

tumefaction, the disease is at the height. A gentle moisture then begins to exude from the surface of the swelling, accompanied with a general perspiration of the whole body, which, if it be encouraged by keeping warm in bed, and drinking diluent fluids, appears to form the natural crisis of the disease, and the whole terminates favourably about the sixth day.

But if, from exposure to cold, or improper management, this natural process of the disease be interrupted, a singular translation of the morbid action takes place. The tumours about the throat suddenly subside, and are followed by swellings of the testicles in the male sex, and of the breasts in the female, accompanied with a fresh exacerbation of the fever. If the swellings of these parts be imprudently checked by exposure to cold, or if they suddenly subside, the brain is apt to become affected, occasioning convulsions, delirium, and other dreadful symptoms, which finally terminate in death.

In the treatment of this disease, evacuations of all kinds are not only improper, but dangerous. If the bowels are much constipated, they may occasionally be relieved by a clyster, but active purgatives, and blood-letting, must on no account be employed. The patient ought to keep warm in bed, and encourage perspiration, by drinking plentifully of diluting liquors, such as mint whey, or balm-tea, with a few drops of spirit of hartshorn. The effort of nature to resolve the tumours by exudation, should be promoted by covering the parts with soft flannel. If the swellings show a disposition to subside too early, they should be covered with blistering plasters, or rubbed with the volatile liniment.

Should the tumour, when seated in the testicles, suddenly subside, and any tendency to delirium manifest itself, the whole scrotum ought, without delay, to be enveloped in a blistering cataplasm, which is made by sprinkling a little of the powder of Spanish flies over the surface of the common poultice. By this means the disease may be arrested in the part occupied by it, and the dangerous consequences of its falling on the brain prevented.

It is not an uncommon sequel of this complaint to find sometimes one and sometimes both testicles, after the inflammation has ceased, gradually shrink in size, and finally wither wholly away. The mumps, which in the northern parts of the country, is termed the *branks*, is decidedly an infectious disease, but there is rarely an instance of a person being attacked by it a second time.

CHAP. XXI.

COLDS AND COUGHS. (*Catarrhal Affections.*)

It has already been observed, that colds are the effect of an obstructed perspiration; the common causes of which we have likewise endeavoured to point out, and shall not here repeat them. Neither shall we spend time in enumerating all the various symp-

taken at bed-time, or when the cough is most troublesome.* Im-mersing the feet and hands in warm water will often appease the violence of a nervous cough.

When a cough is only a symptom of some other malady, it is in vain to attempt to remove it without first curing the disease from which it proceeds. Thus, when a cough is occasioned by *teething*, keeping the body open, scarifying the gums, or whatever facilitates the cutting of the teeth, likewise appeases the cough. In like manner, when *worms* occasion a cough, such medicines as remove these vermin will generally cure the cough; as bitter purgatives, oily clysters, and such like.

Women, during the last month of pregnancy are often greatly afflicted with a cough, which is generally relieved by bleeding, and keeping the body gently open. They ought to avoid all flatulent food, and to wear a loose easy dress.

A cough is not only a symptom, but is often likewise the fore-runner of diseases. Thus, the gout is frequently ushered in by a very troublesome cough, which affects the patient for some days before the coming on of the fit. This cough is generally removed by a paroxysm of the gout, which should therefore be promoted, by keeping the extremities warm, drinking warm liquors, and bathing the feet and legs frequently in lukewarm water.

HOOPING-COUGH, OR CHIN-COUGH. (*Pertussis.*)

This cough seldom affects adults, but proves often fatal to children. Such children as live upon thin watery diet, who breathe unwholesome air, and have too little exercise, are most liable to this disease, and generally suffer most from it.

The chin-cough is so well known, even to nurses, that description of it is unnecessary. Whatever hurts the digestion, obstructs the perspiration, or relaxes the solids, disposes to this disease; consequently its cure must depend upon cleansing and strengthening the stomach, bracing the solids, and at the same time promoting perspiration, and the different secretions.

The diet must be light, and of easy digestion; for children, good bread made into pap or pudding, chicken-broth, with other light spoon-meats, are proper; but those who are farther advanced may be allowed sago-gruel, and if the fever be not high, a little boiled chicken, or other white meats. The drink may be hyssop, or penny-royal tea, sweetened with honey or sugar-candy, small wine-whey, or, if the patient be weak, he may sometimes be allowed a little negus.

One of the most effectual remedies in the chin-cough is change of air. This often removes the malady, even when the change seems to be from a purer to a less wholesome air. This may in some measure depend on the patient's being removed from the place where the infection prevails. Most of the diseases of children are infectious; nor is it at all uncommon to find the chin-cough prevailing in one town or village, when another at a very small distance is quite free from it. But whatever be the cause,

*Take Oxymel of Squills,
Paregoric Elixir,

$\frac{1}{2}$ oz.
2 drs.

Of which a table-spoonful may be taken
three or four times a-day.

we are sure of the fact. No time ought therefore to be lost in removing the patient at some distance from the place where he caught the disease, and, if possible, into a more pure and warm air.*

When the disease proves violent, and the patient is in danger of being suffocated by the cough, he ought to be bled, especially if there be a fever with a hard full pulse. But as the chief intention of bleeding is to prevent an inflammation of the lungs, and to render it more safe to give vomits, it will seldom be necessary to repeat the operation; yet if there are symptoms of an inflammation of the lungs, a second or even a third bleeding may be requisite.

It is generally reckoned a favourable symptom when a fit of coughing makes the patient vomit. This cleanses the stomach, and greatly relieves the cough. It will therefore be proper to promote this discharge, either by small doses of ipecacuanha, or the emetic mixture here subjoined in doses of a table-spoonful every fifteen minutes till it operates.†

Emetics not only cleanse the stomach, which in this disease is generally loaded with viscid phlegm, but they likewise promote the perspiration and other secretions, and ought therefore to be repeated according to the obstinacy of the disease. They should not however be strong; gentle vomits frequently repeated are both less dangerous and more beneficial than strong ones.

The body ought to be kept gently open. The best medicines for this purpose are rhubarb and its preparations, as the syrup, tincture, or submuriate of mercury and rhubarb, &c. Of these former a tea-spoonful or two may be given to an infant, twice or thrice a-day, as there is occasion. To such as are further advanced, the dose must be proportionally increased, and repeated till it has the desired effect. Those who cannot be brought to take the bitter tincture, may have an infusion of senna and prunes, sweetened with manna, coarse sugar, or honey; or a few grains of rhubarb mixed with a tea-spoonful or two of syrup, or currant jelly, so as to disguise the taste. Most children are fond of syrups and jellies, and seldom refuse even a disagreeable medicine when mixed with them.

Many people believe that oily, pectoral, and balsamic medicines possess wonderful virtues for the cure of the whooping-cough, and accordingly exhibit them plentifully to patients of every age and constitution, without considering that every thing of this nature must load the stomach, hurt the digestion, and of course aggravate the disorder.‡

* Some think the air ought not to be changed till the disease is on the decline; but there seems to be no sufficient reason for this opinion, as patients have been known to reap benefit from a change of air at all periods of the disease. It is not sufficient to take the patient out daily in a carriage. This seldom answers any good purpose; but often does hurt, by giving him cold.

† Take Tartarized Antimony,	3 grs.	Make an emetic mixture; to be taken as
Water,	6 oz.	above.
Simple Syrup,	2 drs.	

‡ Dr. Duplanil says, he has seen many good effects from the kermes mineral in this complaint, the cough being frequently alleviated even by the first dose. The dose for a child of one year old is a quarter of a grain dissolved in a cup of any liquid, repeated

Opiates are sometimes necessary to allay the violence of the cough. For this purpose, a little of the syrup of poppies, or five, six, or seven drops of laudanum, according to the age of the patient, may be taken in a cup of hyssop or penny-royal tea, and repeated occasionally, or a hemlock has been recommended; they may be combined in the following form.*

After the accumulated phlegm has been brought away by emetics, Dr. Pearson recommends a medicine composed of opium, ipecacuanha, and the carbonate of soda;† in the subjoined proportions to a child between two and three years old, to be repeated every fourth hour, for several days, taking care to remove costiveness whenever it may occur, by submuriate of mercury and rhubarb (one grain of the former to four of the latter.)

The superacetate of lead is said to relieve speedily the exacerbated symptoms of the disease, without producing any bad effects on the stomach and bowels.‡

Stimulating or anodyne embrocations frequently afford relief; and may be rubbed along the spine, breast bone, or lower region of the stomach,§ and opium rubbed over the stomach and chest.

Young children should be laid with their heads and shoulders raised, and should be cautiously watched, that, when the cough comes on, they may be held up, so as to stand upon their feet, bending a little forward to guard against suffocation.

The feet should be frequently bathed in lukewarm water; and a Burgundy-pitch plaster kept constantly between the shoulders. But when the disease proves very violent, it will be necessary, instead of it, to apply a blistering-plaster, and to keep the part open for some time with issue-ointment.

When the disease is protracted, and the patient is free from a fever, the Peruvian bark, and other bitters and antispasmodics, are the most proper medicines. The bark may either be taken in substance, or in a decoction or infusion, as is most agreeable. For a child, ten, fifteen, or twenty grains, according to the age of the patient, may be given three or four times a-day. For an adult half a drachm or two scruples will be proper. Some give the extract of the bark with cantharides; but to manage this requires a considerable attention. It is more safe to give a few grains of castor along with the bark. A child of six or seven years of age may take seven or eight grains of castor, with fifteen grains of powdered bark, for a dose. This may be made into a mixture, with two or three ounces of any simple distilled water, and a little syrup, and taken three or four times a-day.

two or three times a-day. For a child of two years, the dose is half a grain; and the quantity must be thus increased in proportion to the age of the patient.

* Take Extract of Hemlock,	1 to 2 grs.	‡ Take Superacetate of lead,	2 to 5 grs.
Decoction of Bark,	1 oz.	Rose Water,	2 ounces.
Tincture of Opium,	3 drs.	Syrup of Violets,	2 drachms
Make a draught; to be taken three times a-day.		Make a mixture; of which let a tea-spoonful be taken every four or five hours.	
† Take Ipecacuanha Wine,	5 drs.	§ Take Tartarized Antimony,	1 scruple.
Carbonate of Soda,	2 grs.	Water,	2 ounces.
Tincture of Opium,	1 gr.	Tincture of Spanish Flies,	½ ounce
Simple Syrup,	1 drm.		
Make a draught; to be taken as above.		Make an embrocation.	