh Diſorders.

A Cough, which is the concurrent Action of the pectoral Muſcles, appointed to diſengage and eject the Humours, that either load the Lungs by their Quantity, or irritate and provoke them by their acrimonious

Quality, is a vexatious Companion, not only of an initial and unripe, as well as a fixed and confirmed Conſumption, but likewiſe of temporary Catarrhs, and Defluxions, and of an irregular Conformation of the pulmonary Subſtance; that is, when the Chinks and Pores of that Strainer are too wide and ample, and the Fibres of the Parts too weak and tender, by which means a great Quantity of the wholeſome Juices are ſeparated and excluded, that ſhould have been detained, and kept back, for the Repairing of the Body, and the Renewing of its Vigor.

In all theſe Caſes proper Remedies ſhould be applied, leſt theſe Diſorders, if not removed or mitigated, ſhould introduce a proper Tabes, eſpecially in weakly and valetudinary Complexions.

When a Cough is occaſioned by an oppreſſive Quantity of pituitous or flegmatick Humours depoſited in the Lungs, to facilitate their Expectoration, and eaſe the encumbered Strainer, when the Method before directed has brought them to Digeſtion, and a State of Separation, ſuch oily and ſlippery Medicines may be uſed as theſe that follow.

℞ *Take of Oil of ſweet Almonds, newly drawn, two Ounces; of the Syrup of Maiden Hair and Marſh Mallows each an Ounce; of Saffron half a Scruple; and as much white Sugar as will*

make

make it, by good mixing, into a Linctus.

Take a Spoonful three times a Day, and repeat it by Night, drinking after it a Draught of the pectoral Decoction, or a Cup of Liquoriſh or Linſeed Tea.

Or,

℞ *Take of the Conſerve of Hipps, or red Roſes, two Ounces; of the Flowers of Sulphur two Scruples; of Pulvis Haly a Drachm; of red Coral two Scruples; of the Balſam Syrup, and that of Ground Ivy, or wild Creſſes, each as much as will make it a Lambative, take a Spoonful often.*

Linſeed Oil drawn without Fire, is one of the beſt Medicines to aſſiſt Expectoration, and a Spoonful of it may be given twice or thrice a Day mixed with Sugar, or made into a Linctus, with an equal Quantity of the balſamick Syrup, and a ſufficient Quantity of white Sugar, or white Sugar Candy.

But while this load of Humours is pumping up; if a very violent and toilſome Cough afflicts the Patient, as it often happens, then ſoft, balſamick, and oily Medicines, ſhould be mixed with Diacodiates, eſpecially if there be reaſon to apprehend, that ſuch oily Medicines will enlarge and dilate the Pores and Paſſages of the Glands, too lax, and too much extended before; for it often hap-

pens, that a copious, and frequent uſe of ſuch Remedies, does as much prejudice the Lungs, and promote the Diſtemper, by weakening them, and widening the Chinks and Holes, that ſerve for Percolation, as they relieve their Oppreſſion, by ſeparating and unloading the Maſs of Flegm collected in their Cavities.

The Forms of ſuch Remedies may be theſe.

℞ *Take of Oil of ſweet Almonds, Linſeed Oil expreſſed without Fire, each an Ounce; of Syrup of Jujubes, or Maiden Hair, each an Ounce; of Diacodium ten Drachms; and of liquid Laudanum fifteen Drops; of Saffron half a Scruple. Mix them well with a ſufficient Quantity of white Sugar for a Lambative. Take a Spoonful often.* Or,

℞ *Take of Conſerve of Hips two Ounces and half; of Flowers of Sulphur two Scruples; of Porcelain Seeds a Scruple; of red Coral and Dragon's Blood, each half a Drachm: of Syrup of Marſh Mallows and red Roſes of each as much as will make it into a Linctus. To be taken as the former. Add of liquid Laudanum a Drachm.*

But ſince this Cough ſometimes proceeds from an erroneous Conformation of the Lungs, whoſe weak Structure, and wide Paſſages, admit an inordinate Quantity of ſerous Humours that muſt be diſcharged by Expectoration; and leſt this Symptom ſhould, by long Continuance, yet more weaken the Fibres, deſtroy their Tenſion, as well as dilate and amplify the Holes and Iſſues of the minute Strainers to that degree, that threatens the Diſſolution and Ruin of the Lungs, or a fatal Expence of the Blood and Spirits, thoſe Remedies ſhould be applied that have moſt virtue to ſtrengthen and confirm the Tone of the Pipes, Veſſels and Nerves, that they may perform the Duty of Filtration in a juſt and regular Meaſure, for which they were framed and deſigned by Nature; that is, that they may only admit ſeparate, and exclude ſuperfluous and hurtful Humours, but let the good and wholeſome flow on with the Maſs of Blood in its Circulation, to be depoſited, by a juſt Diſtribution, on the various ſolid Parts, for Augmentation or Repair; here then the Oily and Balſamick Medicines are not demanded, leſt, as ſaid before, they increaſe the depraved Tenſion of the little Strainers, too patent and flaccid before; but if they are preſcribed, they ought to be qualified and balanced with aſtringent and ſtrengthening Medicines in a due proportion.

In this Sort of Cough, when the Relaxation of the Lungs is the chief Occaſion of it, and it is known to be ſo, when the Patient, notwithſtanding a copious Expectoration of Flegm, has no Fever, and commonly eats and ſleeps well, the moſt effectual Medicines to ſtrengthen and confirm the Lungs, are Chalibeate Waters, and the Salt of Steel mixed with aſtringent Medicines. How Chalibeate Waters are to be taken, and in what Quantity, has been ſet down before; and the Salt of Steel may be thus given.

℞ *Take of Conſerve of Hips, or red Roſes, half a Drachm; of Bole Armeniack and Dragons Blood each half a Scruple; of Salt of Steel four or five Grains, with Syrup of red Roſes; make it a Bolus, to be taken every Morning, and at five or ſix in the Evening, for a Month, drinking after it a Glaſs or two of Spaw, or other Chalibeate Water.*

Or it may be taken in form of Pills, thus,

℞ *Take of Extract of Gentian and Dragons Blood each half a Scruple; Salt of Steel four or five Grains, with the halſamick Syrup, or Mucilage of Gum Tra-*

Tragacanth, make it into Pills for one Doſe, to be taken as before.

But commonly a dry vexatious Cough prevails, that is not accompanied with any Diſcharge of Flegmatick Humours, but produced by the Exudation or Eruption of acid, auſtere, and pungent Humours from the Veſſels of the Lungs, into the ſeveral griſtly Pipes, diſperſed through their Subſtance, or from the Glands of the *Aſpera Arteria*, or Wind Pipe, and ſometimes from the Muſcles of the Larinx, and the upper part of the Gullet, and ſometimes from thoſe on either ſide of the Tongue. This tickling Cough, without any Expectoration, is ſometimes ſo violent and obſtinate, as if it would tear the Lungs, and utterly deſtroy the delicate Structure, or curious Complication of Bladders, nervous Threads, arterial and venal Nets, and cartilaginous Tubes, and therefore a Breach in the Lungs, and the conſequent ſpitting of Blood, is not chiefly, if at all, owing to a ſharp and furious Cough, but to the fermenting and turgid Diſpoſition of the Blood, which iſſuing through the yeilding Veſſels, occaſions the Cough that is neceſſary to diſcharge it; which is therefore rather the Effect than the Cauſe of the Blood's breaking through its Channels; and this is confirmed by every Day's Experience, while Patients liable to Spit-

Spitting of Blood, often find that Symptom come upon them unawares, and without any previous Warning, and at other Times, though they have ſuffered a long and vehement Fit of Coughing, no Evacuation of Blood has followed, when they thought they had the greateſt Reaſon to expect ſuch an Eruption; while, as I have obſerv'd in Glandulous Conſumptions, no Spitting of Blood follows, let the Cough be ever ſo long or ever ſo violent. By which it appears to me, that the Eruption of Blood from a broken Veſſel into the Cavities of the Lungs is the Cauſe of the Cough, which is excited by Nature to diſcharge it; and not that the Cough is the Cauſe of Blood-Spitting; otherwiſe the Appearances or Facts before-mentioned cannot be accounted for. But more of this in its Place.

'Tis reaſonable to believe that the Cough ſhould be uſually dry and vexatious, while the Knots and Concretions in the Lungs are crude, or if ſwollen and inflamed, and in a State of Suppuration, have not, however, ſuffered any Diſruption, nor diſcharged their purulent Contents into the Receptacles of the Tracheal Pipes.

This dry, irritating, and tickling Cough, is only to be ſuppreſs'd by Opiates, it eaſily eludes the Force of all other common Remedies, and bids Defiance to the ableſt Phyſician, unarmed with that powerful Drug; and

and ſometimes it is ſo ſtubborn and enormous, that this Medicine muſt be given in a very large Quantity, before the Symptom will yield. Diacodium, and liquid Laudanum are too feeble to encounter it, one muſt come to the crude Opium it ſelf; and I have, in ſome Inſtances, been compelled to preſcribe two Grains every ſix or eight Hours, before the Cough could be ſubdued: For reflecting that no Means is really a Means that comes ſhort of the End, I gradually increaſed the Quantity 'till I found its Force ſuperior to that of the Symptom, and there I ſtay'd, and the Event proved ſucceſsful; but in milder Caſes Diacodium and liquid Laudanum are ſufficient.

Opium, the thicken'd Juice of the White Poppy, is a Remedy which the Author of Nature has provided, out of great Benevolence and Mercy, to relieve the Miſeries of Mankind, as it mitigates the Torments of the Gout, Stone, and Cholick, violent and unſufferable Pains, obſtinate Wakefulneſs, and unſpeakable Inquietudes, ſo it is the only prevalent Medicine that can be preſcribed to ſuppreſs the Fury of this vexatious, irritating Cough. Hence it is evident, that this is one of the moſt noble Medicines in the Art of Phyſick, when uſed with Judgment; that is, at a right Seaſon, and in a due Quantity, according to the Complexion of the Patient, and the diffe-

rent

rent Exigencies of Nature. 'Tis true, this excellent Remedy is often irregularly adminiſtred, not only as to the Time, and without Regard to the Diſparity of the Caſe, the Difference of the Patient's Conſtitution, and other material Circumſtances; but likewiſe in Reſpect to the Proportion of the Medicine to be given. Some unskilful Perſons that without any Variation jog on in a beaten Track of Practice, and never make a bold yet judicious and neceſſary Step out of the Way, but have a String or Liſt of Receipts, which they apply not ſo much to the Nature of the Diſeaſe as to the Symptoms, and that too in a mechanical Manner, and meerly as they are reputed proper in ſuch Diſtempers, direct one determinate Doſe of this Drug, almoſt in all Caſes, without diſtinguiſhing the milder and more violent Degrees of the Symptoms, or the Age and Conſtitution of the Patient; and out of a groundleſs Timidity dare not cure him, for Fear of tranſgreſſing their cuſtomary Method, and preconceived Maxims.

But if Gentlemen would argue from Principles of Reaſon, and make themſelves acquainted with the true Force of Medicine, a Knowledge that will admit great Improvement, by frequent yet unhazardous Trials, and ſafe Experience, they would find, that as in many other Caſes their other Medicines being often under-doſed, diſappoint both

the

the Phyſician and the Patient; ſo particularly they would diſcover, that a much larger Proportion of Opiate Medicines than is uſually preſcribed, is abſolutely neceſſary, as in various other Inſtances, ſo particularly in this Caſe of a dry, obſtinate Cough, which ſometimes ſhakes and tears the Patient with inexorable Fury, and without ceaſing.

The right Way to inform the Judgment about the due Quantity is, to proceed by Degrees, and to advance the Force every Doſe, 'till it appears what Proportion will be ſufficient to reduce the Violence of the Cough; and thus the Phyſician may determine the Doſe, which will be various, according to the Nature of the Symptom, and the Conſtitution of the Patient. But if the Familiarity abates its Operation, it will be neceſſary, that the Doſe ſhould be augmented; ſince no Means are valuable that reach not their End, as I mention'd before, all Degrees of Medicine, that do not diminiſh or remove the Symptom, are idle and inſignificant, and therefore if any certain Number of Drops of Laudanum, or any determinate Quantity of Diacodium, or Extractum Thebaicum, do not ſuppreſs the Cough, their Number and Quantity muſt be encreaſed in every Doſe, 'till the Patient is compoſed and made eaſy, and in ſome perverſe and obſtinate Inſtances it will be abſolutely

neceſſary

neceſſary to riſe to a great Proportion, even a Grain, a Grain and half, to two Grains of crude Opium often repeated, and ſome Patients have taken the Quantity of five or ſix Ounces of Diacodium, in a Night's Time, to pacify the Fury of a Cough in an Inflammation of the Lungs. And that Phyſicians may not be afraid of exceeding in the Quantity of this Medicine, let them reflect, that if the Force of all lower Doſes are eluded by the prevailing Symptom, then they are inoffenſive and loſt; and when they have found the true Proportion that anſwers their End, they ſtop there; and therefore cannot err by giving an immoderate and hurtful Doſe.

It is very ſurprizing, that many Phyſicians cannot yet wear off their Prejudice againſt the Uſe of pacifick Remedies, after it has been ſo long found by others to be ſo eminently beneficial to Mankind, when judiciouſly preſcribed. 'Tis true, when the *Peruvian* Bark was firſt recommended here, our Phyſicians, out of their abundant Care and Caution, gave it in very low Doſes, for Fear of killing the Patient; and even a late ſafe Phyſician, governed by the ſame timorous Temper, prudently directed, as I am well informed, only twenty Grains to be given in a Glyſter: Yet after a few Years, emboldened by Succeſs, they took Courage, and advanced their Doſes to a Proportion four

or five Times greater. But the beneficial Virtue of a more noble Medicine, I mean Opium, after the Experience of many Ages, continues to Admiration yet a Secret among many Practicers of this Art: I mean as to its Force, and juſt Extent. And in what Diſtempers it is uſeful, and in what Quantities it is to be given, and at what Seaſons, and how, in many Caſes, it is to be qualified by the Mixture of other Medicines, are Things yet undiſcovered by many, even of ſuperiour Reputation. But to return from this Diſgreſſion.

Inappetence is another Symptom that muſt be taken Care of, to prevent a Conſumptive State: For though ſome few Patients retain through all the Stages of this Diſeaſe, a Deſire and Ability to eat their Food, even to their laſt Minutes, yet the Generality ſuffer at firſt a great Diminution, and, at length, almoſt a total Loſs of Appetite, and while they reject all Kinds of Meat, or eat with Reluctance, and without Inclination, and take down Suſtenance more moved to it by Reaſon and abſolute Neceſſity, than prompted by the Inſtincts of Hunger, it is no Wonder that while the Patient continues thus unnouriſhed, he ſhould find his Vigour decay, his Fleſh waſte, and his Spirits languiſh, 'till his Lungs at length receive a fatal Impreſſion.

To remove this Complaint, let the Patient beware of having frequent Recourſe to ſtrong Wines, generous Liquors, and Drachms of Cordial Waters, or Doſes of Tinctures, and Infuſions of hot and active Ingredients, for this will ruin his Digeſtion, and deprave and corrupt the Humours, as well as macerate the Coats, and ſubvert the Tone of the Stomach. Such a Method is very deſtructive, and therefore muſt by no Means be purſued and indulged, upon Pretence of quickning the Appetite, and removing ſick Fits, or raiſing the Spirits; for in this Caſe the Remedy is worſe than the Diſeaſe, and lays the Patient under a Neceſſity of following a Courſe, which he cannot diſcontinue without Difficulty, and if he perſeveres in it, he muſt certainly fall by his unnatural Support, and at length periſh by repeated Cordials.

Moderate Exerciſe by riding in a Coach, or on Horſeback, eſpecially the laſt, is a proper Means for ſtrengthening and ſharpening the Appetite. And here I ſhall obſerve, that though, generally ſpeaking, a pure, clear, and well ventilated Air, ſuch as the Inhabitants of the open Uplands, and wide extended Plains enjoy; yet valetudinary and ſickly Perſons, who are hot, dry, and emaciated, require a moiſter Air, and the Vales and Flats are more beneficial to them, than the refined Air of the moſt ce-

lebrated

lebrated Downs, as I ſhall ſhow afterwards at large.

Since the Appetites of theſe Patients are ſo nice and tickliſh, they ought to be careful and regular in their Eating, as well as Drinking, and ſhould not indulge themſelves in high-ſeaſoned Meats, improved, or rather debaſed and vitiated, with rich Sauces: But let them be true to their own Obſervation, and abſtain from all ſimple as well as luxurious made Diſhes, if they find upon Tryal that they prove offenſive and burdenſome to the Stomach, or otherwiſe injurious, and confine themſelves to Foods plain, ſimple and eaſy of Digeſtion.

Great Caution ſhould likewiſe be uſed that the Patients may not take an immoderate Quantity of oily and ſweet Medicines, leſt, as they are apt to do, they ſhould clog and oppreſs the Stomach, and by hurting its Concoction, and ſo defrauding them of Nouriſhment, abate the Fleſh, and ſink the Vigour of the Body.

Their Deſire of Eating is ſo little, and ſo unequal and capricious, and their digeſtive Faculty ſo perverted, that I look on it as an Error to preſs them to ſwallow Abundance of luſcious Remedies, which manifeſtly prejudice, if not ſubvert the Appetite. I do not ſay that the Phyſician ſhould preſcribe no ſweet or balſamick Medicines, for they are oft required to eaſe the Breaſt, and pro-

mote Expectoration; but then, in my Opinion, they ſhould be uſed in a moderate Degree, leſt while they are beneficial in relieving the Breaſt, they ſhould prove more prejudicial in diſordering the Stomach; which ſhould be always regarded, and with great Care upheld, as being a Matter of the greateſt Importance. Thus far I have endeavoured to remove the Impediments that load and encumber the Stomach, and depreſs the Appetite; now I muſt mention thoſe that conduce to ſtrengthen the one, and whet, and give an Edge to the other.

℞ *Take of Tops of* Roman *Wormwood, and the ſmaller Centaury, each a Pugil; of the Root of Gentian, a Drachm; of Seeds of Aniſe, Caraway, and ſweet Fennel, each a Drachm: Infuſe all in a Quart of Spring Water, boiling hot, and when it is ſtrained, add to it two Drachms of Salt of Wormwood; take a Wine Glaſs full every Day about Noon, and if the Stomach be diſpoſed to Vomiting, take of the following Mixture, two Spoonfuls, and repeat them often.*

℞ *Take of Barley, Cinnamon, and Mint Water, each an Ounce; of Juice of Lemons, two Ounces; of Salt of Wormwood, a Drachm: Mix them together.*

Or,

Twenty

Twenty Drops of the Tincture of the Root of Gentian, drawn with Spirit of Wine, may be taken every Day about Noon, in a Glaſs of White Wine and Water, or rather Spaw *Water.* Or,

℞ *Take of* Minſicth's *Tincture of Steel, and his Elixir of Vitriol, each a Drachm; mix them, and take twenty Drops each Morning, in Half a Pint of* Spaw *Water, or Spring Water, and repeat it at Five in the Afternoon for a Fortnight.*

And at other Times a Quarter of a Pint of a ſtrong Infuſion of the Jeſuits Bark in Claret Wine, may be taken at the ſame Hours; which as it is uſeful in ſuppreſſing irregular Heats, that often affect ſuch Patients; ſo, as it is a very good Bitter, it promotes the Appetite. But the moſt effectual Method is the drinking Chalybeate or *Bath* Waters, which have greater Efficacy in ſtrengthening a weak Stomach, and retrieving loſt Digeſtion, and the Manner of taking them has been ſet down before, under another Head.

Exceſſive Leanneſs is likewiſe a Symptom that generally accompanies a Conſumptive Diſpoſition, and this ariſing immediately from Defect of Nouriſhment, from immoderate Evacuation, either by copious Spitting, inordinate Sweats, or exceſſive Tranſpiration, or from the degenerate and noxious Humours

that hurt the Concoction of Foods in the Stomach, or the Converſion of them into Blood, when tranſmitted to the Veins, thoſe Remedies, that reſpect theſe ſeveral Cauſes, will be proper to remove the Effect, and they will be found in the various Parts of this Diſcourſe.

When the Body is meagre and much emaciated, Reſtoratives are demanded; but 'tis a vulgar Error to ſuppoſe that there are any Medicines endowed with ſuch a Virtue. As the Surgeon's Applications for healing Wounds can only remove Impediments, which diſappoint or retard Nature's Operations, they being taken away, ſhe her ſelf renews the Fleſh, and recovers her former Soundneſs and Integrity; ſo the Phyſician has only to ſubdue the Diſtemper, and take off its Symptoms, and when the Diſeaſe is cured, Nature by her own Power, all Obſtacles being removed, regenerates Fleſh, and acquires Health and Vigour. It is therefore a great Miſtake to imagine, that an Acute or Chronical Diſeaſe is cured, and the Patient recovered, while a great Weakneſs remains: For whoever recovers from any Diſeaſe, muſt certainly recover Health, that is, Fleſh and Strength. And the Reaſon why many recover ſlowly is, becauſe ſome Remains and Leavings of the Diſtemper continue ſtill unexpelled from the Blood, which being ſubdued and excluded

by

by Degrees, Nature at laſt triumphs, and ſoon new clothes the Patient with Fleſh, and inſpires his Limbs with new Vigour. It is therefore a certain Sign that the Diſeaſe is not cured, while Weakneſs and Inappetence continue, and the Body is unrepaired. And it is in vain that Phyſicians tell their Patients that they are well, and that all Danger is over, while they remain in ſuch a languiſhing State, and too often a hazardous or fatal Event, ſhew the Error of the Prognoſtick. And however low and emaciated the Patient is, Phyſick cannot, as a Reſtorative, be ſerviceable to him, for the Reaſon I have given; Nouriſhment only deſerves that Name, which, if the Diſtemper be cured, as I have ſaid, will ſoon reſtore Fleſh and Spirit. And in lingring Chronical Caſes, while the Diſeaſe continues, proper Foods may be reſtorative in ſome Meaſure, or at leaſt will ſupport the Patient's Strength, by due Supplies of Nouriſhment.

And therefore when the Habit of Body is exceſſively thin and lean, the Patient may often feed himſelf with good Broths, Soupes, and Jellies, Milk Diets, new laid Eggs, Chickens, Pullets with Eggs, Capons, and other ſuch Foods of eaſy Digeſtion, and good Nouriſhment: And various Sorts of Sea-Fiſh; but in the firſt Place Oyſters, and all Kinds of Shell-Fiſh, are proper to an-

ſwer this Intention; and though Medicines have no ſuch Effect, yet theſe wholeſome and generous Meats may be juſtly called Reſtoratives.

Frequent ſick Fits ariſe from the Patient's Loſs of Appetite, and conſequent Defect of Nutrition; that is, from the Want of Foods in the Stomach to be digeſted, and of Spirits to digeſt them, as well as from the degenerate, vitiated Humours, that vellicate and prey upon the almoſt naked and unprotected Coats of the Stomach. In this Caſe, ſince the Sickneſs proceeds from Inappetence, it cannot be effectually removed but by reſtoring a Deſire to eat, and an Ability to digeſt; and therefore the Remedies before preſcribed to ſtrengthen the Stomach, and reſtore the Appetite, are moſt proper and efficacious to take off grievous and languiſhing Sickneſs before mentioned.

Hoarſeneſs, which as often as it is of long Continuance, is a previous and preparatory Diſorder to the Ruin of the Lungs, owes its Production to the Dryneſs and Aſperity of the Glands in the upper Part of the Wind-Pipe, and the Muſcles contrived by Nature, and planted there for the Formation of the Voice; which unſupplied by ſufficient Moiſture grow hard, and contracted in their Dimenſion, whence the ropy and tenacious Flegm, unable to paſs through

th-

the depraved Strainers, ſtick in their Way, like Birdlime, and with great Difficulty are excluded through the narrow Orifices of the Glandulous Outlets: Whence the Patient, to his great Trouble, labours, hawks, and ſtrains, even with Vomiting, to free thoſe Places from theſe viſcous Humours adhering to them.

The Continuance of this Hoarſeneſs, which at firſt affects and poſſeſſes the upper Parts of the Wind-Pipe, by Degrees infects the neighbouring inferiour Parts, that is, the Glands or Kernels of the Wind-Pipe, or Aſpera Arteria, that enters into the Lungs, and then ſplits its Trunk into innumerable ſmall cartilaginous Tubes, which are diſperſed with wonderful Art through the intricate ſpungy Labyrinth, where they become proper Channels to receive the Serous and Flegmatick Humours, ſtrained and excluded from the Blood by the Glands, that excite a vexatious Cough to diſcharge them, and though a ſudden Hoarſeneſs from a common Cold is ſoon removed by Nature or Medicine; yet ſometimes, when it ariſes from a Cauſe of greater Conſequence, that is, as before explained, from the Dryneſs and Contraction of the Pores of the Glands, which want Moiſture enough to dilute and thin the Flegm to be excluded, as well as ſufficient Wideneſs to give it a free Paſſage, it is a very obſtinate, and often a fatal Symptom.

For when it has infected a great Part of the Tracheal Syſtem, diſſeminated through the whole Pulmonary Frame, whoſe curious Pipes becoming hard and ſtrait, are apt to be obſtructed, and ſwell with the excrementitious Parts of the Blood, which being thus depraved, they are uncapable of conveying away; whence Tumours, Inflammations, and Ulcers, muſt unavoidably proceed.

To remove this Hoarſeneſs, often the Fore-Runner of a deplorable Conſumption, letting Blood, and cooling, diluting, ſoft, and ſlippery Meats, and Drinks, and Medicines, as Emulſions, Aſſes Milk, ſoft and chalky Mineral Waters, Lambatives, and Pectoral Decoctions, ſhould be preſcribed.

The Forms of theſe Medicines have been ſet down before under other Heads, but the proper and cooling Liquours, that dilute and attenuate the Humours, are the moſt effectual Remedies againſt this Complaint; for when the tough and ſlimy Flegm is thus thinned and tempered, it will more eaſily paſs through the Glands and be expectorated; Emulſions therefore, ſmooth pectoral Decoctions, and the Bath Waters ſhould be uſed in good Quantity, that this End may be attained: And Oil of ſweet Almonds, and that of Linſeed, will be very proper to widen the Pores, and make the Glands more ſlippery and paſſable. Gargariſms likewiſe, and

Mucil-

Mucilages, that ſooth and ſoften the Glands, will be very ſerviceable. For Inſtance,

℞ *Take of the Root of Marſh Mallows half an Ounce; of Leaves of Violet, Mallows, Marſh Mallows, Tapſus Barbatus, Pellitory of the Wall, each a ſmall half Handful, boil all in a little more than a Pint of Spring Water to a Pint; add to it when ſtrained off, Syrup of Marſh Mallows an Ounce and half; of Honey of Roſes and Syrup of Rasberries, each ſix Drachms; make it a Gargariſm, and let the Patient gargle his Throat with it often in a Day.*

℞ *Take of the Mucilage of Quinces and Fleetwort each an Ounce and half; of Syrup of red Poppies an Ounce; Syrup of Rasberries two Drachms, mix them, and let the Patient take a Spoonful often, and ſwallow it leiſurely.*

As nocturnal Sweats, and a Flux, or Looſeneſs, which proceeding from Putrefaction, uſually attend the laſt Stage of a confirmed Conſumption in a copious Degree, do in a lower Meaſure, though they are not melting or colliquative, accompany this Diſtemper, while it is yet in Embrio, and has not acquired a mature State; ſo likewiſe immoderate Dejections, by frequent Stools,

Stools, in this firſt Stage of the Diſtemper, often afflict the Patient, impoveriſh his Limbs, and ſink his Vigour, and ſo promote the Ruin and Diſſolution of the whole Fabrick. The moſt effectual Means to reſtrain and ſubdue both theſe Symptoms, is to uſe Rhubarb and Diacodium alternatively for a Week, in the Manner following; for though both theſe inordinate Evacuations, when they come on at the latter Stage of this Diſeaſe, are melting, and of a colliquative Nature, and incapable of Cure; yet when they happen before an Ulcer has corrupted the Lungs, they are of a milder Nature, and more ready to yield to the Force of Medicine.

℞ *Take of fine powder'd Rhubarb Twenty five Grains; of acute Cinnamon five Grains; of Diaſcordium half a Drachm; Syrup of Meconium as much as will make a Bolus. Take it going to Bed at Night.*

The Night following, *Take of Milk Water an Ounce; Barley Cinnamon Water, half an Ounce; ſtrong Cinnamon Water three Drachms; twelve Drops of liquid Laudanum; and, half an Ounce of Diacodium. Repeat theſe Medicines in this alternate Manner for ſix Nights, if the Symptoms are not relieved.*

Let the Patient abſtain from Malt Liquors, and drink red Wine mixed with Spring Water, or the Decoction of burnt Hartſhorn with Cinnamon and white Bread, or Rice Water, made as that of Barley: If the Diarrhæa, or Flux, grows more obſtinate, aſtringent Glyſters may be uſefully given and repeated, of which ſuch Forms as theſe may be preſcribed.

℞ *Take of the Decoction of a Sheep's Head, taking out the Brains; or of the burnt Hartſhorn Drink, or of Barley Cinnamon Water, half a Pint; three Drachms of Diaſcordium, and a Drachm of* Venice *Treacle.* Or,

℞ *Take of red Roſe Leaves, and Flowers of Pomgranate, each a ſmall half Handful; of the inward Bark of the Elm two Drachms; of Oak Bark and Pomgranate each a Drachm; of the Leaves of Mouſe Ear half a Handful. Boil all in a Pint of Spring Water, and ſtrain it. Take half of this Decoction, and add to it three Drachms of Diaſcordium, and make it a Glyſter.*

If upon three Trials theſe Injections are found ineffectual, add to either Form two Grains of Opium, or forty Drops of liquid Laudanum.

I have thus far diſcourſed of glandulous Conſumptions, and this conſiſts in proper Methods and Medicines that obviate the growing Symptoms, and remove the diſtant Cauſes of it, while it is *in Fieri*, or unformed, and has not yet infected the Lungs ſo far as to produce an Ulcer, for when that is done the Caſe is uſually beyond all Hopes of Recovery; though ſome Phyſicians have told me, that ſometimes, though ſeldom, when only one or two ſlight Ulcers have been formed in the Surface of the Lobe, the purulent Contents have been diſcharged without ſpreading the Contagion in the neighbouring Parts, and the Patients were reſtored to Health. I have ſaid above, that in my long Practice of Phyſick, I remembered only Two that recovered an eſtabliſhed State of Health, after I was perſwaded by all concurrent Symptoms, an obſtinate Cough, Expectoration of purulent Matter, Nocturnal colliquative Sweats, and a true hectick Fever, that one Ulcer or more had corrupted the Lungs.

Theſe Caſes, as I promiſed above, I will now ſet down. The firſt is this, a Student at *Oxford* labouring under all the Complaints before-mentioned, accompanied me in my Travels Abroad in the Spring of the Year 1682. and after three or four Months ſtay in *France*, what by Change of Air, and what by Alteration of Meats and Drink,

all

all his Symptoms were abated to Admiration, and before the following Spring they all entirely diſappeared. In this healthful State he returned with me through *Italy* and *Germany* into *England*, where he afterwards ſettled in *Devonſhire* and practiſed Phyſick between Thirty and Forty Years, and died but a few Months before the writing of this; and his Recovery was ſo perfect, that he never relapſed into his conſumptive State.

The other Caſe is of a young Man, that was about Eighteen, the only Son of a conſiderable Citizen about Twenty Years ago, was afflicted with all the above-named Sufferings, and ſeemed to be in a deplorable Condition; and after about a Year, in which Time all the cuſtomary pectoral Remedies had been tried in vain, and his Diſtemper getting ground, notwithſtanding all the Care and Skill that had been employed to ſtop its Progreſs, I adviſed him to remove into the Country about Fourteen Miles from *London*, for the Benefit of the Air, and I directed him to uſe the following Method.

℞ *Take of the Jeſuit's Bark powdered half a Drachm, or two Scruples, make it into a Bolus with Syrup of Rasberries, or put it in Powder into any convenient Liquor, take it every Morning, and drink after it three half Pint Glaſſes of Spaw Water, interpo-*

ſing

ſing half, or three Quarters of an Hour between each Glaſs, and take the ſame about five a Clock in the Afternoon, drinking after it only one half Pint of the Spaw Water. Every Night take another Doſe of the Bark, with an Ounce of Diacodium, and ſwallow a good Spoonful of that Syrup when the Cough is very troubleſome.

And by perſevering diligently in this Courſe, which I never altered, in about three Months all his Symptoms diſappeared, and he recovered a perfect eſtabliſhed Health, and I believe enjoys it at this Day.

I have hitherto ſhewn, by what Means and Medicines the Conſumption I call Glandulous, may be cured; that is, may be retarded, and an Ulcer in the Lungs prevented. And this is the chief Province in which the Phyſician can be employed with any hopes of Succeſs; for, as I have before aſſerted, his Art is uſually unavailing and inſignificant, after any part of either Lobe of the Lungs is putrefied. I come now to lay down the moſt effectual Means and Method of Cure in Conſumptions, ariſing from Spitting of Blood.

As a glandulous Pthiſis, or Conſumption, derives its Original not from Blood-ſpitting, but from unnatural Kernels and Concretions in the Veſſels of the Lungs, which interrupt

and

and retard the Current of the Blood, and being gradually augmented by the Arrival of new depraved Matter that adheres to them, at length ſwell, inflame and burſt, whence putred conſuming Ulcers poiſon and lay waſte the Lungs; ſo this Species of Conſumptions does not owe its Production to any impure Humours, which congeſted in the pulmonary Glands breed Knots, and little Lumps, that obſtruct their Paſſages, but to the Breach or Diſruption of ſome Blood-Channel in the Lungs, whence a Stream iſſues into the Cells and Interſtices of the Breathing-Pipes, when Nature, to relieve her Oppreſſion, and prevent Suffocation, exerts her Force, and labours by Coughing, to empty the Receptacles thus overflown.

After this, if the broken or lacerated Veſſel is not in due Time reſtored and healed, the torn or wounded Parts will begin to feſter and corrupt, which will ſoon bring on a deplorable putrefying Ulcer. In Perſons of a weakly Conſtitution the Lungs begin to feſter after a few Fits or Paroxyſms of Blood-Spitting; but in others of a ſtronger Make, theſe Fits, while many Intervals are interpoſed, may be repeated ſeveral Years, before the wounded and leaky Veſſel degenerates into a true Pthiſis. Such Patients, indeed, will continue lean and meagre, while the looſe and injured Parts admit

mit a great Quantity of wholeſome Humours, and ſo robs Nature of her vital Stock of Nouriſhment, which is expectorated in a great plenty of white and pondrous Flegm, without any genuine Marks of its being purulent.

There is a double Source of this dangerous and frightful Diſeaſe, one is the vitious and faulty Humours generated in the Blood, which by their inteſtine Conflicts with the wholeſome active Principles excite a great Orgaſm, or immoderate Expanſion of the Spirits that inhabit the Veins and Arteries; and by this means the Current ruſhing with inordinate Force into the Inlets and Iſſues of the Lungs, breaks through in ſome Places into the ſmall Cavities and Interſtices of the Tracheal Pipes laid through all their Structure.

The other Source of this Diſtemper is, the defective Formation of the Nervous Fibres, Vaſcular and Bladder-like Parts of this ſoft but important Bowel, which in theſe Perſons are often weak and delicate to an extraordinary Degree, and therefore giving way to its impetuous Tide, let through the Blood to be ejected by Coughing.

And here I cannot forbear this Obſervation, that in all, even the moſt Hail and Athletick Perſons, ſo aſtoniſhing is the Fabrick of this percolating, as well as breathing Organ, this Air as well as Water-

work,

work, in reſpect of the Light, as well as looſe Connexion of its various Veſſels and Fiſtulous Fibres, whence an infinite Number of little Cells and Intervals are ſcattered through the whole Frame, that it appears very ſurprizing, why a Diſruption of ſome Veſſels, by the rapid Velocity of the entering Tides, does not overwhelm the Lungs with a Deluge, and ſtrangle us in our Blood every Hour. How amazing is the Contemplation of this Divine Art and Contrivance!

This inordinate and unobſerved Turgency of the Blood, and Stimulation of the Spirits, together with the Weakneſs of the Veſſels in the Lungs, is the uſual Cauſe of this Evacuation, as before aſſerted, and not the Cough, which often ſhakes the Lungs with the greateſt Fury and Violence imaginable, when notwithſtanding no Spitting of Blood follows, and therefore the Medicines that are proper to compoſe and allay this Inſtigation, ſhould be often, at proper Intervals, repeated, to keep the Blood in a calm and undiſturbed Temper, that ſuch a ſecret and unheeded Impetus, or Effort, may not threaten a Breach in the Lungs.

Of the Method of Cure when Blood-ſpitting threatens a Conſumption.

TO gain this End two Things are required, one is the Adminiſtring of the moſt effectual Means to ſtop this Evacuation; and the other, to protect and guard the wounded and broken Veſſels from Feſtering, and contracting Corruption. The firſt Intention will beſt be procured by the following Method: The Patient ſhould immediately be let Blood to ſuch a Quantity as his Strength will bear, and after a Day or two it may be repeated, if the Diſcharge of Blood continues.

As to internal Remedies the following are moſt efficacious.

℞ *Take of Bole Armoniack, Dragons Blood, each half a Scruple; of Roach Allum, firſt melted, a Scruple; make theſe Ingredients into Pills with the Balſamick Syrup, for one Doſe, to be taken every ſix Hours for ten Times; or they may be formed into a Bolus, adding half a Drachm of the Conſerve of Roſes, and drink after each Doſe a quarter of a Pint of a ſtrong Decoction, or Infuſion of the Jeſuit's Bark; and at other*

other Times the ſame Quantity of the Tincture of red Roſes, adding to a Quart of it an Ounce of Syrup of Raſberries, or an Ounce and half of Syrup of Quinces.

After the Patient ceaſes to take the Pills, he may continue to take the Infuſion of the Bark, with other Medicines, twice or thrice a Day for a Fortnight longer; and though the Spitting of Blood ſhould be ſuppreſſed, yet 'tis fit the Patient ſhould firſt after three Weeks, next after ſix, and then after two Months, repeat the ſame Medicine for a Week or ten Days, by which the inordinate Ferment, or Orgaſm of the Blood, may be prevented, while its Streams ſlide on in a calm and ſedate Current, without tearing to pieces the ſmall and tender Channels, through which they make their way.

To ſuppreſs a Paroxiſm of Spitting of Blood, other acid and aſtringent Medicines are likewiſe beneficial, as well as moderate pacifick Remedies, as the Juices of Nettles, Brook-Lime, Plantain, Mouſe Ear, and Sorrel, take of two or three of theſe mixed, two Spoonfuls in a Glaſs of white Wine Poſſet-drink twice a Day, and to give them thus, in my Judgment, is more adviſeable, than to give them fined and depurated, which abates their aſtringent Virtue, by ſeparating from them the groſſer Terreſtrial

part, in which their Efficacy chiefly conſiſts.

The Patient may take likewiſe eight or ten Drops of Spirit of Vitriol in Claret Wine and Water mixed, twice or thrice a Day.

The Juice of Oranges and Lemons may be uſed freely, ſqueezed into white Wine Poſſet-drink, or any other convenient Liquors.

Opiates likewiſe are in this Caſe of great Uſe.

℞ *Take of Barley Cinnamon Water two Ounces; of Diacodium an Ounce; of Spirit of Vitriol five Drops; make it a Draught, to be taken every Night.*

Or,

℞ *Take of Oil of ſweet Almonds and Diacodium each two Ounces, mix them well with white Sugar, and make it a Lambative; take of it a ſpoonful twice or thrice a Day.*

℞ *Take of Gum Arabick three Drachms, diſſolve it in a Quart of any Emulſion of the cold Seeds, or any aſtringent Apozeme, and drink of it a quarter of a Pint often.*

The Patient muſt be kept cool and ſtill, leſt the Agitation of the Body ſhould help on the Bleeding; he ſhould likewiſe abſtain from Fleſh Meats, and take his com-

mon

mon Drinks and Spoon-Meats cold, or but Blood warm.

When a Breach is made in a pulmonary Veſſel, the Blood expectorated thence is of a freſh and florid Colour, and ſometimes of a frothy Subſtance, and after the Iſſue is ſtopped, the Blood of this ſcarlet Hue ejected into the hollow Pipes and Cavities of the Lungs, by lying out of the Veſſels, grows dull and dark, and continues ſo two or three Days, till all is diſcharged by Coughing.

But it often happens, that one Eruption of Blood is ſucceeded by another, for eight or ten Days together, notwithſtanding all the moſt prevalent Medicines, and skilful Endeavours of Phyſicians and Surgeons to put an End to it, before the Orgaſm, or ſtimulating Ferment is compoſed, and the Tide of the Blood ebbs, and runs low. When the Paroxiſm ceaſes, and the Lungs are freed by expectorating the blackiſh congealed Blood, mixed with the diſcoloured Flegm, which at length grows clear and white, the great Care and Skill of the Phyſician comes to be exerciſed in healing the Wound made in the Lungs, and preventing their Ulceration.

And ſince in the Cure of all Wounds whatſoever, the active Balſam of the Blood is the chief efficient Cauſe, and the Skill of the Surgeon or Phyſician is almoſt only concerned to keep it clean, and remove Impediments, it is here neceſſary to apply thoſe

Remedies that will digeſt the lacerated part, and free it from crude Flegmatick Humours, till by Nature's Co-operation the broken Veſſel is conſolidated and reſtored. Upon the ceaſing of this dangerous Symptom the Cough however continues, and diſcharges a ponderous white Flegm; and leſt a formal putred Ulcer ſhould, by degrees, be introduced upon the injured feſtering Channels, the following Method may be uſefully obſerved.

That the Wound in the Lungs, whence the Blood iſſues, may be healed, theſe Things are required; *Firſt*, That the Tide of the Blood may flow ſedate, low and gentle, that it may not ſwell and extend the broken Veſſel in its Paſſage through it, that ſo the ſmall Lips not heaved up, nor kept aſunder by a full ruſhing Current, may ſink and meet together, whence their Re-union and Conſolidation muſt proceed. And if the wounded Parts come together, and are contiguous, and if ſufficient Balſam remains in the Blood, the Event is uſually ſucceſsful; but if the Wound be perpetually kept open and gaping by a ſtrong and ſwelling Current, it is hindered from cloſing and being healed; hence, that the broken Veſſels may ſubſide and continue flaccid in order to their Healing, the Patient will be obliged not only to forbear Motions of Activity, but to obſerve a very ſpare and cool Regimen, to eat leſs nouriſhing Meats, and drink cooling and

un-

unfermenting Liquors, by which means the Streams of the Blood becoming calm and low, glide along in a narrower Room, and do not diſtend the wounded Channel.

On the contrary, if the Patient eats and drinks as other Men in Health; and much more if he inriches his Blood with plentiful Meals of delicious Foods, and fills his Veins with generous Liquors, the Tide of Blood will run ſo ſtrong, and ſwell ſo high, that it will keep the broken Veſſel from uniting, or ſoon break it open again.

And it muſt be remarked, that all thoſe who eſcape a deplorable Ulcer from Spitting of Blood, have been obliged to the greateſt Temperance, and ſtricteſt Regularity of Life. Other Remedies are proper for this End, as they aſſiſt the inherent animal Balſam of the Blood in repairing this dangerous Breach, by bringing on the auxiliary Forces of vegetable Balm, together with various Gums and Plants of an abſterſive, or an agglutinating and healing Nature.

The Forms may be theſe that follow.

℞ *Take of Locatella's Balſam two Drachms; of choice Myrrh two Scruples; of* Gum Arabick *a Drachm and half; of purified Nitre a Drachm, with Mucilage of Gum Tragacanth; make it into a Maſs, and form it into Pills of a moderate Size, take four or five*

every Morning and at Night, drinking after them a quarter of a Pint of the following Decoction.

℞ *Take of the Leaves of Mouſe Ear, St.* John's *Wort, and Plantain, each half a Handful; of Root of Tormentill and green Nettles, each half an Ounce; of red Roſes half a Handful; of the Seeds of Porcelain and Sorrel each a Drachm; of Barley half an Ounce; add at the latter End of the Boiling, of Raiſins of the Sun ſtoned an Ounce and half; boil all in three Pints of Spring Water to a Quart, ſtrain it, and then add two Ounces of the Syrup of Comphry, or Mouſe Ear.* Or, take as follows.

℞ *Take of Conſerve of Hips and red Roſes each an Ounce; of the Leaves of Ground Ivy dried and powdered two Drachms; of red Coral, Dragons Blood, Bole Armoniac, each four Scruples; of Gum Arabick and Tragacanth each a Drachm; make it with equal Quantities of the Balſamick Syrup, and the Syrup of Comphry, into an Electuary; take the Quantity of a Cheſt-Nut twice a Day, drinking after it a Draught of the Decoction above ſet down.*

℞ *Take of the Conſerve of the Flowers of the greater Comphry, the Water Lillies,*

and

and red Roſes, each ſix Drachms; of Coral, Dragons Blood, and Earth of Japan, *each a Drachm and half, with the Syrup of the Balſam of* Tolu *and Comphry; make it a ſoft Linctus, take of it a Spoonful often.*

If Sleep is wanting, and the Cough troubleſome, an Ounce of Diacodium taken going to Bed, and repeated, if the Symptoms require it, will be neceſſary; or the Oil of ſweet Almonds mixed with an equal Quantity of Diacodium, will be of great Service.

If the Patient is too much bound by taking theſe aſtringent Remedies, 'tis fit he ſhould take ſome Lenitive purging Medicine, ſuch as has been before preſcribed, *viz.*

℞ *Take of the Leaves of Sena two Drachms and half; of Rhubarb two Scruples; of Caſſia broken with the Cane an Ounce; of Tamarinds an Ounce; boil theſe in Spring Water to three Ounces; ſtrain it, and add of Manna and Syrup of Succory, with Rhubarb, each half an Ounce.*

Or, he may take an Ounce of the bitter purging Salt, or that of Glawber in a Quart of purging Water; or an Ounce and half, or two Ounces of Manna, or ten Drachms of leni-

lenitive Electuary in a Draught of Poſſet-drink, or thin Broath.

Let it be here obſerved, That I do not condemn all Compoſitions of Medicines, for ſome are convenient, and ſome neceſſary, but only thoſe that are form'd of a vaſt Number of confus'd Ingredients.

Of the different Fevers that attend the different Stages of this Diſeaſe.

THE ſeveral Fevers that accompany the previous Irregularity, and depraved State of Blood, that as remote Cauſes threaten the Ruin of the Patient's Lungs, not only in confirmed, but initial Conſumptions, are of three Denominations. Thoſe that ſometimes incommode him, before the Lungs become knotted by glandulous Obſtructions, are either a vagrant and erratick, or a ſlow and lingring inordinate Heat; the firſt has its Appellation from its coming by Exarcerbations at uncertain Seaſons; and the laſt is a more conſtant, gentle, and lurking Diſorder, and both proceed from the Exaltation of the Sulphurous, or Oily Parts of the Blood to an immoderate Power, while the Diſeaſe is yet in Embryo, and in a crude imperfect State, only attended with a troubleſome Cough beſides this fevouriſh Diſ-

order;

order; by which, however, they grow lean and weak, and it is now only ſaid that the Patient is breeding a Conſumption. To appeaſe this fevouriſh Symptom in the Blood, the Peruvian Bark, as mentioned above, and Chalibeate Waters, are the moſt powerful Remedies, together with a cool and temperate Government in reſpect of Meats, Drinks, and Exerciſe.

There is another Fever, which I have mentioned before, that attends the Courſe of a Conſumption, that is, when the Kernels, or knotty Protuberances in the Lungs, which have, perhaps, ſometime lain crude and green, and unaugmented for ſeveral Years, begin to be inflam'd, to ſwell, and aim at Suppuration. In this Situation of the Diſeaſe the Kernels, like all other Tumours in an Inflammatory State, proceeding to the Digeſtion, and Expulſion of the irregular Contents, are attended with a Fever, ariſing from the Conflict and Labour of Digeſtion. So when a Boil, a Phlegmon, the Puſtules of the Small-Pox, or other Swellings are ripening, a Fever always ariſes, or a previous one is increaſed, and therefore I have above called this a Fever of Maturation, as it is ſtiled in the Small-Pox; and it may likewiſe receive that Denomination in all other Inflammatory Tumours of like Nature. And though no Phyſician, as far as I know, has diſcriminated this from the other Sorts of

Fevers.

Fevers in this Diſtemper, yet there are apparent Reaſons to form that Diſtinction, which I have ſet in a clear Light. The Jeſuit's Powder, or Peruvian Bark, taken two or three Months together, is adviſeable; and if the Fever be ſuppreſſed, or at leaſt abated, the Uſe of Chalibeate Waters may be preſcribed, (*viz.*) two or three Glaſſes in a Morning after half a Drachm of the Jeſuit's Powder; one Glaſs after a ſecond Doſe, and another after a third at five or ſix in the Afternoon; the Patient in the mean Time is obliged to a ſtrict Regularity of Life.

A third Sort felt in the different Stages of a Pthiſis, is a Fever of Putrefaction, which is produced by the putred and malignant Matter, that iſſues from an Ulcer formed in the Lungs, which is the Effect that follows the Rupture of the ripened Tumours before mentioned; and this is evidently a different Fever, ariſing from a very different Cauſe, and attended with other Symptoms, as melting nocturnal Sweats, loſs of Appetite, great Dejection of Spirit, and all other Symptoms preſaging a Diſſolution; and this is the true Hectick Fever deſcribed before, which ariſes from an Effort of the active Principles of the Blood to ſubdue and eject the putrefied Particles with which it was infected in its Paſſage through the Ulcer, and this I look on as the eſſential Limitation that diverſifies a Hectick from all other Species of Fevers, whe-

whether the Ulcer that at firſt imparts, and after feeds the Contagion in the Blood, be found in the Lungs, Kidneys, Bladder, Inteſtines, or elſewhere, ſuch an Abſceſs, or Ulcer in either of thoſe Places, is very rarely cured, and therefore after the ripened glandulous Kernels are broken, and have excluded their putrefied Contents, there is little to be done, as an honeſt and prudent Phyſician will inform his Patient, but to direct the beſt pallative Method to eaſe and relieve the Symptoms, when no Drugs or Plants can remove the Diſeaſe. But 'tis very wonderful, that notwithſtanding the Patient ſhould be thus informed, and told, that his Days are numbered, and his unavoidable Diſſolution comes on apace, yet ſuch is the unaccountable Flattery of this Diſeaſe, that it ſo diſarms even a wiſe Man of his Reflexion, and ſo ſuſpends his Reaſon, that he is uncapable of Conviction, and cannot obſerve what all the World beſides clearly diſcern, that he is a dying Man.

In thoſe deplorable Circumſtances, when the Ruin of the Lungs is thus far advanced, the only Service that can be done the Patient, is to preſcribe ſuch Remedies as are proper to mitigate the Severities of his Complaints, that he may paſs with as much Eaſe and Comfort, as may be, the Remains of Life, which ſometimes waſte away with a ſwift Progreſs, and ſometimes are protract-

ed

ed by a ſlow and lingring Decay much longer, even to the Space of ſeveral Years.

The principal Medicine to appeaſe and moderate the Patients Sufferings in this diſconſolate Condition, are Preparations of Opium, the great Gift of Divine Goodneſs and Bounty to Mankind, for the Relief of grievous Inquietudes and unſufferable Pains, for the Cough which accompanied all the Stages of the Diſeaſe, grows now more conſtant, obſtinate and vexatious, it continues with little reſpite Night and Day, to raiſe and expectorate the putrefied Parts of the Ulcer, which at this Time are more acrimonious and malignant, and therefore ſtimulate and provoke the Lungs with greater Vehemence to free themſelves, by diſcharging them through the Mouth.

In this Caſe, to bridle the Fury of the Cough, by quieting and calming the irritated Spirits, Opiates are the only Remedy, at leaſt, they are more prevalent for that purpoſe, than all other Medicines united; and of all other Preparations, of that beneficial Drug Diacodium, or the Syrup of Meconium, are the moſt valuable, and a large Spoonful ſhould be given at Night going to Bed, and repeated after three Hours, if the firſt Doſe be ineffectual; and in like manner renewed, either by Night or Day, when a ſtubborn, or ſtrangling Cough, requires it; and this Remedy ſhould eſpecially be preſcribed,

ſcribed, and without the Mixture of any other, if the Patient is ſubject to a Looſeneſs.

And if it happens, as it often does, from the feveriſh Heat of the Blood, and partly from the Aſtringency of the Opiate, that the Flegm becomes thick, ſtiff and ropy, and therefore difficult to be diſcharged from the glandulous Strainers, the Diacodium muſt be qualified, by mixing with it an equal Quantity of Oil of ſweet Almonds, and by taking at other Times a good Quantity of ſmooth and ſlippery pectoral Decoctions, ſuch as before mentioned; and Aſſes or Goats Milk will now be uſeful, as well for the Cough as the Hectick Fever.

This Fever, that depends upon an incurable Cauſe, is therefore it ſelf Incurable, for unleſs the Pulmonary Ulcer could be removed, this unavoidable Conſequence of it muſt certainly continue; and to moderate and keep it under, Aſſes or Goats Milk, Barley Water ſweetened with Syrup of Maiden Hair, Violets, or Balſam of *Tolu*, various cooling Decoctions, and now and then a Draught of *Bath* or *Briſtol* Waters, that dilute and attemper the Blood, may in ſome meaſure reduce the exorbitant Heat, which Death alone muſt intirely extinguiſh. Decoctions likewiſe of the Peruvian Bark, which is likewiſe uſeful to the Stomach as a good Bitter, will, in ſome degree, abate the inordinate Heat, and make it more tolerable.

But

But if ſhort, laborious Breathing, afflicts the Patient, the Opiates muſt be given in leſs Quantity, and with greater Caution, and always mixed with other ſlippery Remedies; or they may be wholly forborn, unleſs other Symptoms neceſſarily demand it.

Since Aſſes Milk, Change of Air, Exerciſe, either by Walking, or Riding in a Coach, or on Horſeback, Iſſues in the Limbs and Shoulders, and proper Rules about Meats and Drinks, are Remedies frequently preſcribed in the Diſeaſe of which I am treating; and ſome of them are, by Reaſon and Experience, warranted as very beneficial, they require, in my Judgment, a particular Conſideration, and therefore I ſhall expreſs my Sentiments upon each in their Order.

Of Aſſes Milk.

THIS Remedy was preſcribed by the firſt Practicers of Phyſick, who contemplating the ſoft, mild, nutritive and attempering Quality of it, believed upon good Reaſon, that it might be very uſeful to meagre and valetudinary Perſons, that are threatned with a proper Conſumption. Theſe Phyſicians living in ſuch hot and dry Countries, as *Greece* and *Arabia*, where they had Plenty of Aſſes, but a great Scarcity of Cows,

Cows, for want of a ſufficient Number of green Paſtures to feed their Herds, preſcribed the Milk of the Aſs or Goat, which they had in great Plenty, rather than that of the Cow, which was more difficult to come by, and not as it was preferable to it, as I have reaſon to believe, by any inherent ſalutary Qualities: And when the Healing Art was tranſmitted to the Inhabitants of colder Climates, abounding with green Fields, fertile Fens, and rich Meadows for feeding Cows, the Phyſicians, out of a great Veneration of the eldeſt Practicers in foreign Kingdoms, fell into the Uſe of Aſſes and Goats Milk, which in thoſe Countries was very ſcarce and dear, and cried it up far above the Virtue of that of the Cow, which they enjoyed in Abundance, not entering into the manifeſt Reaſon that led the Antients in their Practice; for had the Milk of the laſt been as plentiful there as the firſt, and that of the firſt been as difficult to get as the laſt, there is all the Reaſon in the World to believe it would have been chiefly directed; and if this Matter be examined, it will appear, that neither the Antients nor Moderns had any convincing Arguments to pay greater Reſpect to the firſt than to the laſt, at leaſt in any great Meaſure, for the ſame ſalutary Qualities are common to both, and there is nothing material to be objected to the one, but what is of Force againſt the

other. If it be ſaid, that the Aſſes or Goats Milk is of a thinner Conſiſtency, and therefore more apt to ſlide freely through the Lungs without creating Obſtructions; I anſwer, that for this Reaſon it is not ſo nouriſhing, and ſo is leſs Reſtorative; and yet, as ſuch, it is preſcribed by the Phyſician.

But I conceive, this is no Objection againſt Cows Milk, that by Reaſon of its thicker Conſiſtency, and oily Richneſs, it is diſpoſed to ſtop in the Channels of the Lungs, and ſtuff the minute Glands, for it is evident, that Multitudes have lived many Months, ſome whole Years, ſome a long Life almoſt wholly on Cows Milk; and many in great chronical Diſtempers, particularly in Gouty and Venereal Caſes, as well as in a meagre Conſumptive State, yet never found that this ſoft Diet did ever obſtruct and ſwell the Channels of the Lungs. It is true, when the Pores of that Strainer are too looſe and ample, and the Fibres of the Veſſels exceeding weak and tender, a great Quantity of milky Chile, as well as of other nutritive Juices, is excluded from the Blood Veſſels, and admitted into the Tracheal Cavities, by reaſon of the looſe Texture of the Lungs, or through the torn ulcerated Veſſels, which will prove a Burden, till it is expectorated, as in the Caſe of weak Lungs I have before explained. But what is this to the creating of Obſtructions in the Glands,

whence

whence Knots and Concretions are formed, that afterwards bring on putrefying Ulcers? If by this Defect of the Strainer it happens, that the Chile of all Foods whatſoever carried in the Veins, as yet not aſſimilated, and turned into Blood, are in a good meaſure loſt, is it a Wonder that the chilous Subſtance of the Milk ſhould, in like manner, ſlip through the lax Pores into the Cavities of the Lungs? It is the ſame Caſe when the papillary Paſſages of the Kidneys, defectively looſe and wide, let through the Alimentary Juices, which, when ſeparated from the Urine, appear in the Receiver in a whitiſh, ſlimy Form, like the milky Matter diſcharged from the Lungs, that never had been admitted, had the Tone of the Strainers been firm, and in a healthful State. Is that therefore diſcharged by the Kidneys, or this by the Lungs, bred in thoſe Bowels? By no means, they are both nutritious Juices, ſeparated from them, and had continued there to have been diſtributed to the ſeveral ſolid Parts for their Augmentation and Repair, had not the Filters been wanting to their Duty in keeping them back, and not ſuffering them to ſlip through with other ſuperfluous Humours. This then is the common Fate of all Sorts of Milk, and all Kinds of other Foods; and the Reaſon why a greater Quantity of Cows Milk gets into the Lungs is, becauſe it is a ſoft, ſmooth and ſlippery Nouriſhment, and therefore

more apt to paſs the Pores of the Glands.

I have diſcourſed more copiouſly on this Subject, becauſe our Patients are apt to complain, that Milk of all Kinds fills them with Flegm, and oppreſſes their Lungs, which they imagine is bred there, though it is only tranſmited thither from the Blood, by reaſon of the Incapacity of the Glands to perform their Function, which therefore lets all Humours, good and bad, paſs through promiſcuouſly into the Tracheal Cavities; and this happens chiefly, if not only, when the Diſtemper is ſo far advanced, that all Sorts of Milks, as well as other Remedies, are unavailing and ineffectual; that is, when the Lungs are torn and actually ulcerated.

But let it be ſuppoſed, That Cows Milk is in it ſelf too rich and thick, that Objection may very eaſily be removed; for after ſome ſtanding the Cream may be taken off to any Degree you pleaſe, and the Remainder may be left as poor and thin as will equal the Conſiſtence of Aſſes Milk; or it may be attempered and diluted with Water from the Spring, or Decoctions made of Barley or Rice, to any Proportion the Phyſician thinks fit.

But after all, I cannot range Aſſes Milk, or any other, in the Claſs of Medicines proper in Conſumptions, for as it plainly appears, it belongs to the Dietetick part, it has no Efficacy or Virtue that ſtrikes at the Root

and

and Seeds of this Diſtemper, nor is it endowed with any conſtringent Force proper to reſtore and confirm the Structure of weak Lungs, whoſe Tone and Firmneſs are depraved, and in a good meaſure loſt; all the Benefit it confers is this, that by its ſoft and mild Subſtance it ſheaths, in a degree, the ſharp and pungent Humours, and as it is very eaſy of Digeſtion, adminiſters to the Blood an agreeable Juice readily aſſimilated, and convertible into its own Nature, without producing Heats and Diſturbances, by which means it appeaſes and prevents ſcorbutick and erratick Fevers.

And for this Reaſon it is uſeful as one of the propereſt Foods for emaciated conſumptive Patients, while it operates as a natural Emulſion, or ſoft pectoral Decoction, to ſooth and gratify the Lungs, and likewiſe communicates, as I ſaid, a ſoft and wholeſome Nouriſhment; and all its beneficial Qualities are confined within theſe Limitations.

But ſome perhaps may ſay, Is not Aſſes Milk a great Reſtorative? I anſwer, That the Word Reſtorative, when applied as an Epethite to Medicine, is a Word without any determinate Meaning, and excites no Idea in the Mind; for by that Word Men would expreſs ſomething that recovers the fleſhy Habit, as well as the Strength of a languiſhing meagre Patient; now it is Nou-

riſhment only that reſtores the fatty Subſtance and muſcular Fibres, and retrieves loſt Vigour and Vivacity, when Medicines have conquered the Symptoms, and the Patient is cured; for now, while all Impediments are removed, and Nature is wholly at Eaſe, the Uſe of Remedies ceaſes, and it is the proper Province of nutritive and agreeable Foods to raiſe, by degrees, the Patient to his former Habit of Body; and as for Cordial Waters, Tinctures, Reſtorative Confections, or other Medicines, they are impertinent, and unavailing to this Purpoſe.

Sometimes indeed, in long malignant Fevers, and other languiſhing Diſeaſes, the Phyſician may miſtake, and believe the Diſtemper is maſtered, and the Patient recovered, when only the vehement Symptoms are reduced, and the ſick Perſon complains not of great Sufferings, but only that he is low and weak, and now the Doctor thinking the Diſeaſe ſubdued, judges that ſome cordial and reſtorative Remedies, are to be preſcribed, to renew the Patient's Strength and Fleſh: But this is a dangerous Error, for notwithſtanding in long Diſtempers the Symptoms may be much reduced, yet the Patient is not recovered while he continues feeble and diſpirited, without Appetite, and with a weak and languid Pulſe; for as above aſſerted, no Man recovers that does not recover Strength and Fleſh, and finds not Nature at eaſe,

nor

nor feels the Beginnings of a reviving Appetite; and when this is the Caſe, and the Diſeaſe is conquered, then Medicines may be well laid aſide, and a Reſtorative Diet be directed, as I have before explained.

I have been the longer upon this Subject, becauſe it is a Point of Importance, in which Phyſicians are often impoſed on, and induced by the Moderation of Symptoms, as to their outward Appearance, to judge that the Diſtemper is maſtered, and that, only a great Weakneſs is left behind, when in reality it is a certain Mark, that the Diſeaſe ſtill continues, and as it is probable, in a more dangerous State; for the Patient being exceeding feeble, the Pulſe quick and weak, and no Stomach to eat as yet returning, 'tis very evident that he is not recovered, but that the Diſeaſe ſtill prevails, and does not appear ſo, only becauſe the Patient's Vigour is ſpent.

The Sum of this Article is this, That all Reſtoratives, properly ſo called, conſiſt in nutritive Meats, wholeſome Drinks, good Soups, Jellies, Broaths, Eggs; and for this End likewiſe, the Milk of Cows, Aſſes and Goats, may be preſcribed; and the firſt, becauſe richer, and therefore more nouriſhing, muſt be allowed to be a greater Reſtorative than the other two.

By what has been ſaid it will eaſily appear, what Degree of Uſefulneſs muſt be

aſcribed to Aſſes Milk, which chiefly conſiſts in its being a pertinent and wholeſome Diet, which, that I may not detract from its true Merit, I allow it is, and therefore fit to be directed in this Diſeaſe, that is, in the latter End of its firſt, and during all its laſt Stage; but then it would be Matter of Admiration, if any Phyſician ſhould rely upon it as his Sheet-Anchor in a Storm of Symptoms, and that he ſhould believe it to be endowed with as Sovereign Virtue in chronical Diſeaſes, as ſome think *Gaſcoigne*'s Powder is in all Acute. That any Man of Reflexion and Experience ſhould get into ſuch a way of Thinking is indeed wonderful; for my own Part I ſincerely believe, That no Man ever died of a Conſumption, or any other Diſtemper, for want of Aſſes Milk, and therefore it ought to be reduced from its imaginary Height to the Level of other Milks of equal Efficacy, unleſs its Scarcity and Dearneſs ſhould make it more wholeſome, and therefore more valuable.

It muſt be here obſerved, that Aſſes as well as other Milks, will be apt to curdle in the Stomach, when it abounds with acid and auſtere Humours, and ſometimes it will coagulate in large Lumps, which the Patient is ſcarce able to caſt up without ſtrangling. To prevent this Effect, what Phyſicians call Sweetening and Correcting Pow-

ders

ders ſhould be given together with it. As thus.

Take of Bole Armoniac, Powder of Coral and Pearl, each half a Scruple, mix them for one Doſe to be taken with the Milk twice a Day, Mornings in Bed faſting, and ſleeping after it; and at five or ſix a Clock in the Afternoon.

Or thus,

Take of Conſerve of Hips two Ounces; of Coral, Crabs Claws, and Bole Armoniac, each a Drachm; Seeds of Porcelain a Scruple; Saffron twelve Grains; make them into Eclegma or Lambative, with a ſufficient Quantity of the Syrup of Balſam of Tolu, *and that of Maiden Hair.*

But if theſe abſorbing Powders, either Way adminiſtred, are ineffectual for preſerving the Milk from Coagulating in the Stomach, then the Patient ſhould altogether refrain from uſing it; but if it only curdles in a low and ſlight degree, it ſhould no more, for that Reaſon, be laid aſide than Poſſets, and Sillibubs turned with Wine or Cider, which, notwithſtanding, are wholeſome and agreeable; and indeed, all Milks admitted into the Stomach are in ſome meaſure turned and curdled by the acid Humours there, which, however, do not hinder

der them from being well digeſted, and converted into good Nouriſhment.

Of Change of Air.

THE Air is a thin and fluid Expanſion, conſtituted intirely, or for the greateſt part, of the Effluvia, or Exhalations, that attenuated by the Beams of the Sun aſcend from the Surface of the Earth, and encompaſs it round with a tranſparent Covering: Among a great Variety of Effluvia, or Vapours, that ſteaming from the Hills and Vales, the Ocean, Floods, Rivers and Lakes, contribute to the Formation of this fluid Element, great Plenty of nitrous Particles, refined to a proper Degree, and aſſiſted by fit Combinations, float in its Boſom, and drawn into the Lungs by Inſpiration, are carried by innumerable ſmall griſtly Conveyances, and communicated to the Blood, and by mingling with it renews its florid Colour, and ſprightly Activity, that were much diminiſhed by its long Courſe round the Body, and ſends it back to the Heart with as much Life and Spirit, as when it was exploded thence.

And though I cannot acquieſce in the Opinion of the learned Dr. *Willis*, that there is always an actual Flame in the Blood, in which

which Life conſiſts, and the Extinction of which is Death, ſeveral Objections invincible lying againſt it, yet I own it is very difficult to give a ſatisfactory Account, why a Man ſhould die by ſtopping of his Breath but for ſo ſhort a Time, unleſs it be on that Author's Hypotheſis; however that be, it is certain, that an Aerial refined Nitre is abſolutely neceſſary to the animal Life, by continually reſtoring and enlivening the Tide of the Blood, when it returns to the Lungs dull and languid after its Task of Circulation.

The different Nature of the Reeks and Vapours that are thinned and elevated by the Sun Beams from different Kinds of Soil, muſt produce a great Variety of oppoſite Conſtitutions of Air; that which is filled with the Steams and Eruptions from Mooriſh, ſwampy and fenny Lands, from ſtagnant Ponds, Lakes, and Marſhes, or from oazy Shores and brackiſh Waters, muſt differ much from the inſenſible Effluvia that tranſpire from a drier and more open Country: Thoſe that aſcend from the Sea and ſpreading Lakes muſt be contrary to thoſe that riſe from lofty Hills, and Sun-burnt, ruſſet and ſandy Plains, both which are unlike to thoſe that exhale from Regions of a middle Nature, favour'd with ſerene Skies, a fertile Soil, and a ſufficient Plenty of Springs and Rivers, all theſe Varieties of inviſible Steams and Tranſpirations muſt con-

conſtitute great Diſtinctions of Air.

And ſince theſe different Effluvia and Eruptions drawn into the Lungs by our Breath, muſt have different Operations on the Blood and Spirits, the firſt Sort mentioned muſt fill the Veins, and clog the active Principles with various groſs Impurities, and the nitrous Aerial Particles neceſſary to ventilate and refine the Blood, being rendered by the Adheſion of crude, ſluggiſh, and raw Vapours, will, in a great meaſure, become dull and unoperative, and therefore unfit for the Office; whence Agues, Jaundice, Dropſies, and other Diſtempers, take their Riſe, and to ſuch a noxious Conſtitution of Air, no doubt, but the Diſeaſe of which I am diſcourſing frequently owes its Production, while the hurtful and unwholeſome Particles, which it communicates to the Blood, vitiates the Maſs, and infects it with the Principles and pregnant Seeds of a fatal Conſumption.

It muſt be here obſerved, that Air is good and beneficial only in a comparative, not an abſolute Senſe, that is, in reſpect to the Perſons that breathe it; for as it is proverbially ſaid, That one Man's Meat is another's Poiſon, by reaſon of the different Temperament and Complexion of Individuals, ſo the Air that is agreeable and ſalutary to one, is deſtructive to another.

It muſt be allowed, That when the vital Nitre of the Air, which is the Alimony and Maintenance of the active Principles of the Blood, is depraved and encumbered with a Complication of various Reeks and Exhalations, unwholeſome to Perſons of a peculiar Conſtitution, that the Blood and Humours muſt ſoon degenerate, and contract an unhealthful Diſpoſition, not only for want of proper Aerial Food, but from the evil Impreſſion and Injuries that they receive from other irregular Particles, its noxious Adherents, and deſtructive Confederates; And when the juſt Contexture and Symmetry of the Blood, in which Health conſiſts, is by theſe foreign Invaders ruined, or in a great meaſure impaired, it is no wonder that it grows incapable of flowing freely through the minute Meanders of the Lungs, without leaving behind many groſs, unrefined, and dreggy Parts, which by degrees ſwell the Glands and produce a Conſumption.

If therefore any Perſon finds the Air where he lives, ſo diſagreeable and unfriendly to him, that he falls into a languiſhing valetudinary State, accompanied with a conſtant Cough, loſs of Appetite, and frequent feveriſh Heats, and diminution of Fleſh and Strength, Symptoms, which if not removed, preſage a fatal Iſſue, he is obliged to change the Place of his Abode, and ſeek another Air of different Qualities.

If the Patient be thin and emaciated, of a hot Complexion, and liable to erratick feveriſh Diſorders, and dwells in a clear Air and dry Country, 'tis certainly his Intereſt to remove into a flatter and moiſter Soil, where the Air is not ſo fine and pure, but is much thicker, and leſs ventilated; for ſince, as I have ſaid, no Air has an abſolute, but only a relative Goodneſs, in reſpect of particular Individuals, though the Abode of this Perſon ſeems very healthful in its Situation, yet it is evident, that it is not ſo to him, and therefore ſhould be changed for the contrary.

And as this Obſervation is agreeable to Reaſon, ſo is it confirmed by Experience, for ſeveral Patients afflicted with obſtinate pectoral Symptoms, as well as long Agues, and other inveterate Diſtempers, in a ſerene, pure, and to all Appearance, excellent Air, have, by changing their Country, and removing into the neighbouring Vales, found great Relief. And 'tis remarkable, that the celebrated Mr. *Lock*, before cited, who had been in his younger Days often afflicted with ſpitting Blood, and continued all his Days thin and meagre, with a conſtant Cough, received, as I am well informed, great Benefit, and Mitigation of all his Symptoms, by reſiding two Years in *Holland*, a Country, as 'tis well known, not renowned for fine Air. It therefore ſeems reaſonable, that ſickly Per-

Perſons, that inhabit the Vale, ſhould remove to the purer Air of the Downs and the Hills; and on the other Hand, that the Valetudinary People of the Uplands, ſhould come down to the Flats, and lower Countries, and by this exchange of Patients a beneficial Commerce of Health may be carried on with Succeſs, for their mutual Advantage.

It ſhould be here obſerved, that generally ſpeaking, conſumptive Patients, ſuch as before deſcribed, that are emaciated, and of a hot Temperament, make an injudicious Choice in changing their Air for that which is more refined, eſpecially if they are given to ſpit Blood; for it is evident, that all the Qualities of ſuch an Air muſt augment and aggravate, and not reduce and mitigate their Symptoms, by accelerating the Motion of the Blood, and animating the Spirits, too active, and too much expanded before; and therefore ſuch Patients ſhould not go into the hot and ſubtile Air of the South of *France*, but, on the contrary, ſhould fly for Refuge and Protection to the *United Provinces*, where they will find the Air of the *Hague* and *Utretch* more beneficial to them, than that of *Clermont* and *Montpelier*; and, on the other Hand, groſs and corpulent Perſons, encumbered with a load of Humours, who are likewiſe afflicted, not only with a conſtant Cough, by which they diſcharge great

Quan-

Quantities of Flegm, but likewiſe with loſs of Appetite, and ſhort laborious Breathing, may reaſonably expect to find their Account, by removing to the Hills in their own Country, or the purer and thinner Air of *France*; for this will inſpire and enliven the ſluggiſh and inactive Maſs of Blood, quicken its ruling Principles, and reſtore the impaired Oeconomy of Nature. As therefore conſumptive Patients, of a hot and meagre Complexion, ſhould ſeek Relief in a low and moiſt Soil, ſo thoſe of a contrary Temperament ſhould call in Aid a contrary Situation, and a different Air, as before mention'd.

Of the Uſefulneſs of Exerciſe in a conſumptive Habit.

IT is evident, by univerſal Obſervation, that conſtant Exerciſe preſerves and confirms the Health of induſtrious Artificers, and active Husbandmen, to which it conduces, not only by expelling the Impurities, and ſuperfluous Humours of the Blood, through the Pores of the Skin, by friendly Sweats, and inviſible Tranſpirations, that conſtantly purify and purge its Maſs; but likewiſe, by agitating the Current it ſaves it from Putrefaction, as moderate Breezes, and high Winds,

Winds, by ventilating the Air, and the perpetual Motion of the Tides and Rivers, prevent the Corruption to which they are expoſed by a lazy Stagnation; hence its Streams freely perform their Circulation through the narroweſt Channels of the Veins and Arteries, without cauſing Obſtructions or Tumours in the ſmalleſt Glands. And another great Advantage that ariſes from ſuch continued Labour of the Limbs is this, that it very much contributes to the Strengthening of the ſolid Parts, gives Firmneſs to the Nerves and Muſcles, and preſerves a juſt and regular Tenſion in the Fibres of the Bowels.

By this means theſe labouring People, as well as by their Temperance, continue hail and robuſt, and live a long Life without the Help of Pharmacy, nauſeous Draughts, and tedious Courſes of Phyſick, always painful, and often unſucceſsful: And for this Reaſon it is, that Country Gentlemen eſcape ſo long, and are no ſooner demoliſhed by Riot and exceſſive Drinking, while their frequent Hunting, and other toilſome Sports and Diverſions, in a conſiderable Meaſure digeſt and diſcharge the Load of Crudities and vitiated Humours, the Effect of Intemperance and repeated Surfeits; and thus, in ſome degree, their active Paſtimes ſupply the Want of the Farmers and Mechanicks wholeſome Labour. Hence

it appears, that a curious Gentleman, who not believing a future Life in another World, was greatly deſirous to know how he might prolong his Continuance in this, might have ſpared his Pains in riding from Place to Place, where he was informed of any Perſon of an extraordinary Age had their Abode; that he might learn and imitate their Way and Method of Living, by which he might protract his Life as long as they had done; for their manner of Life, he found, to his great Diſappointment, very different, not Two agreeing in the ſame Courſe; for the whole Secret of Living long is Temperance and Labour, which will preſerve to many Years thoſe of a weakly, and carry on to a great Age Men of a hail Conſtitution, that are obliged to their Parents for noble original Principles, or *Stamina Vitæ*.

Having ſaid ſo much of the Uſefulneſs of Exerciſe in general for Prevention of Diſeaſes, and the Preſervation of Health, and ſuggeſted the Way of its Operation, by which it produces ſuch deſirable Effects, I have in ſome meaſure prevented my ſelf, and therefore ſhall ſay the leſs now I come to diſcourſe of the great Benefit it brings to Perſons in a conſumptive Habit.

Patients obnoxious to a glandulous Conſumption, while the Diſeaſe is yet in its firſt Conception, and unfiniſhed, and then only are Methods and Medicines uſeful, by ſuppreſſing

preſſing the Symptoms, and preventing the Production of an Ulcer in the Lungs, receive various and great Advantages from Labour and Exerciſe.

Of Exerciſe.

IN the firſt Place, Exerciſe, either Walking, Riding, and active Games and Diverſions, by agitating, ſtirring, and better mixing the Blood, enables the Principles of it to digeſt and expel the growing Seeds of this Diſeaſe; nor does it leſs conduce to the Patient's Recovery, by adding Vigour and Firmneſs to the fibrous organical Parts of the Lungs. Thus as well by retrieving, or preſerving the Tone of that curious and important Bowel, and aſſiſting Nature to conquer and exclude the noxious Humours, that are ſecretly undermining her Fabrick, and working its Diſſolution, proper Exerciſe contributes to the Stopping of the Diſtemper's Progreſs, before the Lungs are tainted and corrupted.

The Degree of Exerciſe muſt be proportioned to the Strength and Ability of the Patient, who, till an Ulcer has begun to unravel and ruin his Lungs, is capable of walking many Miles, and riding many more, and by encreaſing his Journies by degrees, he

will get Vigour ſufficient for longer Stages; but ſtill his Journies ſhould be moderate, not ſuch as by Toil and Fatigue heat the Blood and waſte the Spirits, but ſuch only as recreate and put them into an eaſy and agreeable Motion, ſuch as do not exhauſt and ſpend, but revive and refreſh the Rider; and indeed, Riding in a Coach, or on Horſeback, often, and ſeveral Miles together, afford a double Emolument, by giving the Patient an Opportunity of breathing other Sorts of Air, the Advantages of which I have before mentioned; and likewiſe, by the Motion and Agitation of the Limbs and Bowels; but Exerciſe on Horſeback is preferable, as moſt profitable as well to the Inferiour Region of the Body, as the Superiour.

For while the Rider, by eaſy continued Stages, paſſes through different Countries, as he enjoys great Variety of freſh Air, different from that of his ordinary Abode, which may inſpire his Lungs with wholeſome Vapours and Exhalations, ſo the conſtant and gentle Motion of the Horſe will not only puſh on the Blood, and promote its Circulation, but by a continued Concuſſion of the Abdomen or lower Belly, it frees the Glands of the Bowels, enclos'd in it, from Obſtructions, enables the Kidneys to exclude their Impurities, facilitates the Paſſage of the Blood through the Spleen and Liver, con-

firms

firms and ſtrengthens the Nerves and Membranes of the Meſentary, and reſtores weak and relaxed Inteſtines.

And therefore it is not inferiour to the beſt Remedies for curing an obſtinate Scorbutick Flux or Looſeneſs. It has been found by Experience, that Patients long afflicted with this Diſtemper, which had eluded the Force of various Preſcriptions of celebrated Vertue, have been greatly relieved by Riding on Horſeback; and moſt Men accuſtomed to that Exerciſe, find that it invigorates and confirms the Inteſtines, and ſometimes to that degree, that they are bound by it to Exceſs: Nor does it leſs contribute to the Service of the Stomach, by preſerving its Tone, exciting the Appetite, and promoting Digeſtion; and Experience vouches, that it is of ſuch Importance for procuring of thoſe Ends, that few other Means are more effectual.

And as this Concuſſion in Riding, in a particular manner, is very beneficial to the lower Belly, ſo it is very advantagious to the Cheſt or Trunk of the Body, in whoſe Cavity the Lungs are ſituated, while it facilitates the Current of the Blood through the intricate Mazes of the Lungs, as well as it ſtrengthens the pectoral Muſcles, and gives them greater Force to contract and dilate the Breaſt, to take in and exclude the Air, the neceſſary Food and Fuel of the animal Life.

Riding then often in a moderate Degree at a Time, muſt be preſcribed to valetudinary, conſumptive Perſons; but then it muſt not be depended upon as a ſure Preſervative, or a certain Cure. And here I cannot but wonder, that ſo judicious and diſtinguiſhing an Obſerver as Dr. *Sydenham*, who excells moſt Writers in the Hiſtory of Diſeaſes, ſhould recommend Riding with ſuch a pompous Character, as a Remedy that ſcarce ever fails in the Cure of a Conſumption, and magnifies it to that Degree, as if it were endowed with ſuch a peculiar Specifick Efficacy for the conquering of that Diſeaſe, as the Jeſuit's Powder has for ſuppreſſing Agues and Intermitting Fevers, and Opium for removing Inquietude and Pain; for it is very certain, that this Exerciſe, though a uſeful Remedy, is often unſucceſsful, and does not preſerve the Patient from an Ulcer in the Lungs, and when that is formed there is ſcarce any hope of Recovery, as I have before obſerved. Multitudes have been deceived in their Expectations, who in this laſt Caſe have relied too much upon Riding for a Cure; for when the Lungs are in part corrupted and putrefied, all Medicines whatſoever are fruitleſs and unavailing, excepting in ſome exceeding few extraordinary Inſtances.

Patients of a thin and lean Habit will yet more be encouraged to enter upon a Riding

Courſe,

Courſe, when they obſerve, that Coachmen, by their conſtant Exerciſe, often ſwell to a Size and Weight unequal to their Box, while Footmen, from walking and running, ſeldom receive ſuch Augmentation; and, that the Troopers of an Army often get fleſhy Limbs and a prominent Belly, while thoſe in the Foot Service generally keep the ſame Dimenſion, and ſeldom get double Chins, or waddle with Fat. The Reaſon of this Difference will appear from what I ſaid before; that is, that Riding ſhakes and works the Abdomen, or loweſt Cavity, in a more immediate and powerful manner than walking and running are capable of doing, and by this means it not only affords Warmth and Comfort to the Bowels, ſtrengthens the Tenſion of the Fibres, and hinders Impurities and groſs Humours from ſettling in the Glands, and obſtructing their Paſſages, but it corroborates the Stomach, promotes Hunger, and aſſiſts Concoction. Thoſe Gentlemen therefore take a wrong Method, who ride much to bring down, and reduce their immoderate Corpulency, for that is the effectual way to increaſe, or, at leaſt, maintain it, by making them more craving to eat, and quickening their digeſtive Faculty, which of Neceſſity muſt ſupply the Body with a greater Proportion of Nouriſhment.

Of Rules about Meats and Drinks.

MEATS of a coarſe, or groſſer Subſtance, or too cloſe compacted, which therefore are difficult to be digeſted, muſt be forborn, for ſuch Foods will fill the Stomach with noxious, unconcocted Juices, and communicate to the Blood unfiniſhed Alimony, and a pernicious Stock of Crudities, which will encumber and retard its Current, and by ſticking in the Pulmonary Paſſages, produce ſuch Tumours, as, by degrees, ſwell, ſuppurate, and at length end in a fatal Ulcer.

The prodigious Quantity of Shamble Meats, which are eaten in *Great Britain*, wherein we vaſtly exceed our Neighbour Nations, is thought by many, and, perhaps, with good Reaſon, to be one of the Cauſes why the Natives of this Iſland are ſo obnoxious to this Diſeaſe above the Inhabitants of other Countries: And thoſe eſpecially muſt be moſt expoſed to it, who employ the Cook to improve their Meats by high, ſpicy Seaſonings, and voluptuous Sauces, which, as I ſuggeſted before, deprave the Humours, inflame the Blood, and too much expand and agitate the Spirits, as well as prejudice the digeſtive Power of the Stomach; whence it

appears, that theſe rich luxurious Meats are, in effect, nothing but a kind of ſolid Brandy, and if taken often, as much hurt the Appetite, pervert our natural Inſtincts, after ſimple and wholeſome Nouriſhment, and overheat and fill the Liver with hard and ſchirrous Tumours, from which Jaundice, Dropſies and Conſumptions, too often take their Riſe.

Foods then of the mildeſt Nature, and moſt tender Subſtance, and therefore eaſy to be digeſted, Mutton, Veal, Lamb, Sweet-Breads, Pullets, Chickens, Rabbits, Partridge, Pheaſants and Broaths, made of any of theſe, adding Root of Sellery, Leaves of Succory, Sorrel, *&c.* are very proper; as alſo, new Eggs, and Cows Milk, which, ſweetened with fine Sugar, will be more wholeſome, as leſs apt to curdle; Aſſes, or Goats Milk, may be uſed, when that of the Cow is found heavy and burdenſome to the Stomach, or is judged to clog and retard the Current of the Blood, or ſtuff and oppreſs the Lungs; or, as ſaid above, it may be mixed and diluted with a third Part of Barley Water, which will bring it to a like Conſiſtency. But here I muſt refer the Reader to what I have laid down before upon this Subject.

It is of great Importance to Perſons of a thin and weakly Make, that they obſerve a careful and ſtrict Regularity of Life, in reſpect

ſpect of eating as well as drinking, to prevent a conſumptive State, to which they are diſpoſed by their tender and too delicate Complexion; and for their Encouragement to undergo ſuch Care and Self-denial, let them reflect, that many Perſons in their Circumſtances have, by ſuch a cautious Conduct, prolonged their Lives many Years, and ſome have arrived to an uncommon advanced Age.

But others, that were either unable, or unwilling to deny their Appetites, and ſuffer ſuch Reſtraints and Limitations in their Manner of Living, have aggravated their Symptoms, and precipitated their Deſtruction. Prudent Men, in this Caſe, will carefully remark what Foods are not only received by their Stomach with Pleaſure and Satisfaction, but what are alſo eaſily digeſted and converted into Nouriſhment, and ſuch Nouriſhment, as when communicated to the Blood does not clog and oppreſs it, nor lie heavy on the Spirits, nor create Feveriſh Diſorders, or other Diſturbances; and upon ſuch Attention to the Effects of what they eat, they will avoid thoſe Kinds of Meat which they find injurious, and chuſe thoſe only that are not accompanied with ſuch hurtful Conſequences.

As to the Patient's Common Drink, not only Wine, ſuch as is moſt agreeable to his Stomach, mixed with two Thirds of Spring Water,

Water, or that made of the Decoction of Barley or Rice, or the burnt Hart's Horn Drink, if a Flux of the Belly requires it, is very proper. Mead likewiſe made of Honey, and Pectoral Herbs, as they are called, and alſo the Infuſion of the Leaves of Colt's Foot, of Root of Liquoriſh, or Linſeeds, and others of the like Nature, made and drank like Tea, may alſo be beneficial, at leaſt unhurtful.

Nor can I ſee why any Malt Liquors, unleſs they are ſtrong, ſtale, ſowre, or bottled, ſhould be forbidden in this Caſe; for ſmall, mild, hopp'd Drink, call it Ale or Beer, about two Months old, has been conſtantly drank, without any ill Conſequence by many of a Conſumptive Conſtitution, that have lived to a great Age; nor do any hurtful Qualities appear to me, that can be juſtly imputed to it, except in a Looſeneſs and a Diſpoſition to vomit. The general Oppoſition that prevails againſt the Uſe of all Malt Liquors in this and ſome other Caſes, ariſes, I imagine, from an old Prejudice taken up by the People againſt it, when the Controverſy was ſet on Foot between the Uſe of Hops and Alehoof in making Beer.

Alehoof had for many Ages been in Poſſeſſion of the Brewery, and employed by the Natives as a good Ingredient to fine and improve their Malt Drinks. At length ſtarts

up

up a foreign Rival, I mean the Hop, or Hops, which being tranſplanted hither, and recommended by ſome of our Country Men, that became acquainted with it in *Flanders*, as a moſt uſeful Plant to keep their Mault Liquors from corrupting, and growing flat or ſower, gained, by degrees, a great Reputation. And hence broke out the ſharp, and long War, between the Patrons of the Hop and the Alehoof; while theſe contended to maintain the Credit and antient Poſſeſſion of the laſt, and thoſe as ſtrenuouſly aſſerted the Cauſe of the firſt, which had already made a Deſcent, and invaded the Land with ſome Succeſs, till the Legiſlature, as I am informed, thought fit to interpoſe in the Controverſy, and determine the Matter in favour of the Alehoof Party. And as it is difficult to perſwade a People to change eſtabliſhed Cuſtoms derived from their Anceſtors, and practiſed by themſelves, ſo the Patrons of Alehoof made as long and vigorous an Oppoſition againſt the Innovation of brewing with Hops, as the native *Iriſh* did againſt the new fangled *Engliſh* Way of Drawing by the Horſes's Breaſt and Shoulders, till they remonſtrated againſt the grievance of being obliged not to draw by their Tails, a Cuſtom practiſed by their Forefathers, and conveyed to them through a venerable Series of Ages, and therefore, in that reſpect, of as great Authority, as their

cor-

corrupt Doctrines, and ſuperſtitious Practices in Religion.

During this long and warm Conteſt, in which, thoſe that promoted the Reputation, and ſtood by the Intereſt of the new Plant, for the Improvement of our Ale, by turning it into Beer, at laſt prevailed; it is natural to believe, that the adverſe Faction invented all the Calumnies, and threw all the Scandal upon it, which might bring it into general Diſgrace, and animate the People to hinder its Growth, and Flouriſhing in this Country. And as among other Inſinuations, and open Invectives, they charged it with a pernicious Quality, of breeding the terrible Diſeaſes of the Stone and Gout, which have a near Affinity to each other; ſo it is very probable, that they repreſented it as a great Enemy to Health, in propagating many other Diſtempers, and particularly, Coughs and Conſumptions; for they had as much Reaſon to aſſure the People, that it was an unwholeſome and dangerous Plant upon this Account, as upon that of promoting the Stone. And though no Reaſon can be aſſign'd, why Hops ſhould be repreſented as productive of either of theſe Diſtempers, yet when a People have received a deep Impreſſion from ſuch evil Reports of any Thing, as deſtructive to their Health, it is very difficult to remove ſuch a rooted Prejudice.

And from ſuch a long, though groundleſs Prepoſſeſſion, ariſing from the inviduous Suggeſtions, and ſpiteful Reflexions, caſt, not only upon an Innocent, but Uſeful Plant, it is probable, that many, in ſome meaſure, ſtill retain their Enmity to it, though Reaſon and Experience concur to give them Satisfaction, that hopp'd Malt Liquors are wholeſome, even in thoſe Diſtempers of which they have been accuſed as great Promoters.

It is evident, that this is true in the Diſeaſe of the Stone, for by Experience it is found, that fewer, as I am informed, have died of that Diſtemper ſince the Uſe of Hops than before, by comparing the Bills of Mortality; and indeed, it muſt be reckoned as one of the beſt Preſervatives againſt that ſad Calamity, if drank in a copious Degree, by which it may waſh away by its Current, the Gravel, or ſmall Stones, lodged in the Kidneys, force open Obſtructions, and keep the Urinary Paſſages clear and free. And if it be uſeful in the Diſtemper of the Stone, it muſt likewiſe be ſo in that of the Gout, which is ſo nearly allied to it. Nor does there appear any convincing Reaſon, why hopp'd Malt Drink, when ſoft and mild, may not be allowed to any Patients, excepting thoſe, who are afflicted with cholical Pains, or weak Stomachs, diſpoſed to frequent Vomitings, or relaxed Inteſtines, inclined to a Looſeneſs;

Of Iſſues: Whether Uſeful in a Conſumptive Habit.

IT muſt be acknowledged, that many Remedies are made uſe of in the Practice of Phyſick, eſpecially outward or topical Applications, which, when the Diſeaſe is wholly Internal, are of no Efficacy or Virtue to ſerve the Patient; and this ariſes from the following Cauſes, ſometimes the Doctor preſcribes inſignificant Medicines, ſuch even, in his own Judgment, out of Compliance with the Cuſtom of the Age, and becauſe the Friends about the Patient, and the Neighbours, expect all Things that are uſually ordered, whether proper or improper, ſhould be directed; and if not, the Phyſician will be ſeverely blamed. Sometimes one leading Lady, that in her own modeſt Opinion has acquired great Knowledge in the Art of Phyſick, to ſhow her Tenderneſs and Concern, as well for the ſick Perſon, as the Reputation of her own Skill, importunes the Phyſician to preſcribe her cordial Powder, and another her Orvietan, and a Third a Receipt of great Virtue, long uſed in her Family; now the flexible Practicer gratifies their Deſires, for fear theſe popular Women, of great Authority in Phyſick, ſhould, to puniſh

niſh his Diſobedience, blaſt his Credit, by charging him with Ignorance and Stupidity; and by this means the Doctor has the Honour of being Secretary of Phyſick to the Ladies, and by writing down their Dictates, ſoon finds his Account in the profitable Poſt.

But chiefly Remedies of no Value, and that, in the Preſcribers own Opinion, are directed out of Awe, or Reſpect, to the moſt applauded Phyſicians of the Times, who finding how much the credulous People can bear, grow arbitrary and uncontrouled: For though the Natives of this Kingdom are careful to ſet circumſcriptive Limits to the Throne of their Monarchs, yet they have generally taken a Fancy to ſettle on their ſupreme Doctor a deſpotick and boundleſs Authority; whence it comes to paſs, that all inferiour and ſubordinate Sons of Art, are in a manner obliged to conform their Practice to that of the great Phyſician.

This Gentleman, as a Dictator, inveſted with abſolute Power, eſtabliſhes new Schemes of Practice, gives out the Faſhions of Medicines, and changes them at Pleaſure, with a capricious Levity: For Example, ſometimes he appropriates a Reputation of ſuperior Virtue in the Cure of Chronical Diſeaſes to the Waters of *Tunbridge*, then from ſome ſlight Caprice transfers all their healing Quality to the *Bath*, and then every one, as he values his Life, muſt haſten thi-

thither; ſoon after, from an odd Turn of Fancy, or a wanton Ambition to ſhew his Power over the eaſy People, all his Patients are to be immediately removed to *Briſtol*, as the only Fountain of Health, whoſe Waters are, in their Turn, recommended as endowed with Sovereign Force for curing all Diſtempers, and now *Tunbridge*, *Bath*, and the *Spaw*, are a mere Cheat and Impoſtor, and little better than Poiſon.

If it happens, that he takes it into his Head to raiſe the Credit of Aſſes Milk, or ſome harmleſs Powder, that, however, ſignifies nothing in Phyſick, all the Pens of the Faculty are on a ſudden employed in preſcribing theſe extraordinary Remedies; for the inferior Part, leſt the Prince of the Profeſſion ſhould frown on their Neglect, and repreſent them to the People as ignorant Blockheads (as all muſt be eſteemed, who deviate from his Example) ſervilely follow his Method, direct long Courſes of empty and ineffectual Medicines, and make their Court to their Patron at the Expence of their Patient.

By ſome ſuch way, I imagine, the univerſal Preſcription of Iſſues crept into the Nation. It is true, that before this Age they have been directed, though with more Caution and Judgment, but now in almoſt all Chronical Caſes without Diſcrimination, whether the Patient be of a meagre or corpu-

lent Habit, dry and unſucculent, or bloated and full of Humours; and, whether the Symptom to be removed ariſes from too great a Plenitude or Inanition, and the Weakneſs and Relaxation of the Nerves and Muſcles, the Ruling Doctor muſt be obeyed, and the Cauſtick, or Inſtrument of Inciſion, are applied moſt commonly between the Scapulas, while thus the Patient ſubmits his Neck to the Operation, and his Shoulders are bored, inſtead of his Ears, to receive the Mark of Servitude to the *Æſculapius* of the Times, while the inferior Sons of Art jog on in the ſame Track of Practice, for fear of being cenſured and diſcredited by the Phyſician in Faſhion.

And now I come to the Queſtion, Whether Iſſues, eſpecially in the Shoulders, are a reaſonable Operation in conſumptive Caſes? In order to a juſt Anſwer let it be conſidered, That thoſe Phyſicians that preſcribe Iſſues, affirm they do it in this View, that by the conſtant Diſcharge of this running Sore, they may drain the Body of ill Humours, particularly that which feeds the Diſeaſe of the Patient. But it muſt be obſerved, that the lacerated hollow Fibres, in this artificial Ulcer, have not a free elective Faculty, nor lie under any neceſſary and unavoidable Inſtinct, to ſelect the wholeſome Juices from the unwholeſome, and to exclude only the laſt, and leave the firſt behind; hence it

will

will follow, that the good Humours, promiſcuouſly with the bad, muſt at once be ſeparated from the Blood, and carried off by the Iſſue; and how will ſuch an Evacuation redound to the Advantage of the Patient? Is not the Loſs and Detriment at leaſt equal to the Benefit acquired?

If this Reflexion will make it difficult for an impartial Judge to determine, whether Iſſues are beneficial even to corpulent Patients, that abound with groſs Humours, while the Expence of wholeſome Juices ſeems to balance, if not outweigh, the Diſcharge of the ſuperfluous and hurtful, it will certainly condemn the Uſe of theſe artificial Fountanels in thin, dry, and emaciated Bodies, ſuch as thoſe generally are that are threatened with a Conſumption, who being exhauſted and impoveriſhed, cannot bear any Expence of Humours, but rather require more plentiful Supplies of Moiſture. 'Tis true, they have many noxious Mixtures to be corrected and amended, but none ſuperfluous to carry off by Evacuation, without greater Detriment than Benefit. The Husbandman by Cuts and Trenches drains his wet and marſhy Lands to great Advantage, but does he dig ſuch Channels for the Improvement of ruſſet Hills and ſandy Fields?

From what has been ſaid it will appear, That it is an unreaſonable and prejudicial Practice, to direct Iſſues for the Service of

Patients, whoſe uncorpulent and meagre Conſtitution, requires rather ſucculent and reſtorative Nouriſhment, than a Diminution of their Spirits and Juices by large Cuts and Drains in the Fleſh, that defraud them of both. It is therefore to act Mechanically and without Reflexion, to preſcribe Iſſues without Diſtinction, to all Sorts of Patients, and in all Caſes, without a due regard to their different Circumſtances and Complexions.

If it be alledged, That Fountanels in the Shoulders are at leaſt uſeful to thoſe, who labour under difficult Breathing, a Symptom that often happens in conſumptive Caſes; I anſwer, beſides what I have urged, That Anhelation, or laborious Reſpiration in conſumptive Perſons, does not uſually proceed from a load of Humours that oppreſs the pectoral Muſcles employed in the alternate Contraction and Extenſion of the Breaſt, which are too poor and lean in ſuch Patients to encourage ſuch a Suppoſition, but from a Debility and Relaxation of the nervous Fibres, as likewiſe from the Penury and depraved Nature of the animal Spirits, which do not flow into the Cheſt from their Fountains in the Brain in a ſufficient Plenty, nor are able to ſwell the Muſcles to a due Proportion, nor perform their reciprocal Motions between the Head and the diſtant Parts with a ſteady Courſe and due Velocity. Iſſues therefore in

the

the Shoulders, or elſewhere, are more likely to encreaſe and aggravate, than to eaſe and relieve this Symptom; and if any Phyſician ſhall ſay, he has found by Experience the Event otherwiſe, and that he has known, that many in this Caſe received conſiderable Benefit from Iſſues, I can only reply, that I have not been ſo fortunate; nor can I in this, or any other Inſtance, compliment Gentlemen ſo far, as to acquieſce in their Judgment, when they offer to me Experiences and Obſervations, which contradict the Dictates of Reaſon, and the Notions of common Senſe.

SECTION III.

Of the other Diſeaſes that belong to the Lungs, and the Cheſt, or Trunk of the Body. And firſt of a Pleuriſy.

A Pleuriſy is an acute and continued Fever, attended with a ſharp Cough, hard Breathing, and uſually with Spitting of Blood. It derives its Appellation from πλευρὸν or πλευρὰ, which with the Antient *Greek* Phyſicians, were ſynonimous Words, and ſignified the Ribs, or the Bones on each ſide the Thorax; but it ſignifies now among Anatomiſts, the internal Skin or Membrane, that lines or encompaſſes the Trunk or Cheſt.

It is a Fever of the Inflammatory Kind, by which the Blood is diſpoſed and determined to depoſite its Impurities, the Matter of this Diſeaſe, in the Side and the Lungs.

It is affirmed by eminent Phyſicians, that the Blood, in this Caſe, ejected through the Mouth by Coughing, mixed with Flegm, iſſues from the Side of the Patient, and is diſcharged by the Lungs. But this Aſſertion is neither founded on Reaſon or Experience. It is not conſonant to Reaſon, becauſe there are ſeldom any genuine Symptoms of an inflamed Swelling, or Phlegmon, collected in the Side. If there really were any ſuch ſuppurated Contents expelled by Diſruption, they muſt certainly fall down into the Cavity of the Breaſt, and make an Empyema. Nor is it in the leaſt probable, that any Blood Veſſel, in a well wrought, tenacious Skin, ſuch as the Pleura, ſhould, without a Phlegmon, break in that Membrane, and let the Blood through; and if it did, that Blood muſt deſcend into the hollow of the Thorax; for ſince the Lobe of the Lungs is diſcontinued, and ſeparated from the Side, it cannot hinder that Event, except when either Lobe, as ſometimes it does, adheres to the Side; and then, if an Inflammation affects that part of the Thorax, it muſt be acknowledged, there may be a way opened for Communication with the Lungs, by which the Contents of the Abſceſs may be diſcharged by Expectoration, as above has been obſerved. And this is further confirmed by the Diſſection of Patients that have died of this Diſeaſe, in whoſe

Side, though the Membrane was often thicken'd, yet rarely did any Phlegmon appear.

The Fever that accompanies this Diſtemper, is continued, and very ſharp, and the Pulſe uſually high and ſwift, and now letting of Blood is forthwith demanded: The Quantity to be taken away ſhould be large, at leaſt twelve or fourteen Ounces; and though the Pulſe ſhould beat low, and not ſeem to encourage ſuch an Evacuation, yet let not the Phyſician be diffident of the Succeſs, for the Pulſe will riſe upon it, being by this means freed from Oppreſſion, and acquiring by the Diminution of its ſwelling Current greater Room for the Liberty of Circulation, ſo that the next Day, when he will be obliged to bleed his Patient again, as he muſt do if the Pain be acute, he will find the Pulſe more vigorous, and the Blood, as in other inflammatory Caſes, will appear viſcous and ſeizy, though at the firſt bleeding, perhaps, it did not appear ſo, which Quality it ſeems rather to have acquired after it was let out of the Veſſels, than to have had it before, while the Integrity, or more regular Mixture of the Blood, was preſerved by its conſtant Tide and Circulation.

This Operation muſt be repeated every Day, or every other Day, to four, and ſometimes in obſtinate Caſes, to five or ſix Times, to ſuppreſs the Violence of the Fever, and reduce the Fury of the Pain in the

Side,

Side, that ſo Time may be gained for Nature to digeſt and expectorate the crude and bloody Flegm depoſited in the Lungs; and for the ſame Purpoſes Glyſters of Milk and Sugar, or of the common Decoction, with an Ounce of brown Sugar, and as much Syrup of Violets, and if that will not ſufficiently do its Duty, add to it two Drachms of common Salt, or an Ounce of Lenitive Electuary; and further to reduce the inordinate Heat, Emulſions of the cooling Seeds, and ſweet Almonds blanched, Barley Water ſweetened with Syrup of Violets or Maiden Hair, Spring Water with a little Canary Wine may, in their Turn, be a beneficial common Drink for the Patient: Nor do I ſee why mild ſmall Beer ſhould be wholly forbidden, it is not ſo in the Small Pox, but on the contrary is indulged, yet that is an Inflammatory Fever of the higheſt Nature.

As to the acute Pain in the Side, a ſevere and inſeparable Symptom of this Diſtemper, I do not look upon it, for the Reaſons above alledged, uſually to proceed from any Matter depoſited in the Pleura, and collected and formed into a Phlegmon, or painful Swelling, but chiefly from the ſpaſmodick or convulſive Contraction of the Fibres of the Pleura, or intercoſtal Muſcles, which will ſufficiently account for that Symptom. It is certain, that great and unſufferable Torments in the Side happen, when there is not the

leaſt

leaſt pretence to any inflammatory Swelling there; this is not only obſerved in the ſpurious Pleuriſy, which Phyſicians call *Pleuritis Notha*, where the Pain is ſometimes very exquiſite, but it is likewiſe often found in Scorbutick and Nervous Diſtempers, and very frequently and ſeverely in Hipochondriacal and Hyſterick Caſes: A great many Inſtances I have known of this, and ſo, no doubt, have all other experienced Gentlemen of the Faculty; and I ſhall name only one, which was, in all its Circumſtances, very extraordinary: It was the Caſe of a young Hyſterick Gentlewoman of about Twenty four Years of Age, who, for ſome Years before, had been often attacked with an intolerable Pain in her left Side, and was always obliged to have recourſe to Bleeding in this Extremity, all other Remedies being ineffectual, and the taking away but a ſmall Quantity, by giving another Turn to the Spirits, eaſed her Torment, and ſhe ſoon recovered; but then ſhe relapſed ſo very often, and conſequently was let Blood as often, that in the ſhort ſpace of Time ſhe was afflicted, ſhe was at length exhauſted, and died of Inanition and defect of Spirits. I was preſent at the Diſſecting her Body, and before the Breaſt was opened, and when the Surgeon, and others skilled in Pharmacy, declared their Expectation of an Abſceſs, or ſome evident Marks of a great Diſeaſe in her

her Side, I expreſſed my Opinion, that we ſhould find there no viſible Sign of any Diſtemper whatſoever, and ſo it happened, for the Cheſt being divided, and the Thorax laid open, the Side of which ſhe complained was, in all Appearance, uninjured, and as clear and ſound as the other, by which I was confirmed in my Judgment, that her exquiſite and fatal Sufferings aroſe from a Cramp-like Contraction, and a convulſive Torture of the Nervous Fibres.

And as this violent Nervous Pain proceeds frequently from Scorbutick and Hyſterick Diſorders, ſo it is notorious, that it frequently accompanies a Conſumption, when 'tis advanced to its laſt deplorable State, when there is no Peripneumony, and then it is certain there is no Inflammation, nor Effuſion of Blood, nor Abſceſs in the Side.

Since then inexpreſſible Pains of the Side may occur in Scorbutick, Hyſterick, and Nervous Caſes, as well as in Perſons exhauſted by a confirmed Conſumption, while an highly vitiated acrimonious Humour, is diſcharged from the Nerves upon the Intercoſtal Muſcles, and by its malignant and depraved Quality ſtimulates and corrodes their Fibres, and tears them with unſufferable Spaſms, it is very evident that a Pleuritick lateral Pain may be accounted for, without the Suppoſition of a Phlegmon, or iſſuing of Blood from the Pleura, or an Abſceſs.

ſceſs. In this Diſtemper then, the acute Pain in the Side, in my Opinion, proceeds not ſo often from an inflammatory, as from a ſharp Humour depoſited by the Nerves on the Pleura, or Intercoſtal Muſcles, as in the Inſtances before enumerated, which vex and vellicate their Fibres, till they force them into convulſive Efforts; and as to the Spitting of Blood in a Pleuriſy, that Symptom ariſes from the inordinate Motion, and obſtructive Quality of the Blood, while it ruſhes with great Impetuoſity into the Lungs, and fills them with a Load of undigeſted Humours, ſo that the moſt natural and clear Account of theſe Symptoms, is to attribute the firſt to the Fault of the Nervous Juices, and the laſt to the Breach of ſome minute Veſſel in the Lungs, and there is no neceſſity of having recourſe to an imaginary unappearing Phlegmon in the Side, which has no Communication with the Lungs. I acknowledge, that ſometimes, though not uſually in Pleuritick Caſes, an inflammatory Tumour, or Phlegmon, may happen in the Intercoſtal Muſcles; but this is ſo far from being eſſential, or neceſſary to the Idea of a Pleuriſy, that as far as I have obſerved, it very ſeldom happens, and perhaps then too it is diſtinguiſhed from a genuine Pleuriſy, and is only a common Abſceſs happening in thoſe, as at other Times it is found in other Muſcles of the Body.

A ſharp vexatious Cough always attends this Diſeaſe, which is ſo much the more afflictive, as it agitates the ſuffering Side: This is cauſed by an immoderate Quantity of Humours depoſited and lodged in the Lungs to be digeſted and expelled, and the Cough is excited by Nature for her Relief, which ſhe uſes as her Inſtrument to free her from her Burden, and drain the Deluge, that overflows, and almoſt ſuffocates the breathing Pipes; on the firſt Days, when the Matter is thus crude and undigeſted, the Cough employed to pump it up is hard, dry and grievous, while it ſhakes the Breaſt and expends the Spirits, without raiſing the Inflammatory Matter, which in its green State is unprepared for Suppuration. To relieve the Cough, and moderate its Violence in this Stage, thoſe Remedies ſhould be given that immediately relieve that Symptom, or conduce to the Concoction of the bloody Flegm, and diſpoſing of it for Excluſion; for when the Humours, that oppreſs the Lungs, are ſubdued and ſoftened, the Cough will, without much trouble, be exerciſed in Expectoration.

As to the Remedies that immediately regard the Cough, and ſo reduce and govern it, that it may not ſo diſſipate and waſte the Spirits, as to diſable them from performing their natural Functions, and bearing up againſt ſo great a Diſeaſe, ſuch as theſe may

be

be uſefully preſcribed, Lambatives mixed with a moderate Quantity of Diacodium, or liquid Laudanum, and ſoft pectoral Decoctions. As to thoſe Medicines that regard the Digeſtion of the ropy, tough and ſlimy Humours laid down in the Lungs, they ſhall be ſpoken to afterwards, in the Method of Cure for a Cough in general.

But the violent Cough in a Pleuriſy, as well as the difficult and laborious Breathing, that greatly aggravate the Patient's Suffering, are chiefly relieved by letting Blood in the Manner before laid down, and with ſuch oily, ſlippery, and balſamick Remedies, that are proper to facilitate Expectoration; but theſe are of moſt Benefit after ſome Days, when the Matter in the Lungs begins to be digeſted, and diſpoſed to Separation; but at the Beginning they rather relax and widen their Pores and Paſſages, by which means they are prepared to receive a greater Quantity of ſerous Humours, which they admitted in too great a Meaſure before, and therefore they ſhould not be given at the firſt Inſult of the Diſeaſe. I ſhall ſum up all in this ſimple and plain Method of Cure.

At the firſt Attack of the Diſeaſe, to empty the Stomach of hurtful Humours, it is adviſeable to make a copious Diſcharge, by giving two or three Quarts of Infuſion of Carduus Leaves in hot Spring Water; and then, if a Glyſter, ſuch as follows, be adminiſtred,

niſtred, to free and cool the Inteſtines, it will be very proper; but as for purging Medicines, which ſince they cannot carry off the Matter of the Diſeaſe, that till ſubdued and digeſted is not capable of Separation, they muſt of Neceſſity expend the Spirits, and diſcharge wholeſome Juices, while they contend, in vain, to looſe and diſengage the crude and unconcocted Impurities from their Complication with the Maſs of Blood, and expel them by the Glands of the Guts; and therefore I have long thought it an injurious Method of Practice to preſcribe, and eſpecially to repeat, active Purgatives, at the beginning of Acute continued Fevers of any Denomination.

Blood-letting muſt be enjoined and repeated, as before mentioned; and this is indeed the Sovereign, prevailing Remedy, that the Phyſician muſt chiefly depend upon for abating the Fever, the Cough and Pain, in compariſon of which, all others are little availing, and the Uſefulneſs of it conſiſts in this, that the Diminution of the Quantity of the Blood from Time to Time, as the Fury of the Symptoms, and the Exigencies of Nature require, gives it a freer and leſs interrupted Motion through the Lungs, which otherwiſe it might, by its unbridled and impetuous Tide, overwhelm and ſuffocate. By this means there is Time procured for Nature, or the ſound and active Principles

of

of the Blood to digeſt, and exclude by Expectoration, the Matter of the Diſeaſe; and this, in moſt Inſtances, is the Uſefulneſs of Phyſick, which only, like the Art of Surgery, removes Impediments, and gains Time, while Nature, to whom Phyſicians are only Servants and Aſſiſtants, effects the Cure. They muſt, indeed, carefully overſee and direct her Actions, and ſtand by unactive, and not diſturb her by their Medicines, when ſhe does her Duty, and is not wanting to her ſelf; but by ſeaſonable Aids muſt reduce her when Erroneous to her right Way, and cheriſh and ſupport her with proper cordial and reviving Remedies, when ſhe languiſhes and is diſpirited by her unequal and oppreſſive Labour. This is the great Province of the Phyſician, and in this lies the Virtue and Force of Medicines, excepting ſome few Specificks, ſuch as the Peruvian Bark in intermitting Fevers, Opium in Pain, and Mercury in Venereal Diſeaſes; and Steel has the Honour to come the neareſt to the peculiar Specifick Energy of theſe three noble Remedies in ſome chronical Diſeaſes, eſpecially in a Cloroſis, or the Green Sickneſs; in all other Caſes, when we have no certain Medicine, of peculiar Virtue, to extinguiſh immediately the eſſential Seeds or Principles of the Diſtemper, we are obliged to take a long Compaſs about, while we apply Remedies to various Symptoms

toms of a different Nature, and make our way through the intricate Ambages of Appearances, where the moſt able and ſucceſsful Doctor, is he that is endowed with the greateſt natural Sagacity, and the beſt Talent at gueſſing; the greateſt Part of Phyſicians would therefore ſhew their Prudence in ſuch abſtruſe Caſes, in ſtanding Neutral, and forbearing to ſhoot their Medicinal Arrows at adventure, leſt they deeply wound, inſtead of healing Nature, and diſturb her Operations, by which, if not injudiciouſly, and unskilfully interrupted, ſhe might cure her ſelf.

If the Patient's Spirits and Pulſe fail, ſo as not to be able to bear the Repetition of copious Bleeding, the Phyſician may apply Cupping Glaſſes, with Scarification, to the Shoulders, or the Part affected in the Side, which has often proved very ſucceſsful, by giving another Turn to the Spirits. And by this it farther appears, that this lateral Pleuritick Pain has its Riſe from the Convulſive Cramp-like Contraction of the Nervous Fibres in the Pleura, or Intercoſtal Muſcles, mentioned before; for it is impoſſible to conceive how ſuch a tranſient Application ſhould immediately remove a Phlegmon, or inflammatory Swelling collected there: What Surgeon did ever apply Cupping Glaſſes, with Scarification, to a raging Boil or a Phlegmon; to a Saint Anthony's Fire or a Quinſey?

ſey? Yet it would be no leſs reaſonable to do ſo, as to apply them to the Side, to remove a ſuppoſed Phlegmon or inflamed Tumour. It is to be very ignorant of the Nature of ſuch a painful Swelling, to imagine it may, by a Cupping Glaſs, as with a Charm, be made on a ſudden to ſubſide and vaniſh; and, why ſhould Phyſicians have recourſe to an inflammatory Tumour, to account for Pleuritick Pain, when they do not aſſign any ſuch Cauſe of a Lumbago, or the Cholick, which howſoever are ſometimes attended with as intolerable Torment, as the Side affected in a Pleuriſy?

When the Stitch in the Side is exquiſitely painful, Syrup of Meconium may be mixed with an equal Quantity of Oil of ſweet Almonds, or the Balſam of *Tolu*, and let the Patient take a good Spoonful once in four Hours, for four Times; nor indeed, is there in this Caſe greater Fear of thickening the Flegm too much, for it being as yet thin and crude, it rather requires, than forbids, ſuch Conſtriction, as we ſee, that in the Small Pox this Medicine is very beneficial, notwithſtanding the ſame Objection lies againſt the Uſe of it as much in that Diſeaſe as in this. The Reaſon therefore, why a Patient ſhould be ſuffered to lie tortured on the Rack, when there is a Remedy at Hand to alleviate, and in ſome meaſure to remove his

his Torment, is, I acknowledge, what I am not able to conceive; therefore there is no doubt, but opiate Medicines may be uſed to great Advantage, as I have experienced, both for moderating the Violence of the Cough, and of the Pain in the Side; and it is conſonant to Reaſon, that a Cough in this Caſe, as well as in ſeveral others, ſhould acknowledge the ſuperiour Power of Opiates, and that a Pleuritick Torment in the Sides ſhould yeild to them, when a raging Lumbago, Cholick, Gout and Stone, the moſt cruel and inexorable Enemies of Mankind, ſubmit to their prevailing Virtue.

And it yet appears more ſafe and advantagious to preſcribe Opiates in theſe preſſing Symptoms, if we reflect, that the Patient's hard and difficult Breathing is much owing to the grievous Stitch in his Side, which will not ſuffer him to dilate his Breaſt in Inſpiration to the uſual Extenſion: When the Humours begin to ripen and grow thick, and fit for Expectoration, then Oil of ſweet Almonds mixed with Syrup of Maiden Hair, or Violets, or Linſeed Oil drawn without Fire, to be given to two Spoonfuls at a Doſe, twice or thrice a Day; and at the ſame Time pectoral Decoctions may be very uſeful. If the Flegm grown viſcous and ropy ſticks in the Strainers, and is not excluded by the Mouth but with great

Labour and Difficulty, theſe Medicines muſt be plied with great Diligence.

Take of Linſeed Oil drawn without Fire two Ounces; of Oxymel Scilliticum, and Syrup of Ground Ivy, each half an Ounce, of Saffron a Scruple, with a ſufficient Quantity of white Sugar; make it a Linctus, or Lambative, by mixing it well.

The Patient may take of this two Spoonfuls twice a Day; or more, which is very Operative for Expectoration, and ſo is a gentle Emetick, ſuch as the *Indian* Root, or Infuſion of Carduus Leaves, taking with it an Ounce of Oxymel Scilliticum.

In Conformity to the Practice of other Phyſicians, I have often preſcribed after copious Bleeding, ſuch an Infuſion of Horſe Dung as this.

Take a ſtrong Expreſſion of Horſe Dung with Peny Royal Water, two Ounces; of Black Cherry Water and French White Wine, or Rheniſh, and Syrup of Violets, each an Ounce; make it a Draught to be taken every four Hours for five or ſix Times.

I have thought this Medicine has ſometimes done the Patient good, but when va-

rious Remedies are directed at the ſame Time, it is difficult to appropriate the good Effect to any one of them; but it is ſufficient if they all together, as partial Cauſes, conſpire to promote the Cure.

As to the Patient's common Drink, he ſhould take plentifully of Barley Water ſweetened with Syrup of Violets, or Spring Water mixed with a fourth Part of Canary; theſe, together with Emulſions of the Cold Seeds, or white Poppy Seeds, and ſmooth pectoral Decoctions, will be ſufficient to allay Thirſt, to dilute and temper the Blood, and thereby facilitate its Circulation, which is an important Article in all inflammatory Fevers.

As for Cordials to revive and refreſh the Patient's languiſhing Spirits, they ought to be moderate, leſt they agitate and heat the Blood too much; and therefore I adviſe nothing ſtronger than Sack Whey, and the following Julep.

℞ *Take of Black Cherry Water, and red Poppy Water, each five Ounces; of Treacle Water an Ounce; of Plague Water an Ounce and half; and two Drachms of* Gaſcoign's *Powder, ſweeten it with white Sugar, for a Cordial Julep: Take in Faintneſs four Spoonfuls, ſhaking the Glaſs.*

This Method of Cure is, in my Judgment, the moſt prevalent in this great Diſeaſe, and is more ſimple, and leſs encumbered and oporoſe, than that which ſwells the Preſcriber's Bill with a great Apparatus, and pompous Train of Recipes, that, however, are by Experience found to be of little Service. Many eminent Phyſicians have recorded abundance of Medicines in their Writings, and recommended them to the World, as endowed with ſingular Virtue, approaching near to Specifick, which, however, will diſappoint the Practicer that relies upon them, as particularly theſe fanciful Medicines following, the Tooth of a Boar, the Jaw-Bone of a Pike, the Bone of a Stag's Heart, the Stone in a Carp, the Powder of Goat's Blood, the Dung of labouring Beaſts and Pidgeons, the white Excrement of a Cock, the Penis of the Stag and Bull, beſides a great Variety of Decoctions of Plants, as well as numerous Preparations, the Labour of Fire, as Diaphoretick Antimony and Chryſtal Mineral, as well as great Numbers of Chymical Liquors, of which Spirit of Hart's Horn is the beſt, and will ſerve inſtead of all the reſt. Great Plenty of Linctuſſes, Lohocks and Eclegmas, beſides Liniments, Plaiſters and Cataplaſms; all theſe, at leaſt the far greateſt Part, notwithſtanding their celebrated Efficacy in curing a Pleuriſy, may be laid aſide without defrauding the Patient

tient of any uſeful Remedy: It is evident they do little or no good, though how much hurt they do is not ſo eaſily determined; but whatever little Benefit they may conſer, it is certain, that one copious Bleeding is more worth than Forty of them.

If therefore this long Train of Medicines were retrenched, by removing from the Practice of Phyſick ſuch a great Number of Remedies, not only unneceſſary, but burdenſome, though it might, in ſome degree, eclipſe the Honour, and abate the Dignity and Profit of Pharmacy, yet to compenſate that Suffering, the Intereſt and Good of Mankind would be better taken care of, the Phyſician's Way would be made more plain and eaſy, the Patient would be excuſed from an oppreſſive Burden of nauſeous Medicines, nor would it be ſo chargeable a Thing to be ſick as now it is.

It muſt be here obſerved, that Glyſters of Milk and brown Sugar ought to be injected every other Day, at leaſt during the Courſe of this Diſtemper, if a Diarrhæa does not forbid it.

As to the Uſe of Veſicatories, or Bliſters, I cannot ſee in what reſpect they can be beneficial in this, or any other inflammatory Fever, for it is the Property of that Plaiſter to agitate and quicken the Blood, as well as to ſtimulate and expand the Syſtem of the Spirits, and accelerate

their reciprocal Motions. Now in this Diſtemper the Blood and Spirits do not want to be more animated, no, they rather demand a Bridle than a Spur, and contracting, rather than rarifying and widening Remedies; and therefore to preſcribe Bliſters, without Diſtinction, in all Caſes, whether the Pulſe are ſwift and ſtrong, or ſlow and ſluggiſh, and whether the Spirits are much expanded, and move with too great Velocity, or rather are oppreſſed and unactive, is to act without Judgment and Reflexion, and to ſuppoſe, that the ſame Remedy produces contrary Effects, and is equally ſerviceable to oppoſite Purpoſes.

I muſt however acknowledge, that a Veſicatory applied to the afflicted Point of the Side, may, by a counter Motion, change the irregular Spaſmodick Diſpoſition of the Spirits, from which the painful Stitch proceeds, as it often does in other nervous Pains, eſpecially where it lies in ſo narrow a Compaſs, that a Finger will cover it, as in the *Clavus Hyſtericus*, and thus prove beneficial. And this is another Argument to prove the Truth of my Aſſertion, That a Pleuritick Stitch in the Side ariſes chiefly from a convulſive Pulling, or Contraction of the Pleura, or Intercoſtal Muſcles, and not from a Phlegmon, or inflammatory Swelling collected there.

Of an Empyema.

THE Word Empyema, in general, ſignifies, a Collection of digeſted or ſuppurated Matter, as Empyeticus is one, that expectorates ſuch Contents from his Lungs; but more ſtrictly the Word is appropriated to a Diſeaſe of the Cheſt, and ſignifies a Collection of ſuppurated, or purulent Matter, contained in the Cavity of the Thorax, and is there prevented by the Diaphragma from deſcending lower. The Cauſes of this Diſtemper are thus accounted for by celebrated Authors in Phyſick; they ſay, that it proceeds from a double Source, ſometimes from the Maturation and Rupture of a ſuppoſed Phlegmon; that is, an inflammatory Tumour, that creates the Acute lateral Pain in a Pleuriſy, which broken, diſcharges its ſuppurated Contents into the hollow Space of the Cheſt, where it floats upon the Diaphragme. And at other Times it is ſaid to ariſe from ſuch an inflammatory Swelling, or Collection of Matter in the Subſtance of the Lungs, when they are attacked with a Peripneumony; and they affirm, that ſometimes the ripened Contents of this Tumour, by corroding, and eating through the whole Body of the Lungs, and penetrating the Skin that inveſts their inferior Parts, deſcends into the

Ca-

Cavity beneath. And it has been likewiſe aſſerted, that at other Times, this Diſeaſe might be occaſioned by purulent Matter diſcharged from the upper Part of the *Aſpera Arteria*, or Wind-Pipe, as in a Quinſey, upon the Diſruption of which they imagine ſuch a purulent Humour may fall down into the Lungs, as by its ſharp and corroſive Force may make its Way through the Lungs, and lodge in the Hollow before mentioned.

I muſt acknowledge, that the Diaphragme and Hippoconders, that encompaſs and fence this pectoral Cavity, are generally free from producing this Diſtemper, and, that they receive and entertain a foreign putred Production, and ſuffer not by their own, but by the Fault of diſtant Parts, though ſometimes the original Cauſe of this Diſeaſe may be found in themſelves, at leaſt from Wounds or violent Bruiſes. But I muſt confeſs, that the Account above given, of the Riſe and Origine of an Empyema; does not give me Satisfaction; it muſt be firſt made appear, that a Phlegmon, or inflamed Tumour, is a conſtant Symptom that attends a Pleuriſy, by anſwering the Arguments I have brought againſt that Hypotheſis; by which, I believe, I have evinced, that it does not ordinarily ſo happen. I allow, that ſuch a painful Swelling may ariſe in the Side, ſeparately and independently on

a Pleuriſy, or it may ſometimes be co-incident with it; but I deny that it is the neceſſary Effect of that Diſtemper, and inſeparable from it, for the Reaſons alledged in the Diſputation before.

As for the Formation of this Diſeaſe, aſcribed to the Breaking through of purulent Matter from a Peripneumony, or Inflammation of the Lungs, it is eaſy, if it happens in the inferior Parts of either Lobe, to conceive how this is effected; but if it falls out in the upper Subſtance, it is not ſo eaſy to imagine, how it ſhould corrode and penetrate the whole Structure, to make its Way into the Cavity of the Cheſt without deſtroying the Lungs, and conſequently the Patient, before it has made a thorough Paſſage, conſidering how ſmall a Portion of the Lungs, if ruined and waſted by ulcerated Knots and Kernels in a genuine Conſumption, extinguiſhes the Patient's Life, while the far greater Part of the Lobes remain uninfected and entire; and it is yet leſs eaſy to conceive, how purulent Matter iſſuing from any broken Tumour in or near the Larinx, or upper Part of the Wind-Pipe, as in a Quinſey, ſhould fall down into the Pipes of the Lungs, and, by degrees, eat their Way from top to bottom into the Cheſt before it kills the Patient, by ſo great a Devaſtation and Ruin of the ulcerated Parts.

The true Account then, how an Empyema is produced, ſeems this; ſuppoſe a Phlegmon happens in the Intercoſtal Muſcles, as it may ariſe there as well as in any other Parts of the Body, independent on a Pleuriſy, or at leaſt but contingent and co-incident with it, or ſometimes, perhaps, a Symptom of it. If this Tumour ſuppurates, and breaking through the Pleura diſcharges its Contents inwardly; thoſe Contents muſt of neceſſity fall down into the Cavity of the Cheſt, and being pent in and encloſed there, muſt create ſuch a Collection of Matter as conſtitutes an Empyema; and if, as I have ſaid, the inflammatory Ingredients in a Peripneumony happen in the loweſt Region of either Lobe, and coming to Maturation diſcharge themſelves, by breaking through the Skin that encompaſſes them, into the empty Space of the Breaſt, an Empyema will be the Event; and ſo it will be if an Apoſteme, or Abſceſs in the Muſcles of the Side, ariſing from irregular Humours depoſited there, or cauſed by Wounds or violent Bruiſes, ſuppurate, break, and empty their Contents inwardly. It ſeems conſonant to Reaſon, that this Diſeaſe, if that may be called a diſtinct Diſeaſe, which is only the pouring out of the Matter of an Impoſthume into an ample Receiver, derives its Origine from one of the three Cauſes before mentioned.

It has pleaſed Phyſicians to give it the Name of a different Diſeaſe, and Cuſtom has prevailed and confirmed its Title to a ſeparate Claſs, but it is very evident, that all Collections of Pus, or purulent Matter in the Cavity of the Abdomen, occaſioned by the Diſruption of ſuppurated Tumours in the Liver, Hypocondria, the Miſeraic Glands, or thoſe of the Inteſtines, may as juſtly be denominated Empyemas, having all the eſſential Properties that conſtitute that Diſtemper; that is, a Collection of purulent Fluids gathered together, and fluctuating in the Cavity of the Abdomen; and no Reaſon can be aſſigned, why this ſhould not be reckoned a genuine Empyema, as well as the like Collection in the Hollow of the Cheſt.

The Matter of this Diſeaſe being ſo cloſely impriſoned, that there are no Paſſages, or ſecretory Strainers, for the Expulſion of it, either by the Efforts of Nature or the Force of Medicine, there remains no Method of Cure but that of opening the Side, that the collected Matter may be releaſed, and iſſue out through the Wound; and the Time of attempting this Remedy, on the Succeſs of which all Hopes of Recovery depend, is after about three Weeks, and if then the purulent Matter is better digeſted, and prepared for Evacuation, which will appear by a more regular and conſiſtent

Pulſe,

Pulſe, freer Reſpiration, and a Diminution of the Fever; and if the Patient has, in ſome meaſure, a firm Conſtitution, the Surgeon may perform the Operation, and relieve the Sufferer, and to his Skill all Things now are to be committed, for the Doctor's Province is here at an End, unleſs it be to preſcribe temperate Cordials and Aſſes Milk, and now and then an emolient Glyſter.

Of a Peripneumony.

A Peripneumony is an acute Inflammatory Fever, accompanied with great Oppreſſion of the Lungs, a ſharp Cough, vehement Thirſt, Expectoration of Flegm, mixed or ſtreaked with Blood, and laborious Breathing.

The Oppreſſion of the Lungs proceeds from their Obſtruction, by the Matter of the Diſeaſe, depoſited and lodged in their Subſtance. It is evident to Senſe, that the degenerate and inflamed Parts of the Blood are, in this Diſtemper, glewy and tenacious, as appears by the tough and buff-coloured Skin that covers its Surface, when let by the Lancet out of the Veins, though when it is there it may not be actually ſiezy; and when the Diſeaſe is worſe conditioned, and more dangerous, that ſiezy Skin is pale and

and blueiſh, and much thinner, and not ſo tenacious, as in more favourable Caſes; nor are the Parts of the Blood ſo coherent, for the continuity of its Fibres or Threads being broken, and its Union diſſolved by the Violence of the Diſeaſe, they no longer cohere and hang together.

Now when Matter diſpoſed to ſuch a glewy and tenacious Quality ruſhes on with the Blood, through the numberleſs minute Fiſtulas, ſinuous Burrows, and Mazes of the Lungs, it ſticks like Bird-Lime in the narrow and involved Roads, and being unable to free it ſelf, and return to the circulating Tide, it continues entangled, till by the Acceſſion of more ſuch viſcous Parts, it has formed the Diſtemper of which I am diſcourſing.

It is the Nature of this Fever to affect the Lungs, and to caſt off, and lay down, its irregular and impure Matter in that determinate Place, rather than in another, by reaſon of the irregular Conformation of the Parts, the exceſſive Straitneſs of the Paſſages, or the weak Tone of that curious Bowel: By ſome ſuch previous Indiſpoſition of the Lungs the viſcous inflammatory Matter of the Blood is intercepted there, and lays the Foundation of a Peripneumony.

This Indiſpoſition, or Degeneracy of the Blood, is common to other inflammatory Fe-

Fevers, that are conſtituted and diverſified from each other, by the particular Parts of the Body which they eminently affect; that is, where the impure Humours are diſcharged and entertained. Thus an acute Rheumatiſm, which is another inflammatory Fever, with the ſame Buff-like Blood, tough and viſcous, is diſtinguiſhed from a Peripneumony, by the Adheſion of this Matter to the Joints, or external Muſcles; as in a Quinſey it is determined to the Throat or Larinx, in a Eryſipulas, or Saint Anthony's Fire, to the Face, or other outward Parts, becauſe thoſe ſeveral Parts, at the Time when the Fever ſeized the Blood, were more diſpoſed and adapted to catch and intangle in its Paſſages, the inflammatory, glewy Subſtance, than any other of the Body or Bowels. If this perverted Matter circulates freely through the Labyrinth of the Lungs, which are in a hail and healthful Diſpoſition, it may be arreſted and engaged by the Glands of the Throat, or the Tonſils, but if it finds free Admittance, and an eaſy Paſſage through thoſe Strainers, they may be ſtopped and detained in the Muſcular Fibres of the Face or Limbs; and if they eſcape there, it may yet meet with Interruption and inſuperable Hinderance, while it attempts its Paſſage through the Joints either of the Arms or Knees, and from hence it is plain they receive their diſtinct

ſtinct Nature and Denomination.

The extraordinary Thirſt that attends this Diſeaſe, proceeds from the rapid Motion, and boiling Diſpoſition of the Blood; for as during its inflammatory State it wants ſerous Humour ſufficient to moiſten the Parts through which it flows, and therefore is not attempered and diluted enough for Nature's Service, ſo the hot Fumes and Eruptions that aſcend from the Stomach, parch the Throat, and cloſe the Outlets and Orifices of the Glands in the Mouth and Tongue, by which means they contract ſuch a Hardneſs, Roughneſs and Drought, as continually demand new Supplies of Moiſture to ſoften and refreſh them, by allaying the Heat, and waſhing and attenuating the ſtrict and glewy Combinations of the Blood.

The Cough, that in this Caſe is vexatious and vehement, while the Stimulation of the Parts, by the included Matter of the Diſeaſe, excites the Spirits to make their utmoſt Efforts to free the Lungs, caſt off their Burden, and expel their dangerous Gueſts from their new Settlement; and ſince they exclude not only Flegm, but likewiſe a Mixture of Blood, it is a convincing Argument, that an inflamed Phlegmon-like Swelling is collected, and that the Blood diſcharged by Coughing, in this Diſtemper, comes from the Lungs, and not the Side affected with a Pleuritick Stitch, is very evi-

dent, for the Lungs hang looſe in the Cavity of the Cheſt, entirely unconnected, and ſeparated from the Pleura and Intercoſtal Muſcles, and ſhould any Blood break out from the Side it muſt of neceſſity fall into the Hollow of the Breaſt, and lie upon the Diaphragma, and there is no imaginable Paſſage how it ſhould get into the Lungs inveſted with its own Membrane, and the Ways by which it may enter into them, ſuggeſted by ſome Phyſicians, are ſo inconſiſtent with Philoſophy and Anatomy, that it would do them too much Honour to recite and refute them.

Yet it muſt be acknowledged, that ſometimes it happens, eſpecially in narrow Cheſts, that ſome Parts of the Lungs adhere cloſely to the Side, and then I allow, if an inflammatory Tumour ſhould ariſe where that Conjunction happens, the Blood may enter into the Lungs, and thence be diſcharged by Coughing; but I do not find, that any other Ducts, or Ways of Conveyance, to keep up a Communication between the Pleura and the Lungs, have been yet diſcovered; and if it be ſaid, that Blood is tranſmitted from one to another by occult Paſſages, this, I allow, is the ſhorteſt way to anſwer all difficult Queſtions, which is as much as to ſay, the Thing is ſo, but no Fleſh living can imagine how.

And if we acknowledge an inapparent, or occult Road between the Sides and the Lungs, this would not remove the Difficulty, for who can believe, that ſo ſoon as in two Days after the firſt Attack of this Diſeaſe, any inflammatory Tumour can ripen, and diſcharge its Contents; and if it ſhould, it muſt be ſuppurated Matter rather, or ſomething more than Blood, which would fall into the Cavity of the Trunk. The Blood then, that mixed with Flegm, is by Coughing diſcharged in this Diſeaſe, muſt be cauſed only by the violent Motion of the Maſs occaſioned by the acute Fever, which puſhing forward with an extraordinary Force breaks ſome capillary Veſſel, whence it iſſues into the ſmall Branches of the Wind-Pipe diſperſed through the Lungs.

By this a Peripneumony only is diſtinguiſhed from other inflammatory Fevers; and here I acknowledge, that I am very doubtful, whether a Pleuriſy be a diſtinct Diſeaſe from that; the Reaſon of my Diffidence is this, as a true Pleuriſy, though the Caſe is otherwiſe in a ſpurious one, is generally accompanied with all other Symptoms belonging to a Peripneumony, as great Oppreſſion of the Lungs, a ſharp Cough, violent Thirſt, and difficult Reſpiration, ſo it is generally attended with Spitting up of Flegm mixed with Blood; and ſince it has the eſſential Properties that belong to a Peripneumony,

it ought therefore to have the Denomination. The Stitch in the Side is not enough to vary the Species. A malignant Fever will ſometimes be attended with an exquiſite Pain in the Side, is it therefore another Kind of Fever, and to be ranged in a diſtinct Claſs? By no means; a ſimple or a putred Fever, does, almoſt every Autumn, change its Appearance, and therefore, by the People, is called the new Grief, though it be ſtill the old one in a new Dreſs, by the Addition of freſh Symptoms. Fevers are accompanied, ſometimes, with grievous Rheumaitck Pains in the Limbs and Joints, and ſometimes with bloody diſenterick Dejections, but do they therefore change their Nature, and paſs into another Order of Diſeaſes? None will affirm this. It is Dr. *Sydenham's* Obſervation, That when a Fever ſprings up in Succeſſion to ſome other Diſeaſe that has been rife and epidemical for ſome conſiderable Time before, and is now in its declining State, that Fever ſhall partake of the Symptoms of the foregoing Diſtemper, which is now ſinking, and yielding up its Dominion to its Succeſſor, yet this does not change the Eſſence of the Fever, nor make ſo many Species of them, as there is Variety and Difference in their ſeparable and uneſſential Symptoms.

In like manner, a Peripneumony may ſometimes be attended with a painful Stitch

in the Side, but ſhould not therefore be called by another Name, but as a Fever with Rheumatical Pains may be called a Rheumatical Fever, ſo a Peripneumony with Pleuritick Pains may be well enough called a Pleuritick Peripneumony, without any Diverſity and Diſtinction of the Species. A Peripneumony is more often found without a Stitch in the Side, than a true Pleuriſy, as I think, is found without ſpitting of bloody Flegm, or any other Symptoms belonging to a Peripneumony; and therefore upon theſe Reflexions it ſeems to me, that a Pleuriſy is only a contingent ſeparable Symptom belonging to a Peripneumony, and not another diſtinct Diſeaſe: But this Speculation I ſubmit to the Judgment of the learned Gentlemen of the Profeſſion.

Uneaſy and hard Reſpiration, another conſtant Symptom of this Diſeaſe, is occaſioned by the crude tenacious Matter caſt out from the Blood upon the Lungs, by which they are obſtructed, and labour under their oppreſſive Burden; nor can the pectoral Muſcles be relieved from their hard, but neceſſary Labour, in excluding and drawing in the freſh Air, with quicker Reciprocation, to animate the Spirits, and aſſiſt and quicken the Circulation of the Blood for the Support of Life, till this

Matter is either obliged to return into the Veſſels, or by degrees is digeſted, and at laſt ejected by Expectoration.

This Diſeaſe is always dangerous, and often fatal, as a Pthiſis, or Conſumption, proceeds by ſlow Approaches to the Seige, and by the Sap undermines the Lungs; ſo a Peripneumony, on the contrary, attacks and ſtorms with Fury and Violence this admirable Bowel, the principal and moſt important Fort of animal Life.

In the preceeding Article I have diſcourſed of a Pleurify as a diſtinct Diſeaſe from this; but ſince I writ thoſe Sentiments, upon entering into that Subject with greater Attention and Conſideration, and comparing theſe two Diſtempers together, I am much inclined to think, for the Reaſons before offered, that they are but one Diſeaſe; and I am the more diſpoſed to believe it, becauſe when I came to draw up a Method of Cure in a Peripneumony, I find the Nature of the Symptoms of both to be the ſame, and therefore the ſame Method and Medicines ſerve equally for the Relief of the one and the other; that is, gentle Purgation, copious Bleeding to be repeated as oft as the Vigour of the Patient will bear, and the Symptoms require it; proper Medicines to correct the faulty Diſpoſition of the Blood, to digeſt the Matter of the Phlegmon collected in the Lungs, and ſuch

as

as facilitate Expectoration. I have therefore prevented my ſelf, for all theſe are already ſet down in the former Article, to which I refer the Reader.

But there is likewiſe another Diſtemper, commonly, though improperly, called an Inflammation of the Lungs, which is cauſed by an Inundation of Humours ruſhing into the Channels, accompanied with a feveriſh Diſorder, laborious Cough, difficult Breathing, and a copious Diſcharge of white, thick, and ponderous Flegm, but without ſpitting of Blood, or any genuine Marks of a Phlegmon, or inflammory Swelling.

This ſometimes happens to adult Perſons, that are of a weak or irregular Structure, meerly from catching Cold, when the Pores of the Skin being contracted or cloſed up, and due Sweats and inſenſible Tranſpiration prevented, the noxious Steams and Vapours that ſhould have been expelled, trouble and ferment the Blood, diſorder its Contexture, and diſſolve, in ſome degree, its Union, whence the ſerous and thinner Parts ſeparating from the fibrous and thicker, pour in upon the Lungs in an exceſſive Quantity. And ſometimes this Event happens, when hailer Perſons from Riot and Intemperance, which pamper and ſwell the Veins with Luxury, and too rich Supplies, and deprave the Blood to that de-

degree, that at length it diſcharges a Deluge of Crudities and impure Humours upon the Lungs, and then of Neceſſity a buſy and active Cough muſt ply the Pump to carry off the Flood of Serum admitted into the Tracheal Pipes through the leeky Veſſels.

But chiefly this Diſeaſe afflicts Perſons advancing in Years, for thoſe, who from their Youth have complained of weak and flaccid Lungs, frequent Coughs, and copious Expectorations of Flegm, and ſerous Humours, which the wide Inlets, and gaping Orifices of the Glands, have ſuffered to paſs into the Tracheal Receptacles, after this tender Bowel has been agitated, worn and ſhattered by a Thouſand violent Storms of Coughing, and by this means not only much damaged and grown leeky, whence ſtill a greater Quantity of Humours muſt, in advanced Years, be received into the Lungs, but the digeſtive Power being decayed, and the fibrous Inſtruments of Expectoration having loſt their Tone, and with it their Vigour, it is no wonder, if at length this Diſtemper is produced; for while the Strength and elaſtick Vigour of the pectoral Muſcles, and the compreſſive Faculty of the Fibres of the Lungs are greatly decayed, and ſo diſabled to perform their Duty of Expectoration, the flegmatick Parts thrown out of the Roads of Circulation,

and

and lying unagitated, and unexpelled from their Neſts, not only grow tougher, but contract an acrimonious Quality, and hence a Fever is ſoon kindled, that dries and thickens the Flegm, till it becomes too ſlimy and tenacious to be diſcharged, and then the Diſeaſe becomes deplorable, and Nature ſinks under the unequal Weight.

This frequently is the Caſe of old Perſons, who have been long afflicted with a Cough, and copious Spitting, and eſpecially of thoſe who have ſtruggled under the Oppreſſion of an inveterate, humourous, or moiſt Aſthma, for in theſe antient People, the Inſtruments employed in Coughing and Reſpiration, are ſo weakened and diſabled, that it is not ſurprizing they are at laſt uncapable of executing their neceſſary Office.

As to the Method of Cure in this frequent and dangerous Diſeaſe, moderate Purgatives of Senna, Caſſia and Tamarinds, boiled in Spring Water, as before mentioned, under the Heads of Conſumptions and Pleuriſies, are very proper; but if the Patient be weak and low, two Ounces of the Infuſion of Hiera Picra may be preſcribed with more Advantage: Moderate Vomitives, ſuch as an Ounce of Oxymel of Squills, and half a Drachm of the Indian Root in a draught of Poſſet Drink or Milk Water, and promoted by drinking plentifully of the

In-

Infuſion of Carduus Leaves, will be uſeful. Repeated Bleeding by the Lancet, if the Patient's firm Pulſe encourage it, or elſe by Cupping Glaſſes applied to the Shoulders, is always beneficial, and often neceſſary. Bliſters, as they make ſome Diſcharge, but more as they ſtimulate, expand and rouſe up the Spirits to do their Duty, ſhould be applied, as well to the Shoulders as Legs and Arms, if the Symptoms continue to call for their Aſſiſtance.

In the mean Time moderate Cordials ſhould be preſcribed, to ſupport the Patient's Strength, for which purpoſe rectified Spirit of Hart's Horn, or Sal Volatile Oleoſum, or compound Spirit of Lavender, and a temperate Cordial Julep, will be ſufficient for digeſting the Flegm, and fitting it for Excluſion. Tincture of Aſſa Fetida, or Gum Ammoniack, or the Solution of both together in Peny Royal and Hyſſop Water, each a like Quantity, will be beneficial; and when the Flegm is ſo prepared, and digeſted, the Oil of ſweet Almonds mixed with pectoral Syrups; but above all, Linſeed Oil drawn without Fire, and the ſeveral Preparations of the Sea Onion, will facilitate the Expulſion of the flegmatick Humours, with which the Lungs are over-charged. And the Forms and Manner of giving theſe Medicines are already ſet down in the Method of Cure for Conſumptions and Pleuriſies.

Of

Of a Vomica.

A Vomica is a Collection of putrefied Matter in the Lungs, included in a Bladder or Ciſtis, that is, an Encloſure fenced with a thin and tender Membrane. This Abſceſs, or ſecret Impoſthume, is accompanied with a Fever, while the noxious Contents are ripening, as it always is in ſuch Caſes, and a ſharp Cough, by which the Lungs ſtrive in vain to free themſelves from the Enemy lodged within them; at length, when it comes to Maturation, its Priſon breaks, it fills the Cavities and Interſtices of the Cartilaginous Pipes with purulent Matter, which is expectorated with Violence, and is of a yellow or browniſh, or aſh Colour, and very offenſive to the Smell, by which Quality, as well as its being encloſed in a Bag or Purſe, like outward Apoſtemes, it is diſtinguiſhed from a Tabes, or true Conſumption, as it likewiſe is from a Peripneumony; by this its Nature and Properties will plainly appear, which has hitherto been but imperfectly deſcribed.

'Tis a Matter of Admiration, how an Abſceſs, or Impoſthume incloſed in a Bag, ſhould be generated in the light and looſe Stru-

Structure of the Lungs, compoſed all of thin Skins, minute nervous Fibres, Arteries, Veins, little Bladders, and cartilaginous Pipes. It is wonderful, I ſay, how any incongruous and hurtful Parts of the Blood, ſhould in ſuch a fine and delicate Bowel as this, find out a Settlement, and a Neſt incloſed on every Side, where they might engender, feed, and bring to Maturity, this malignant Conception. This diſcovers what hard Shifts Nature will make, and how artful her Inſtincts are, while to free her ſelf from the Enemies that lie in her Boſom, ſhe caſts them out into the Lungs, and provides in ſuch an unfit and unlikely Place, a Priſon to confine them, till they are prepared and fitted for Expulſion.

This Diſtemper ſeldom happens, and when it does, it often degenerates into a Pthiſis, while the virulent and corroſive Contents breaking through the thin and tender Encloſure infect the neighbouring Parts, and in a very ſhort Time lay waſte the ſoft and ſpungy Subſtance, though Patients of a ſtronger Conſtitution ſometimes recover entirely from this dangerous Diſeaſe.

The Medicines fit to be preſcribed in this Caſe, are ſuch as are qualified to cleanſe putred Impoſthumes, and to unite and heal the Diſruption: To procure the firſt Intention,

tion, I adviſe the Uſe of the following Electuary.

℞ *Take of Conſerve of Red Roſes, two Ounces; of Dragons Blood and Bole Armoniack, each a Drachm and half; of Flowers of Sulphur three Drachms; of Myrrh and white Amber each a Drachm; of Syrup of Ground Ivy as much as will make it a ſoft Electuary: Take of it a Drachm and half three Times a Day, and drink after it a draught of Ground Ivy Tea.*

Among the Diſeaſes above enumerated, that often introduce a Conſumption, I have ranged the Meazles. As all inflammatory Fevers, which I ſuggeſted before, affliet ſome particular ſolid Part, as a Pleuriſy the Side, an acute Rheumatiſm the Joints, a Quinſey the Throat, and an Eryſipylas, or Saint Anthony's Fire, chiefly the Face, while the acrimonious, burning Choler, obſtructs and ſwells the Parts where it ſettles, whence the Species of this Fever, receive their Denomination, ſo the Meazles, like a Peripneumony, affects the Lungs, while it over ſpreads the outward Skin with minute reddiſh Eruptions, and therefore Dr. *Sydenham* declares, that he looks upon the Meazles as a Diſeaſe of the Lungs; and this Opinion ſeems to be warranted by this Obſervation,

ſervation, that far more die by an after Cough, ſuffocating Flegm, and fatal Pulmonick Symptoms, than by the Meazles, while they affect the Skin; and when the Patient, after ſeveral Days, is delivered from the external Marks of this Diſtemper, yet he often retains a vexatious Cough, and a ſecret lingring Fever, which Impreſſion on the Lungs at length terminates in a genuine Conſumption; and for this Reaſon, taking it for a Diſtemper of that Bowel, I ſpeak of it in this Place.

The Meazles is an inflammatory Fever, that throws out into the Lungs obſtructive Matter, and overſpreads the Skin with ſmall red Spots, accompanied with a ſharp Cough, vehement Thirſt, and ſore Eyes. The erroneous and degenerate Parts of the Blood are not wholly determined to one part, but are partly ſeparated and emptied into the pulmonary Cells, and partly excluded and ſcattered over the Surface of the Body in numberleſs inflammatory Eruptions; and this will further illuſtrate the Notion I have expreſſed of a Peripneumony, which I am diſpoſed to believe is an Affection of the Lungs, attended, among other Symptoms, with a Pleuritick Pain, or Cramp-like Stitch in the Side, when the Matter of the Diſeaſe is divided and diſtributed to two diſtinct Parts. The Meazles then, I look upon, as conſtituted of inflam-

matory

matory Matter in the Blood, which when excluded thence, takes two different Roads, one to the Lungs, and the other to the outward Skin, where the mildeſt Kind continue four or five Days, and then diſappear, and the rankeſt, and moſt obſtinate, ſix or ſeven; and theſe of the ſevereſt Sort are ſo thick and contiguous, that they imitate a Saint Anthony's Fire, or the Skin of a young roaſted Pig; and by the ſame Contiguity, and their extraordinary Prominence, they ſhew ſo great a Similitude to the worſt Small Pox, that ſometimes even eminent Phyſicians have not diſtinguiſhed one from the other; and if theſe diſcriminating Marks are not obſerved, I mean ſore Eyes from the beginning, different from their inflammatory State in the Small Pox, the Broadneſs and wider Diffuſion of the Spots, and their ſmooth and unprominent Face, as well as their Colour, inclining to Violet, it will not be eaſy to determine to which Species it belongs.

If Nature be ſo ſucceſsful as in the Space of Time mentioned to digeſt, ripen and carry off theſe Eruptions, or Efflorescencies, from the outward Parts; the greateſt Danger is yet behind, that is, leſt that Portion of the incongruous and hurtful Matter, that was determined to the Lungs, ſhould remain undigeſted, and at length, by continuing there, grow glewy and tena-

cious,

cious, inflame the Lungs, and at laſt introduce deplorable Symptoms; for I have reaſon to believe, that to one that miſcarries while the Eruptions are ripening, five die afterwards by a fatal Impreſſion left on the Lungs.

The Method of Cure is, the letting Blood at the beginning, and a Glyſter of Milk and Sugar, or a gentle Vomit, are proper: The Glyſter ſhould be repeated if the Patient is bound. Likewiſe Oil of ſweet Almonds, mixed with Syrup of Violets, or Maiden Hair; and ſometimes Honey of Squills, if difficult Expectoration, and ſometimes Diacodium, if a vehement Cough, or obſtinate Wakefulneſs, require it, taken often in a Day, with Emulſions, and pectoral Drinks, will be beneficial.

In caſe the Symptoms grow threatening, while the Meazles turn pale and flat upon the Retreat of the Matter that fed them into the Blood, and the Patient is oppreſſed with great difficulty of Breathing, the Queſtion is, Whether the Patient ſhould be let Blood to prevent the imminent Danger? And my Judgment is for the Negative; for firſt, I never ſaw it ſucceed, no more than in the Small Pox, during their State of Maturation; and the Reaſon is, becauſe at that Time, all the Powers and active Principles of the Blood, are making their utmoſt Efforts to concoct and ripen the collected

Mat-

Matter, and Bleeding will not only interrupt them in their Operations, and call them from their Duty, but weaken and waſte them to a greater degree than is conſiſtent with Nature's Safety, but will not be able to ſeparate and carry off the undigeſted Matter.

In this Caſe, the moſt probable Remedies for the Patient's Relief, are ſuch generous Cordials as are fit to revive languiſhing Nature, to quicken and excite the Spirits and vital Powers, that are much exhauſted and grown unequal to their Function, that reinforced by ſuch Auxiliaries, they may exert their Vigour to expel the diſeaſy Matter to the Skin, and reſtore Freedom of Reſpiration to the Breaſt, and a lively Colour, and a due Elevation to the Eruptions.

Of the other Species of Coughs diſtinct from that which accompanies a Conſumption.

A Cough, in general, is the concurrent Motion of the pectoral Muſcles to free the Lungs from offenſive Humours, by raiſing them up, and ejecting them through the Mouth. That which attends the Cor-

ruption of the Lungs, and is preparatory to their Ruin, I have already diſcourſed of, and laid down the Remedies proper to ſubdue it, at leaſt to reſtrain its Violence. I ſhall now conſider the other Kinds of this Diſtemper that are found very vexatious, where the Lungs are not putrefied, or in danger of being ſo, and they ariſe either from the Diſorders of the Nerves and Spirits, or from too great a Quantity of pituitous Serum, or from the great Relaxation of the Tone, or due Tenſion of the glandulous Strainers. As the Humours in nervous Coughs are grievous from the irregular Quality of the Matter, that provokes Nature to attempt their Expulſion, ſo in the two laſt the Humours offend by their immoderate Quantity.

As to nervous Coughs, they are either irritating, and tickling among adult Perſons, or elſe what are more peculiar to Infants, called Chin-Coughs.

As to Chin-Coughs, that often and obſtinately afflict Children, it is plain they are of a Convulſive Original; for his Breath being ſuſpended, the Sufferer grows black in the Face, while the Circulation of the Blood is interrupted by the Conſtriction of its Veſſels from Spaſmodick Claſpings of the Nerves: Beſides, the Child undergoes ſuch violent Agitations of the Breaſt, ſuch repeated Agonies and exploſive Efforts, yet with-

without effect, that Nature ſeems to be at the laſt gaſp, and ready to be overwhelmed and ſuffocated in the Strife. As this Diſeaſe is often furious and frightful, ſo it is obſtinate, and will not ſoon yield to the moſt prevalent Methods. The two principal Remedies are, Letting Blood, and Change of Air; as ſoon as the Cough diſcovers its Convulſive Nature, letting Blood to ſuch a Quantity as the Age and Strength of the Patient will bear, is very beneficial, not only to enlarge the Room for Circulation, that the Blood may paſs more freely, but likewiſe to change the Motion of the Spirits, and give them another Turn and Character, and therefore after two or three Days it ſhould be repeated; and it will be moſt effectual if the Neck Vein be opened.

Slippery, oily, and balſamick Remedies, are to be ſparingly given, eſpecially at the beginning, leſt they ſhould too much dilute and relax the Pores and Paſſages of the Lungs, and ſo diſpoſe them to admit a greater Flux of Humours, with which they are already too much oppreſſed. Gentle Vomits by the *Indian* Root, or Oxymel Scilliticum, will be uſeful to help diſcharge the viſcous and ropy Flegm, that almoſt ſtrangles the Patient. Mild Purgatives, and repeated Glyſters, are alſo adviſable; but the moſt effectual Remedy is change of

Air; and this being found by Experience to be very advantagious to Children labouring under this Diſeaſe, facilitates our Belief, that the Air which the Child breathed, contained the hurtful Seeds and Principles, that, communicated to the Blood by Inſpiration, produced the Diſeaſe; and it is yet more probable, that this Guilt is to be charged upon the Air, in as much as it is often infectious, and ſpreads its Contagion by that Conveyance. Now the Children afflicted ſhould be removed from their Abodes to thoſe of a quite contrary Situation; no Air, as before obſerved, has any other than a relative ſalutary Nature; that is, as it agrees with the Temperament and Complexion of the Perſons that breathe it; and therefore it may happen, that the moſt pure, refined, and beſt ventilated Air, may not only prove prejudicial, but fatal, to ſome Conſtitutions; and let it be ever ſo much celebrated and extolled, what Comfort will that be to the Perſons who muſt periſh in it? Let not therefore any Air be cried up as abſolutely good at all Times, and to all Perſons, for if I am complaining, ſick and dying in it, it cannot deſerve thoſe Encomiums and Compliments from me. I have ſaid this, to diſpoſe Parents to remove their Children, when attacked with this Diſeaſe, to another Abode, though from the ſeeming beſt Situation in the World; from elevated Countries

to

to the Flats, and from dry and barren to moiſt and fenny Lands, which fill the Atmoſphere with contrary Effluvia, and Exhalations to thoſe, which they inſpired and drew into their Veins before, and therefore more likely to revive the Spirits, animate the Blood, and fan and feed the Flame of Life, inſtead of producing the grievous Effects, which the Patient ſuffered in contrary Skies: And the Choice of new Air would be yet more judicious, if it were at a good Diſtance, at leaſt ten or twelve Miles from the Habitation, whence the Children are removed.

In this Diſtemper Veſicatories, or Bliſters, are uſeful, as they ſtimulate the Nerves, and alter the Convulſive Diſpoſition of the Spirits.

There are beſides theſe already enumerated, other Coughs, which threaten not the Lungs with knotty Kernels, and dangerous Obſtructions, that proceed from inordinate Quantity of Serum or flegmatick Humours, which are either occaſioned by defect of Concoction in the Stomach, or of the active Principles of the Blood, that do not perform ſufficiently their Office of Aſſimilation, or elſe from the Narrowneſs and Paucity of the Cutaneous Glands, either thoſe that are appointed to ſeparate and carry off the ſuperfluous Moiſture by gentle breathing Sweats, or thoſe, whoſe Office it

is, to let them paſs through the Skin in inſenſible Tranſpiration; for if theſe Strainers are defective in their Duty, the Humours which ſhould be divided, and excluded by theſe minute Sluices, are retained in the Blood, and then Nature is compell'd to ſupply the Want of this Diſcharge, by depoſiting the ſerous Parts in the Glands of the Guts, but chiefly on thoſe of the Lungs, that by thoſe Strainers they may be ſeparated and expelled; for Man, like other Animals, is a fiſtulous Structure, and a mechanical Compoſition of Humours and Strainers, and being furniſhed with various Inſtruments of Secretion, ſupplies the Defect and Error of ſome by laying a greater Task upon others; and hence it is, that the Lungs, when obliged to carry off, beſides their own Share of Humours, thoſe likewiſe that ſhould have been excluded by other Emunctories, are oppreſſed with an unnatural Load, and conſtrain'd to pump and labour, by repeated Coughing, to caſt up their uneaſy Burden.

From what has been ſaid it will appear in part, why ſome Perſons, though otherwiſe of a hail and healthful Complexion, are very ſubject to frequent Coughs, which, notwithſtanding, are in no danger of a Conſumption. Another Reaſon of their being liable to a Cough, is from the tender Conſtitution or Fabrick of their Lungs, which being woven of too flexible Threads, and

with

with Holes and Meſhes too large and patent, let into their Cavities a conſiderable Quantity of wholeſome Juices, which by firmer and more regular Strainers would have been kept back unſeparated from the Blood, and to expel theſe inordinate Humours a Cough muſt of neceſſity be employed.

Of Catarrhs.

A Catarrh is a Diſtillation, or Defluxion of an inordinate Quantity of ſerous Humours upon the pectoral Muſcles, and the Lungs, whence ariſe a ſharp Cough, and great Soreneſs in the inward Parts of the Cheſt: This Diſorder often follows the taking or catching of Cold, as we expreſs it, which the *French* and *Italians* call getting of a Rheum, or to be ſeized with a Rheum. The Meaning of theſe Expreſſions is the ſame, and nothing elſe is ſignified, but the Flux of Humours that proceeds from the ſudden ſhutting up the Pores of ſome Parts of the Body, and thereby detaining in the Blood the Effluvia or Steams that ought to have been excluded by Perſpiration, which thus ſtopp'd in their flight, and denied a Vent, return, and mingling again with the Blood, produce the Diſorder that ends in the Defluxion before deſcribed,

ſcribed, while Nature attempts to free her ſelf from theſe ſuperfluous Humours, by ſending them forth by other Out-lets.

In former Times Phyſicians ſuppoſed that this was a Diſtillation of watry Parts, that reverberated from the Head as from an Alembick, deſcended into the Mouth, and ruſhed into the Breaſt and Lungs, as they coarſely imagined, that Hyſterick Paſſions were occaſioned by the climbing up of Vapours and Steams into the Brain, which retain that Name among the People to this Day. But modern Anatomiſts have corrected that Error, by ſhewing, that there are no Roads or Paſſages formed by Nature, by which it is poſſible for a Flux of Rheum to make its Way from the Head to the Mouth; but the Rheum that fills the Mouth, and Breaſt, and Lungs, breaks through the Sluices in the Mouth and Larinx, that is, the upper Part of the Wind-Pipe, and thoſe in the Cheſt: At firſt this watry Eruption, that like an Inundation overflows the Patient, is very thin, and runs impetuouſly out of the Noſe and Mouth; but by degrees, as by Time, and proper Means, it becomes more digeſted, it grows thick and rotten, and is more eaſily expectorated with a moderate Cough, which was violent before, and ſometimes afflicted the Head with extreme Pain. If this Cold taken, is attended with gentle

Symp-

Symptoms, it will with a little Care ſoon be removed, but if the Breaſt be exceſſive ſore, the Cough furious, the Head-Ake grievous; and eſpecially, if a feveriſh Diſorder be likewiſe felt, then letting of Blood copiouſly is required, as well as keeping Bed, to promote Perſpiration, and draw forth temperate Sweats, as well as gentle Purging to carry off ſome, and pectoral Remedies to digeſt and thicken the remaining Humours, and prepare them for Ejection.

Theſe Catarrhs and Colds do not ordinarily introduce a Pthiſis, or Conſumption, for all Perſons are ſometimes expoſed to their Invaſion; but eſpecially they who have fine-ſpun Fibres, and a delicate Diſpoſition of Spirits, are unable to bear the Impreſſions of Cold, and others are liable to theſe Sufferings by reaſon of their Habitations, ſituated in a thick and moiſt Air, where the Atmoſphere is crowded with noxious Effluvia, and loaded with lazy and raw Damps, which drawn into the Blood by Inſpiration, produces Coughs and Catarrhs, Defluxions and Inundations of thin Rheum.

As ſometimes the Air is repleniſhed with ſuch irregular and diſagreeable Particles, that admitted into the Lungs create a violent irritating Cough, with little Expectoration attending it; ſo it is obſerved in

this

this great City, that in Winter, eſpecially in froſty Days, when not only the Pores and Vacancies of the Atmoſphere are contracted, but likewiſe the whole Expanſion lies ſtagnant and unagitated, while the moiſter Steams and Reeks, and ill ſmelling Fogs, mingling with the Smoak, and unable to riſe higher, provoke the Lungs, and ſtimulate its Fibres to that degree, that in Time of Divine Service whole Congregations are ſeized with a coughing Contagion, while their diſcordant and diſagreeable Notes drown the Voice of the Preacher, and diſappoint his intended Inſtruction.

In all theſe Caſes, if a feveriſh Diſorder is likewiſe diſcerned with an inordinate Drought, and diminution of Appetite, the Breathing of a Vein, gentle Purging, keeping in Bed, and cheriſhing a moderate Sweat, with pectoral Decoctions, oily and balſamick Lambatives, if the Flegm be thick and ſlimy; and Abſtinence from Fleſh Meats and ſtrong Liquors, will remove the Diſtemper, and prevent its degenerating into an Inflammation of the Lungs, which, when theſe Coughs return frequently, and ſtay long, they too often occaſion.

As to thoſe Patients, who by their tender and valetudinary Conſtitution, are perpetually ſubject to take Cold, and fall in-

into a Cough, beſides what has been preſcribed above, to ſtop the dangerous Progreſs of this Symptom, if a concomitant Fever does not forbid, the cold Bath, repeated three Times a Week for a Month, ſeems a proper Remedy, and has been tried with good Succeſs; for the Aptneſs and Diſpoſition of theſe Perſons to take Cold, not ariſing from inordinate Humours within, nor an ill Conformation of any of the principal Bowels, but from the lax Tone of the Skin, and the wide and gaping Pores and Ducts of the cutaneous Glands, that admit the Blaſts of Air too freely, as well as from the Debility and Delicacy of the Spirits, whence they can neither bear the ſudden Changes and Variety of Weather, nor the Severity and Rigour of the Atmoſphere in ſharp Seaſons, nor reſiſt and repel the Inſults of cold Vapours and crude Exhalations, it is evident, that what will confirm and ſtrengthen the Skin and contract its Meſhes and Holes, too much extended, muſt greatly conduce to the Health of ſuch Patients, by removing the Cauſe of their ſo often relapſing into Coughs and Catarrhs, which it is highly their Intereſt to purſue, leſt theſe pectoral Diſorders, by frequent Repetition, at length terminate in a Pleuriſy, Peripneumony, or downright Conſumption.

And

And therefore the cold Bath, which is chiefly, if not only uſeful, by hardening the outward Skin, and reducing the Compaſs of its Pores when too looſe and large, and by this means ſhutting out, and repelling in a due meaſure, the cold Vapours and Blaſts of Air, that beat upon the Body, as well as keeping Sweats and inviſible Perſpirations in moderate Bounds, muſt be very beneficial to tender Perſons, that are liable to frequent Coughs and Defluxions of Rheum, from the too great Admiſſion of nitrous Effluvia, and ſharp Air, from without, or immoderate Eruption of warm Steams from within, the firſt diſturbs the Blood with hurtful Ferments, and the laſt weakens and exhauſts it with too expenſive Evaporation.

Of an Aſthma.

AN Aſthma is a difficult, ſhort, and laborious Breathing, occaſioned by the Obſtruction, or Weakneſs of the pectoral Muſcles, employed in drawing in, or excluding the Air from the Lungs, by alternate dilating, and contracting of the Breaſt; for ſometimes thoſe Inſtruments of Reſpiration, when the Cheſt is loaded, and oppreſſed with Humours, and ſometimes when

the

the Tone of the Fibres is relaxed and enfeebled, grow unable to perform their natural Function; that is, the reciprocal Expanſion, and Compreſſion of the Thorax, to which Defect the Oppreſſion or Debility of the Lungs themſelves may contribute in ſome meaſure, as they are, I conceive, in a low degree, concerned in the Motions of Inſpiration and Expiration.

And therefore either of theſe Defects produce an Aſthma, which, when it proceeds from the Obſtruction of the motive Fibres of the Muſcles, by tough, pituitous Humours lodged and impacted in them, being incapable, by reaſon of their irregular Quality, to make their Way through the minute Tubes, and keep Company with the Blood in its Circuit; and while at the ſame Time the bronchial Cavities of the Lungs are overflown with a Deluge of thinner Serum ruſhing into the leeky Spunge, and the active Principles, to prevent Suffocation, ply hard the fiſtulous wheezing Pump, to exclude it Expectoration, is called a moiſt and humorous Aſthma, becauſe it is attended with a plentiful, though laborious Evacuation, by which it is diſtinguiſhed from a dry one, which Phyſicians call an *Aſthma Siccum.*

A dry Aſthma, that is unaccompanied with a copious Diſcharge by Coughing, ariſes, ſometimes, from a Rheumatick, or

Gouty

Gouty Matter, depoſited and ſettled in the pectoral Muſcles, which is very obſtinate, and difficult to remove, it being of a Tartar-like, or Cretaceous Nature, and therefore unapt, either to be ſollicited, or compelled and driven through the narrow Roads of the Fibres, by the gentler Operations, or more active Force of Medicine.

Another Species of a dry Aſthma, owes its Original to the Relaxation and Feebleneſs of the Threads of the Muſcles, proceeding from a depraved and impoveriſhed Blood, and a low degenerate State of animal Spirits; and 'tis no wonder that the Weakneſs and Flaccidity of the Inſtruments of Reſpiration, joined with the Impotence and Penury of the Springs and Principles of Muſcular Motion, ſhould produce ſuch a difficult and laborious Breathing.

Sometimes an Aſthma is continued, and afflicts the Patient Day and Night, not ſuffering him to ſtay in Bed, but when ſupported, and high raiſed, with Boulſters and Pillows, the Curtains undrawn, and the Windows ſometimes, as well as the Doors, laid open, to admit Supplies of freſh Air to keep up the Flame of Life, that ſeems ready to expire every Moment. And this Kind of Aſthma is continued, and uſually, when a Fever comes on, and dries and thickens the Flegm, whence it be-

becomes ſo viſcous and ropy, that Nature enfeebled, and ſpent with hard Labour, and no longer able to ſeparate and eject the crude and ſlimy Humours, lies down under her Burden, and gives all for loſt.

If a dry Aſthma, where little or no Flegm is expectorated from the Cheſt, proceeds from the Obſtruction of the Motive Muſcles of the Thorax, by Scorbutick, Rheumatical, or Gouty Matter, it is likewiſe conſtant and uninterrupted, and though the Force of it is unequal at different Seaſons, and is varied by Exacerbations, yet is it ſeldom diſcontinued by an entire Intermiſſion.

This Sort of Aſthma, as ſaid before, proceeds often from the weak and relaxed State of the pectoral nervous Fibres, and the Debility and Poorneſs of the Spirits, by which the one and the other become incapable of doing their Duty perfectly, in drawing in and excluding the Air.

The Method of Cure in an Aſthma.

WHEN the Aſthma, or hard Breathing, is occaſioned by a great Flux of Humours upon the Lungs, by which the concurrent Inſtruments of Reſpiration are put upon hard and conſtant Labour of Expectoration by Coughing, to empty the Cavities of the Lungs, and prevent their being overflown and oppreſſed with a Deluge of Serum and flegmatick Fluid; in the firſt Place, and eſpecially if the Patient is Feveriſh, copious letting of Blood is demanded, to empty the Veſſels, and make room for the freer Motion of it, as well as for an Admiſſion of the inſpired Air into all the Receſſes of the Lungs; and if notwithſtanding the Symptoms ſhould not be reduced, in a Day or two interpoſed, it will be neceſſary to repeat this Evacuation, and to do it at proper Intervals, while the Pulſe are hard and high; and if they grow ſo weak, as to diſcourage the Opening of a Vein again, the taking away of eight or nine Ounces of Blood by Cupping Glaſſes, applied to the Shoulders, with Scarification, will be very uſeful.

Gentle

Gentle Purgation will likewiſe be of Service, to diſcharge a part of the oppreſſive Humours, and drive them from the Lungs, ſuch Forms may be uſed as the following.

℞ *Take of Senna three Drachms; Rhubarb a Drachm and half; boil them with a little of the Root of Liquoriſh ſliced, in a ſufficient Quantity of Spring Water to three Ounces; ſtrain it, and add of Manna ſix Drachms; and of Syrup of Succory with Rhubarb half an Ounce; make it a purgative Draught to be taken in the Morning.*

Or, *Take of a ſtrong Infuſion of the Species of Hiera Picra two Ounces; of the Syrup of purging Thorn ſix Drachms, or an Ounce; make it a Draught to be taken at Night.*

Glyſters of the common Decoction, with an Ounce of Lenitive Electuary, ſhould be adminiſtred every other Day, if the Patient is bound, excepting when Opening Medicines are taken.

Oily and balſamick Lambatives, pectoral Decoctions, Emulſions of the cold Seeds, whoſe Forms are well known; and eſpecially, two Spoonfuls of Linſeed Oil drawn without Fire, given twice or thrice

a Day, are very beneficial; but there is no Remedy of more Efficacy to cut and attenuate the tough and clinging Flegm, nor to facilitate the Expulſion of it, than the various Preparations of the Root of the Sea Onion: It may profitably be given as a gentle Vomit, not only to diſcharge ropy Humours, but to enlarge and free the Breath, as we find by Experience it does in the Small Pox, and other Caſes, when Reſpiration becomes thick and difficult.

For this Purpoſe the Oxymel of Squills may be given by it ſelf, to two or three Spoonfuls, aſſiſted with plenty of Infuſion of Carduus Leaves, and it may be repeated till ſufficient Vomiting has been procured; or it may be given mixed with the *Indian* Root, as follows.

Take of the Vomitive Indian *Root half a Drachm; of Oxymel Squills an Ounce; black Cherry Water three Ounces; make a Draught; give it either Morning or Evening, and if in half an Hour it does not work of it ſelf, then ſollicit the Operation, by giving a good Draught of the Infuſion of Carduus, and a little after another; and if this does not prevail, add a Spoonful of Oxymel Squills, and repeat the Infuſion till ſuch Vomiting*

miting is procured as the Patient's Strength will bear; and after two or three Days, if the ſame Symptoms ſhould require it, and the Patient has Vigour enough to undergo the Labour, the ſame Method may be repeated.

And in the Intervals, for the ſame purpoſe, the Oxymel may be preſcribed often in a Day and Night, mixed with pectoral Syrups to promote Expectoration, not to procure Vomiting, but to incide and thin the thick and ſlimy Flegm, and excite the Spirits to exert their Force for the Separation and Expulſion of it. The following Form will anſwer this Intention.

℞ *Take of Syrup of Compound Hore-Hound, Ground Ivy, Oxymel of Squills, or Sea Onion, each an Ounce and half; of Peny Royal Water, and Hyſterick Water, each ſix Drachms; make a Mixture, take a large Spoonful two or three Times a Day.*

For the ſame End the following Linctus may be preſcribed, without Oxymel Scilliticum.

Take of Syrup of Ground Ivy, Compound Hore-Hound, each an Ounce; of Lin-

ſeed Oil by Expreſſion without Fire, two Ounces; of Saffron ten Grains; mix them well with white Sugar for a Linctus: Take it as the other.

The following Solution is likewiſe very proper to digeſt the Flegm, and prepare it for Expectoration.

Take of Aſſa Fætida, and Gum Ammoniack, each half a Drachm, diſſolve them in Peny Royal Water and Hyſſop Water, of each four Ounces; Compound Briony an Ounce; make a Solution, and let the Patient take two Spoonfuls in the moſt difficult Fits of Breathing.

Likewiſe Tinctures made of Aſſa Fætida and Gum Ammoniack, drawn with Spirit of Wine, are very uſeful, given in a Draught of ſome pectoral Decoction often.

Though I have ſet down theſe various Forms of Medicines, yet I do not mean, that they are all to be taken in one Day, for that would prove grievous and oppreſſive to the Patient; nor would there be room for ſo many Medicines crowding in upon one another, but the judicious Phyſician will try ſome of them, and as often as

the

the Patient is capable of taking them, allowing ſufficient Intervals and Time for proper Nouriſhment, for if that interferes with the Medicines, the Doctor's Preſcription muſt uſually be ſuſpended, and give way to a greater Neceſſity. And if the preſſing Symptoms are not relieved by the Uſe of theſe, then others may, in their turn, be given, and the firſt omitted, that ſo the Patient may have a ſufficient Number of Remedies, without being burdened or over-loaded.

As to Bliſters, or Veſicatories, they are profitable in this Diſeaſe, and they take place when the Patient's Strength is ſo much diminiſhed, that it will not encourage further Evacuation by Bleeding, and the Benefit of this topical Application ariſes from this, that the Spirits, and governing Principles of the Blood, being now grown ſluggiſh and unactive, and ſo unequal to the painful Task, are by it ſtimulated, quickened, and excited to their Duty, for the Diſcharge they make is very inconſiderable, and unlikely to relieve the Patient, except we endow the Bliſtering Flies with Judgment, Sagacity, and an elective Faculty, to enable them to ſingle out the Matter of the Diſeaſe, and ſeparating it from the other wholeſome Juices, and then force it through the Glands, and encloſe it in the elevated Bladder.

By the Method and Medicines here ſet down, I have ſeen many recovered from a ſeeming deplorable State in this Sort of Aſthma.

The Method of Cure in a dry Aſthma.

WHEN a ſettled Difficulty, and Labour in Breathing, owes its Riſe to Scorbutick, Rheumatical, or Gouty Matter lodged in the pectoral Muſcles, by which they are diſabled from performing their native Office, of extending and contracting the Breaſt, it is very difficult to be cured, ſince the Cauſe upon which it depends is ſo obſtinate, and hard to be removed: Evacuation, by Purging, Vomiting, and Bleeding, unleſs an abſolute Neceſſity demands it, are rather detrimental than uſeful in theſe Circumſtances. Thoſe Remedies are required which invigorate the Blood, and animate the Spirits, that they may penetrate the Fibres with more Force and Celerity, and ſwell and actuate the Muſcles with greater Vigour, by which means the noxious Particles ſettled and impacted there may be diſingaged, and conſtrained to quit their Lodgings, and minute Receſſes, and return into the Road of Circulation; and therefore it is, that

warm

warm and generous Medicines, which promote this Intention, are, by Reaſon and Experience, recommended to ſuch Patients, when the Principles of a veteran Rheumatiſm, or Gout, are depoſited on the nervous Coats of the Stomach: All vomiting and purging Medicines, rather ſolicite and invite, than diſlodge and expel any hurtful Matter ſettled there, which being of a Chalky or Tartarous Nature, is too cloſely impacted in the Fibres to be exterminated by ſuch Evacuations, excepting only that gentle cordial Purgatives, ſuch as Tinctura Sacra, Pilul. Ruffi, *&c.* may now and then be preſcribed with Succeſs. But the moſt beneficial Remedies are, as I ſaid, generous and active, and therefore it deſerves Obſervation, that the ſame Cordial, or Alexipharmical Remedies, which are moſt uſeful in putred and malignant Fevers, when Nature, depreſſed and languiſhing, demands ſpeedy Succour and Relief, are likewiſe moſt effectual in removing the Gout from the Stomach, ſuch as Saffron, Virginian Snake Root, Contrayerva Stone, Gaſcoign's Powder, Venice Treacle, Diaſcordium, and others of the like Cordial Nature; as alſo ſtrong Wine, rich diſtilled Waters, and even Uſquebaugh it ſelf.

From this Remark it is reaſonable to conclude, that when the ſame Humours

are tranſlated to the Nervous or Muſcular Parts of the Thorax, the ſame Remedies will be moſt effectual to diſengage and exclude them from thoſe Places; ſuch Forms therefore as theſe may be preſcribed for Purgatives, and now and then may be adminiſtred.

Take of the Infuſion of Hiera Picra two Ounces; of Compound Spirit of Lavender a Scruple; make it into a Draught to be given at Night.

Or inſtead of this.

Take of Pil. Ruffi a Scruple, or Twenty five Grains; make them into Pills, to be taken likewiſe going to Bed.

And repeat one or the other once a Week, or more often, if Bound; and the Night following take of Venice Treacle two Scruples, or the following Bolus.

Take of Diaſcordium and Contrayerva Stone, each half a Drachm; make them up with Syrup of Clove Gilliflowers into a Bolus, or diſſolve it in two Ounces of Milk Water, and half

half an Ounce of Compound Wormwood, or Compound Piony Water.

At other Times the following Preſcriptions may be adminiſtred.

Take of Root of Gentian, *of Emula Campana, and* Virginian *Snake Root, each Half a Drachm; of the Leaves of* Germander, *and White Hore-Hound, each a Pugil; of Seeds of Caraway, Aniſe, and Coriander, each a Drachm; infuſe all in a Quart and Half a Pint of boiling hot Spring Water, ſtrain it, and add to it of Compound Wormwood Water, an Ounce; of Compound Spirit of Lavender, two Drachms; make it a Tincture, and take of it a ſmall Wine Glaſs full every Morning and Afternoon.*

Take of Elixir Proprietatis tartarized, two Drachms; Sal Volatile Oleoſ. Tincture of Caſtor, each a Drachm; mix them, and take thirty Drops in White Wine and Water, every Day about Noon, and repeat them going to Bed.

Or inſtead of the Tincture, if it proves ineffectual, take of the following Electuary the Quantity of a large Nutmeg twice

a Day, and drink after it a Cup of Sage or Buck-Bean Tea.

- *Take of the Conſerve of* Roman *Wormwood, and Roſemary Flowers, each an Ounce; of Compound Powder of Wake-Robin, and Flowers of Sulphur, each two Drachms; of Powder of* Virginian *Snake Root, and Enula Campana, each a Drachm; of Trochiſhs of Myrrh, two Drachms; of Contrayerva Stone, two Drachms; of Compound Spirit of Lavender, two Drachms; make it in an Electuary, with the Compound Syrup of Piony.*
- *Take of the Compound Syrup of White Hore-Hound, Ground Ivy, and Garlick, each an Ounce; Oxymel of Squills, an Ounce and Half; Hyſterick Water, an Ounce; take a Spoonful often.*

Garlick taken by it ſelf in the Clove, or infuſed in generous White Wine, or boiled in Broth, as well as in the Syrup, though this is a more elegant and eaſy Way, is of great Service in battered, Gouty, and Aſthmatick Caſes, and old Coughs, in Patients advanced in Years; ſo is Aſſa Fætida, Galbanum, and Gum Ammoniack, and all Gums, or thickened Juices of the Garlick Kind; and therefore theſe formed into

Pills,

Pills, or diſſolved in proper Waters, and Tinctures drawn from them, afford great Relief to the Patients I am treating of, as they are eminently uſeful in Hyſterick Diſorders, vulgarly called Vapours, when they are taken alone, or incorporated in a Maſs with other Medicines. For Inſtance,

Take of Myrrh, Aſſa Fætida, Gum Ammoniack, each a Drachm; of Flowers of Benjamin, Half a Drachm; of Millepedes, two Scruples; Saffron, Half a Drachm; Volatile Salt of Hart's Horn, two Scruples; make them into Pills, with a ſufficient Quantity of Gum Ammoniack diſſolved, or the Mucilage of Gum Tragacanth.

The Application of Bliſters between the Shoulders, or to the Arms is adviſeable, for the Reaſon already given, that is, that they animate the Spirits, and rouſe them up to do their Duty; and ſince Cantharides taken inwardly either in Powder or Tincture, ſtimulate, excite, and expand the Spirits to ſo great a Degree, that they may ruſh into the hollow Fibres, with that Vigour and Velocity as may diſlodge and drive before them the obſtructive Matter that ſtands in their Way, and interrupts and

retards

retards their ordinary Flights, a ſmall Bliſter always kept open and renewed by the Application of a freſh Plaiſter, will be of a conſtant, as the other is of a tranſitory Uſe.

Of Iſſues in an Aſthma.

NO Remedy has been more univerſally recommended in this Diſeaſe, than two Iſſues in the Shoulders, capacious enough to hold three or four Peaſe, to procure a large Diſcharge of the Humours; I will therefore examine their Manner of Operation, and ſhew in what Species of Aſthmas they are beneficial, and in what uſeleſs, if not hurtful.

The general Uſe of Iſſues that now prevails, has its Riſe from the Modern Phyſicians, who have taken their Notions on Truſt, as delivered down by an uninterrupted Succeſſion from the Ancient Fathers of the healing Art; and ſo preſcribe Medicines by Rote, and practiſe Phyſick by Tradition; and though many celebrated Receipts when they come to Trial prove idle and inſignificant, yet ſtill, becauſe cried up by former Phyſicians of great Reputation, they will not be left off by the preſent; and I look upon the Impoſition of this Bur-

den

den upon the Shoulders, to ariſe from the Example and Arbitrary Authority of the firſt Directors, and the ſervile Imitation of their Succeſſors.

As the Generality of Men embrace Syſtems of Philoſophy, and Notions in Divinity, which the Leaders of the ſeveral Colleges and Sects have ſettled and recommended, without being able or willing to ſearch into the Reaſon, and examine the Evidence produced for the Support of either, and thus know nothing by its intrinſick Light, and have no Notions of their own; but as Tenants of Science hold all their Maxims in Dependance on their Maſters; ſo moſt, for want of Diligence, or Acuteneſs and Sagacity, to ſearch into the Reaſon and Nature of Things, have with an oſcitant and ſupine Temper, only copied the Receipts they have read in Authors of their Profeſſion, but continue all their Lives to preſcribe Medicines by Example and Authority, and are directed by the Knowledge of other Men, and not their own.

And therefore in a tame and blind Obedience to others, they direct many Remedies without examining their Force, or ſearching into the Nature of their Operations, or ſatisfying their Reaſon about the Uſefulneſs of them, which is a

lazy

lazy and ignorant Method of Proceeding, becoming a Mountebank more than a grave and learned Phyſician.

And among many others, I imagine the general Uſe of Iſſues, without Diſtinction of Diſeaſes, or the Circumſtances of the Caſe, has been introduced.

Iſſues in the Shoulders, or Arms and Legs, may prove beneficial in the firſt Sort of Aſthmas, which I have named, that is, where the Cheſt and Lungs are over-charged with an Inundation of ſerous Humours, and a copious Collection of Flegm, in which Caſe likewiſe, all other Kinds of Evacuation are profitable, for while the Fontanels conſtantly intercept ſuperfluous Humours, and prevent them from ruſhing into the Canals of the Lungs, or the Muſcles of the Cheſt employed in Breathing, and continually ſeparate ſome Impurities from the Blood, they evidently contribute to the eaſing of difficult Reſpiration.

And Iſſues are not only uſeful in Aſthmas ariſing from great Defluxions and Catarrhs, but they are ſometimes profitable when the Diſtemper proceeds, as before deſcribed, from Scorbutick, Rheumatick, or Gouty Matter, depoſited and ſettled in the Motive Fibres of the Muſcles.

But then the Caſe is quite otherwiſe in that Kind of Aſthma, which ſprings from the

the Debility of the Spirits, and Relaxation of the Muſcles deſtined to the Office of Reſpiration, which Weakneſs is either occaſioned by previous Hyſterick and Hippochondriacal Paſſions, or violent Labour, or old Age, or defect of Nouriſhment; and therefore Iſſues here are not only impertinent, as by no means demanded to relieve any Exigence of Nature, but likewiſe very hurtful, as they drain the Body of its Spirits and Humours, which were too dry, weak and unſucculent before, and therefore uncapable of bearing, without great Damage, ſuch a conſtant and expenſive Diſcharge.

F I N I S.

BOOKS *Printed for* J. Pemberton, *at the* Golden Buck, *againſt St.* Dunſtan's *Church in* Fleetſtreet.

CReation. A Philoſophical Poem, demonſtrating the Exiſtence and Providence of a God. In Seven Books. The *Fourth Edition.*

Eſſays upon ſeveral Subjects. In Two Vols. Theſe by Sir *Richard Blackmore*, Knt. M. D. and Fellow of the College of Phyſicians in *London.*

The Art of Midwifery improv'd: Fully and plainly laying down whatever Inſtructions are requiſite to make a Complete Midwife. And the many Errors in all the Books hitherto written upon this Subject clearly refuted. Illuſtrated with 38 Cuts curiouſly Engraven on Copper Plates, repreſenting in their due Proportion, the ſeveral Poſitions of a *Fœtus.* Alſo a new Method, demonſtrating, *How Infants ill ſituated in the Womb, whether obliquely, or in a ſtrait Poſture*, may, by the *Hand only*, without the Uſe of any *Inſtrument*, be turned into their right Poſition, without hazarding the Life either of *Mother* or *Child.* Written in *Latin* by *Henry à Daventer.* Made *Engliſh.* To which is added, a Preface, giving ſome Account of this Work, by an eminent Phyſician. The *Second Edition*; Price *Six Shillings.*