

CHAPTER XXXIV.

HEADACHE.

ACHES and pains proceed from very different causes, and may affect any part of the body; but we shall point out those only which occur most frequently and are attended with the greatest danger.

When the headache is slight, and affects a particular part of the head only, it is called *cephalgia*; when the whole head is affected, *cephalæa*; and when one side only, *hemicrania*. A fixed pain in the forehead, which may be covered with the end of the thumb, is called the *clavis hystericus*.

There are also other distinctions. Sometimes the pain is internal, sometimes external; sometimes it is an original disease, and at other times only symptomatic. When the headache proceeds from a hot bilious habit, the pain is very acute and throbbing, with a considerable heat of the part affected; when from a cold phlegmatic habit, the patient complains of a dull heavy pain, and has a sense of coldness in the part. This kind of headache is sometimes attended with a degree of stupidity or folly.

Whatever obstructs the free circulation of the blood through the vessels of the head may occasion a headache. In persons of a full habit, who abound with blood or other humors, the headache often proceeds from the suppression of customary evacuations, as bleeding at the nose, sweating of the feet, &c. It may likewise proceed from any cause that determines a greater flux of blood towards the head, as coldness of the extremities, hanging of the head, &c. Whatever prevents the return of the blood from the head will likewise occasion the headache, as looking long obliquely at any object, wearing any thing tight about the neck, &c.

When a headache proceeds from the stoppage of a running at the nose, there is a heavy, obtuse, pressing pain in the fore part of the head, in which there seems to be such a weight that the patient can scarce hold it up. When it is occasioned by the caustic matter of the venereal disease, it generally affects the skull, and often produces a *caries* of the bones.

Sometimes the headache proceeds from the repulsion or retrocession of the gout, the erysipelas, the small-pox, measles, itch, or other eruptive diseases. What is called a *hemi-*

crania generally proceeds from crudities or indigestion. Inanition or emptiness will also occasion headaches. I have often seen instances of this in nurses who gave suck too long, or who did not take a sufficient quantity of solid food.

There is likewise a most violent, fixed, constant, and almost intolerable headache, which occasions great debility both of body and mind, prevents sleep, destroys the appetite, causes a vertigo, dimness of sight, a noise in the ears, convulsions, epileptic fits, and sometimes vomiting, costiveness, coldness of the extremities, &c.

The headache is often symptomatic in continual and intermitting fevers, especially quartans. It is likewise a very common symptom in hysteric and hypochondriac complaints.

When a headache attends an acute fever, with pale urine, it is an unfavorable symptom. In excessive headaches, coldness of the extremities is a bad sign. When the disease continues long and is very violent, it often terminates in blindness, an apoplexy, deafness, a vertigo, the palsy, epilepsy, &c.

In this disease the cool regimen in general is to be observed. The diet ought to consist of such emollient substances as will correct the acrimony of the humors and keep the belly open, as apples boiled in milk, spinage, turnips, and such like. The drink ought to be diluting, as barley water, infusions of mild mucilaginous vegetables, decoctions of the sudorific woods, &c. The feet and legs ought to be kept warm, and frequently bathed in lukewarm water; the head should be shaved and bathed with water and vinegar. The patient ought, as much as possible, to keep in an erect posture, and not to lie with his head too low.

When the headache is owing to excess of blood, or a hot bilious constitution, bleeding is necessary. The patient may be bled in the jugular vein, and the operation repeated if there be occasion. Cupping also, or the application of leeches to the temples and behind the ears, will be of service. Afterwards a blistering plaster may be applied to the neck, behind the ears, or to any part of the head that is most affected. In some cases it will be proper to blister the whole head. In persons of a gross habit, issues or perpetual blisters will be of service. The belly ought likewise to be kept open by gentle lenitives.

But when the headache proceeds from a copious vitiated serum stagnating in the membranes, either within or without the skull, with a dull, heavy, continual pain, which will nei-

ther yield to bleeding nor gentle laxatives, then more powerful purgatives are necessary, as pills made of aloes, resin of jalap, or the like. It will also be necessary in this case to blister the whole head, and to keep the back part of the neck open for a considerable time by a perpetual blister.

When the headache is occasioned by a stoppage of a running at the nose, the patient should frequently smell to a bottle of volatile salts; he may likewise take snuff, or any thing that will irritate the nose, so as to promote a discharge from it, as the herb mastich, ground ivy, &c.

A *hemisrania*, especially a periodical one, is generally owing to a foulness of the stomach, for which gentle vomits must be administered, as also purges of rhubarb. After the bowels have been sufficiently cleared, chalybeate waters, and such bitters as strengthen the stomach, will be necessary.

When the headache arises from a vitiated state of the humors, as in the scurvy and venereal disease, the patient, after proper evacuations, must drink freely of the decoction of woods, or the decoction of sarsaparilla with raisins and liquorice.* These promote perspiration, sweeten the humors, and, if duly persisted in, will produce very happy effects. When a collection of matter is felt under the skin, it must be discharged by an incision, otherwise it will render the bone carious.

When the headache is so intolerable as to endanger the patient's life, or is attended with continual watching, delirium, &c., recourse must be had to opiates. These, after proper evacuation by clysters or mild purgatives, may be applied both externally and internally. The affected part may be rubbed with Bate's anodyne balsam, or a cloth dipped in it may be applied to the part. The patient may, at the same time, take twenty drops of laudanum, in a cup of valerian or pennyroyal tea, twice or thrice a day. This is only to be done in case of extreme pain. Proper evacuations ought always to accompany and follow the use of opiates.

When the patient cannot bear the loss of blood, his feet ought frequently to be bathed in lukewarm water and well rubbed with a coarse cloth. Cataplasms with mustard or horseradish ought likewise to be applied to them. This

* This is made by boiling three ounces of fresh sarsaparilla, an ounce of raisins, and half an ounce of liquorice, in three English quarts of water to one. The liquor must be strained, and an English pint of it drank daily.

course is peculiarly necessary when the pain proceeds from a gouty humor affecting the head.

When the headache is occasioned by great heat, hard labor, or violent exercise of any kind, it may be allayed by cooling medicines, as the saline draughts with nitre, and the like.

TOOTHACHE.

This disease is so well known that it needs no description. It has great affinity with the rheumatism, and often succeeds pains of the shoulders and other parts of the body.

It may proceed from obstructed perspiration, or any of the other causes of inflammation. I have often known the toothache occasioned by neglecting some part of the usual coverings of the head, by sitting with the head bare near an open window, or exposing it any how to a draught of cold air. Food or drink taken either too hot or too cold is very hurtful to the teeth. Great quantities of sugar, or other sweetmeats, are likewise hurtful. Nothing is more destructive to the teeth than cracking nuts or chewing any kind of hard substances. Picking the teeth with pins, needles, or with any thing that may hurt the enamel with which they are covered, does great mischief, as the tooth is sure to be spoilt whenever the air gets into it. Pregnant women are very subject to the toothache, especially during the first three or four months of pregnancy. The toothache often proceeds from scorbutic humors affecting the gums. In this case the teeth are sometimes wasted, and fall out without any considerable degree of pain. The more immediate cause of the toothache is a rotten or carious tooth.

In order to relieve the toothache, we must first endeavor to draw off the humors from the part affected. This may be done by mild purgatives, bleeding, and bathing the feet frequently in warm water. The perspiration ought likewise to be promoted, by drinking freely of weak wine whey, or other diluting liquors, with small doses of nitre. Vomits too have often an exceeding good effect in the toothache. It is seldom safe to administer opiates, or any kind of heating medicines, or even to draw a tooth, till proper evacuations have been premised, and these alone will often effect the cure.

Next to evacuations we would recommend fomenting the part with warm water or decoctions of emollient vegetables.

Bags filled with boiled camomile flowers, flowers of elder, or the like, may be applied to the part affected, with as great a degree of warmth as the patient can bear, and renewed as they grow cool. The patient may likewise receive the steams of warm water into his mouth, through an inverted funnel, or by holding his head over the mouth of a porringer filled with warm water, &c.

Gargles are likewise of use to make a discharge from the part. Rob of elder dissolved in small beer makes a very proper gargle, or an infusion of sage or mulberry leaves.

Such things as promote the discharge of saliva, or cause the patient to spit, are always proper. For this purpose bitter, hot, or pungent vegetables may be chewed, as gentian, calamus aromaticus, or pellitory of Spain. Allen recommends the root of yellow water flower-de-luce in this case. This root may either be rubbed upon the tooth or a little of it chewed. Brookes says he hardly ever knew it fail to ease the toothache.

Many other herbs, roots, and seeds, are recommended for curing the toothache, as the leaves or roots of milfoil or yarrow chewed, tobacco smoked or chewed, stavesacre, or the seeds of mustard chewed, &c. These bitter, hot, and pungent things, by occasioning a great flow of saliva, frequently give ease in the toothache.

Opiates often relieve the toothache. For this purpose a little cotton wet with laudanum may be held between the teeth; or a piece of sticking plaster, about the bigness of a sixpence, with a bit of opium in the middle of it, of a size not to prevent the sticking of the other, may be laid on the temporal artery, where the pulsation is most sensible. De la Motte affirms that there are few cases wherein this will not give relief. If there be a hollow tooth, a small pill made of equal parts of camphire and opium, put into the hollow, is often beneficial. When this cannot be had, the hollow tooth may be filled with gum mastich, wax, lead, or any substance that will stick in it and keep out the external air.

Few applications give more relief in the toothache than blistering plasters. These may be applied betwixt the shoulders, but they have the best effect when put behind the ears and made so large as to cover a part of the lower jaw.

After all, when a tooth is carious, it is often impossible to remove the pain without extracting it; and, as a spoilt tooth never becomes sound again, it is prudent to draw it soon, lest

it should affect the rest. Tooth-drawing, like bleeding, is very much practised by mechanics, as well as persons of the medical profession. The operation however is not without danger, and ought always to be performed with care. A person unacquainted with the structure of the parts will be in danger of breaking the jaw-bone, or of drawing a sound tooth instead of a rotten one.

When the toothache returns periodically and the pain chiefly affects the gums, it may be cured by the bark.

Some pretend to have found great benefit in the toothache from the application of an artificial magnet to the affected tooth. We shall not attempt to account for its mode of operation, but if found to answer, though only in particular cases, it certainly deserves a trial, as it is attended with no expense and cannot do any harm.

Persons who have returns of the toothache at certain seasons, as spring and autumn, might often prevent it by taking a dose of physic at these times.

Keeping the teeth clean has no doubt a tendency to prevent the toothache. The best method of doing this is to wash them daily with salt and water, or with cold water alone. All brushing and scraping of the teeth is dangerous, and unless it is performed with great care does mischief.

E A R A C H E .

This disorder chiefly affects the membrane which lines the inner cavity of the ear, called the *meatus auditorius*. It is often so violent as to occasion great restlessness and anxiety, and even delirium. Sometimes epileptic fits, and other convulsive disorders, have been brought on by extreme pain in the ear.

The earache may proceed from any of the causes which produce inflammation. It often proceeds from a sudden suppression of perspiration, or from the head being exposed to cold when covered with sweat. It may also be occasioned by worms or other insects getting into the ear or being bred there, or from any hard body sticking in the ear. Sometimes it proceeds from the translation of morbid matter to the ear. This often happens in the decline of malignant fevers, and occasions deafness, which is generally reckoned a favorable symptom.

When the earache proceeds from insects, or any hard body

sticking in the ear, every method must be taken to remove them as soon as possible. The membranes may be relaxed by dropping into the ear oil of sweet almonds or olive oil. Afterwards the patient should be made to sneeze, by taking snuff or some strong sternutatory. If this should not force out the body, it must be extracted by art. I have seen insects, which had got into the ear, come out of their own accord upon pouring in oil, which is a thing they cannot bear.

When the pain of the ear proceeds from inflammation, it must be treated like other topical inflammations, by a cooling regimen and opening medicines. Bleeding at the beginning, either in the arm or jugular vein, or cupping in the neck, will be proper. The ear may likewise be fomented with steams of warm water, or flannel bags filled with boiled mallows and camomile flowers may be applied to it warm, or bladders filled with warm milk and water. An exceedingly good method of fomenting the ear is to apply it close to the mouth of a jug filled with warm water or a strong decoction of camomile flowers.

The patient's feet should be frequently bathed in lukewarm water, and he ought to take small doses of nitre and rhubarb, viz. a scruple of the former and ten grains of the latter, three times a day. His drink may be whey, or decoctions of barley and liquorice with figs or raisins. The parts behind the ear ought frequently to be rubbed with camphorated oil or a little of the volatile liniment.

When the inflammation cannot be discussed, a poultice of bread and milk or roasted onions may be applied to the ear, and frequently renewed, till the abscess breaks or can be opened. Afterwards the humors may be diverted from the part by gentle laxatives, blisters, or issues; but the discharge must not be suddenly dried up by any external application.

PAIN OF THE STOMACH.

This may proceed from various causes, as indigestion, wind, the acrimony of the bile, sharp, acrid, or poisonous substances taken into the stomach, &c. It may likewise proceed from worms, the stoppage of customary evacuations, a translation of gouty matter to the stomach, or the like.

Women in the decline of life are very liable to this disease, especially such as are afflicted with hysteric complaints. It

is likewise very common to hypochondriac men of a sedentary and luxurious life. In such persons it often proves so extremely obstinate as to baffle all the powers of medicine.

When the pain of the stomach is most violent after eating, there is reason to suspect that it proceeds from some fault either in the digestion or the food. In this case the patient ought to change his diet till he finds what kind of food agrees best with his stomach, and should continue chiefly to use that. If a change of diet does not remove the complaint, the patient may take a gentle vomit, and afterwards a dose or two of rhubarb. He ought likewise to take an infusion of camomile flowers, or some other stomachic bitter, either in wine or water. I have often known exercise remove this complaint, especially sailing, or a long journey on horseback or in a machine.

When a pain of the stomach proceeds from flatulency, the patient is constantly belching up wind, and feels an uneasy distension of the stomach after meals. This is a most deplorable disease, and is seldom cured. In general, the patient ought to avoid all windy diet, and every thing that sours on the stomach, as greens, roots, &c. This rule however admits of some exceptions. There are many instances of persons very much troubled with wind, who received great benefit from eating parched pease, though that grain is generally supposed to be of a windy nature.* This complaint may likewise be greatly relieved by exercise, especially digging,† walking, or riding. I have found the elixir of vitriol answer very well in flatulencies. Fifteen or twenty drops of it may be taken in a glass of wine, or a cup of camomile tea, twice or thrice a day.

When a pain of the stomach is occasioned by the swallowing of acrid or poisonous substances, they must be discharged by vomit; this may be excited by butter, oils, or other soft things, which sheath and defend the stomach from the acrimony of its contents.

When pain of the stomach proceeds from a translation

* These are prepared by steeping or soaking pease in water, and afterwards drying them in a pot or kiln till they be quite hard. They may be used at pleasure.

† One of the most obstinate cases of this kind I ever met with was in a shoemaker. After trying numberless medicines to no purpose, I advised him to turn gardener, which he did, and has ever since enjoyed very good health.

of gouty matter, warm cordials are necessary, as generous wines, French brandy, &c. Some have drank a whole bottle of brandy or rum, in this case, in a few hours, without being in the least intoxicated, or even feeling the stomach warmed by it. It is impossible to ascertain the quantities necessary upon these occasions. This must be left to the feelings and discretion of the patient. The safer way however is not to go too far. When there is an inclination to vomit, it may be promoted by drinking an infusion of camomile flowers or *carduus benedictus*.

If a pain of the stomach proceeds from the stoppage of customary evacuations, bleeding will be necessary, especially in sanguine and very full habits. It will likewise be of use to keep the belly gently open by mild purgatives, as rhubarb or senna, &c. When this disease affects women in the decline of life, after the stoppage of the *menses*, making an issue in the leg or arm will be of peculiar service.

When the disease is occasioned by worms, they must be destroyed or expelled, by such means as are recommended in the following section.

CHAPTER XXXV.

OF WORMS.

THESE are chiefly of three kinds, viz. the *tania*, or tape-worm, the *teres*, or round and long worm, and the *ascarides*, or round and short worm. There are many other kinds of worms found in the human body; but as they proceed in a great measure from similar causes, have nearly the same symptoms, and require almost the same method of treatment, we shall not spend time in enumerating them.

The tape-worm is white, very long, and all over-jointed. It is generally bred either in the stomach or small intestines. The round and long worm is likewise bred in the small guts, and sometimes in the stomach. The round and short worms commonly lodge in the *rectum*, or what is called the end-gut, and occasion a disagreeable itching about the seat.