

worms a glass of red wine after meals ; as every thing that braces and strengthens the stomach is good both for preventing and expelling these vermin.*

In order to prevent any mistake of what I have here said in favour of *solid* food, it may be proper to observe, that I only made use of that word in opposition to *slops* of every kind ; not to advise parents to cram their children with meat, two or three times a-day. This should only be allowed at dinner, and in moderate quantities, or it would create, instead of preventing worms ; for there is no substance in nature which generates so many worms as the *flesh* of animals, when in a state of putrefaction. Meat, therefore, at the principal meal, should always be accompanied with plenty of good bread, and young, tender, and well-boiled vegetables, especially in the spring, when these are poured forth from the bosom of the earth in *such profusion*. They promote the end in view, by keeping the body moderately open, without the aid of artificial physic. The ripe fruits of autumn produce the same effect ; and, from their cooling, antiputrescent qualities, are as wholesome as the unripe are pernicious.

I also very earnestly conjure parents not to take the alarm at every imaginary symptom of worms, and directly run for drugs to the quack, or apothecary. They should first try the good effects of proper diet and regimen, and never have recourse to medicines till after unequivocal proofs of the nature of the complaint. The danger of advertised nostrums is sufficiently pointed out and exemplified in the preceding note.

CHAP. XXVIII.

JAUNDICE. (*Icterus*.)

THIS disease is first observable in the white of the eye, which appears yellow. Afterwards the whole skin puts on a yellow appearance. The urine too is of a saffron hue, and dyes a white cloth, if put into it, of the same colour. There is likewise a species of this disease called the Black Jaundice.

CAUSES.—The immediate cause of the jaundice is an obstruction of the bile, from biliary calculi in the gall-bladder and its ducts ; inspissated bile ; spasmodic constriction of the ducts themselves ; pressing from adjacent tumours ; scirrhus of the liver, &c. The remote or occasional causes are, the bites of poisonous animals, as the viper, mad dog, &c. ; the bilious or hysteric colic ; violent passions, as grief, anger, &c. Strong purges or vomits will likewise occasion the jaundice. Sometimes it proceeds from obstin-

* We think it necessary here to warn people of their danger who buy cakes, powders, and other worm medicines, at random, from quacks, and give them to their children without proper care. The principal ingredients in most of these medicines is mercury, which is never to be trifled with. I lately saw a shocking instance of the danger of this conduct. A girl who had taken a dose of worm-powder, bought of a travelling quack, went out, and perhaps was so imprudent as to drink cold water during its operation : she immediately swelled, and died on the following day, with all the symptoms of having been poisoned.

ate agues, or from that disease being prematurely stopped by astringent medicines. In infants it is often occasioned by the *meconium* not being sufficiently purged off. Pregnant women are very subject to it. It is likewise a symptom in several kinds of fever. Catching cold, or the stopping of customary evacuations, as the *menses*, the bleeding piles, issues, &c. will occasion the jaundice.

SYMPTOMS.—the patient at first complains of excessive weariness, languor, and inactivity, and has great aversion to every kind of motion. His skin is dry, and he generally feels a kind of itching or pricking pain over the whole body. The stools are of a whitish or clay colour, and the urine, as was observed above, is yellow. The breathing is difficult, and the patient complains of an unusual load or oppression of the breast. There is a heat in the nostrils, a bitter taste in the mouth, loathing of food, sickness of the stomach, vomiting, flatulency, and other symptoms of indigestion.

If the patient be young, and the disease complicated with no other malady, it is seldom dangerous; but in old people, where it continues long, returns frequently, or is complicated with the dropsy or hypochondriac symptoms, it generally proves fatal. The black jaundice is more dangerous than the yellow.

REGIMEN.—The diet should be cool, light, and diluting, consisting chiefly of ripe fruits and mild vegetables; as apples boiled or roasted, stewed prunes, preserved plums, boiled spinnage, &c. Veal or chicken-broth, with light bread, are likewise very proper. Many have been cured by living almost wholly for some days on raw eggs. The drink should be buttermilk, whey sweetened with honey, or decoctions of cool opening vegetables; as marsh-mallow roots, with liquorice, &c.

The patient should take as much exercise as he can bear, either on horseback or in a carriage; walking, running, and even jumping, are likewise proper, provided he can bear them without pain, and there be no symptoms of inflammation. Patients have been often cured of this disease by a long journey, after medicines have proved ineffectual.

Amusements are likewise of great use in the jaundice. The disease is often occasioned by a sedentary life, joined to a dull melancholy disposition. Whatever therefore tends to promote the circulation, and to cheer the spirits, must have good effect, as dancing, laughing, singing, &c.

MEDICINE.—The cure of jaundice, unpromising as at times it may appear, is nevertheless to be attempted, first, by restoring the interrupted passage of the bile through the duct; secondly, by carrying it off by the intestines; and, thirdly, by relieving the particular symptoms. Whether the passage of the bile be obstructed by biliary concretions, or by spasmodic constriction of the ductus communis choledochus, the same plan nearly must be adopted.

If the patient be young, of a full sanguine habit, and complains of pain in the right side, about the region of the liver, bleeding will

be necessary. After this an emetic must be administered; and, if the disease proves obstinate, it may be repeated once or twice. No medicines are more beneficial in the jaundice than emetics, especially where it is not attended with inflammation. Half a drachm of ipecacuanha in powder will be a sufficient dose for an adult. It may be wrought off with weak camomile-tea, or lukewarm water. The body must likewise be kept open by taking a sufficient quantity of Castile soap, or the annexed pills.*

Fomenting the parts about the region of the stomach and liver, and rubbing them with a warm hand or flesh-brush, are likewise beneficial; but it is still more so for the patient to sit in a bath of warm water up to the breast. He ought to do this frequently, and should continue in it as long as his strength will permit.

Emetics, purges, fomentations, and exercise, will seldom fail to cure the jaundice when it is a simple disease; and when complicated with the dropsy, a scirrhus liver, or other chronic complaints, it is hardly to be cured by any means.

Should jaundice have arisen as a consequence of an inflammatory affection of the liver, the usual means adopted in such cases of bringing it to a resolution must be early put in practice, viz. venesection, topical bleedings, cooling saline purgatives, and the application of a blister over the part, which ought to be renewed in succession if the disease does not abate: but where these have either failed or been neglected, and it has proceeded on to a chronic state of enlargement, or schirrosity, thereby pressing on the biliary ducts, mercury, from time to time, must be used both internally and externally, as advised in chronic inflammation of the liver.

In cases of this nature, and in those of jaundice arising from biliary concretions, neutral salts† have been much employed, together with alkalis and other deobstruents. In jaundice, soap has indeed been looked upon as a kind of specific, and is therefore much employed, and in considerable quantities. Hemlock has often been used, and, in combination with mercury and cinchona, it might be rendered more efficacious.‡

Costiveness is to be removed by means of some gentle laxative, as here advised.§

I have likewise known Harrowgate sulphur-water cure jaundice of very long standing. It should be used for some weeks, and the patient must both drink and bathe.

* Take Powdered Rhubarb, 1 scruple.
Hard Soap, $\frac{1}{2}$ drachm.
Submuriate of Mercury, 12 grains.
Syrup, a sufficient quantity.—Divide the mass into 24 pills; two or three of which are to be taken at bed time.

of each, 2 drachms.
Simple Syrup, enough to form the mass, to be divided in 60 pills, of which three to twelve are to be taken daily.

or
Take Mercurial Pill, $\frac{1}{2}$ drachm.
Extract of Hemlock, 2 drachms.
Make 50 pills, of which take three morning and night.

† Take Compound Infusion of Gentian, $\frac{1}{2}$ ounce.
Tincture of Bark, 2 drachms.
Tartrate of Potash, 15 grains.
Powder of Rhubarb, 5 grains.
Make a draught to be taken morning, noon, and evening.

§ Take Socotrine Aloes, $1\frac{1}{2}$ drachm.
Hard Soap, 1 drachm.
Subcarbonate of Potash, $\frac{1}{2}$ drachm.
Syrup of Buckthorn, enough to make the mass into 36 pills, of which three are to be taken at bed time.

‡ Take Extract of Bark,
— of Hemlock,

Persons subject to the jaundice ought to take as much exercise as possible, and to avoid all heating and astringent aliments.

The two last directions are of far greater importance than some people may imagine. In fact, taking exercise, and keeping the body open, are the only assured and rational means of removing a complaint which generally arises from an obstruction of the biliary ducts. I knew a celebrated physician who was subject to this disease, and who, whenever it attacked him, mounted his horse, set out on a journey, and never returned till he was well. For my own part, I should place more reliance on the efficacy of such method, than on the whole catalogue of near a hundred specifics mentioned by the late Doctor SHORR of Sheffield, though I have known instances where one of them, the decoction of hemp-seed, as already intimated, was found very beneficial.

CHAP. XXIX.

DROPSY. (*Hydrops.*)

THE dropsy is a preternatural swelling of the whole body, or some part of it, occasioned by a collection of watery humour. It is distinguished by different names, according to the part affected, as *anasarca*, or a collection of water under the cellular membrane; *ascites*, or a collection of water in the belly; *hydrops pectoris*, or dropsy of the breast; *hydrocephalus*, or dropsy of the brain, &c.

CAUSES.—The dropsy is often owing to an hereditary disposition. It may likewise proceed from drinking ardent spirits, or other strong liquors. It is true almost to a proverb, that great drinkers die of a dropsy. The want of exercise is also a very common cause of the dropsy. Hence it is justly reckoned among the diseases of the sedentary. It often proceeds from excessive evacuations, as frequent and copious bleedings, strong purges often repeated, frequent salivations, &c. The sudden stoppage of customary or necessary evacuations, as the *menses*, the hæmorrhoids, alvine fluxes, &c. may likewise cause a dropsy.

I have known the dropsy occasioned by drinking large quantities of cold, weak watery liquor, when the body was heated by violent exercise. A low, damp, or marshy situation is likewise a frequent cause of it. Hence it is a common disease in moist, flat, fenny countries. It may also be brought on by a long use of poor watery diet, or of viscous aliment that is hard of digestion. It is often the effect of other diseases, as the jaundice, a scirrhus of the liver, a violent ague of long continuance, scarlet fever, diarrhœa, dysentery, empyema, or a consumption of the lungs. In short, whatever obstructs the perspiration, or prevents the blood from being duly prepared, may occasion a dropsy.

SYMPTOMS.—*Anasarca* generally begins with a swelling of the feet and ancles towards night, which for some time disappears in the morning. In the evening the parts, if pressed with the finger,