THE
English Malady:
OR, A
TREATISE
OF
Nervous Diſeaſes of all Kinds;

AS

Spleen, Vapours, Lowneſs of Spirits, Hypochondriacal, and Hyſterical Diſtempers, *&c.*

In THREE PARTS.

PART I. Of the Nature and Cauſe of Nervous Diſtempers.
PART II. Of the Cure of Nervous Diſtempers.
PART III. Variety of Caſes that illuſtrate and confirm the Method of Cure.

With the AUTHOR's *own* CASE *at Large.*

——— Facilis deſcenſus Averni,
Sed revocare Gradum, ſuperaſque evadere ad Auras,
Hic Labor, *hoc* Opus *eſt. Pauci quos Æquus amavit*
Jupiter, *aut ardens evexit ad Æthera* Virtus.
Dis Geniti potuere ——— VIRG.

By *GEORGE CHEYNE*, M. D.
Fellow of the *College of Phyſicians* at *Edinburg*, and *F.R.S.*

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To the Right Honourable the

Lord *BATEMAN*, &c.

Knight of the moſt Honourable Order of the BATH.

My LORD,

I Beg Leave to preſent to your *Lordſhip* this Treatiſe, which, while in *Manuſcript*, you ſo kindly and warmly deſired to ſee in *Print*. The chief Deſign of theſe Sheets, is, to recommend to my Fellow Creatures that plain *Diet* which is moſt agreeable to the Purity and Simplicity of uncorrupted *Nature*, and unconquer'd *Reaſon*. Ill would it ſuit, *my Lord*, with ſuch a Deſign, to introduce it with a Dedication cook'd

up to the Height of a *French* or *Italian* Taſte. Addreſſes of this Kind are generally a Sort of *Ragous* and *Olios*, compounded of Ingredients as pernicious to the Mind, as ſuch unnatural Meats are to the Body. Servile Flattery, fulſome Compliments, and *bombaſt Panegyrick*, make up the *nauſeous* Compoſition. But I know that your *Lordſhip*'s Taſte is too delicate, and your Judgment too chaſte, to be able to bear ſuch *Cookery*. Your taking theſe Sheets into your Patronage, will, probably, be a Poſt not to be maintained without ſome Difficulty. *Prejudice*, *Intereſt*, and *Appetite* are powerful Antagoniſts, which nothing but good Senſe, ſolid Virtue, and true *Chriſtian* Courage are capable of oppoſing. Was not your *Lordſhip* eminently endued with thoſe invaluable Qualities, I ſhould not have been ſo fond of thruſting this, almoſt *Orphan-Work* out into the World, under your Safe-Conduct. But your Practice, *my Lord*, has long engaged you on the

Side

Side of Temperance, Sobriety, and Virtue; and I hope you will not think it a disagreeable Task, to avow and justify those Principles to the Publick, by which you have hitherto been guided so much to your Advantage in private. I dare assert, *my Lord*, that in defending this Cause, you will fight under the Banner of Truth: and be the Opposition of Prejudice, Error, or Malice, ever so mighty, I know that Patience and Perseverance will be sufficient to render the Conquest secure. The promoting, according to my best Abilities, the Ease, Health, and Welfare of Mankind in general, and of my fellow-suffering *Valetudinarians* in particular, has been the whole and sole View with which I have once more dared to appear in *Print*. Your Love of the Design, will, I hope, make you blind to the Imperfections and Weakness of the Execution. The Protection of such a Work, *my Lord*, is properly your's. Your *Humanity* and *Benevolence* are always engaging you in the Pursuit of the same Ends, tho'

by

by different Means. If you ſtill think, after a mature Reviſal of theſe Papers, that theſe my poor Endeavours may be uſeful to the *Publick*, I know you will be their generous Advocate, merely upon Principle, and even in Oppoſition to Party. The Continuance of your Approbation, will give me a moſt ſincere Pleaſure, as your Condeſcenſion, in permitting me to do myſelf this *Honour*, will always be eſteemed one of the many Obligations you have ſo kindly conferred on,

My LORD,

Your Lordſhip's

Moſt Obliged, Faithful,

Humble Servant,

Geo. Cheyne.

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THE

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In THREE PARTS.

PART I.

Of the Nature and Cauſe of NERVOUS DISTEMPERS.

——— *Nec te quæſiveris extra.*

PERSIUS.

By *GEORGE CHEYNE*, M. D.
Fellow of the *College of Phyſicians* at *Edinburg*, and *F.R.S.*

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PREFACE.

I. THE Title *I have choſen for this* Treatiſe, *is a* Reproach *univerſally thrown on this* Iſland *by Foreigners, and all our Neighbours on the* Continent, *by whom* Nervous *Diſtempers*, Spleen, Vapours, *and* Lowneſs of Spirits, *are, in Deriſion, call'd the* ENGLISH MALADY. *And I wiſh there were not ſo good Grounds for this Reflection. The* Moiſture *of our* Air, *the Variableneſs of our* Weather, (*from our Situation amidſt the* Ocean) *the* Rankneſs *and* Fertility *of our Soil, the* Richneſs *and* Heavineſs *of our Food,*

the Wealth *and* Abundance *of the Inhabitants* (*from their universal Trade*) *the* Inactivity *and* ſedentary *Occupations of the better Sort* (*among whom this* Evil *moſtly rages*) *and the Humour of living in great, populous, and conſequently unhealthy Towns, have brought forth a* Claſs *and* Set *of Diſtempers, with atrocious and frightful* Symptoms, *ſcarce known to our Anceſtors, and never riſing to ſuch fatal* Heights, *nor afflicting ſuch* Numbers *in any other known Nation. Theſe* nervous *Diſorders being computed to make almoſt* one third *of the Complaints of the People of* Condition *in* England.

II. THIS Work *has lain finiſh'd by me, as it now appears* (*at leaſt in the main*) *theſe ſeveral Years paſt, and was intended as a* Legacy *and* Dying-Speech, *only to my* Fellow-Sufferers *under theſe Complaints. And had certainly never appear'd* (*till its Author had diſappear'd*) *had it not been for the perhaps indiſcreet* Zeal *of*

ſome

some of my warmest Friends, who (upon the late Frequency and daily Encrease of wanton and uncommon Self-murderers, produc'd mostly by this Distemper, *and their* blasphemous *and* frantick Apologies *grafted on the Principles of the* Infidels, *and propagated by their* Disciples) *extorted it from me, to try what a little more just and solid* Philosophy, *join'd to a Method of* Cure, *and proper Medicines could do, to put a Stop to so universal a* Lunacy *and* Madness.

III. SOME *good natur'd and ingenious Retainers to the* Profession, *on my Publication of my* Book *of* Long Life and Health, *proclaim'd every where that I was turn'd mere* Enthusiast, *and resolv'd all Things into* Allegory *and* Analogy, *advis'd People to turn* Monks, *to run into Deserts, and to live on* Roots, Herbs *and* wild Fruits; *in fine, that I was at Bottom a mere* Leveller, *and for destroying* Order, Ranks *and* Property, *every one's but*

my own. But that Sneer had its Day, and vaniſh'd into Smoak. Others ſwore I had eaten my Book, *recanted my* Doctrine *and* Syſtem (*as they were pleaſed to term it*) *and was returned again to the* Devil, *the* World, *and the* Fleſh. *This Joke I have alſo ſtood. I have been ſlain again and again, both in* Verſe *and* Proſe; *but, I thank GOD, I am ſtill alive and well.*

IV. BUT *to cut off all Occaſions of Miſtake, and every Handle of Miſrepreſentation of my Meaning and Intention, as far as in me lies, I here ſolemnly declare it, as my* Judgment *and* Opinion (*if it be worth the knowing*) *founded on the Experience and Obſervation of many Years:* 1ſt, *That the* Diet *and* Manner of Living *of the middling Rank, who are but moderate and temperate in Foods of the common and natural Product of the Country,* to wit, *in* animal Foods *plainly dreſs'd, and Liquors purify'd by* Fermentation *only, without the* Tortures of the Fire,

or

or without being turned into Spirits, *is that intended by the Author of Nature for this* Climate *and* Country, *and consequently the most wholesome and fittest in general, for* prolonging Life, *and* preventing Diſtempers, *that the* Ends *of* Providence *and the* Conditions *of* Mortality *will admit. 2dly, That no* wiſe Man, *who is but moderate and temperate in this manner, ought* on any Account *to alter the Kind and Quality of his* Diet *while his* Health *and* Appetite *are good.* 3dly, *That no* wiſe Man, *even when he has fallen into, or is threatened with a* Diſtemper, *ought to change the* Quality *of his* Diet, *'till he has duly and ſufficiently try'd, what* proper Medicines *can do, by the Advice of the moſt experienced and knowing* Phyſicians. 4thly, *That the Changes that are adviſ'd to be made, ought to be duly and maturely conſider'd, and enter'd upon by* Degrees, *whether from a* higher *to a* lower, *or from a* lower *to a* higher Diet. 5thly, *That ſtrong, high* animal Foods, *and* generous, defecated, ſpirituous

Liquors, *as begetting warm, full, and enliven'd Juices, acting on the Circulation with Force, and the Secretions with Vigour, in young, robuſt, healthy Conſtitutions, are fitteſt and moſt effectual for Mechanical and animal Strength, Force, Action and Labour: And ſo abſolutely neceſſary for Handy-Crafts, great Fatigue, and military Proweſs. But theſe are not the Matter in Queſtion here, which is about preventing and cureing Diſtempers already brought on, brightening the Faculties, and fitting them for intellectual and ſedentary Purpoſes, and lengthening the natural Life.* 6thly, *That a* proper *and* ſpecifick Diet *for each* Diſtemper, *is as neceſſary to be known and preſcrib'd by an honeſt and faithful* Phyſician, *as proper and ſpecifick Medicines*; (*for in theſe two* only, *the very* Eſſence *of the Science conſiſts, not ſeparately but conjointly*); *and* 7thly, *That only in thoſe Diſtempers commonly reckon'd* incureable, *the Reproach of* Phyſick *and* Phyſicians, *and which are in their own Nature,*

Nature, either mortal *or insupportably painful, such as* tortureing, habitual Gouts, *confirm'd* Cancers, *obstinate Venereal Distempers, the* Stone *in the* Kidneys, *or in the* Bladder (*when Lithotomy cannot be administrated*); *a* Pulmonick Phthisis, *a* Nervous Atrophy, *the* Epilepsy, *and the other higher and inconquerable hysterick and hypochondriack Disorders, a settled* Hectick (*from Ulcers*) *an* Elephantiasis *and* Leprosy, *a humorous* Asthma, *a chronical* Diabetes, *an incurable* Scrophula *and a deep* Scurvy. *I say, in these only, and only in these when they are become manifest, have resisted all other common Methods, and the Patients are rather growing worse than better under them, is a* total *and* strict Milk, Seed *and* Vegetable Diet, *proper or to be attempted; and that in other more simple and slight Cases, and even in the first Stages of these mentioned Distempers, a common moderate and temperate animal Diet, and well-chosen Medicines, will be sufficient. Now if*

after all this, any one is disposʼd to be merry with me, I ought not, I shall not grudge them their Diversion.

V. *I think, truly, a thin, poor, cool, low Diet as improper and unnatural to a robust, active, strong, healthy Man, as a gross full, high Diet, is for a poor, thin, low, valetudinary Creature. For the whole Art of Physick, and the Wisdom of animal Life, consists in adjusting Diet and Medicines to the Habit and the Distempers. For the Diet that would make a Nightingale healthy and gay, would starve and kill a Kite, and on the contrary: But it is odds if a Free-drinking or Free-thinking Physician be not as improper to advise a poor, weak, low, dying Creature, as a Free-drinking, Free-thinking Casuist is to advise a scrupulous and tender Conscience. Men of all Professions* think, write, *and* advise Themselves, *and their own Characters, and impress their own* Signatures *on every thing they do, say, and*

and advise; which, I hope, may be an Apology *for Me, if in any thing I have over-shot the* Golden Mean, *which I am pretty certain I have not, to those, who reason and think, and prefer* Health, Chearfulness, *and long Life, to a short Life and a merry.*

VI. AFTER *all, I would not have it thought that I am of Opinion, that none ever fail'd or died, who enter'd on a* Milk, Seed, *and* Vegetable Diet *under these mentioned* Distempers. *The noble* Organs *may be spoil'd, or irretrievably obstructed, which the wisest Physician alive cannot absolutely foreknow; the Time remaining and necessary for a total Cure of such tedious Diseases, may not be sufficient in the common* Duration of Life. *All I affirm therefore, is, that such a Diet in the* mention'd Distempers, *with the usual proper Medicines, duly persisted in, will do the Whole that* Art *can possibly do, or Mortality will admit; and infinitely more than the same Medicines under a* full *and free*

Diet of Animal Foods *and* Spirituous Liquors; *and at the very leaſt, will make their Pains and Sufferings leſs both in* Life *and* Death.

VII. WHAT *I pretend to have done in ſome Degree in the following Treatiſe, is, That I hope I have explain'd the Nature and Cauſes of* Nervous Diſtempers (*which have hitherto been reckon'd* Witchcraft, Enchantment, Sorcery *and* Poſſeſſion, *and have been the conſtant Reſource of Ignorance*) *from Principles eaſy, natural and intelligible, deduc'd from the beſt and ſoundeſt* Natural Philoſophy; *and have by the plaineſt Reaſoning, drawn from theſe* Cauſes *and this* Philoſophy, *a* Method *of* Cure *and a* Courſe *of* Medicines, *ſpecifically obviating theſe Cauſes, confirm'd by long Experience and repeated Obſervations, and conformable to the Practice of the ableſt and beſt Writers on theſe Diſeaſes.*

VIII. THE

VIII. THE *most material Objection my* ableſt Friends *have made to this* Piece, *is, That much of it is a Repetition of what I have already ſaid in Print; and ſome of it but a* lame *and* imperfect Repreſentation *of what is much better ſaid by others. But as this* Objection *regards only myſelf and my Reputation as an* Author, *I will ſuffer it to have its whole Effect. There can be no greater Evidence of the* Truth *of* Principles, *than their being* ſimple *and* few, *and readily applicable to ſolve all the poſſible Appearances. Nature produces many and various Effects in different Circumſtances, from one and the ſame Cauſe.* Truth *is ſimple, and one in its Root and Source, but various and manifold in different Situations and Circumſtances. And I ſhall not think it* Tautology, *to preſs and inculcate the ſame* Methods of Cure, *even in different Diſtempers, from the ſame Cauſes, if it be done from different Views and Conſiderations.*

THERE

IX. THERE *are two Sorts of Readers I have not the most remote Hopes of convincing, or giving Satisfaction to*; viz. *the* Voluptuous *and* Unthinking. *Those who value Life, only for the Sake of good* Eating and Drinking, *and those whose thinking Faculties and* Organs *have never been truly* form'd, *or duly* cultivated; *neither of* these *will ever hear, or can receive any Conviction or Reasoning from such* Principles *as I lay down. But the* Laws of Nature, *and the immutable* Relations of Things, *are too stubborn to bend to such* Gentlemen; *and I should not chuse to study such a Sort of* Particulars, *to learn incorrupted Nature, its* Laws *and* Order, *no more than I should apply to a* monstrous Production *to learn the* Genius *of a* Tribe, *or a* Species *either of* Vegetables *or* Animals. *Possibly even they themselves may be convinced, at least in some measure, when their* proper Time *is come; and sooner or later it may come, unless the* Minute Philosophy *prevail, and*

and become the Standard. *For, probably, when they begin to feel violent* Pain, *long* Sickneſs, *habitual* Low Spirits, *or enter upon the* Limits of both Worlds, *they may be convinced. For, in the main, I believe the Cauſe of theſe Diſtempers here aſſign'd,* juſt *and* adequate, *and on the Succeſs of the* Method of Cure *laid down in general* (*in Caſes where any thing would ſucceed*) *I could venture my* Reputation, Fortune, *and* Life.

X. If *any of your* Authors *without* Names, *who wound in the Dark*; *your* Hackney-Scribblers, *who want only to give their* Lucubrations *Sale*; *your* profane *and* bold Wits, *who fight behind Jingle and Rhime*; *your* Philomaths, *who, without Experiment or Obſervation, want only to ſhew away*; *or your* Peſtle-and-Mortar Men, *who have more Time on their Hands than Buſineſs, think fit to try their* Parts *on this* Performance; *for their Encouragement, they*

they need only consider the Author *as gone to his long Home, or his Faculties (as they could wish) impair'd or extinct. But if any* Sober *and* Serious *Person, who has* Nature *in View, and is in Search of* Truth *only, ready to embrace it on that side of the Question soever it lies, has any* Difficulties *or* Doubts, *he may find some one or other who may give him all the Satisfaction he can desire; if it be true (as it most certainly is) that where the* Philosopher *ends, there the* Physician *begins. If I could chuse, I should name only those for my* Judges, *who to a competent Knowledge of the* Laws of Nature *and* Mechanism, *have join'd an Acquaintance with the best* Natural Philosophy, *the latest Discoveries in* Natural History, *and the* Powers *and* Virtues *of* Medicines, *and had been long conversant in the Practice of* Physick *and Attendance on the Sick and Diseased: And by their Judgment I should* stand *or* fall. *But since I have not the most remote Prospect to hope, or*

the

the leaſt Vanity to flatter myſelf, either to prevail on but a very few of the Suffering, Sick and Diſeaſed, or to chuſe my Readers *and* Judges; *I muſt be contented to ſtand my* Fate, *be it what it will.*

XI. FOR *how this Work will be received by the* Publick *in general, I think I have no further Concern, than as its bad or good Reception may affect the* Publick, *by diſappointing the* Good *it might do, or encouraging the* Evils *it might prevent. I flatter'd myſelf it might entertain, inſtruct and direct the* Ingenious Delicate Valetudinarian, *and give at leaſt the unprejudic'd younger* Phyſician *a different way of Thinking in theſe* Diſtempers *from the* Common, *which has been the* Reverſe *of my* Doctrine. *I am myſelf come to that* Time of Life *when* Hopes *and* Fears *ought to be contracted into a very narrow Compaſs. I have done my* beſt, *and purſu'd*

ſu'd in my own Caſe *the* ſame Rules *I have given to others, and have at preſent,* I thank GOD, *inward* Peace, Health, *and* Freedom of Spirits.

Invenî Portum, Spes & Fortuna Valete.

THE

THE *Engliſh* Malady.

INTRODUCTION.

THE Spirit of a Man can bear his Infirmities: but a wounded Spirit who can bear? ſaith a Prophet. As this is a great Truth in the *Intellectual World*, ſo it may allude to the *Human Machine*, to inſinuate, that a Perſon of ſound Health, of ſtrong Spirits, and firm Fibres, may be able to combat, ſtrugle with, and nobly to bear and even brave the Misfortunes, Pains, and Miſeries of this mortal Life; when the ſame Perſon, broken, and diſpirited by Weakneſs of *Nerves*, *Vapours*, *Melancholy*, or *Age*, ſhall become

dejected, oppreſs'd, peeviſh, and ſunk even below the Weakneſs of a Green-ſickneſs Maid, or a Child. Of this every one who has liv'd any time in the World may have ſeen Inſtances, from the *Hero* to the City Girl. This I have often obſerv'd, and reflected on within myſelf, with much Pity of the Folly and Miſery, the Pride and Preſumption of *Human Nature*, which would value or think to ſupport itſelf, upon its own natural Courage and Force. To expect *Fortitude*, *Patience*, *Tranquillity*, and *Reſignation*, from the moſt *Heroick* of the Children of Men, under ſuch Circumſtances, from their natural Force or Faculties alone, is equally abſurd as to expect to fly without Wings, or walk without Legs; the Strength of the *Nerves*, *Fibres*, or *Animal Spirits* (as they are call'd) being the neceſſary Inſtruments of the former, as theſe Members are of the latter. Different natural Complexions of the *Soul* and *Intellectual* Faculties, and different Improvements from Education, *Philoſophy*, or *Religion*, may make ſome ſmall Odds in the Behaviour of different Perſons under theſe Diſorders. But this depends much upon the Degrees of the Diſtemper, and the original Frame and Make of the Body, even more than can be readily imagin'd, as I have often had undeniable Evidences to conclude. And, of all the Miſeries that afflict Human Life, and relate principally to the Body, in this Valley of Tears, I think, *Nervous* Diſorders, in

in their extreme and laſt Degrees, are the moſt deplorable, and, beyond all Compariſon, the worſt. It was the Obſervation of a learned and judicious *Phyſician*, that he had ſeen Perſons labouring under the moſt exquiſite Pains of *Gout*, *Stone*, *Colick*, *Cancer*, and all the other Diſtempers that can tear the human Machine, yet had he obſerv'd them all willing to prolong their wretched Being, and ſcarce any ready to lay down chearfully the *Load* of *Clay*, (we will except thoſe who were ſupernaturally ſupported); but ſuch as labour'd under a conſtant, internal Anxiety, meaning thoſe moſt ſinking, ſuffocating, and ſtrangling *Nervous* Diſorders; it is truly the only Miſery almoſt, to be dreaded and avoided in Life, if, by any means, it can poſſibly. Tho' other Evils be Burdens, yet an erected Spirit may bear them; but when the Supports are fallen, and cover the Man with their Ruins, the Deſolation is perfect. I greatly ſuſpect, (and have actually ſeen it in ſome) that moſt of thoſe who make away with themſelves, are under the Influence of this diſtracting *Evil*, if it proceeds not ſometimes from high Paſſions ariſing in Conſtitutions naturally too ſenſible, and ſuch are the moſt readily expos'd to the Inſults of theſe Diſtempers. Having ſuffer'd once and again under all the Varieties of the Symptoms of this Diſorder, partly from my own Indiſcretion, and partly from a groſs Habit of Body, and an original State of weak Nerves,

and having tried in my own Perſon almoſt all the poſſible Means, Reliefs, or Medicines that *Phyſicians*, *Books of Phyſick*, or *Philoſophy* could ſuggeſt, beſides my own Obſervations on many others, who have come to *this Place* for Relief for theſe Thirty Years, and being once and again perfectly reſcu'd from them by the ſame Means, it will be a great Satisfaction to me, if I can at leaſt alleviate and mitigate the Sorrows and Miſeries of my *Fellow-Sufferers*, by the Experience I have ſo dearly bought.

THOSE who are deſirous to read the enſuing Treatiſe only for their Relief and Cure, may paſs over thoſe Parts (which may be learn'd by the *Index*) that are merely *Philoſophical*, and deſign'd only to gratify their Curioſity, they having no neceſſary Connection with what is *Directory* or *Practical*.

THESE need only ſuppoſe, that the Human Body is a Machine of an infinite Number and Variety of different Channels and Pipes, filled with various and different Liquors and Fluids, perpetually running, glideing, or creeping forward, or returning backward, in a conſtant *Circle*, and ſending out little Branches and Outlets, to moiſten, nouriſh, and repair the Expences of Living. That the Intelligent Principle, or *Soul*, reſides ſomewhere in the Brain, where all the Nerves, or Inſtruments of Senſation terminate, like a *Muſician* in a finely fram'd

fram'd and well-tun'd Organ-Caſe; that theſe Nerves are like *Keys*, which, being ſtruck on or touch'd, convey the Sound and Harmony to this ſentient Principle, or *Muſician*.

OR, in a more groſs Similitude, the Intelligent Principle is like a Bell in a Steeple, to which there are an infinite Number of Hammers all around it, with Ropes of all Lengths terminating or touching at every Point of the Surface of the Trunk or Caſe, one of whoſe Extremities being pull'd or touch'd by any *Body* whatſoever, conveys a meaſur'd, and proportion'd Impulſe or Stroke to the Bell, which gives the proper Sound. Theſe, or ſuch-like Similitudes tho' lame and imperfect, are all, I doubt, was ever deſign'd for the Generality of Mankind in the Knowledge neceſſary towards HEALTH and LIFE, in ſuch Matters. Thoſe acquainted with the beſt *Philoſophy*, *Natural Hiſtory*, The *Laws* conſtantly obſerv'd by *Bodies* in their Actions on one another, and the eſtabliſh'd Relations of Things, will, I hope, meet with fuller Satisfaction, if they conſider the following Treatiſe, without Prejudice or Partiality.

CHAP. I.

Of the Sources and Cauſes of Chronical Diſtempers in general.

§. I. THE moſt univerſal and comprehenſive Sources and Cauſes of Chronical Diſtempers, are, 1*ſt*. A *Glewineſs*, *Sizyneſs*, *Viſcidity*, or *Groſsneſs* in the Fluids, either accidental, or acquir'd by thoſe Perſons who were born with ſound or good-condition'd Juices; or original and hereditary, in thoſe who have brought them ſo diſpos'd into the World with them, from the ill State of Health and bad State of Humours of the Parents, which, poſſibly, *they* may have had tranſmitted to them from theirs, and ſo on for many Generations backwards. A rotten and corrupt Tree can produce nothing but bad Fruit, nor can any natural Cauſe have a better Effect than its Principles, or natural Qualities can produce.

duce. 2*dly*, Some Sharpneſs or corroſive Quality in the Fluids, ariſing from a *ſaline* or other deſtructive Mixture thrown into them, or from ſome groſs Concretions not ſufficiently broken and divided by the digeſtive Powers in the *Alimentary* Tube, retarding or ſtopping the Circulation in the ſmall Veſſels, whereby the ſtagnant Juices become ſharp and corroſive, and the Salts have Time, by their innate attractive Quality, to cryſtalize or unite in greater Cluſters, and exert their deſtructive Force on the Solids; and this will be ſtill more pernicious and fatal, if the Food is not only in too great a Quantity for the concoctive Powers to break and divide it ſufficiently, but is likewiſe too high, ſtrong, and full of Salts, from which the moſt terrible Symptoms will enſue. 3*dly*, A too great Laxity or want of due Tone, Elaſticity and Force in the *Fibres* in general, or the *Nerves* in particular. There is a due Degree of Strength, Power and Springyneſs required in the Fibres or Solids, not only to make the Juices circulate, and carry on their Motions backwards and forwards in a continual *Rotation* thro' the whole Habit, but alſo to break, divide, and ſubtilize them further, that they may be able eaſily to paſs, not only thro' the ſlender and finer Tubes of the capillary Veſſels, but alſo thro' the Strainers of the *Glands*, either to throw off thoſe Recrements and groſſer

Parts, which are not required for the animal Functions, or to ſeparate thoſe Juices which are required for the Preſervation of the Individual. Theſe are the moſt effectual, general and immediate Cauſes of all chronical Diſtempers, of which, when any one is, in any eminent Degree, become habitual, the other two ſpring up, or follow very ſoon, and join with it in producing the various Symptoms of theſe Diſorders. Other Specialities and Circumſtances may concur with them, but they would have little Effect, if theſe could be ſuppoſed abſent or removed.

§. II. THE *firſt* Cauſe mentioned, will obſtruct and poſſibly burſt the ſmall and capillary Veſſels that carry about the Fluids, producing *Tumours*, *Swellings*, and *Ulcers*, and will not only tumify and afterwards relax and ſpoil the whole almoſt infinite Set of *Glands*, external and internal, but eſpecially thoſe which are properly called *Emunctory* ones, and ſo ſtop the Secretions, and fill the Body with vicious and morbid Juices. This Diſtenſion, Swelling and Hardneſs of the *Glands* and ſmall Veſſels, will likewiſe preſs upon the Nerves, ſtop and intercept their *Vibrations* or *Tremors*, or whatever elſe be their Action, and conſequently ſpoil their natural Functions. The *ſecond* will not only rend, tear, and ſpoil the Veſſels, creating acute Pains, and producing

ing corroſive, *Scorbutick* and *Cancerous* Ulcers and Sores, in all Parts of the Body, but will alſo, by twitching and vellicating the *Nerves* or nervous Fibres, produce Convulſions, Spaſms, and all the terrible Symptoms of that Tribe of nervous Diſtempers. The *laſt* mentioned Cauſe will not only weaken and deſtroy voluntary Motion, and the Force and Freedom of the *intellectual* Operations (for the Exerciſe of which, as long as the Union laſts, material Organs and their Soundneſs and Integrity ſeems to be required as well as for the animal Functions) but will alſo retard and weaken the Circulation, ſtop the Perſpiration, and confound and diſorder the Secretions, and all the Functions that belong to either Part of the Compound.

CHAP.

CAAP. II.

Of the General Cauſes of the Diſorders of the Nerves.

§ I. THE Solids, and conſequently the Fibres and *Nerves*, whereof they are woven and complicated, are ſubject to ſeveral Diſorders which may interrupt and entirely ruin their Functions. As, firſt, by becomeing either too dry, or too moiſt; that is, by Want, or Exceſs of Humidity, Moiſture or Nouriſhment to keep their Parts in a due or proper *Tone* or *Elaſticity*. The *firſt* generally ariſes from a too hot, dry, and as it were corroſive Nouriſhment, which renders them too criſp, *over-elaſtick*, and brittle, and ſo forces on the Circulation, and ſends about the Juices with too great Force, Rapidity, and Violence, inſtead of that calm and uniform manner, in which the Functions, and Secretions of the animal *Oeconomy*, are naturally perform'd, and that due Balance, which ought, naturally, to be between the Solids and Fluids.

Fluids. And this, probably, has a great Share in the Production of inflammatory Diſorders, high Fevers, and the other acute Diſtempers of ſtrong Conſtitutions. The *ſecond*, from too great a Quantity of oily and nutritious Juices thrown on them more than the Expences of living require, ſoaking and relaxing the Solids, renders their Action languid, and has a greater Share in the Productions of ſlow and cold Diſeaſes.

§. II. *Secondly*, By improper, hard, ſolid, and noxious Particles getting into their Subſtances, which may gradually alter, ſpoil and ſtop their natural Texture and Functions whatever that happen to be, whether *Vibration*, *Inteſtine Action*, and *Reaction* or *Colliſion* of their ſmall Parts, or however they act or are acted upon, to convey and propagate the Senſations or Influences of external Bodies, to the Seat of the *intelligent Principle*: For when the Juices are ſpoil'd, and the Blood declines from its due Fluidity and *Balmyneſs*, the nutritive Juices muſt neceſſarily partake of their general Nature, and become crowded and filled with hard, large Concretions, of a different Nature from the genuine and natural Condition of the Blood and Juices, in their healthy State, which whenceſoever they may ariſe, or whatever different Qualities they may be endued with; I chuſe to call by the general Name of *Animal Salts*. The

Nerves

Nerves and *Fibres* being thus unnaturally nouriſhed and repair'd, muſt, in ſuch a State, either entirely ſtop, and bring no Senſation at all to the intelligent Principle, and convey no Action from it to the Muſcles and Organs of Animal Motion, or at leaſt falſe, imperfect, and deluſory ones; for theſe Salts, and ſuch-like hard, ſolid, compact, and angular Particles will be more readily inſinuated into the tender Threads of the Solids, having a greater Degree of *Attraction* in Proportion to their Bulk, than the more rare, ſoft, and ſpongy ones.

§. III. *Thirdly*, FROM the Interruption, Interception, and Stoppage of their *Vibrations*, *Tremors*, and the inteſtine Action of their component Particles, by the greater Preſſure of too viſcid Juices in the Blood Veſſels, and the other Tubes that contain the animal Juices, ſurrounding theſe Fibres or *Nerves*: For it's well known, that a more glutinous and viſcid Fluid, circulating in an elaſtick or diſtractile Canal, will bulge it up, and preſs upon its Sides more ſtrongly than a thinner and more rare Fluid one; and ſo the Sides of the Canal will become more ſtrait and tumified, preſſing thereby on the *Nerves*, as if it were a *Wedge* or ſolid Body, and interrupting their natural Actions. The ſame is to be concluded from the Tumefaction, Induration, and Swelling of the *Glands*, which being

being extremely numerous over all the Body, muſt greatly endamage the *Nervous Syſtem.*

§. IV. *Fourthly*, FROM the natural or acquired Weakneſs and Laxity of their *Tone* and *Elaſticity*, whether from a natural or accidental ill Structure or Formation of themſelves or the other Organs of the Body, or from any external Injury receiv'd on them: And ſuch is the Caſe of thoſe who are born of weakly or old Parents, or whoſe Parents have long labour'd under the *Gout*, *Scurvy*, *Elephantiaſis*, *Leproſy*, *Venereal*, or *Nervous* Diſorders; thoſe who have had a Contuſion on the Head, Back-bone, or any other Part of the Body, where there are the greateſt Collection of *Nerves*; and *laſtly*, thoſe who have a Hump, or any preternatural Diſtortion or Excreſcence, eſpecially on the Trunk of the Body,

§. V. AND tho' all theſe general Cauſes, mentioned in the former and this *Chapter*, concur in all chronical and nervous Diſtempers whatſoever, in ſome Degree or other, and perhaps ſome other more minute Circumſtances, which are not ſo readily found out, or much to be regarded; yet Diſeaſes differ and have receiv'd their Names by *Phyſicians*, according as the Symptoms ariſing from this or that general Cauſe mentioned, are more evident, numerous, or ſtronger. But theſe

Diſeaſes

Diſeaſes are chiefly and properly call'd *Nervous*, whoſe Symptoms imply, that the Syſtem of the *Nerves* and their Fibres are evidently relax'd and broken. The Brevity I intend in this Treatiſe, will not allow me to detail all the Kinds of Nervous Diſtempers that have been obſerv'd and named; they are ſufficiently known, or may be learn'd from Books of *Phyſick*, and I think may be reduced to the following general Heads.

CHAP. III.

Of the General Diviſion of Nervous Diſtempers.

§. I. ALL Nervous Diſtempers whatſoever, from Yawning and Stretching, up to a mortal Fit of an Apoplexy, ſeems to me to be but one continued Diſorder, or the ſeveral Steps or Degrees of it, ariſing from a Relaxation or Weakneſs, and the Want of a ſufficient Force and Elaſticity in the Solids in general, and the *Nerves* in particular, in Proportion to the Reſiſtance of the Fluids, in order

order to carry on the Circulation, remove Obſtructions, carry off the Recrements, and make the Secretions. In treating of Nervous Diſtempers, the Diſorders of the *Solids* are chiefly what are to be had Regard to; yet they rarely or never happen alone, (except perhaps in thoſe Nervous Diſorders that proceed from acute Diſeaſes, preternatural Evacuations, external Injuries, or a wrong and unnatural Make and Frame) but even in original Nervous Diſtempers there is always ſome Viſcidity or Sharpneſs attending them from the bad Conſtitutions of the Parents, from whom they have derived their material Organs. This is evident from the nervous Diſorders that attend ſcrophulous and ſcorbutick Perſons. And from long and conſtant Obſervation, I am under a Conviction, that no deep and eminent Degree of nervous Diſorders happens to young Perſons, but from a manifeſt or latent ſcrophulous or ſcorbutick Taint, which implies both Viſcidity and Sharpneſs in the Juices: nor any great Degree to adult Perſons, originally ſound, but from an acquired ſcorbutick Habit or *Cachexy*.

§. II. The moſt natural and general Diviſion of nervous Diſtempers will therefore be thus: *1ſt*, Into thoſe Diſeaſes, that, beſides their other Symtoms, are attended with a partial or total Loſs of Senſation for ſome Time. This Branch will not only comprehend

hend all thoſe nervous Diſorders from Lowneſs of Spirits, lethargick Dullneſs, Melancholy and Moping, up to a compleat *Apoplexy*, but alſo thoſe fainting Fits, ſo common in Perſons of weak Nerves. As a Conſequence from this Interruption of Senſation, partial or total, there will neceſſarily follow a Suſpenſion of voluntary Motion. The intelligent Principle, under this Inability of the *Nervous Syſtem* being bereav'd of proper Organs to convey its Orders to the Muſcles, tho' theſe laſt ſhould remain ſufficiently fitted for their proper Offices. This Claſs of nervous Diſorders ſeems chiefly to ariſe from a *Groſſneſs*, *Glewyneſs* or *Viſcidity* of the animal Juices (ſetting aſide at preſent the Conſideration of their Sharpneſs and Acrimony, which is never totally abſent, when theſe others are in any eminent Degree, eſpecially in our *Northern* Climates) which obſtructs the *Glands*, the ſerous Pipes, and the capillary Blood-veſſels, and thereby breaks, interrupts and weakens the Vibrations and Tremors, or whatever elſe is the Action of the nervous Fibres properly ſo called.

§. III. *Secondly*, THOSE nervous Diſorders, which are attended with a Loſs of voluntary Motion or Shakeing, in any particular Organ or Limb, or in all the Inſtruments of voluntary Motion. Such are all thoſe of the paralytick Kind. From an univerſal *Palſy*, a *Hemi-*

Hemiplegia (or Palſy of half the Body) or of a particular Limb, to a Deadneſs, Numbneſs, Weakneſs, or Coldneſs upon any of the Parts, external or internal. This Claſs of Diſeaſes ſeems to owe its Origin to a Weakneſs, Imbecility, and Loſs of due *Tone* in the Nervous Syſtem, or an Interruption of their Vibrations or proper Action, (whatever it be) whereby the Soul is diſabled to communicate its *Energy* or Principle of Motion to the Muſcular Fibres.

§. IV. Those Nervous Diſtempers that are attended with *Spaſms*, Cramps, Convulſions, or violent Contractions of the Muſcles. Of this Kind are all of the *Convulſive* Tribe from *Hypochondriacal* and *Hyſterical* Fits, or the Convulſions of the *Epileptick* Kind, down to Yawning and Stretching. Theſe ſeem to be produced by ſome hard-pointed Concretions, ſaline Particles, or ſome noxious, acid, or acrimonious Steam, Wind, or obſtructed Perſpiration, lodged in the ſmall Veſſels, or upon any Place where there are the greateſt Collections of *Nerves*, *viz.* in the Alimentary Tubes, the Cavities of the Brain, the Trunk of the Body, or the Interſtices of the Muſcles, where twitching, ſtimulating, and wounding the Nerves, or their *Membranes*, it raiſes a general Diſorder in the whole nervous or ſenſible Fibres, whence the ſame is derived upon the whole Muſcular

Syſtem, and there provokes violent Throws, Contractions, Cramps, and Spaſms, until tormenting and wearying out the elaſtick Fibres, at laſt, by their Strugglings and Efforts, the deſtructive Matter is diſcharged or removed: Much in the manner of that Struggle which we obſerve from ſulphureous, bituminous, vitriolick, and ferrugineous Particles, uniteing, and fermenting in the Bowels of the Earth, and thereby acquiring ſuch Force, Violence, and Impetuoſity, as to make Houſes, Palaces, and Cities ſhake and tremble, overturn Hills and Mountains, and make Rivers, Lakes, and the Sea itſelf, to boil and heave, ('till they have forced a Breach and Rupture for their Paſſage into the Air and Day) ſwallowing up all around, and ſpreading Deſolation and Ruin as far as their Influence can reach. But (to return to my Subject) where the offending Matter is ſo pent up in ſuch great Quantity, or ſo violent (as in the violent Hyſterick or Epileptick Fits) as quite to overpower the weak and feeble Solids, fainter Strugglings ſucceed, and the Patient lies almoſt dead, with few or languid Motions, and ſometimes foaming at the Mouth; 'till the Diſeaſe is quite ſpent, or after a few repeated Struggles, the Conteſt ends in Death.

§. V. THERE is another common Diviſion, or rather Diſtinction of Nervous Diſorders, into

into *original* and *acquired*: But theſe differing only as old Age does from Manhood, I ſhall juſt mention them. It is to be ſuppoſed (at leaſt, at the moſt remote Diſtance of Time) that Mankind were originally made ſo, as not to differ (in any eminent Degree, at leaſt, below that Standard required for good Health) in their Conſtitutions, original nervous Diſorders, therefore, muſt have had the ſame Source and Cauſe with acquired ones. The Children, as to their Bodies and bodily Diſeaſes, being puniſhed for the Faults, Follies, and Indiſcretions of their Parents. The Streams or Outlets muſt partake of the ſame Qualities with the Spring or Fountain-head. The wiſe Author of Nature, in the preſent State of Things, ſeems to have eſtabliſhed Laws and Orders, by which ſecond Cauſes are to act upon, and influence one another; which Laws, natural and material Bodies conſtantly obſerve in their Effects and Productions, and which *He* never ſeems to violate by any uncommon or ſupernatural Influence, except for intellectual or moral Purpoſes; and therefore, to govern and direct theſe Laws, *He* has given to his intelligent Creatures, Underſtanding and free Will. So that a poor Creature, born ſubject to nervous Diſtempers, has no more Reaſon to complain, than a Child, whoſe Father has ſpent his worldly Fortune, and left him poor, and deſtitute.

§. VI. IT is a Misfortune indeed, to be born with weak Nerves; but if rightly us'd and manag'd, even in the preſent State of Things, (I meddle no farther) it may be the Occaſion of greater Felicity: For, at leaſt, it is (or ought to be) a Fence and Security againſt the Snares and Temptations to which the Robuſt and Healthy are expos'd, and into which they ſeldom fail to run; and thereby reduce themſelves to the ſame, or, perhaps, a worſe State than thoſe whoſe Misfortune happen'd to be, the being born thus originally ſubject to Nervous Diſorders. Thoſe who have originally bad Nerves, I ſhall direct in the beſt Manner I can afterwards.

§. VII. I SHALL only here obſerve two things in regard to them. The *firſt* is, that they are never to expect the ſame Force, Strength, Vigour, and Activity, nor to be made capable of running into the ſame Indiſcretions or Exceſs of ſenſual Pleaſures (without ſuffering preſently, or on the Spot) with thoſe of ſtrong Fibres, and robuſt Conſtitutions. No Art hitherto known, can make an Eagle of a Wren; (for tho' a Wren, by Art and Management, may be made, as it were, a Nightingale, yet never a Carrion Crow or Kite); but for all the innocent Enjoyments of Life, (at leaſt, for freedom from Pain and tor-

turing

turing Diſtempers, for Chearfulneſs and Freedom of Spirits, for intellectual Pleaſures, mental Enjoyments, and Length of Days) they (conſidering the Temptations and Miſeries of this mortal State) generally have, and may always have, the Advantage of theſe others. (I always except extreme Degrees of Nervous Diſeaſes). As for intellectual Pleaſures, the Caſe is without all manner of doubt, (without ſome notable Error, or in extreme Caſes) *poſſibly*, becauſe the Organs of theſe Operations being in their own Nature delicate and fine, when waſted or ſcrap'd, (by Chronical Diſeaſes not mortal) and thus communicated to their Poſterity, theſe naturally ſubtile Parts *thus* become more fine and ſenſible, are hinder'd by the natural Weakneſs of Children, in their tender Years, to incraſſate and grow clumſy, and ſo are longer preſerv'd in their Senſibility and Refinement; at leaſt, the Caſe is generally in Fact ſo, (as I have obſerv'd in moſt originally tender Perſons, well educated and diſciplin'd) Infinite Goodneſs and Power bringing Good out of innocent Evil. (For the common Proverb is juſt and true, that a *Venice Glaſs* will laſt as long, if well look'd after, and even ſhine more bright, than a more groſs and coarſe one). But to leave theſe Poſſibilities, and paſs to,

§. VIII. THE *ſecond* thing, which is, that thoſe who have originally weak Solids, and have carefully avoided the Exceſſes and ſenſual Pleaſures which reduce the Robuſt to that Caſe, and have followed the Directions that may be learn'd, for ſtrengthening their Fibres, and preſerving them from being overlaid, if they get over the Meridian of Life, (or their thirty-fifth or thirty-ſixth Year) without any mortal Diſtemper, have a fair Chance to get into a firm State of Health, Vigour, and Spirits afterwards, and to hold it on without any Rub (if they be ſo wiſe then to keep from Exceſſes, or immoderate ſenſual Pleaſures) to a great and *green old Age*, as I have conſtantly obſerv'd. So true is the common Obſervation, that every wiſe Man has a *Youthhood* once in his Life, if not in his early and tender Years, at leaſt in his old Age: And this ſeems not only conſiſtent with the Wiſdom of Providence, but the Neceſſity of Things, and the Order of Nature; for let us ſuppoſe that crazy putrified Parents ſhould bring into the World ſuch a Child as I have mention'd; the Parents Juices, for want of ſufficient Time, or proper Means, are not rectified. The Child's, on the contrary, from the Neceſſity of its low Diet, and the Length of its Nonage, (eſpecially if proper Methods be uſed, and proper Medicines join'd) muſt neceſſarily become ſweeter and purer;

purer: And if none of the great Organs be ſpoil'd, ſo as gradually to infect the Whole (which generally begins to ſhew itſelf, when the Growth or Unfolding of the Solids comes to its greateſt Height and Extenſion, or about the mention'd Period of the Meridian of Life) the Juices then becoming ſweet, will, by Degrees, have their Effect upon the Solids; ſo that about the Time when others decline, theſe, on the contrary, begin to revive and ſpring, and enjoy that *Youth* which others have ſurvived: And thus Age (which naturally hardens and ſtiffens the Fibres in others) recompences the Caution, Care, and Sufferings of their younger Days, by a greater Degree of Strength, more Chearfulneſs, ſtronger Spirits, and a greater Length of Days than is common.

§. IX. Those, who being born ſound and healthy, of a ſtrong Conſtitution, and a firm State of Nerves, have acquired the contrary State, may have brought it on either, *firſt*, by *Accidents*, as I have before mention'd, ſuch as a Wound, Bruiſe, Diſlocation, or Fracture, which may introduce Humps, Diſtortions, *&c.* and alter the natural good Configurations of the Parts, whoſe Cure muſt depend upon the *Surgeon*'s Art, by his endeavouring to reduce theſe to their original State: to which likewiſe Remedies may be ſuggeſted for the preſent Relief of

the Nervous Diſtempers thence depending, in the Directions afterwards to be given. *Secondly*, By a bad, corrupt, or a too poor and low Diet, indiſcreet Exceſs of bodily Labour, or having expos'd themſelves too much to the Injuries of the Weather, whereby the Juices have been defrauded of that due Proportion of Heat, Nouriſhment, and Balſam, the Fibres become weak and relax'd, the Muſcles flabby and flaccid, and Lowneſs of Spirits, Melancholy, and all the Degrees and Complications of Nervous Diſtempers have enſued. Such are thoſe of the poorer Sort, who are deprived of the due Neceſſaries and Conveniencies of Life, thoſe who have gone long and dangerous Voyages, who live in Priſons, or travel in Deſarts, or thoſe who are confin'd to Monaſteries and Hermitages. But as this Country is pretty free from ſuch Caſes, and the Remedy is obvious, I need ſay no more of them. *Thirdly*, By Intemperance, want of due Exerciſe, rioting in ſenſual Pleaſures, caſual exceſſive Evacuations of any Kind, Fevers and other acute Diſeaſes not duly manag'd, by which the Juices have been made fizy or corroſive, and the due Tone, Spring and Elaſticity of the Nerves or Solids relax'd and broken, whereby the true acquir'd Nervous Diſorders are produc'd. To reſtore ſuch to a ſound State of Health, and a good Conſtitution, or, at leaſt, to relieve their Symptoms, as far

as

as my poor Abilities can effect, ſhall be my ſincere Endeavours in the following Pages.

CHAP. IV.

That what is ſwallowed down, and received into the Habit, is the firſt and chief efficient Cauſe of all that Mankind ſuffer in their Bodies.

§. I. THO' I think it pretty evident, that this terreſtrial Globe, and the State of Things in it, and about it at preſent, is not deſigned merely for a *Paradiſe of Delights*, and the ultimate End of the intelligent Creatures which inhabit it, and that for one good Reaſon, that lies within my preſent Province, to wit, our carrying about us corruptible Bodies, in their own Nature periſhable, ſubject to Accidents, Diſeaſes, and, at laſt, to Death itſelf; yet can I never be induc'd to believe that the omnipotent and infinitely good Author of it, could, out of Choice and Election,

or

or by unavoidable Neceſſity, much leſs from Malice or Impotence, have brought ſome into ſuch a State of Miſery, Pain and Torture, as the moſt cruel and barbarous Tyrant can ſcarce be ſuppos'd wantonly to inflict, or be delighted with, in his moſt treacherous Enemies, or villainous Slaves: For to ſuch a Height of Pain and Torture, and higher, if poſſible, have I ſeen ſome brought from mere natural Diſeaſes. No! none but Devils could have ſuch Malice; none but Men themſelves, or what is next themſelves, I mean, their Parents, who were the Inſtruments or Channels of their Bodies and Conſtitutions, could have Power or Means to produce ſuch cruel Effects. In itſelf this Law and Eſtabliſhment of Nature has infinite Beauty, Wiſdom, and Goodneſs; *viz.* by this progreſſive and continual Succeſſion from one Root, that the Healthy and Virtuous ſhould thereby be growing continually healthier and happier, and the Bad continually becoming more miſerable and unhealthy, 'till their Puniſhment forced them upon Virtue and Temperance; for Virtue and Happineſs are literally and really Cauſe and Effect.

§. II. When I ſee Milk, Oil, Emulſion, mild watery Fluids, and ſuch-like ſoft Liquors, run through Leathern Tubes or Pipes, (for ſuch Animal Veins and Arteries are indeed)

indeed) for many Years, without wearing or deſtroying them: And obſerve, on the other hand, that Brine, *inflammable* or *urinous* Spirits, *Aqua fortis*, or *Regia*, and the like acrimonious and burning Fluids, corrode, deſtroy, and conſume them in a very ſhort Time: When I conſider the rending, burning, and tearing Pains and Tortures of the *Gout*, *Stone*, *Cholick*, *Cancer*, *Rheumatiſm*, *Convulſions*, and ſuch-like inſufferably painful Diſtempers: When I ſee the *Criſis* of almoſt all acute Diſtempers, happen either by rank and fœtid Sweats, thick, lateritious, and lixivious Sediments in the Urine, black, putrid, and fœtid Dejections, attended with livid and purple Spots, corroſive Ulcers, Impoſtumes in the Joints or Muſcles, or a Gangrene and Mortification in this or that Part of the Body: When I ſee the ſharp, (even to the Taſte, as I have often tried) the corroding and burning *Ichor* of ſcorbutick and ſcrophulous Sores, fretting, galling, and bliſtering the adjacent Parts, with the Inflammations, Swelling, Hardneſs, Scabs, Scurf, Scales, and other loathſome cutaneous Foulneſſes, that attend ſuch; the white, gritty, and chalky Matter, the hard, ſtony, or flinty Concretions, which happen to all thoſe long troubled with ſevere *Gouts*, *Gravel*, *Jaundice*, or *Cholick*; the Obſtructions and Hardneſſes, the Putrefaction and Mortification that happens in the Bowels,

Joints,

Joints, and Members in ſome of theſe Diſeaſes: and the Rottenneſs in the Bones, Ligaments, and Membranes that happen in others; all the various Train of Pains, Miſeries, and Torments * that can afflict any Part of the Compound, and for which there is ſcarce any Reprieve to be obtain'd, but by ſwallowing a Kind of Poiſon, (ſuch I take *Opiates* to be, upon taking great Doſes, or continuing them for any long Time). When I behold, with Pity, Compaſſion, and Sorrow, ſuch *Scenes* of Miſery and Woe, and ſee them happen only to the *Rich*, the *Lazy*, the *Luxurious*, and the *Unactive*, thoſe who fare daintily and live voluptuouſly, thoſe who are furniſhed with the rareſt Delicacies, the richeſt Foods, and the moſt generous Wines, ſuch as can provoke the Appetites, Senſes and Paſſions in the moſt exquiſite and voluptuous manner: to thoſe who leave no Deſire or Degree of Appetite unſatisfied; and not to the *Poor*, the *Low*, the *meaner Sort*, thoſe deſtitute of the Neceſſaries, Conveniencies, and Pleaſures of Life, to the Frugal, Induſtrious, † the

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* Vide Plutarch, Sympoſiac. Lib. VIII. Cap. IX. Seneca Conſol. ad Helviam & Epiſt. 95.

† *Joſephus* obſerves, that the *Eſſenes* [a Kind of Solitaires among the *Jews*] lived commonly to an hundred Years, by reaſon of the Simplicity of their Diet, and their regular Life. —— *Cap.* VII. *de Bello Judaic.*

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Temperate, the Laborious, and the Active: to thoſe inhabiting barren and uncultivated Countries, Deſarts, Foreſts, under the *Poles* or the *Line*, or to thoſe who are rude and deſtitute of the *Arts* of Ingenuity and Invention: *I muſt*, if I am not reſolved to reſiſt the ſtrongeſt Conviction, conclude, that it muſt be ſomething received into the Body, that can produce ſuch terrible Appearances in it; ſome flagrant and notable Difference in the *Food*, that ſo ſenſibly diſtinguiſhes them from theſe latter. And that it is the miſerable *Man* himſelf that creates his Miſeries, and begets his Torture, or, at leaſt, thoſe from whom he has derived his bodily *Organs*.

§. III. BOTH the *End* and *Rule*, the *Deſign* and *Meaſure* of Eating and Drinking, could be no other but the Supply of the Waſte of *Action* and *Living*. The *Friction* and *Colliſion* that neceſſarily follows upon the *Impenetrability* of Matter, the Communication of Motion, and the Impreſſions of the Bodies that ſurround us, muſt neceſſarily rub off, and wear out ſome Parts from our bodily Machine. The neceſſary *Colliſions* that are made in our Juices, in breaking and ſubtilizing their Parts, to render them fit for the Animal *Functions*: the various *Secretions* of what is not proper to be retained, or what is neceſſary for the Preſervation of the Indi-

Individual, make a continual *Waſte* of our Subſtance. To ſupply all which, it was abſolutely neceſſary, that a due and equal Proportion of proper Nouriſhment ſhould be deſign'd us. There is alſo eſtabliſhed by the Rules of the *Animal OEconomy*, a Balance between the Force or Elaſticity of the Solids, or the moving Organs and Channels, and the Reſiſtance of the Fluids mov'd in them, (or rather, the firſt ought a little to exceed the latter). And whenever any of theſe *Rules* are long and notably tranſgreſs'd, by either taking down more than the Supplies of Action and Living require in Quantity, or Things ſtronger in Nature, and of a greater Reſiſtance in Quality, ſo that the active and concoctive Powers of the Solids are not ſufficient for them, the Individual muſt ſuffer Diſeaſes, Pains, and Miſeries, in Proportion to the Greatneſs of this Overbalance.

§. IV. LET us ſuppoſe that a Child is born Sound, Healthy, and Vigorous (as much as the Conditions of Mortality permit) of Parents Healthy and Sound, and in the full Vigour of their Days, and that this Child has continued thus to the Age of *Puberty*, 'bating the Diſeaſes of Childhood, which generally render the Caſe better (ſuch as a Raſh, Meaſles, or Small-pox, which are ſeldom dangerous in thoſe whoſe Parents are ſuch

ſuch as I ſuppoſe, or who have lived in any ſober way). In the Name of *Wonder* and *Aſtoniſhment*, How is it poſſible that ſuch a Perſon ſhould come to ſuffer under ſuch terrible Miſeries as I have deſcribed, by any other Means, than ſome notable and obſtinate * Error in the Matter or Quantity of what he takes down, or introduces into his Habit. For as ſuch Miſery and Tortures are internal and intimate, ſo muſt the productive Cauſe be. A bad, noxious, or poiſonous *Air*, the Inclemencies of the *Seaſon* and *Climate*, violent Fatigue, and exceſſive bodily Labour, Accidents, Wounds, and Bruiſes, are what Mortality is ſubject to. But as the Influence and Operation of theſe Cauſes is ſeldom ſo long continued, as that of the other Cauſes I have formerly mention'd, ſo thoſe who are moſt ſubject to the unhappy Conſequences of ſuch Exceſſes, are generally well guarded and protected againſt any Hurt from theſe mentioned Accidents, which accordingly happen more frequently to thoſe of the lower Rank. It is true indeed, when the ſame Exceſſes of thoſe of a high Condition, are join'd to the other Perils and Hard-

* Nobody will ever be ſeiz'd with a Diſeaſe, who takes ſufficient Care not to fall into Crudities or Indigeſtion, [*i. e.* that eats no more than he can eaſily digeſt.] *Galen, lib.* 1. *De Cibis Bon. & Mal. Suc.*

ſhips

ſhips of the lower Rank now mentioned, it makes the Diſtreſs and Pain the greateſt of all, and is the proper *Scene* where ſuch *Tragedies* are acted to the utmoſt Perfection of Miſery and Woe. But as ſuch extraordinary Circumſtances rarely fall out, they are not properly the Subject Matter of what we are chiefly concern'd about. To proceed then, let us ſuppoſe ſuch a Perſon as I have deſcrib'd, rioting and wallowing in Luxury for ſome conſiderable Time, his Fibres, Nerves, and Motive Organs being yet firm and unbroken. The moſt natural Effect of ſuch a Courſe, will be, to fill the Blood and Juices with an Exceſs of ſuch oily, ſulphureous, and inflammatory Particles, as are moſt readily turn'd into red Globules, which make the fibrous Part of the Blood. Such an inflammatory Blood (the Solids being yet tenſe and firm) will neceſſarily be driven about with too great Force and Violence, and forced into the ſmall and capillary Veſſels, deſign'd for the Lymph or thinner Fluids only; and thus inflammatory and *acute* Diſeaſes are produc'd, with all the Varieties and Degrees of their Symptoms: ſuch as *Fevers* of all Sorts and Kinds, the *Gout*, *Eryſipelas*, *Rheumatiſm*, and the like. If theſe ſmall lymphatick Veſſels, by the Force of the Circulation, and the Groſneſs of the Fluid, driven into them, are broken and torn, then follow *Impoſthumes*, *Gangrenes*, *Mortifications*, and

and all their Train of Miſeries, eſpecially, if, together with theſe mentioned Conditions, great Store of *animal* or *urinous Salts* are brought together in great Quantities, (which never fails under ſuch a Courſe) and unite and combine in larger Cluſters and Concretions, whereby the Solids are corroded, eaten and deſtroy'd, the natural Functions of the Nerves ſpoil'd and perverted, and the extreme Degrees of Torture, Malignity, and Duration are added to the other Symptoms of theſe inflammatory Diſtempers.

§. V. THIS will neceſſarily be the Caſe in a young robuſt Body and Conſtitution, when ſuch Exceſſes are violent, quick, and long continued, and the Solids have not yet loſt their Tone and Vigour, whereby the Individual will be quickly brought into thoſe acute, inflammatory, and violent Diſtempers; and then, by continu'd violent Conflicts, Nature, after many Struggles, will either break, divide, and ſubtilize theſe numerous, fiery, and inflammatory Globules, and thoſe ſharp-pointed, hard, and acrimonious Salts, and drive them out of the Habit by ſuch *Criſes* as I have deſcrib'd; and the Conſtitution being purified, the Patient will gradually return to his former Health and Soundneſs: Or if this cannot be effected, by reaſon of the Strength of the Diſeaſe, or the Greatneſs of the Obſtruction in the ſmall

Veſſels, the Perſon muſt unavoidably ſubmit to Fate. But if ſuch a Courſe be purſued more ſlowly, and by more moderate Degrees, and *Lazineſs* or Want of Exerciſe is joined with it, ſo that the Acrimony of the Salts, and the Stock of the Humours, gradually increaſe as the Solids are relaxed and weakened: then the ſlower, colder, more humorous and chronical Diſeaſes are produced, with all the Pains, Miſeries, and Torments ariſing in this low, ſunk, and dejected State of the Conſtitution. From all which it is evident, that theſe monſtrous and extreme *Tortures*, are entirely the Growth of our own Madneſs and Folly, and the Product of our own wretched Inventions, from the Poiſon and Ordure, with which, for the ſake of a little ſenſual Pleaſure, we forcibly and tyrannically cram our poor paſſive Machines.

CHAP.

CHAP. V.

Of the surprizing and wonderful Effects of Salts, especially of the volatile, urinous, or animal Salts, upon human Bodies and Constitutions.

§. I. IT may perhaps seem incredible, nay, impossible, to those unacquainted with the surprizing and wonderful Effects of saline Concretions, especially of those call'd *volatile*, *urinous*, or *animal Salts*, upon human Bodies and Constitutions, to imagine how they should be sufficient to produce and account for those terrible Effects and Appearances, which I have describ'd in the former *Chapter*. But he who has consider'd and is acquainted with the surprizing *Energy*, Force and Activity of Salts of all Kinds, together with the Tenderness and Delicacy of *animal Fibres* and Solids, if he at all ascribes them to natural and *second*

Cauſes, and does not altogether run into Fatality, and reſolve every thing immediately into *Miracle*, *Witchcraft*, *Enchantment*, or *Omnipotence*, muſt acknowledge that there is nothing elſe among all the minute Bodies, or their *Syſtems*, that ſurrounds us, or have any conſiderable Influence upon animal Conſtitutions, that can ſo readily and effectually produce the mention'd Appearances.

§. II. THIS will be more evident to thoſe who have conſider'd the wonderful Effects of *Nitre*, and its Compoſition *Gun-powder*; the ſurprizing Appearances of kindled *Camphire*, and the like congealed *chymical Oils*, the ſtrange *Energy* of the *urinous*, and other Kinds of *Phoſphorus*'s, the Effervescence, Fireing, and Detonation of ſeveral *chymical* Mixtures: In a word all the ſtrange Appearances reſulting from the Mixture of *pure Light* (or the ſame impriſon'd in its more groſs Vehicles, *viz.* the ſeveral Sorts of *Sulphurs*, *Oils*, *Balſams*, and *Bituminous* Concretions) with *Acids*, and *vegetable*, or *mineral Salts*, producing in the Bowels of this our Globe, *Earthquakes*, Eruptions, and *Vulcanos*, overturning *Cities*, *Hills*, and *Mountains*, and raiſing new *Iſlands* in the Boſom of the *Ocean*, and in the *Air* generating *Thunder*, *Lightning*, *Meteors*, and all the Wonders of the *Atmoſphere*. But that which makes more immediately for our Purpoſe, is the terrible,

terrible, violent, and ſudden Deſolation and Deſtruction, Pain and Torture, produced by * *Plague*, *Peſtilence*, *Spotted* and *Purple Fevers*, *Small-Pox*, *Venereal*, *Cancerous*, and *Leprous* Diſeaſes, and all the other Epidemical and Infectious Diſtempers, with all their numerous Train of nauſeous, loathſome, and painful Symptoms, their Scabs, Ulcers, Corroſions, and Putrefactions, which by Reaſon or juſt Philoſophy, can be aſcrib'd to no other intelligible or natural Cauſe, but Corroſive and Cauſtick Animal Salts. If to theſe we add the quick and ſenſible Effects of *Cantharides*, Spirit and Salt of *Hartſhorn*, and ſuch *volatile* and *urinous* Salts, the Power of Spirits, *urinous* or *inflammatory*, of Aromaticks, *Emeticks*, the Preparations of *Mercury* and *Antimony*, the ſenſible Effects of external Applications of the ſeveral Sorts of active *Cataplaſms*, *Plaiſters*, and *Sinapiſms*, but eſpecially of † *Poiſons*, *Animal*, *Vegetable* or *Mineral*, upon human Bodies, (all which, as well as thoſe before-mention'd, plainly owe their Effects to Salts of one Kind or another, combined with Oils and Sulphurs) there will be found little Difficulty in this Matter.

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* Vide *Mead* on the Plague.
† Ibid. on Poiſons.

§. III. IT is plain there is a Mineral Source of Salts lodged in the Bowels of the Earth, (to which the Sea owes its Saltneſs) which tranſmits its Steams or ſmaller Particles to Minerals, Plants, and Vegetables and ſeems to be the common *Mother* and Origin of all the ſeveral Kinds of form'd Salts or ſaline Concretions, according to its different Mixture with the other Elements, to wit, thoſe of Earth, Water, Sulphur, (or perhaps impriſon'd Light and Air: There are likewiſe, poſſibly, two Kinds of moſt active Fluids, (Air, Water, and Mercury, being combin'd with the other paſſive Subſtances) one we know very little of, more than what I ſhall mention in a following *Chapter*. The other is that of *Light*, which actuates and enlivens the whole material *Syſtem* of Bodies here below, without which they would languiſh, deaden, chill, and be motionleſs, and this ſeems to be the active *energetick* Principle, (together with that other, which is ſuppos'd to be the Cauſe of their attractive Quality, as well as that of all Matter, and of all the ſubtile Appearances of ſmall Bodies on our Globe). *Salts* of one Kind or another, ſeem to be its paſſive Inſtruments, which being driven and actuated by it, (and the other active Fluid mention'd) produce the Appearances we obſerve from them. Form'd *Salts* alſo are hard, and diſſolvible only by Water; and from it, poſſibly,

possibly, in a great measure, they originally spring †. They generally form themselves into regular, and sharp, or angular Figures, * whereby they become more piercing and penetrating: And this Regularity of their Figures makes it probable, that their Particles have plain Surfaces, which accounts for their extreme Degree of Union, or their running eagerly into one another's Embraces, as is evident from their Congelations ‡ and *Crystalizations*. The Volatility and Activity of Salts, seems to arise from several Sources: As First, from the Smallness of their Parts, and the Sharpness of their Angles: Secondly, from their greater Degree of *Attraction*, than is common to other Bodies of the same Bulk: And Thirdly, from their Union with *Light*, *Sulphur*, and other *sulphureous* Bodies, when they become *urinous* or *animal*. It is not my Affair to detail their Laws, or the *Mechanism* of all their Actions, my Design being only to give such a Sketch of the Matter, from the best Accounts of Philosophy, as may be sufficient to give my Reader a general Notion of the Force of this Argument.

§. IV. MINERAL (or the Mother) Salt, is, probably, simple, and of the plainest

† Vide *Newton*'s Opticks.
‡ Vide Gulielmini de Salium Natura.

Figure (perhaps a *Tetrahedon* of an equilateral triangular *Base*), which, with its Diſſolubility in Water, and the Influence of the active Principle of Light, fits it to be readily introduc'd firſt into the Subſtance of Vegetables, where, by the Action and *Attraction* of their Tubes and Solids, and its Union with the Sulphurs and Earths of Plants, it is advanced one Degree farther in Activity and Volatility, its Angles are render'd more acute, and it becomes, by Cryſtalization, a Vegetable or fix'd Salt: But, 2dly, it acquires a yet further Degree of Smallneſs and Agility, when introduc'd into animal Bodies as Food, being there again ground and ſubtiliz'd by the Force of animal Fibres and Solids, and blended with animal Oils and Sulphurs, and thereby becoming what we call properly *urinous* Salt: And 3dly, the laſt and higheſt Degree of Subtilty and Volatility is produc'd, when this *Salt*, now in its *urinous* Form, becomes Food for Birds and Beaſts of Prey, or for human Creatures, being there mix'd with, and agitated by the lighteſt and moſt ſubtile of all Oils and Sulphurs: And when introduced into the Habit, in great Quantities, and urg'd or actuated by the higheſt Oils and Spirits, (as happen to the *European* Nations chiefly, and to thoſe of the *Eaſtern*, who follow their Methods, in Riots and Exceſſes of animal Food and ſpirituous Liquors) they become too ſtrong and powerful for the tender and delicate Fibres,

Fibres, and produce the dismal * Appearance I have describ'd.

§. V. The Reason why *mineral* and *vegetable* Salts, *Poisons*, and *Caustick*s, have such immediate and sensible Effects beyond animal Salts, seems chiefly to be owing to their Firmness and Solidity, whereby a greater Quantity of Salts is contain'd in the same Space or Volume, than can possibly be of animal Salts, because the Cement of the first (even when subtiliz'd) being Earth or earthy Particles, a greater Quantity of them are combin'd in a smaller Space than can be of animal Salts, which are united with a great Quantity of a porose and light Sulphur only, and so can neither become so compact, nor lodge so great a Quantity of Salts or attractive Particles in an equal Space. For these others, when admitted into animal Bodies, become true *Caustick*s, and burn up the internal, as *Caustick*s do the external Parts of Animals, as we see in *Arsenick*, *Vitriol*, *Alum*, &c. But after the several Degrees of *Alcoholization* and *Subtilization* formerly mention'd, the natural Salt being thus levigated and refin'd, and its Angles thereby render'd more acute, and its *attractive* Quality greater, (by the lessening of its Bulk) when Motion and Volatility is

* Vid. *Philosoph. Transf.* N° 433. a Letter from *Micheli Pinelli.*

added

added to it, by its Mixture with the ſeveral Oils and Balſams of Animals, Vegetables, and *Cannibals*, (pardon the Expreſſion) it becomes ſo ſubtile and agil, as to be able eaſily to enter into the ſmalleſt Tubes, and there exert its Fury, which the groſſer Salts, eſpecially when mix'd with Earths, are either, by their Groſſneſs, incapable of, or, by the Violence of their Action on the Parts they firſt touch, are thrown out, upon their firſt Approach, by the digeſtive Organs in convulſive Vomitings.

§. VI. THE Sum of this preſent Argument is thus, *that* Salt, in its Origin, is but one; *that* by Diviſion its Angles are made ſmaller and ſharper, and its attractive Virtue greatly increaſed; *that* tho' it be the moſt penetrating and attractive among little Bodies, or their Syſtems, and becomes, as it were, like a *Lancet* or *Razor*, yet can neither hurt, nor deſtroy, when ſheath'd, or not put in Action by ſome *moving* Principle; *that* this Motion or Action is communicated to it by the moſt active and *energetick* of all Fluids, Light or Sulphur, Oils or Spirits; *that* when its Particles are cemented only by an earthy Matter, ſo that the greateſt Number of them poſſible may be crowded into the ſmalleſt Volume; it has its moſt deleterious or deſtructive Power on animal Bodies, but under that Form is incapable of being re-

ceiv'd

ceiv'd or retain'd long in the Body for that Effect; *that* after two or three Diviſions and Subtilizations, its Parts become ſo exceeding fine, that it is thereby render'd capable to be readily introduc'd into the inmoſt Receſſes of animal Bodies, (when thus ſheath'd with animal and vegetable Oils) and in ſmall Quantities, is not only ſafe, but abſolutely neceſſary for exciting the innate Action of the Fibres and Solids, to wit, Contraction: But *that* when crowded in great or infinite Numbers and Quantities, and receiv'd into the ſmalleſt and fineſt Tubes, and there having Time and Leiſure to drop its Oils, it unites and cryſtallizes in greater Volumes and Cluſters, and it thereby acquires the Nature and Qualities of the firſt mention'd Salts or Poiſons, that is, becomes hard, compact, and deleterious, and acts as *Poiſons*, or a *Cauſtick*, upon animal Fibres and Conſtitutions. But I am weary of this Subject, and its tedious Detail; thoſe who have Philoſophy enough to underſtand or receive this Doctrine, will be convinc'd and ſatisfy'd by what has been ſaid; or, if they want any farther Confirmation, may have it from what Sir *Iſaac Newton* has ſaid of the Actions of little Bodies, * as explain'd by Dr. *Keil*, and from the Explication of *chymical* Appearances of Dr. *Freind*, in his *Chymical Prelections*, or from the late inge-

* *Vide* Sir *Iſaac Newton*'s Opticks.

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nious and accurate Performance of Dr. *Bryan Robinson*, the Reverend and Ingenious Mr. *Hales*, in his *Vegetable Staticks*, or even Mr. *Miller*'s Dictionary of *Gardening*, and the other Philosophical Gardeners, together with the Memoirs of the *Academy Royal*, and especially the *Philosophical Transactions*.

§. VII. I SHALL only now add, (to apply what has been said to the present Purpose) *That* it is past all Doubt, from * Experiment, that rich Foods, high Sauces, Aromaticks, Delicacies, fine Flavours, and rich and generous Wines, owe all their *Poignancy*, high Taste, and Gratefulness, to their abounding with such *Salts* and *Sulphurs*, in a much greater Proportion than those other Foods, that have a lesser Degree of such Qualities: *That* † young and tender Plants and Vegetables have scarce any Salts, and few Oils or Spirits at all, at least, that can in any Quantity be extracted out of them; that Plants have them only, when they come to Maturity, or rather in their Decline, and Animals most as they advance from Youth thro' Maturity towards old Age, and so are more or less grateful to the Palate or Taste, as these Salts and Sulphurs abound in them; that *Aromaticks*, the Juices of vinous Fruits or Plants, owe their Virtue,

* *Vide Boyle*'s Chymical Works; *Lemery* on Foods; and *Tournefort*'s Plants about *Paris*.

† *Vide* Philosophical Transactions.

Flavour

Flavour, and Delicacy, to their abounding more eminently with ſuch Salts and Oils, but eſpecially to the *Spirits* extracted out of them, when the groſſer Parts are thrown off by Fermentation and Diſtillations. Now if all theſe Conſiderations put together are not ſufficient to make out the true remote Cauſe, and give an Account of the Origin of theſe Diſeaſes even of the moſt excruciating Nature, (tho' a great deal more of the ſame Kind might be added) I deſpair of any Succeſs with my Reader on this Subject. To conclude, *Salts*, of one Kind or another, ſeem abſolutely neceſſary to carry on the Animal Life and Functions in the beſt Manner poſſible for our preſent Situation on this Globe; and it is not poſſible to have any Food without them, ſince even Water itſelf with a Particle of Earth, if not the Origin and ſole Matter of Salt, yet at leaſt is never without it; but whether * Animal or Vegetable Salts are moſt proper, every one muſt judge from his own Feelings, his Conſtitution, and the Diſeaſes he is moſt ſubject to, or from the Judgment of his Phyſician; to make which Judgment I ſhall aſſiſt the Reader in the beſt manner I can afterwards. I think there is no Doubt to be made, that Salts of any Kind, when too many in too large Cluſters, and of the moſt

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* Vid. Plutarch. de Sanitate tuenda, & de Eſu. Carnium.

pungent,

pungent, provoking, and deleterious Nature, have the greateſt Share in the Production of thoſe Diſeaſes to which Mankind are expos'd in this Life. And that therefore, in ſome Diſeaſes, it is extreamly fit and convenient, to ſupport Nature with thoſe Foods which abound in them leaſt, and where they are of the moſt benign Nature.

§. VIII. BUT leſt any one ſhould miſunderſtand what has been here ſaid, by ſuppoſing that I conſider *Salts*, according to the particular Qualities that diſtinguiſh one Kind of Salts from another, or their different Properties, whether *Acid*, *Alkalin*, or having this, or that particular Effect upon the Palate: or the Appearances ariſing upon the Actions of the ſeveral Kinds of Salts upon one another, and the other Appearances obſerv'd from *chymical* Managements (all which peculiar and diſtinguiſhing Properties and Appearances, probably ariſe only from the different Mixtures and Proportions of the other Elements in their particular Compoſition, or their different Degrees of *Attraction.)* For ſince *that* particular Formation or Union with the other Elements, and theſe different Qualities reſulting thereupon, are moſtly deſtroy'd as ſoon as they enter into an animal Body, and are mix'd and blended with the animal Juices; (at leaſt, no ſuch different Kinds of Salts are to be extracted out of theſe Juices) or *that* have

have such particular Appearances and Effects, as they had before they were receiv'd into the Habit: Therefore, I say, that there may be no Room to mistake my Meaning on this Head, I shall here add, that I consider Salts only in their general Nature, as Angular, Hard, and Attractive, and consequently active solid Particles of Matter, and make Use of those general Properties only, that are existent in all Kinds of Salts, whatever other peculiar and distinguishing Qualities any particular Kinds may have, since tho' these may remain in them, while they are in the Stomach and Guts, where they are sometimes to be found, yet (as I have just now said) they are all confounded, soon after they have enter'd the Habit, and mix'd with the Juices; for which Reason I have rejected the Consideration of the violent and sudden Effects of some Kinds of Salts, and have only observ'd of *Salts* in general, that they are Hard, Solid, Sharp, and Angular Bodies, highly Attractive, and Dissolvible by watery Fluids, and capable of being subtiliz'd or divided into smaller Parts, and render'd sharper and more volatile by different Mixtures and Managements, which are equally applicable to all Kinds of Salts, and from thence deduce the Effects they have, or produce in the Fluids, or upon the Solids of Animals, when receiv'd into the Habit. The other Consideration of specifick Salts may have

have their ſpecifick Effects on one another without the Animal. But they ſeem more proper and adapted for philoſophical than medical Diſquiſition.

CHAP. VI.

Of the Frequency of Nervous Diſorders in later Years, beyond what they have been obſerv'd in former Times.

§. I. IF what I have advanc'd in the former *Chapter*, have any Truth or *Veriſimilitude*, it will be no hard Matter to account for the Frequency of Nervous Diſtempers obſerv'd of late Years, beyond what they have been in former Times. There is nothing more common, than to hear Men (even thoſe, who on other Subjects reaſon juſtly and ſolidly) aſcribe their Diſtempers, *acute* or *chronical*, to a wet Room, damp Sheets, catching Cold, ill or under-dreſs'd Food, or eating too plentifully of this or the other Diſh at a certain Time, and to ſuch-like trivial Circumſtances, being unwilling to own the true Cauſe, to wit, their continu'd Luxury and Lazineſs, becauſe they would gladly continue this Courſe,

Courſe, and yet be well, if poſſible. And there have not wanted learned Phyſicians, who have aſcrib'd the Frequency of theſe Nervous Diſtempers of late, eſpecially among the Fair Sex, to *Coffee*, *Tea*, *Chocolate*, and *Snuff*: I would not affirm, that there could be no Abuſes of theſe, otherwiſe innocent Foods or Amuſements, or that theſe mention'd Circumſtances and Accidents may have no Effects; but they are ſo Weak, Inſenſible, and Tranſitory, if they meet with Conſtitutions tolerably Clean and Healthy, that whoever would attribute any conſiderable Diſorder to them, argues with as much Reaſon and true Philoſophy, as he who aſcribes his good Liquor intirely to the Yeſt or other Helps of its Fermentation; or the Death of a Man kill'd by a Gun-ſhot, to the Paper or Tow that held down the Bullet: Health and Life, however frail and brittle, are too ſtrong Forts to be taken or deſtroy'd by ſuch puny and inſufficient Pop-gun Artillery. The Matter, as I take it, ſtands thus:

§. II. SINCE our Wealth has increas'd, and our Navigation has been extended, we have ranſack'd all the Parts of the *Globe* to bring together its whole Stock of Materials for *Riot*, *Luxury*, and to provoke *Exceſs*. The Tables of the Rich and Great (and indeed of all Ranks who can afford it) are furniſh'd with Proviſions of Delicacy, Number, and

Plenty, ſufficient to provoke, and even gorge, the moſt large and voluptuous Appetite. The whole *Controverſy* among us, ſeems to lie in out-doing one another in ſuch Kinds of Profuſion. *Invention* is rack'd, to furniſh the Materials of our Food the moſt delicate and ſavoury poſſible: Inſtead of the plain *Simplicity* of leaving the Animals to range and feed in their proper *Element*, with their natural Nouriſhment, they are phyſick'd almoſt out of their Lives, and made as great *Epicures*, as thoſe that feed on them; and by *Stalling*, *Cramming*, *Bleeding*, *Lameing*, *Sweating*, *Purging*, and *Thruſting* down ſuch unnatural and high-ſeaſon'd Foods into them, theſe Nervous Diſeaſes are produced in the *Animals* themſelves, even before they are admitted as Food to thoſe who complain of ſuch Diſorders. Add to all this, the *torturing* and *lingering* Way of taking away the Lives of ſome of them, to make them more delicious; and the Dreſſing of them, by culinary Torments while alive, for their Purchaſer's Table: All which muſt neceſſarily ſharpen, impoiſon, corrupt, and putrify their natural Juices and Subſtances. The *Liquors* alſo that are uſed for *Vehicles* to ſuch Food, are the higheſt and moſt ſpirituous, the moſt ſcorched by the *Solar* Beams, or inflam'd by repeated Diſtillations, to carry off the preſent Load, and leave a Diſpoſition and Craving for a new one in the ſhorteſt Time

Time poſſible. Any One who has but a tolerable Knowledge in *Philoſophy*, or is acquainted with the Animal *OEconomy*, can eaſily tell what the neceſſary Conſequence of ſuch a *Diet* muſt be in naturally weak Habits.

§. III. NOT only the Materials of *Luxury* are ſuch as I have deſcrib'd; but the Manner of Dreſſing or Cooking them, is carried on to an exalted Height. The ingenious mixing and compounding of *Sauces* with foreign *Spices* and Provocatives, are contriv'd, not only to rouze a ſickly Appetite to receive the unnatural Load, but to render a natural good one incapable of knowing when it has enough. Since *French Cookery* has been in ſuch Repute in *England*, and has been improv'd from *Spain*, *Italy*, *Turkey*, and every other Country that has any thing remarkably delicious, high, or ſavoury in Food; ſince *Eaſtern* Pickles and Sauces have been brought to embelliſh our continual Feaſts; Dreſſing, which was deſign'd to aſſiſt the Labour of Digeſtion, as it is now manag'd, not only counter-acts that Deſign, but is become the moſt *difficult*, *curious*, *ingenious*, and, at the ſame time, one of the moſt profitable Trades *.

* Do you wonder that Diſeaſes are innumerable? Number the Cooks. ——— *Seneca*, Epiſt. 95.

§. IV. SUCH a Courſe of Life muſt neceſſarily beget an Ineptitude for Exerciſe, and accordingly *Aſſemblies*, *Muſick Meetings*, *Plays*, *Cards* and *Dice*, are the only Amuſements, or perhaps Buſineſs follow'd by ſuch Perſons as live in the Manner mention'd, and are moſt ſubject to ſuch Complaints, on which all their Thoughts and Attention, nay, their Zeal and Spirits, are ſpent. And to convey them with the leaſt Pain and Uneaſineſs poſſible from Motion or ſlaviſh Labour, to theſe ſtill and bewitching Employments; *Coaches* are improv'd with Springs, *Horſes* are taught to pace and amble, *Chairmen* to wriggle and ſwim along, to render the Obſtructions more firm and fix'd in the ſmall Veſſels, and to prevent all the Secretions that would any ways lighten the Burthen. Is it any Wonder then, that the Diſeaſes which proceed from *Idleneſs* and *Fulneſs* of Bread, ſhould increaſe in Proportion, and keep equal Pace with thoſe Improvements of the Matter and Cauſe of Diſeaſes?

§. V. IT is a common Obſervation, (and, I think, has great Probability on its Side) that *Fools*, *weak* or *ſtupid* Perſons, *heavy* and *dull Souls*, are ſeldom much troubled with Vapours or Lowneſs of Spirits. The intellectual Faculty, without all manner of Doubt,

Doubt, has material and animal Organs, by which it mediately works, as well as the animal Functions. What they are, and how they operate, as, I believe, very few know, ſo it is very little neceſſary to know them for my preſent Purpoſe. As a philoſophical Muſician may underſtand Proportions and Harmony, and yet never be in a Condition to gratify a Company with a fine Piece of Muſick, without the Benefit of Sounds from proper Organs; ſo the intellectual Operations (as long as the preſent Union between the Soul and Body laſts) can never be perform'd in the beſt manner without proper Inſtruments. The Works of *Imagination* and *Memory*, of *Study*, *Thinking*, and *Reflecting*, from whatever Source the Principle on which they depend ſprings, muſt neceſſarily require bodily Organs. Some have theſe Organs finer, quicker, more agile, and ſenſible, and perhaps more numerous than others; *Brute* Animals have few or none, at leaſt, none that belong to *Reflection*; Vegetables certainly none at all. There is no Account to be given, how a *Diſeaſe*, a *Fall*, a *Blow*, a *Debauch*, *Poiſons*, *violent Paſſions*, *aſtral* and *aerial* Influences, much Application, and the like, ſhould poſſibly alter or deſtroy theſe intellectual Operations without this Suppoſition. It is evident, that in *Nervous* Diſtempers and a great many other bodily Diſeaſes theſe

Faculties, and their Operations, are impair'd, nay, totally ruin'd and extinguish'd to all Appearance; and yet, by proper Remedies, and after Recovery of Health, they are restor'd and brought to their former State. Now since this present Age has made Efforts to go beyond former Times, in all the Arts of *Ingenuity*, *Invention*, *Study*, *Learning*, and all the contemplative and sedentary Professions, (I speak only here of our own Nation, our own Times, and of the better Sort, whose chief Employments and Studies these are) the Organs of these Faculties being thereby worn and spoil'd, must affect and deaden the whole *System*, and lay a Foundation for the Diseases of Lowness and Weakness. Add to this, that those who are likeliest to excel and apply in this manner, are most capable, and most in hazard of following that Way of Life which I have mentioned, as the likeliest to produce these Diseases. *Great Wits* are generally great *Epicures*, at least, Men of *Taste*. And the Bodies and Constitutions of one Generation, are still more corrupt, infirm, and diseased, than those of the former, as they advance in Time, and the Use of the Causes assigned.

§. VI. To all these Considerations, if we add the present Custom of Living, so much in great, populous, and over-grown Cities; *London* (where nervous Distempers are most frequent,

frequent, outrageous, and unnatural), is, for ought I know, the greateſt, moſt capacious, cloſe, and populous City of the *Globe*, the infinite Number of Fires, ſulphureous and bituminous; the vaſt Expence of Tallow and fœtid Oil in Candles and Lamps, under and above Ground; the Clouds of ſtinking Breaths, and Perſpiration; not to mention the Ordure of ſo many diſeaſed, both intelligent and unintelligent Animals; the crouded Churches, Church-yards and Burying-places, with putrifying Bodies, the *Sinks*, *Butcher-houſes*, *Stables*, *Dunghils*, &c. and the neceſſary Stagnation, Fermentation, and Mixture of ſuch Variety of all Kinds of Atoms, are more than ſufficient to putrify, poiſon, and infect the Air for twenty Miles round it; and which, in Time, muſt alter, weaken, and deſtroy the healthieſt Conſtitutions of Animals of all Kinds; and accordingly it is in ſuch-like Cities, that theſe Diſtempers are to be found in their higheſt and moſt aſtoniſhing Symptoms; and ſeldom any laſting or ſolid Cure is perform'd 'till the Diſeaſed be *ruſticated* and purified from the infectious Air and Damps, tranſubſtantiated into their Habits, by a great City, and 'till they have ſuck'd in and incorporated the ſweet, balmy, clear Air of the Country, and driven the other out of their Habit. For, 'by innumerable Experiments, it is certain, that the Nitre or Acid of freſh, new

Air, is as neceſſary towards Life and Health as freſh balmy Food.

§. VII. ALL theſe together, will, I think, be ſufficient to account for the Frequency of *Nervous Diſtempers* of late. And, in Fact, the ſame Cauſes, pretty near, have been aſſign'd by all Obſervers, Phyſicians, and Philoſophers, in all Ages and Countries, to have produc'd ſimilar Effects. The *Egyptians*, as they ſeem to have been the firſt who cultivated the Arts of Ingenuity and Politeneſs, ſo they ſeem likewiſe to have been the firſt who brought *Phyſick* to any tolerable Degree of Perfection. The ancient *Greeks*, while they lived in their Simplicity and Virtue, were Healthy, Strong, and Valiant; but afterwards, in Proportion as they advanced in Learning, and the Knowledge of the Sciences, and diſtinguiſhed themſelves from other Nations by their Politeneſs and Refinement, they ſunk into *Effeminacy*, *Luxury*, and *Diſeaſes*, and began to ſtudy *Phyſick*, to remedy thoſe Evils which their Luxury and Lazineſs had brought upon them. In like manner, the *Romans* fell from their former Bravery, Courage, and *heroick Virtue*, which had gain'd them the Empire of the World. As *Celſus* obſerves, where he is giving ſome Account of the Riſe and Improvement of Phyſick, according to the Prevalency of theſe two general Cauſes of Diſeaſes, *Idleneſs* and *Intem-*

Intemperance; That theſe two had firſt ſpoil'd the Conſtitutions of the Greeks, *and afterwards thoſe of his own Countrymen the* Romans, *when become Maſters of the Luxury as well as the Country of thoſe polite People.*

§. VIII. IT were eaſy to ſhew, from the beſt Philoſophy, confirm'd by the moſt ſolid Experience, that Diſtempers of all Kinds owe their more remote Origin, Cauſe, and Riſe to the ſame Principles: And that the Pains and Trouble ſome have taken to ſearch and diſcover from *Hiſtory*, the Occaſions and Times of the Appearance of ſuch and ſuch Diſtempers, ends only in gathering and collecting ſome new Names, which Mankind have arbitrarily beſtow'd upon ſome particular Symptoms, Degrees, or Paroxyſms of univerſally known Diſeaſes; and that theſe Enquiries, tho' they may divert and amuſe the Enquirer and the Reader, like any other Pieces of Hiſtory, are of no further Uſe or Advantage to the World, than in ſo far as they at the ſame time diſcover the Means and Medicines by which ſuch Symptoms or Degrees of Diſtempers were remedied or overcome. For, I think, it is plain to a Demonſtration, that all Diſeaſes whatſoever, by whatever Names or Titles dignified or diſtinguiſh'd, ſo far as they are natural and internal Diſtempers, and not caus'd by Accident, muſt in the main

main proceed (if we ſuppoſe, as we muſt, that Mankind at firſt, were Healthy and Sound) from Intemperance, or ſome Error in the Quantity or Quality of their Food, and Lazineſs or Neglect of due Exerciſe: by which, as the Solids and Juices of the Parents have been ſpoil'd; ſo their Poſterity, by continuing the ſame Courſes, have gradually ſuffered higher and more extreme Diſorders or Symptoms, ariſing from the ſame general Cauſes; which, upon their firſt Appearance, receiving new Names by their Obſervers, as new and particular Diſtempers, have increas'd to ſuch a Number, as to exhibit that numerous Train of Miſeries with which our *Books of Phyſick* and *Bills of Mortality* are fill'd: And as the Age grew worſe, and the ſame Cauſes have been continued, and conſequently the Conſtitutions more deprav'd, not only more numerous, but higher and more terrible Symptoms have ariſen, 'till they have come at laſt to ſuch a Degree of Malignity, as to infect and contaminate by mere Touch or Contact; nay, even by the Smoke or Steam emitted from ſuch diſeaſed Habits. Not that I would deny that *Seaſons*, *Climates*, *aſtral* and *aerial* Influences, and many other Circumſtances, had any Effect or Influence in begetting or propagating theſe Diſtempers; but that theſe are ſlight, partial, and occaſional Cauſes only, in reſpect of thoſe others mentioned. And he that will

will conſult Hiſtory, will find ſufficient Arguments to draw the ſame Concluſions.

§. IX. All Diſeaſes have in ſome Degree or other, or in Embryo, been extant at all Times; at leaſt, might have been, if the efficient Cauſes, *Idleneſs* and *Luxury*, had been ſufficiently ſet to *work*, which were chiefly in the Power of Men themſelves. What we call Nervous Diſtempers, were certainly, in ſome ſmall Degree, known and obſerv'd by the *Greek*, *Roman*, and *Arabian* Phyſicians, tho' not ſuch a Number of them as now, nor with ſo high Symptoms, ſo as to be ſo particularly taken notice of, except thoſe call'd *Hyſterick*, which ſeem to have been known in *Greece*, from whence they have derived their Name: But as they were probably a ſtronger People, and liv'd in a warmer Climate, the ſlow, cold, and nervous Diſeaſes were leſs known and obſerv'd; the Diſtempers of all the *Eaſtern* and *Southern* Countries being moſtly *acute*.

§. X. When theſe general Cauſes I have mention'd, came to exiſt in ſome more conſiderable Degree, and operate in the more *Northern* Climates, then theſe Nervous Diſeaſes began to ſhew themſelves more eminently, and appear with higher, and more numerous and atrocious Symptoms. *Sydenham*, our Countryman, was the Phyſician of

Note

Note who made the moſt particular and full Obſervations on them, and eſtabliſh'd them into a particular Claſs and Tribe, with a proper, tho' different, Method of Cure from other chronical and humorous Diſtempers, tho' their true Nature, Cauſe, and Cure has been leſs univerſally laboured and known, than that of moſt other Diſeaſes; ſo that thoſe who could give no tolerable Account of them, have call'd them *Vapours*, *Spleen*, *Flatus*, *Nervous*, *Hyſterical*, and *Hypochondriacal* Diſtempers.

CHAP. VII.

Of the true Nature of the Fibres and Nerves.

§. I. THE Fibres are *ſmall*, *tranſparent*, *ſolid*, and *elaſtick*, or ſpringy Threads or Filaments.

By *Fibres*, I mean here, the leaſt and ſmalleſt Threads in the Compoſition, of which many unite to make one ſenſible *Fibre*. Our Hairs, which are a Kind of *Fibres*, may be divided and ſplit into a great Number

Number of ſmall ones, evident to the naked Eye; but *Leewenhoeck*, by his Glaſſes, has diſcover'd five or ſix hundred of them in one viſible *Fibre*. They are *tranſparent*, as is evident, when ſufficiently waſh'd and cleans'd from the Skins, Humours, and Fluids that adhere to them. The *laſt* and ultimate *Fibres* muſt of Neceſſity be *ſolid*; for a *Fibre* that has a Cavity muſt conſiſt of ſeveral others that go to make up its Coat: but even the ſmalleſt compound *Fibres* may be likewiſe *ſolid*, and conſiſt of the ſimple ones, as a Silk Thread is made up of the Filaments of the raw Silk; for the beſt Glaſſes diſcover no Cavity in them, at leaſt, they are not fairly prov'd to be Tubular or Hollow, by the Appearance they give of ſome Cavities, when view'd thro' a Microſcope: ſince what appears to ſome to be ſo, may be no other than the Interſtices between them; as ſeems highly probable, from their lying oblique to the Length of the *Fibres*, to which they ought to run parallel, if theſe *Fibres* were Tubular. But other Arguments to confirm this, ſhall be aſſign'd in their proper Place. They are *elaſtick* or ſpringy, as appears by a *Fibre* or a Muſcle's contracting (when divided) towards both Extremities; and that Heat and Puncture ſtimulate them into involuntary Spaſms and Convulſions.

§. II.

§. II. All the Solids of the Body, when duly prepar'd, resolve themselves, or may be separated into such *Fibres* at last. They are probably platted and twisted together in the Manner I have described, to make the larger sensible *Fibres*: And these again are either united in Bundles to form the *Muscles*, *Tendons*, *Ligaments*, &c. or woven into a fine *Web*, like Cloth, to make the *Membranes*, the Coats of the Vessels, &c. only in some the longitudinal, in others the transverse *Fibres*, are larger and stronger; or these last are rolled *spirally*, according to the particular Office or Function design'd to be perform'd by them. The Structure of the Bones seems to be like that of a Piece of Linen roll'd upon a *Cylinder*, thro' which a vast Number of Pins are stuck perpendicular to the Surface, to keep it from unrolling. These, and doubtless many other, Methods of Texture are made use of by the Infinitely-wise Author of Nature, in the Fabrick of the Solids of the Animal Machine. We must content ourselves, in the Explication of the Works of Nature, with Allusions to those of Art, that come nearest the Case where philosophick Nicety is not intended.

§. III. The sensible or compound *Fibres*, as they are found in the Structure of an Animal

mal Machine, are of Three Kinds. *First*, Some are of a looſer and ſofter Texture, or of a weaker Spring and Elaſticity, contracting eaſily and readily, and requiring only a ſmall Force to diſtend them, being moiſten'd with a greater Quantity of Blood, (which makes them look red), and ſuch are all the *Muſcular Fibres*, which are employ'd in the Compoſition of the Inſtruments of voluntary or animal Motion, whoſe greater Action requires a greater Quantity of balmy, warm Moiſture, to preſerve their due Degree of *Tenſion*, and repair their caſual and ordinary Decays. *Secondly*, Others are of a cloſer and more compact Diſpoſition, the ſmaller *Fibres* whereof they are compos'd, being more firmly and intimately united, and crowded or compreſs'd into a ſmaller Space, in conſequence of which their *elaſtick* Force is greater, they contract with greater Strength and Quickneſs, and are with more Difficulty diſtended, being moiſten'd with a thinner, more rare, milky and watery Fluid, becauſe of their ſolid Texture, to keep them from growing rigid or hard, and ſuch are the Fibres of the Membranes, Tendons, and Nerves, whoſe Compactneſs and cloſer Union of Parts, ſeems to be the Reaſon of the greater Degree of Senſibility they are evidently endued with above thoſe of the firſt Kind. The Motion or Impreſſion communicated to them, being thereby leſs interrupted,

rupted, broken, or loſt; and the laſt of theſe particularly, to wit, the *Nerves*; are made uſe of, to communicate the Impreſſion they receive from outward Objects, or the muſcular Fibres to the *Senſorium* in the Brain, and by it to the ſentient Principle or *Muſician*, and from it to the Organs. *Thirdly*, There is yet another ſort of theſe compound Fibres of a hard and rigid Make, whoſe *Elaſticity* is like that of Steel, and not of the ſo diſtractile Kind, like thoſe before mention'd; and conſequently, being neither fit for Senſation or Action, they are only employ'd as a Support or Security for the tender Solids, requiring only a little Oil to keep them from growing too dry or brittle; and of this Kind are the Fibres of the Bones. Every ſingle Fibre has a particular Membrane involving it, like the Bark on a Tree, and ſome particular Cluſters have another Membrane binding the Whole.

§. IV. FROM this Account of the *Fibres* in general, if juſt, it is plain, that in their original Conſtitutions they are much the ſame, and that their different Properties and Appearances ariſe only out of the various Methods of Texture employ'd in their Compoſition, according to the Uſes they were intended for. It is likewiſe probable, that all the *Fibres* of the Body (except thoſe of the hard and rigid Kind, whereof the Bones are compos'd) are ſenſible, more or leſs, according

according to their Denſity or Cloſeneſs of their Texture, or the Degrees of their *elaſtick* or *diſtractile* Force, conſequent thereupon, and their Communication with the Brain; the *Nerves* being only ſome of theſe Fibres the moſt ſuſceptible, by their Structure of communicating Action and Motion, made uſe of to convey ſuch Impreſſions, as they receive from outward Objects, or the other Fibres (however this Intercourſe is carried on between them, whether by Engrafting, like the Blood-veſſels, or otherwiſe, I ſhall not determine) to the Seat of the Intelligent or Senſitive Principle, and to carry back from thence the firſt Tendency of Action to the *Muſcular Fibres*, when they contract or relax, in order to the ſeveral Functions of the *Animal OEconomy*. To tell preciſely in what manner this is perform'd, is, perhaps, impoſſible, I am ſure very difficult; nor do I think it any ways neceſſary to what I have to propoſe, concerning the Nature and Cure of *Nervous Diſtempers*, commonly ſo call'd. I am of Opinion, that theſe Diſorders do not ſo properly depend upon one Kind of *Animal Fibres*, that particularly of the *Nerves*, as is commonly ſuppos'd, unleſs it be in ſmall and Topical Diſorders of the Nervous Kind: but that when there are general Internal Diſeaſes, and that many of the *Fibres* and *Nerves* ſuffer, the whole *Syſtem*, or all the Solids of the Body, (except thoſe which are

firm and hard) ſuffer together in ſome Degree or other.

§. V. That there is a certain *Tone*, *Conſiſtence*, and Firmneſs, and a determin'd Degree of *Elaſticity* and *Tenſion* of the Nerves or Fibres, how ſmall ſoever that be (for it muſt be in ſome Degree, even in Fluids themſelves) neceſſary to the perfect Performance of the *Animal Functions*, is, I think, without all Queſtion, from an Exceſs *over*, or Defect *under* which, in ſome eminent Degree, Diſeaſes of one Kind or another certainly ariſe. Thoſe I am chiefly concern'd for in the following Treatiſe, are what proceed from the Defect, or that Degree which falls below the juſt Mediocrity neceſſary for perfect Health; that is, thoſe Diſeaſes that enſue upon a too lax, feeble, and *unelaſtick* State of the *Fibres* or *Nerves*: And that every one may, in ſome meaſure, judge whether this be their Caſe, I ſhall hereafter enumerate the Signs and Symptoms that determine it, after giving the Reader ſome Conjectures concerning the Uſe of the Fibres, and the Manner of their Functions.

CHAP.

CHAP. VIII.

Of the Use of the Fibres and Nerves; the Manner and Causes of Sensation, and of Muscular Motion.

§. I. IT not being my Intent to run into *philosophical* or speculative Disquisitions in a practical Treatise, which I design chiefly for the Use and Benefit of my *fellow Sufferers* under *nervous* Distempers; I shall only, with all the Brevity and Perspicuity I am capable of, represent to the *curious Reader*, what I have found most probable among the *Physicians*, *Philosophers*, and *Mathematicians*, upon this intricate and perplex'd Subject; having, I think, consider'd impartially, and with some Attention, all those who have offer'd any thing solid upon it; and on this Account chiefly, that the *curious Reader* may more readily relish some of the Reasons for Advices of less Moment, which I suggest for treating of these Distempers in the best manner my Observation and Experience have taught me. But I lay much greater Stress upon the Experience

and Obſervations themſelves, than upon any *philoſophical* Reaſons I, or any other, can ſuggeſt; tho' I think, they may not be without their Evidence, when drawn from the real Nature of Things, or from the beſt Accounts of the *Animal OEconomy* we have hitherto gain'd, and may ſometimes approach near to a Demonſtration in Subjects more ſimple, and more obvious to Senſe and Experiment, than thoſe I now treat of.

§. II. IN the *firſt* Place, I take it for granted, that the *intelligent Principle* is of a very different, if not quite contrary, Nature from this organical Machine which contains it; and has ſcarce any thing in common to them, but as they are Subſtances. It is well known to *Phyſicians*, what wonderful Effects the *Paſſions*, excited by lucky or unlucky Accidents, (which are juſtly reckon'd *Intellectual* or *Spiritual* Operations) have on the Pulſe, Circulation, Perſpiration, and Secretions, and the other Animal Functions, in *Nervous* Caſes eſpecially, even to the reſtoring from Death, and deſtroying Life, as innumerable Inſtances demonſtrate. I have felt a Pulſe languiſhing, interrupting, and juſt dying away, render'd ſtrong, full, and free, by a joyful Surprize, and on the contrary. * Dr. *Bryan Robinſon*'s

* *Vid.* Dr. *Bryan Robinſon*'s *Animal OEconomy*, Prop. xxi.

Reaſoning

Reaſoning is concluſive; and yet I ſhall give one Inſtance, of which I myſelf (with many others) was an Eye-witneſs, more coercive, where an *Effort* of the *Mind* reſtor'd to Life once and again (to all Appearances) extinct Animal Functions. Now if the Principle of both Parts of the Compound were one, or if the Whole had but a material or organical Principle, or if there were only an external Spring of Motion and Action, the Functions dying, expireing, and going down, the Whole would always die and extinguiſh. But ſurely no different or independent Internal Principle, could reſtore, invigorate and actuate the dead or juſt dying material and animal Functions, as in this laſt Caſe *. I have formerly ſuggeſted, that the beſt *Similitude* I can form of the Nature and Actions of this *Principle* upon the *Organs* of its Machine, is that of a skilful *Muſician* playing on a well-tun'd Inſtrument. So long as the Inſtrument is in due Order, ſo long is the Muſick perfect and compleat in its Kind. As it weakens or breaks, the Harmony is ſpoil'd or ſtopp'd. Some of the Parts of this Inſtrument being more delicate than others, are ſooner diſorder'd or broken. The great and principal ones, which preſide over and actuate the leſſer, are ſtrong and durable, and require a greater

* *Vid.* Part 3d, the Caſe of Col. *Townſhend.*

Force and Violence to diſorder them; but when once they are worn out, ſpoil'd, and ruin'd, the leſſer and dependent ones are involv'd in their Fate, and the *Muſician* muſt neceſſarily ſhift his Place and Scene. It is the Nature of all material Organs to decay and be worn out by Time. The Diviſibility of Matter, the Friction of the Parts upon one another, and the Action of the Bodies that ſurround them, make this inevitable; but Accidents, Violence, and Miſmanagement will quicken and forward their Ruin.

§. III. MATERIAL Objects can act no otherwiſe upon material Inſtruments, than by communicating their Action and Motion to them, or, at leaſt, to the *Medium*, Fluid, or ſubtil Matter that ſurrounds them; that is, material Objects can act no otherwiſe upon animal Organs, but either immediately, by communicating their Action and Motion to theſe Organs, and putting their conſtituent Parts into particular Vibrations, inteſtine Action and Reaction upon one another: or mediately, by the Intervention of ſome *ſubtil Fluid* or Matter on which they impreſs their Actions and Motions, which are tranſmitted by the *Medium*, in the ſame Manner to the Organ. Small Bodies act upon one another in the ſame Manner, and by the ſame Laws and Mechaniſm, that the *Syſtems* of greater ones do: And he who would

would underſtand the Effects of little Bodies, Fluids, or material Spirits, upon greater Bodies, and the Nature of the Action of their Particles upon one another, has nothing to do, (if he reaſons juſtly), but to reſemble ſmall Bodies to great, under particular Laws and Conditions. To apply this general Doctrine to the Caſe in Hand: We may conclude, that *Smelling*, for Example, is nothing but the Action of an odorous Body, or the Steam or Vapour emitted from it, giving a determin'd Impulſe to the Nerves or Fibres of the Noſtrils, which, by their *Mechaniſm*, propagate this Vibration and Impulſe, thro' their Length, to the intelligent or *ſentient Principle* in the Brain, (which I reſemble to the *Muſician*). Again, *Feeling* is nothing but the Impulſe, Motion, or Action of Bodies, gently or violently impreſſing the Extremities or Sides of the Nerves, of the Skin, or other Parts of the Body, which by their Structure and *Mechaniſm*, convey this Motion to the *ſentient* Principle in the Brain, or the *Muſician*. Laſtly, *Seeing*, or the Perception of the Bulk, Diſtance, Situation, or Colour of Objects, is nothing but the Action of Light (a Fluid of its own Kind) reflexed or refracted from the Surfaces of Bodies or outward Objects (ſome of which ſcatter the Rays from one another, in an infinite Variety of *Angles*, and ſo by *Experience* determine their *Diſtance* and

Bulk: And tranſmit one Kind of Rays more copiouſly than another, to determine their *Colour*), which being variouſly refracted in the Humours of the *Eyes*, are at laſt united on the *Retina*, ſo as there to form an *Image* analogous to that of the outward Object, which, by ſtriking the Nerves of the *Retina*, (in the ſame Manner that the Object itſelf would have done) is by them tranſmitted to the *ſentient Principle*. It is much after the ſame Manner in all the other Inſtruments of the Senſations.

§. IV. WHAT is the true Cauſe of *Elaſticity* in general, or that of the *animal Fibres* and *Nerves* in particular, is, I think, an unexplicable *Problem*, unleſs we admit of a centrifugal or repelling Fluid. Even the true Nature and Cauſe of *Coheſion* and *Continuity* itſelf was uncertain 'till of late, and as yet is too general, as far as this Kind of Fluid or ſubtile Spirit explains it. The Principle of *Attraction*, both in great and little Bodies, is evident from innumerable Experiments; but what the Laws of this general Principle may be, in all *Syſtems* of Bodies, or what Limitations or Reſtrictions it may undergo, to ſolve the particular Appearances, is, I fear, as yet imperfect. Perhaps, Generals, in Natural Philoſophy, (as well as ſome other Sciences) are all that we can attain to in our preſent State, (for it

ſeems

seems Precision is a Contradiction to Finitude). We see indeed, that Bodies of plain, smooth Surfaces, or in which many Points come into Contact, cohere most strongly, which must necessarily follow from the Principle of *Attraction*. Sir *Isaac Newton* has shewn the *Analogy* of Bodies flying from one another; or their having a Principle of *Repulsion*, to *negative Quantities*, in *Algebra* and *Geometry*, and to some other Appearances in Nature; whereby he hints a probable Account of the Elasticity and the Compression of the Air: And the same Manner of Philosophising, duly applied and suited to Circumstances, will equally account for the *Elasticity* of all Fluids whatsoever, and perhaps of Solids too. There are some Experiments upon Bodies, that seem to prove the real Existence of such a Principle in Nature as *Repulsion*: For Example, (not to mention others, of which there are a great Number, that enforce the same Conclusion) *That* whereby a smooth *Prism*, rubb'd strongly, drives Leaf-Gold from it, and suspends it 'till its Influence is withdrawn; *Hawsbee*'s Experiments on an exhausted Glass *Sphere* or *Cylinder* violently turn'd on an *Axis*: Water rising in a *hyperbolick* Line above the Surface, and *Mercury* subsiding below it in the same Curve, and a great many other such Experiments. We see also, that a Body under a circular Rotation, has a constant

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Tendency to fly off in the Tangent, which a certain *late Author* has made Uſe of to explain *Elaſticity* by, (tho', I think, with indifferent Succeſs). Now tho' all theſe Appearances may poſſibly be accounted for from other Principles, different from that of *Elaſticity*, yet, I think, they may be ſufficient to illuſtrate this Principle of *Repulſion*. *Animal* and *Vegetable* Subſtances, ſuch as *Ivory*, *Whalebone*, the *Tendons* and *muſcular* Subſtances of Animals, *Cork*, *Sponge*, &c. are the moſt perfectly *elaſtick* of any Bodies known; which makes it highly probable, that the Actions, Senſations, and Functions of Animals and Vegetables, are owing, in ſome meaſure, to this *Elaſticity* in the Solids: And *Metalick* and *Mineral* Bodies (as is well known) have their elaſtick Properties increas'd and augmented by *Animal* and *Vegetable Salts* united with them while they are in *Fuſion* by Fire.

§. V. THE moſt difficult Problem in all the Animal OEconomy, is, to give any tolerable Account of *Muſcular Action*, or *Animal Motion*. The Similitude of a Machine put into Action and Motion by the Force of Water convey'd in Pipes, was the readieſt Reſemblance the *Lazy* could find to explain *Muſcular Motion* by. It was eaſy, from this Reſemblance, to forge a thin, imperceptible Fluid, paſſing and re-paſſing through

through the Nerves, to blow up the Muſcles, and thereby to lengthen one of their Dimenſions, in order to ſhorten the other. On ſuch a ſlender and imaginary Similitude, the precarious *Hypotheſis* of *Animal Spirits* ſeems to be built. But as their Exiſtence is, I fear, precarious; ſo, were it real, they are not ſufficient to ſolve the Appearances as ſhall be more particularly conſider'd hereafter. All I ſhall further ſay here, is, that this and the other abſtruſe Appearances in the Animal and Vegetable Kingdoms, particularly *Vegetation*, *Elaſticity*, *Coheſion*, the Emiſſion, Reflexions and Refractions of *Light*, *Attraction* in the greater and leſſer Bodies, and all the other ſecret and internal Actions of the Parts of Matter upon one another, are, with ſome Shew of Poſſibility, ſuſpected, and by ſome Obſervations (not otherwiſe to be accounted for) made not improbable by the late *ſagacious and learned Sir* Iſaac Newton *, to be owing to an infinitely ſubtil, elaſtick Fluid, or Spirit, (as he ſtrongly expreſſes that ſubtil Matter) diſtended thro' this whole *Syſtem*, penetrating all Bodies with the greateſt Facility, infinitely active and volatile, but more condens'd in *Vacuo*, or Spaces void of groſſer Matter, than towards the Surfaces of

* Opticks, Book III.

Bodies,

Bodies, or in them: And by this *Æther*, *Spirit*, or moſt ſubtile Fluid, the Parts of Bodies are driven forcibly together, and their mutual attractive Virtue ariſes, and the other before-mention'd Appearances are produced. The Exiſtence of this *ſubtile Fluid* or *Spirit*, is made probable by what he has obſerv'd of Liquors, *heating* and *cooling*, Mercury riſing and continuing rais'd, and ſmooth Bodies clinging together, and requiring an equal Force to ſeparate them in *Vacuo*, or in an exhauſted Receiver, as in Air: And a great many other Experiments have been ſuggeſted, not otherwiſe to be ſo readily accounted for. And it is probable, that thoſe other mention'd Appearances may be owing to the ſame Cauſe; ſince we find always *ſimilar* Effects have *ſimilar* Cauſes, and that Nature is frugal in *Cauſes*, but various and manifold in *Effects*: But Sir *Iſaac* not having been able to make a ſufficient Number of Experiments to determine all the Laws of this Fluid, nor indeed ſufficient abſolutely to prove its Exiſtence, he leaves it to the Sagacity of future Ages to determine them, and to apply them to the Appearances; and finding nothing in the Writings of other *Philoſophers*, *Mathematicians*, or *Phyſicians*, of equal Probability with this, tho' imperfect Account of theſe Difficulties, I will offer the Reader no other.

CHAP.

CHAP. IX.

Of the Existence of animal Spirits, and of their Use to account for animal Motion, and the other animal Functions.

§. I. THE Doctrine of Spirits, to explain the animal Functions and their Diseases, has been so readily and universally receiv'd from the Days of the *Arabian* Physicians (and higher) down to our present Times, that scarce one (except here and there a *Heretick* of late) has call'd this *Catholick* Doctrine in question. And those who perhaps had Courage or Curiosity enough to doubt of, or examine the Matter, either out of Laziness, or to avoid a tedious Way of expressing themselves, have implicitly gone into the common Dialect, which is now very convenient. The *System* at first was but rude and imperfect; but having been adopted by *Philosophers* and *Mathematicians*, as well as *Physicians*, they have brought it to a more consistent

ſiſtent and leſs abſurd *Theory*. *Borelli* gave it a great Countenance, by receiving it to explain *Muſcular Motion*, in his Book *De Motu Animalium*. *Willis* gave it all the Advantages of Eloquence and Metaphor. *John Bernoulli* has added to it a Kind of Geometry and Calculation. And laſt of all, Monſ. *des Molieres*, in the *Memoirs de l'Academie Royal* for 1724, has added Plainneſs, and ſome Conformity to the Natural Appearances, and taken off moſt of the common Objections. I ſhall not tire myſelf nor the Reader, by detailing the *Syſtem* at length, nor the ſeveral Steps by which it has been reformed and amended. *Goelike*, Profeſſor at *Frankfort*, in a ſmall Treatiſe, has ſolidly expos'd and ridiculed it, as far as *Borelli* went, or the precedent or co-temporary Phyſicians: And that admirable Geometer Dr. *Pemberton*, has, I believe, *geometrically* ſhewn the Inſufficiency of what *Bernoulli* has advanced to mend the Matter, in his Preface to Mr. *Cowper*'s Book on the *Muſcles*. I ſhall therefore only ſuggeſt ſome general Reflexions, which perhaps equally diſtreſs this *Syſtem*, however improv'd or amended.

§. II. I WILL not urge, that the beſt Eyes or Senſes, however aſſiſted, have not hitherto been able to diſcover any Cavity in the Subſtance of the *Nerves*, or in the ſmall Fila-

Filaments into which they are divided. That, on the contrary, as far as *Leewenhoeck* (the beſt Obſerver, doubtleſs), or others who have examin'd the Matter with great Accuracy, could perceive: they appear ſolid, tranſparent, and with broken Reflexions, even when dry, like crack'd *Glaſs-wire*, *Horn*, or any other ſolid Subſtance, without any apparent Cavity. Nor that by compreſſing them by *Ligatures*, ſtopping the Influx, or by ſtroaking and milching their Lengths, are any Appearances to be obſerv'd like thoſe in other Veſſels, which we know do carry Fluids in them, more than muſt neceſſarily happen from compreſſing the ſmall Arteries that go along by them. It is true, that by ſtopping and tying the Trunks of the greater Nerves, the Muſcle itſelf will turn *Paralytick* and Motionleſs; but it will equally do ſo, upon intercepting the Motion or Influx of the Blood, which concludes nothing but this, that theſe *Nerves* are neceſſary towards the Action of the Muſcles, whether from their carrying a Fluid, or from their own *Tonick* Nature, their internal Configuration, or any other Manner they may act, is not thereby determin'd. And if Probabilities could any way influence a Fact, they muſt lie on the other Side of the Queſtion; ſince that thin and ſoft Liquor, which ſeems only fit to keep them moiſt and lax, rather derogates from the Exiſtence of

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any ſpirituous Fluid in them proper for the intended end. Nor, *thirdly*, will I urge againſt it Dr. *Gliſſon*'s Experiment of putting the Arm of a ſtrong, brawny Porter into a large Tube full of Water, and fixing it cloſe to his Shoulder, that the Water might not get out, but aſcend into a ſmall *conical* Tube, paſſing out of the Side of the larger one; whereby he found, that upon the ſtrongeſt Action of the Muſcles, the Water ſubſided and fell in the ſmall Tube, and roſe again, upon their ceaſing to act; from whence he concludes, that *Muſcular Motion* is not performed by the Inflation or Swelling of the Muſcles, but that, on the contrary, when they are mov'd, they are contracted into a leſſer Figure, and more compact Subſtance, or are harden'd: which would ſcarcely happen, if any Matter, how ſubtile ſoever, flow'd in the Nerves, and thereby was added to the Subſtance of the Muſcles: For ſince the *Impenetrability* of Matter is demonſtrable, the leaſt ſuch an Addition could effect, was, that tho' the Fluid, by its Subtilty, would not ſenſibly increaſe the Bulk, yet ſurely it could not leſſen it. I ſay, I ſhall not urge theſe obvious Objections againſt this Doctrine; becauſe, tho' I think they cannot be ſolidly anſwer'd, yet they may be evaded; but ſhall proceed to offer a few Conſiderations, which, I think, equally diſtreſs it, in

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all the Improvements that have been made on it.

§. III. SOME have imagin'd the Nature of this Fluid of *animal Spirits*, to have ſome Reſemblance with that of Light, (the moſt ſubtil, active and penetrating Fluid apparent in this our *Syſtem*), which would make them quickly penetrate, fly through, tear, break, and conſume their rare and tender Priſons, which would be of no more Uſe to them, to determine them to regular and uniform Motions, than Glaſs Tubes are to Light. And were they like *urinous* or *inflammable Spirits*; yet neither would ſuch ſlender Priſons contain them any Time, or convey them uniformly for regular Purpoſes. And *laſtly*, if they were like Water or aqueous Fluids, they could neither have Activity nor Subtilty ſufficient to ſolve the Appearances, nor could they move with Velocity enough to anſwer the Purpoſes of Volition, Senſation, and voluntary or involuntary Motions, under that more groſs and ſluggiſh Form, and would even then ouze thro' their containing Tubes.

§. IV. IN a Word, give them what Nature you will, they will never anſwer the *animal Functions* and Appearances. For ſuppoſe them to have any Reſemblance to the other Fluids in our *Syſtem*; if extremely

volatile and active, they would fly away and tear in a very ſhort Time their containing Tubes and Canals the *Nerves*, and could not receive regular Determinations from them; and yet ſuch they muſt be, to anſwer the Ends of Volition and Senſation: And if they were groſſer, denſer, and leſs refin'd, they would not anſwer quick and ſudden Motion, and its Ceſſation. And they can never be ſuppos'd to be extremely active and volatile, and groſs, and thick at the ſame time. We find in *Dropſies*, that a groſſer Fluid, than they can be ſuppos'd to be, will ouze in great Quantities thro' Veſſels of as cloſe a Texture as theirs; not to mention the ſudden Effects of all Kinds of Spirits (taken inwardly) upon the *Nerves*, which, from this Appearance, muſt even be ſuppos'd to penetrate the Subſtance of theſe *Nerves*, and yet the Nervous Fluid muſt be, at leaſt, as ſubtil and penetrating as they.

§. V. QUICK and inſtantaneous, ſtrong and violent Motions, (increas'd by adding great Weights, as we know by Experience) ſeem abſolutely to have determin'd the Nature of animal Spirits, to that of the moſt active and volatile Kind of Fluids imaginable; becauſe none elſe is capable of ſo quick and ſtrong Actions, in order to determine the inſtantaneous Obedience of the Muſcles to the Orders

Orders of the Will: And ſuch ſtrong, violent, and quick Motions muſt neceſſarily make a great Waſte and Expence of theſe animal Spirits, ſo as to require a conſtant Supply of ſuch fine and ſubtile Parts from the Food: And yet we find, that aqueous, vegetable, and earthy Subſtances only, make up moſt of the Nouriſhment of thoſe who have the beſt and ſtrongeſt Spirits, and live in a conſtant Courſe of ſuch Action; and the animal Heat, employ'd to generate them, riſes no higher than that of Vegetation or Incubation only, which is not ſufficient for any other Kinds of Spirits, inflammatory or urinous. *But* how any Fluid at all, of what Kind ſoever, can be ſuppos'd or imagin'd to go backwards and forwards in the ſame indiviſible Inſtant almoſt, (to convey Pain, for Example, to the ſentient Principle, and muſcular Action at the ſame Inſtant, to ſhut the Eyes upon Appearances of Danger, or to actuate all the Muſcles neceſſary for running away under a *Panick*, and a thouſand other Inſtances that may be given) ſeems very hard to explain, from the Nature of Fluids known here below.

§. VI. The Exiſtence of animal Spirits, has been chiefly contriv'd to ſolve the Appearances of *nervous* Diſtempers, *viz.* Obſtructions of the Nerves, or their Incapacity to act under ſome Circumſtances. Now if theſe Appearances can be accounted for, more

conformably to the *Analogy* of Nature without this Suppoſition than by it, then the Diſpute will be at an end, and they uſeleſs. Of this laſt the Reader will be a better Judge, when he has conſider'd the Whole of this Treatiſe. As to the Obſtructions of the *Nerves*, ſince they are plainly *cylindrical*, (or nearly ſuch), it does not ſeem agreeable to *Mechaniſm*, that any Fluid ſhould readily be obſtructed in them. For whatever Fluid, of whatever Nature, can enter the one Extremity in the *Brain*, will move on by the ſame Impulſe to the other. For *Example*; A Ball of the ſame or leſs *Diameter* than the Cavity of a *cylindrical* Tube will move (by the Force firſt impreſs'd) from one End to the other, without Stop or Hindrance from the Tube; unleſs it be from external Accidents or Bruiſes altering the Figure of the Tube; and the ſame may be concluded of any Fluid: which makes *Obſtructions* pretty unaccountable in *cylindrical* Tubes: Beſides, it is no ſmall Prejudice againſt any Fluids moving in the nervous Fibres, even that their Figure is *cylindrical*; for we ſee in all Tubes that contain Fluids, (as the *Veins*, *Arteries*, and *Lympheducts*) to accelerate the Motion of the Fluid, their internal Figure is *conical*, or tapering, or nearly ſo, which readily accounts for the Obſtructions in theſe laſt mention'd Veſſels; and it is not improbable, that Nature, which is always ſimilar or conſiſtent with itſelf, had

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the Nerves been deſign'd to carry a Fluid, would have hollow'd them in this Form. And, on the contrary, the frequent Obſtructions that happen in thoſe Veſſels, which are of this mention'd *conical* Figure, and the Hardneſs of ſuch Obſtructions, may be ſufficient to account for the Obſtructions of the *Nerves* themſelves. From all which, we may, I think, pretty firmly conclude, that the Notion of *animal Spirits* is of the ſame Leaven with the *ſubſtantial Forms* of *Ariſtotle*, and the *cæleſtial Syſtem* of *Ptolemy*.

§. VII. PERHAPS there may be in Nature material Syſtems of Fluids of ſeveral Degrees of Rarity and Subtilty, even indefinitely many and different. What makes it not impoſſible, that there may be more ſuch *Syſtems* of ſubtil, elaſtick Fluids, than that mention'd *Æther* deſcrib'd by Sir *Iſaac Newton*, is, that the *Elaſticity*, *Attraction*, and other Qualities of this *Newtonian Æther* muſt neceſſarily be caus'd by ſome other *ætherial* and ſubtil Fluid; elſe we muſt admit *Elaſticity*, *Attraction*, and *Activity* in the Particles conſtituteing this *Newtonian Æther* without a Cauſe; or we muſt ſuppoſe theſe Qualities innate to them, and to have been impreſs'd on them immediately by the *firſt* and *ſupreme Cauſe*. And thus we are neceſſarily thrown into one or other of the two *Horns* of this *Dilemma*, either to admit of Fluids deſcending *in infinitum*,

nitum, in Tenuity and Subtilty, to produce *Elasticity* and *Attraction*, or allow Particles of Matter impress'd with these Qualities in their Creation immediately by the *Supreme Being*. It is true, this *Newtonian Æther* advances us one Step further into the Nature of Things; but here we must necessarily stop, the Works of *God* appearing literally Inscrutable to Perfection. A few of the first Steps we may go in this *infinite Progression*, but in all the Works of *God* there is a *Ne plus ultra*; perhaps it may be in the inanimate material *System* of Things, as it is most certainly in the *Animal* Kingdom, that Nature and its Author, to distinguish itself from finite *Mechanism*, always operates by *Systems* and *Organs* in Number even infinite, if not *infinite* in the highest Sense, yet certainly indefinite or *infinite* in a *relative* Sense, and in Regard to a finite Capacity; and thus he leaves *Images* and *Signatures* of himself on all his Works, as is manifest in *Quantity*, *Time*, and *Motion*, and their Signs or Characters, *infinite Divisibility*, *infinite Progressions*, *Eternity*, *Series's*, and *Fluxions*, &c. *Mercury* is grosser or denser than *Water*, *Water* than *Air*, *Air* than *Light*, *Light* than *Æther*; and how far further Nature may go in descending in Tenuity, Subtilty, and Refining of other *Systems* of Fluids, none alive can certainly tell. This as a Conjecture the *Analogy* of Things, the infinite Divisibility or Increase of Matter, from finite,

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'ill it becomes infinitely great or ſmall, at le[a]ſt as to our Conceptions; Nature's never paſſing from *Poſitive* to *Negative* Quantities, 'till it goes thro' the Medium of *Nothing*, or infinitely ſmall of the ſame Denomination; its never paſſing from Motion to Reſt, but thro' infinitely ſmall Motion: In a Word, its never acting in Generals, by *Starts*, *Jumps*, or unequal Steps; I ſay, all theſe Hints ſeem to point out ſomething like this. From all which, and a great deal more might be urg'd, it may not be improbable, that as in Quantity there is one or more *Means* between the *leaſt* and the *greateſt*: ſo in *Subſtances* of all Kinds, there may be Intermediates between *pure*, *immaterial Spirit* and *groſs Matter*, and that this intermediate, material Subſtance, may make the Cement between the human Soul and Body, and may be the Inſtrument or *Medium* of all its Actions and Functions, where material Organs are not manifeſt: And may poſſibly be the Cauſe of the other ſecret and inſcrutable *Myſteries* of Nature, and the ſame (for ought I know) with Sir *Iſaac Newton*'s infinitely *fine and elaſtick Fluid* or *Spirit*, mention'd in a former Chapter; for ſince he has not, I believe none elſe will take upon him to determine its *ſpecific* Nature, or, indeed, whether it actually be, or not: The innumerable Appearances ſeem to imply ſome ſuch Thing.

§. VIII. To conclude this dark Subject of *animal Spirits:* If they muſt be ſuppos'd, we may affirm, they cannot be of the Nature of any Fluid we have a Notion of, from what we ſee or know. Indeed, the large Size, the wonderful Texture, and the great Care and Security Nature has employ'd about the *Brain*, makes it probable it has been deſign'd for the *nobleſt* Uſes, *viz.* to be the Temple or *Senſorium* of the *ſentient and intelligent Principle*. And its Reſemblances, in many Circumſtances, to the other *Glands*, which certainly ſeparate Liquors, makes it not impoſſible that it may have Uſes *analogous* to thoſe. But how to aſſign them, explain, or accord them with what has been ſuggeſted above, I know not. May not the *ſentient Principle* have its Seat in ſome Place in the Brain, where the Nerves terminate, like the *Muſician* ſhut up in his Organ-Room? May not the infinite Windings, Convolutions, and Complications of the beginning of the Nerves which conſtitute the Brain, ſerve to determine their particular *Tone*, *Tenſion*, and conſequently the Inteſtine Vibrations of their Parts? May they not have interwoven Blood-veſſels and Glands to ſeparate a milky Liquor, to ſoften, moiſten, and continue their *Elaſticity*, and innate Mechanick Powers, through the whole *nervous Syſtems?* And alſo to keep them in a proper Condition to play off the *Vibrations*,

tions, *Tremors*, and *Undulations* made on them by Bodies, or their *Effluvia*? May not these *Vibrations* be propagated thro' their Lengths, by a subtil, spirituous, and infinitely elastick Fluid, which is the *Medium* of the Intelligent Principle? As Sound is convey'd thro' Air to the *Tympanum*, and by it to this *Medium* or *Æther*, and from the *Medium* to the *Intelligent Principle*, and as *Sight* is perform'd thro' or by Light. And is not the *Analogy* of Nature and Things thus, in some measure, preserv'd? I own, it is much easier to confute than establish; and I should not be very *sanguine* about the Non-existence of animal Spirits, but that I have observ'd the dwelling so much upon them, has led *Physicians* too much to neglect the mending the Juices, the opening Obstructions, and the strengthening the Solids, wherein only the proper and solid Cure of Nervous Distempers consists; and apply to *Volatiles*, *Fœtids*, and *Stimulants*: which, at best, are but a Reprieve, and is not unlike blowing up the Fire, but at the same time forcing it to spend faster, and go out sooner; for *Volatiles*, *Aromaticks*, and *Cordials*, are much of one and the same Nature, and all but Whips, Spurs, and pointed Instruments to drive on the *restly and unwilling Jade*.

CHAP.

CHAP. X.

Of the Generation, Animation, Nutrition, and Growth of the Solids and Fluids of Animals, and ſome other Functions of the Animal Oeconomy.

§. I. I THINK it next to a *Demonſtration*, that there is a *ſelf-active* and *ſelf-motive* Principle in all Animals whatſoever, both in the *perfect* and *imperfect*. Mere *Mechaniſm*, (that is, Foreign impreſs'd Motions, according to certain Laws, and in Proportion to the Sp[illegible]es of Bodies only), may poſſibly account for the Appearances of *Vegetation*; but it can never account for *Animation*, or the *animal Life* even of the loweſt *Inſect*; and this, I think, is the univerſal Opinion of all the ableſt and wiſeſt Geometers, who are moſt knowing in the Laws of Mechaniſm. How far a *perpetual Motion* is poſſible, in the preſent State of Things, and under the preſent eſtabliſhed Laws of Nature, I will

I will not take upon me absolutely to determine. I should think the *Friction* of Bodies, the perpetual Loss of *communicated* Motion on our *Globe*, and the Impossibility of any *Curves* being described by one and the same Impulse, should make it as impossible, as the *squareing* the *Circle*, or expressing *Surds* by Integers or finite Fractions, under the present State of our *Arithmetic*. But that every Animal is a *perpetuum Mobile*, from a *Self-Motive* Principle *within*, and from its own *innate* Powers, I think, is past all manner of Doubt; and to explain *mechanically*, from Matter and Motion alone, and all the Powers of our Numbers and Geometry join'd to them, the Functions of any living Animal, is mere *Jargon* and *Ignorance*, as I conceive.

§. II. MAY not *Life* and *Animation* have some Resemblance to Light, in its Activity, and acting from a central Point of *Self-Motion* and *Self-Activity*, radiate in a limited *Sphere*, and where it finds proper *Organs*, concurs and *analogises* in these Organs, with the established Laws of Bodies? For it is as utterly impossible to account for *Animation* from mere *Mechanism*, as to account for *Thinking* or *Willing* from that Principle. Might not the *Self-Motive* and *Self-Active*, the Intelligent and Free-willing Principle, (that is, the several Degrees and Extensions of this animating and actuating *Spirit*), have

have been at the ſame Time and Inſtant created with the *organical*, *infiniteſimal* Body, in the firſt Originals of each different Species of Animals, and have been forming and extending the organiz'd Body under certain Laws and Reſtrictions, 'till it was fit to bear *Light* and *Day*, and had its Organs compleatly finiſhed, to play off the *Muſick* and *Harmony* it was originally deſign'd for? Is not every Animal a *Machine* of an *infinite* Number of *organical* Parts, fitted with a proper *Muſician* or *Self-motive* and *Self-active* Principle, of an Order, Rank, and Extenſion proper for the intended Ends and Purpoſes of the Compound?

§. III. By an *Organ*, I underſtand a Part of a Machine, compleat in itſelf, neceſſary towards the Perfection and intended Uſe of the Whole: Thus a Wheel, with its *Axis* and *Pivots*, is an *Organ* in a Watch or Clock: On this Definition, are not the *Organs* of every Animal in Number actually *infinite*, which nothing leſs than a *Geometer* of infinite Capacity and Power could adjuſt and fit to each other, and to their intended Purpoſes and Uſes? If we conſider the Number of *Veins*, *Arteries*, *Lymphaticks*, *Nerves*, *Fibres*, *Tendons*, *Ligaments*, *Membranes*, *Cartilages*, *Bones*, *Muſcles*, and *Glands* diſcovered in every Animal, and this infinite Number ſtill increaſed and made further conſpicuous by *Injections*

Injections and *Microscopes*: add to these, the Sensibility of each the smallest Point and Particle of Animal, where the Circulation reaches; we shall be easily perswaded that they surpass all finite Skill and *Mechanism*, to form and frame; and that they are without Number, and without End: That the whole Fabrick is but an *Assemblage* of an infinite Number of such *Organs*; every minute Point and Atom of which, is fitted and contriv'd for a particular End and Purpose, and for the Benefit of the Whole *. The *Structure*, *Contrivance*, the *Use*, *Beauty*, and *Perfection* of the human *Hand* alone, made *Galen* a firm Believer in a first Cause infinitely Wise, Good, and Powerful.

§. IV. BUT that the whole *System* of these *Conjectures* may be brought into one View, I shall draw them out into a few *Propositions*, without offering at any thing, that may be suggested to make them more probable, and leave the Reader to correct, or reject them, at his Pleasure, being in no manner necessary to the main of my Design, and calculated only to amuse and divert.

Prop. 1. *MATTER* is capable of infinite *Division* and *Addition*.

2. THERE may be *Systems* of Bodies of all Sizes, from indefinitely *small*, to indefinitely

* Vide *Galen.* de Usu Partium.

great.

great. The Stars may be conſider'd as a *Syſtem* of Bodies indefinitely *great*, and *Light* a Syſtem of Bodies indefinitely *ſmall*, and how many other ſuch *Syſtems* there may be, none can tell.

3. THERE may be *Animalcula* or Organiſed living Bodies of all Sizes, from thoſe of a *Pepper Corn* and lower, up to a *Whale* and higher, and theſe may be for many Ages growing and increaſing to their appointed *Magnitudes*, under certain Laws and Reſtrictions.

4. *LIFE* and *Animation* ſeems impoſſible, and a Contradiction to mere *Mechaniſm*, that is, to Matter, acted by determined Laws of Motion, and in Proportion to the Surfaces of Bodies only.

5. *LIFE* and *Animation* admit of all the Degrees of Quantity.

6. *MECHANISM* takes Place and operates by itſelf only, on dead *Matter*; but is actuated and govern'd in its Operations, by animated living Bodies or *ſpiritual* Subſtances.

7. THE *Self-motive*, *Self-active*, and *living* Principle concurs with, and *homologiſes* to *Mechaniſm* in the animal Functions and

and Operations. The ſecond is ſubordinate to the firſt in all its Effects, which take Place according to its own Laws.

8. ORGANISED Bodies fit for *Animation*, and living Functions, conſiſting of Organs in Number *infinite*, can only be the Work of infinite Wiſdom and Power.

9. THE *Self-motive*, *Self-active* Principle cannot act *harmoniouſly*, or according to its intended Uſes and Purpoſes, on an unfit, unfiniſhed, unorganiſed Body, any more than a skilful *Muſician* can produce fine Muſick or *Harmony* on an unfiniſhed, imperfect Inſtrument.

10. MIGHT not the *organiſed* Bodies of all the Species of Animals have been included in the firſt original Pairs, decreaſing continually in a *geometrical* Progreſſion, or as *ſecond*, *third*, and ſubſequent *Fluxions* are contain'd in their firſt Fluxions, and all in their Fluent?

11. MIGHT it not be, that the *organiſ'd* Bodies of all Animals might be included in the *Male* of each original Pair? and that the *Female* might only ſupply a more convenient Habitation for them during a determin'd Time, while, by their quicker Increaſe, they were fitted to bear *Air*, *Sun*, and *Day*?

12. THE

12. THE original *Stamina*, the whole *Syſtem* of the Solids, the Firmneſs, Force, and Strength of the Muſcles, of the *Viſcera*, and great Organs, are they not owing to the *Male?* And does the *Female* contribute any more but a convenient Habitation, proper Nouriſhment, and an *Incubation* to the ſeminal Animalcul for a Time, to enable the *organiſed* living Creatures to bear the *Air*, *Sun*, and *Day* the ſooner.

13. IF the *Brain*, *Heart*, *Lungs*, *Liver*, or *Kidneys* of the *Male* be ſpoil'd and corrupted, the ſame Juices in him that ſpoil'd theſe *Viſcera*, may they not ſpoil and corrupt the ſame *Organs* in the *Animalcul* while lodged in him, and in ſome kind fed and increas'd by his Juices?

14. SINCE then the *Female*'s Juices are what, for a certain Time, alſo feed the *Animalcul*, as they are Good or Bad, Proper or Improper, may they not alter, ſpoil, or mend the Juices of the *Fœtus?*

15. THE *Solids* therefore ſeem neither eminently (or in ſuch a Degree as the Juices) capable of being repair'd, renew'd, nor mended when broken, wounded, or taken away, no more than a *Tinker* can mend a Hole in a Braſs Pot or Pan, *viz.* not by new forming or joining and

and uniting the *Metal*, but by a *Soder* or *Patch*; and so Nature seems only to have provided proper Juices to fill up the *Discontinuity*, and supply the Breaches: As in Animals, we see by the *Cicatrices* of Wounds and Sores of all Kinds, *viz.* their continuing for almost ever after, a Botch. For this Cement never makes them the same continued *Organ*, scarce any thing but a botch'd or clouted one.

16. THE *Solids* seem scarce subject to any eminent Alterations in their innate Tension, Force, and Elasticity naturally, 'till they are almost quite spoil'd and putrified, but merely as they are made thicker or grosser, harder or softer, by this adhering Glew or Soder, or from these Juices within, and their agglutinating Patch-work.

17. *NUTRITION* seems only to be the supplying the several solid Parts with a suitable *Glew* or *Soder*, to augment and increase the Bulk, and but little to alter the innate Force and Elasticity of the original and primitive *Solids*.

18. THE *Solids* seem to be capable of being contracted, as it were, into an indivisible Point, *viz.* in seminal Animalcules, by *Plicatures*, *Foldings*, *Twistings*, and *Swaiths* or *Membranes*, and yet to preserve a proportional

Degree of Elaſticity and Spring: As we ſee in the *Nymphæ* of Silk-worms, and the other Inſects of the *papilious* Kind. Or they may be ſhut up, one Part within another, as a Fiſhing-rod: And the different Shapes of theſe ſeminal Animalculs, from their Figure when full grown, ſeem to imply this. And theſe *Swaiths* and *Membranes* burſt and break naturally, by Accretion and Increaſe of Bulk, as we ſee in ſeminal Plants, and in the Formation of Animals.

19. THE *Solids* therefore ſeem to be the great, the proper, the only Inſtrument of *Life* and *Animation*, and the true *muſical Organ* of the living *Muſician*. And the *Fluids* to be only intended to preſerve them in due *Plight*, *Glibneſs*, *Warmth*, and *tonical Virtue*, and to ſoder and repair their Wounds, Waſtes, and Decays. But it is on theſe Fluids that *Medicines* and *Medical Operations* have Place chiefly.

20. THIS general Sketch, tho' imperfect, and, perhaps not real, yet is the moſt conſiſtent I could frame, on a Conſideration and View of the Whole of *Animal Nature*, in all its Kinds and Species; by it the *Analogy* between *Vegetables* and *Animals* is preſerv'd, and many Appearances in *Generation*, *Nutrition*, and *Animation* may be ſolv'd, which otherwiſe appear unaccountable: The *philoſophical Gardeners*,

deners, the *philoſophical Breeders* of Cattle and other Animals, and thoſe beſt acquainted with *Natural Hiſtory*, will be the fitteſt Judges of its Truth and Juſtneſs. I thought it might amuſe the ingenious Valetudinarian; and therefore let it paſs as it is, without the Arguments and Inſtances that make it probable, tho' I could produce innumerable.

CHAP. XI.

Of the Signs and Symptoms of a too relaxed, looſe and tender State of Nerves.

§. I. THOSE who have weak, looſe, and feeble or relax'd Nerves, have generally a ſmall, weak, languid, and ſometimes an intermittent Pulſe. Exerciſe, ſtrong Liquors, high Food, or that which is hard to digeſt, or too great a Quantity of theſe laſt, taken down, quicken and accelerate the Pulſe, and diſcover a Labour and Struggle in the Circulation. The Strokes of ſuch a Pulſe are ſeldom clean and

free, and ſometimes quite ſtopt and interrupted for ſome ſmall Time; eſpecially in great Lowneſs, Fainting or Fits; and at beſt, are like a Force not apply'd at once, but by ſtraining, and ſtruggling, and ſlow Degrees.

§. II. * THOSE that have by Nature ſoft, thin, and ſhort Hair, which, with great Difficulty, receives or retains a Buckle, and thoſe who readily run into Baldneſs or ſhedding of the Hair towards the Spring, are certainly of a looſe, flabby, and relaxed State of Nerves: For the Hair ſeems to be only ſome of the fleſhy Fibres lengthen'd outwards and harden'd, at leaſt they ſeem to be of the ſame Kind and Nature, with the other Fibres, conſiſt of a great many leſſer Filaments, contain'd in a common Membrane, and are ſolid, tranſparent, and elaſtick: And as the Hairs are in Strength, Bulk, and Elaſticity, ſo generally the Fibres of the Body are; and thoſe whoſe Hair ſheds, turns thin, lank, or refuſes Buckle, if it does not happen to them after recovering from an acute Diſtemper, ought to take care they fall not into nervous Diſorders, which anointing their Hair with ſweet Oils, or

* *Vide* Eſſay on Health and Long Life, *Chap.* vii. §. 4.

waſh-

waſhing their Heads with Honey-Water, will ſcarce prevent.

§. III. OTHER Things being equal, thoſe of the faireſt, cleareſt, and brighteſt-colour'd Hair, are of the looſeſt and weakeſt State of Fibres and Nerves; not only becauſe the faireſt and lighteſt is the moſt rare, tranſparent, and fungous, but becauſe Bodies of the lighteſt Parts, conſiſt of Parts of a weaker Union, which adhere with leſs Force, and conſequently are leſs elaſtick, firm, and ſpringy than thoſe of the darker and more opake Colours. We generally obſerve, that People of very fine and white Hair, eſpecially if ſo after they are come to Maturity, are of weak, tender, and delicate Conſtitutions: And thoſe who deal in making artificial Covers for the Heads of Men or Women, find that ſuch Hair will never, with any Credit to them, ſerve theſe Purpoſes, and ſeldom honeſtly employ it for that End.

§. IV. THOSE of large, full, and (as they are call'd) maſtiff Muſcles, and of big and ſtrong Bones, are generally of a firmer State of Fibres, than thoſe of little Muſcles and ſmall Bones; becauſe the Muſcles and Bones being ſimilar to the Fibres, and made of them, theſe being bigger and ſtronger, ſo muſt thoſe be; and, on the contrary,

§. V. SOFT and yielding, looſe and flabby Fleſh and Muſcles, are ſure Symptoms of weak and relaxed Nerves or Fibres, as hard, firm, prominent and brawny Muſcles and Fleſh are conſtant Signs of firm Fibres.

§. VI. A WHITE, fair, blanch'd, wax or aſhen-colour'd Complexion, conſtantly indicates a weaker State of Fibres, than a ruddy, brown, or dark Hue.

§. VII. A FAT, corpulent, and phlegmatick Conſtitution is always attended with looſe, flabby, and relax'd Fibres, by their being diſſolv'd and over-ſoak'd in Moiſture and Oil, eſpecially if it belong to young Perſons, or happen long before the Meridian of Life; for in the Decline, when the Fibres have acquir'd their utmoſt Degree of Tenſion, Hardneſs, and Firmneſs, it then ſerves to preſerve them in that State, from the Dryneſs that old Age always introduces. But thoſe of a dry, firm, clean, and brawny Make, have generally the ſtrongeſt and moſt tenſe Fibres.

§. VIII. THOSE who are ſubject to Evacuations of any Kind, in any Degree greater than what is natural and common to ſound Conſtitutions; or thoſe, who by any Acci-

dent,

dent, a Fever, or any acute Diſtemper whatſoever, have ſuffer'd long under any preternatural Evacuation, are already, or ſoon will, become ſubject to a looſe, relax'd, or weak State of Fibres and Nerves: Thoſe who frequently run into Purging and Coſtiveneſs alternately, or into Floods of pale Water, or into profuſe Sweatings, upon little or no Exerciſe, into a conſtant Spitting or Salivation at the Mouth, or too plentiful Diſcharges from the Noſe and Eyes: Thoſe who have loſt much Blood, or frequently fall into *Hæmorrhages*: Thoſe who have labour'd long under an obſtinate *Diarrhœa*, or Looſeneſs: Or thoſe of the Sex who have purify'd long in greater Quantities, or oftener than is uſual or natural: All theſe originally are, or commonly become of weak and relax'd Nerves, and ſuffer under them.

§. IX. THOSE who are naturally of a cold Conſtitution, are apt to fall into Chilling and Coldneſs on their Extremities, or feel frequently like the trickling of cold Water over ſome Parts of the Body, are ready to catch Cold, upon the ſlighteſt Occaſions, are apt to run into Rigours and Shiverings upon a ſharp North-Eaſt Wind; are too ſenſibly and violently affected, and feel too much Pain and Uneaſineſs from cold or froſty Weather; who want too much Covering, Cloaths, or Heat; or, on the

contrary, are too much ſunk and diſ-ſpirited, ſpent and waſted with exceſſive hot Weather, are all of looſe and weak Fibres. For all theſe are Signs of a too ſlow Circulation and Perſpiration which manifeſt a weak Spring in the Fibres of the Coats of the Veſſels, and of the other Solids, and ſhew too great a Degree of Senſibility or Eaſineſs of being acted upon by external Objects, which argues a Weakneſs or Slenderneſs in them, either natural or acquir'd.

§. X. THOSE who are ſubject to acute or chronical Diſtempers of the cold and viſcid Kind, tho' they have not commonly their Denomination from Nervous Diſtempers, ſuch as an *Atrophy*, *Dropſy*, *Diabetes*, *Diarrhœa*, white and *leucophlegmatick* Swellings upon the Joints, or other Parts of the Body; glandulous and *ſchirrous* Tumors, the *Scrophula*, viſcid Quinſeys or Swellings in the Glands of the Eyes, ſuch (beſides all thoſe who are ſubject to Diſeaſes denominated Nervous in their Kind) are all of weak Nerves and Fibres.

§. XI. THOSE who Stutter, Stammer, have a great Difficulty of Utterance, ſpeak very Low, loſe their Voice without catching Cold, grow Dumb, Deaf, or Blind, without an Accident or an acute Diſtemper; are quick, prompt, and paſſionate; are all of weak

weak Nerves; have a great Degree of Senſibility; are quick Thinkers, feel Peaſure or Pain the moſt readily, and are of moſt lively Imagination.

§. XII. THESE are, at leaſt, the moſt material of the Signs and Symptoms of a relax'd State of Solids or Fibres; ſo that whoever labours under them for any Time, or in any eminent Degree, may certainly conclude, whatever other Diſorders he may labour under, that theſe are certainly attended with a State of looſe and relax'd Fibres, and conſequently, that in preſcribing Medicines for ſuch, whatever their Diſeaſe otherwiſe may be, or may be call'd, great Care is always to be had, both in doſing the proper Medicines for ſuch particular Diſorders, and joining with them ſuch Medicines as may keep up the due Tenſion of the Solids, as much as poſſible, while they are under the Cure, and alſo ordering ſuch Remedies, as may corroborate and ſtrengthen them, when the Cure is effected. For in all ſuch Caſes, where the Solids are greatly relax'd, the Conſtitution of the Patient differs as much from the ſame Caſe in ſtrong and robuſt Perſons, as the Conſtitution of a Child, from that of a grown Perſon.

§. XIII. BUT the fundamental Propoſition, on which the manner of treating ſuch Diſtempers,

pers is, and ought in Reaſon to be grounded, and which Experience always juſtifies, is, that a Laxity, Weakneſs, and want of due Tone and Elaſticity in the Solids, produce viſcid, ſharp, and ill-condition'd Juices. And, on the contrary, that ill-condition'd, ſharp, and viſcid Juices, neceſſarily produce weak and unelaſtick Solids, ſo that they mutually exaſperate each other, and differ only as Cauſe and Effect, tho' the Fault of the Fluids always precedes that of the Solids. Put the Caſe, that the Blood and Juices are viſcid, ſharp, and ill-condition'd, the Fibres ſubſiſting nearly in their proper Tenſion and due Degree of *Tone* and Elaſticity, that they ought to be in perfectly ſound and robuſt Perſons, the neceſſary Effect of ſuch a State of Juices, would be a Retardment of their Circulation by a greater Preſſure upon the Sides of the Veſſels, and the forming of Obſtructions in the ſmall and capillary Tubes, which by rendring theſe impervious, forces a greater Quantity upon the pervious ones, than they are accuſtomed or able to drive about, and ſo by Degrees break and looſen the Texture, and relax the Tone of all theſe Solids. For when once the Balance between the Force and Strength of an Inſtrument, and the Body to be moved by it, comes to be deſtroy'd, and the Advantage thrown upon the Side of the Body to be moved, the Inſtrument muſt be ſoon ſhatter'd

and

and broken. On the other hand, ſuppoſing the Juices ſound and good, and of a due Conſiſtence and Balſam, but that the Solids are of a laxer, weaker, and leſs elaſtick Make than they ſhould be; it muſt neceſſarily follow, that the Circulations, Perſpiration, the Digeſtions and Secretions muſt be weaker and more languiſhingly perform'd than they ought to be, by which neither will the Food be ſufficiently broken and digeſted in the alimentary Tubes, nor the Size of the Particles of the Blood ſufficiently ſmall nor divided by the Force of the Circulation, nor its Recrements thrown off with due Force and in ſufficient Quantity, that the Juices may be duly purified, inſomuch, that they muſt neceſſarily become viſcid and ſharp; and their Parts neceſſarily increaſe in Bulk and Hardneſs, eſpecially under a *mal-Regimen*. From all which it is evident, that a weak State of Nerves or Fibres muſt neceſſarily imply a bad State of Juices, and ſo on the other hand, and that they mutually attend or produce one another, unleſs a proper Regimen of Diet come in to their Relief.

THE

THE
English Malady:
OR, A
TREATISE
OF
Nervous Diſeaſes of all Kinds;
AS
Spleen, Vapours, Lowneſs of Spirits, Hypochondriacal and Hyſterical Diſtempers, &c.

PART II.
Of the Cure of Nervous Diſtempers.

By *GEORGE CHEYNE*, M. D.
Fellow of the *College of Phyſicians* at *Edinburg*, and *F.R.S.*

——— Nunc retrorſum
Vela dare, atque iterare curſus
Cogor relictos. ——— Horat.

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THE *English* Malady.

PART II.

CHAP. I.

Of the general Method of Cure of Nervous Diſtempers.

§. I. THERE are ſome Perſons, who, being far advanced in Age, have not ſufficient Time remaining for a perfect Cure; and others, in whom the Diſeaſe is ſo deeply rooted, by a bad Conſtitution, derived to them from their Parents, that they are not capable of a total Cure; and both theſe muſt be contented to ſubmit to the *Orders of Providence*, and make the beſt

beſt of their Misfortunes, reſting ſatisfy'd with a *Partial* or *Pallictive* Cure, and relieving the Symptoms as they ariſe. But thoſe who are in better Circumſtances, will have better Succeſs, by following with Patience and Perſeverance, the Directions here to be laid down.

§. II. FROM what has been ſaid in the former Part of this Treatiſe, concerning the Sources and Cauſes of Chronical Diſtempers, and the general Cauſes of the Diſorders of the *Nerves* or *Solids*, there will ariſe three *Indications* in the Cure of *Nervous* Diſtempers, from the three principal *Cauſes* concurring towards their Production.

1*ſt*, THE *firſt Intention*, and that which has the greateſt Influence on all the reſt, and will often, in ſmaller Degrees of this Diſtemper, or when the Solids are not much weaken'd or ſpoil'd, render the other two unneceſſary: (at leaſt in a great meaſure) The *firſt Intention*, I ſay, will be to thin, dilute, and ſweeten the wine Maſs of the Fluids, to deſtroy their Viſcidity and Glewineſs, to open the Obſtructions thereby generated, make the Circulation full and free, the Perſpiration current, and the Secretions flow in their due Proportion and Tenor. This, if fully obtained, lays the Foundation of all the reſt of the Cure, and will even, during that Time, take off the Violence

Violence of the *Symptoms*, and make their Intervals greater.

2*dly*, THE *ſecond Intention* will be, to divide, break, and diſſolve the ſaline, acrid, and hard *Concretions*, generated in the ſmall Veſſels, and to deſtroy all *Sharpneſs* and *Acrimony* lodged in the Habit, and to make the Juices ſoft, ſweet, and balſamick. This will be more readily effected, if the *firſt Intention* has been ſufficiently and ſucceſsfully purſued; and indeed, will, in a great meaſure, be fulfilled by it; for as it is the Sizineſs and Sharpneſs of the Juices, that retards the Circulation, obſtructs the ſmall Veſſels, and thereby leaves the ſtagnated Juices to corrupt and putrify, by giving Time and Occaſion for the ſmaller *ſaline* Particles to approach nearer one another, exert their innate Quality of *Attraction* and *Cryſtallization*, and unite in greater Cluſters and larger *Concretions*, (which, tho' never ſenſible, yet, from the Neceſſity of Nature and its Laws, is never the leſs real); ſo when the Blood is made ſufficiently thin and fluid, theſe ſaline Concretions will be either diſſolved or broken, by the Thinneſs of the Juices, and the Force of the Circulation, and ſo fitted to be thrown out of the Habit, by the proper Diſcharges, or will be kept at a due Diſtance from one another, or more eaſily reach'd,

and then remedied by ſuch Medicines as will produce this Effect.

3*dly*, THE *third* and laſt *Intention* in Order, is to reſtore the *Tone* and *elaſtick* Force, to criſp, wind up, and contract the *Fibres* of the whole *Syſtem*, which is the laſt, and indeed the moſt imperfect Part of the Cure, and the leaſt, I am afraid, in the Power of *Art*. It is much like the Caſe of *Hair* that has loſt its Buckle, by Length of Time, and much Uſe; tho' by *Art* it may be harden'd, ſtiffen'd, and reduc'd, in ſome Degree, to a greater Firmneſs and proper Figure, yet will not retain it long, nor bear the Injuries of the Weather ſo readily, without returning to its former Laxity: If this could be always and totally effected, the Cure would be a true *Rejuveneſcence*, and no Body needed grow Old, or Die. But the Laws of Mortality will ſuffer this *Intention* to riſe only to a certain Height, and no further; for this, if ſolidly and fully effected, would be the true *Cyclus Metaſyncriticus* of the Antients ſo little underſtood. However, there are not wanting Means to effect this Purpoſe in ſome Degree, if duly and judiciouſly choſen, eſpecially if the Perſon is under the *Meridian* of Life, while Nature has Warmth and Vigour to aſſiſt *Art*. After that *Date* the Difficulty is greater, there remaining little more than the Aſſiſtances of *Art*, upon the Signs

of

of Laxity, to criſp, wind up, corrugate, and contract the Fibres of the feeble and relax'd Solids, from time to time, as they drop. There is certainly an innate *Firmneſs* and *Force* in the Solids, which, tho' Age hardens and ſtiffens, yet the *Tone* and *Elaſticity* is not augmented thereby in Proportion: But this *Tone* is ſcarce ever ſo much broken and loſt, but that it is ſufficient to circulate well-thinn'd and ſweeten'd Juices, and to perform all the animal and intellectual *Functions:* And if Care be taken to keep up the Juices in this middling State of Fluidity and Sweetneſs, the Party will be free from all great Pain or violent Diſorder, and will be ſubject only to ſome tranſient Lowneſs or Weakneſs, which may be preſently remedied, or to the unavoidable Infirmities of *Age* and *Mortality*.

§. III. THESE are the general *Intentions*, to be purſued towards a *total* and perfect Cure of *Nervous* Diſorders of whatever Sort or Kind; nor are they ever to be confounded or blended, at leaſt, not in the firſt Attempts towards ſuch a Cure: For as in diluting the Juices, unleſs the Solids are left to their innate Force only, the Medicines employ'd for that Purpoſe, being *active* or *ponderous*, and thoſe which are employ'd to reſtore the *Tone* of the Solids being aſtringent, muſt in ſome meaſure again thicken the Juices, and ſo, if mixed and blended toge-

ther, muſt unavoidably interfere with, counteract, and deſtroy the Effects of each other. And therefore theſe three *Intentions* I have mention'd muſt religiouſly follow one another, in the Order I have propos'd them, in deep *Cachexies* eſpecially, to effect this Purpoſe of a *total* Cure: Not that I mean, that they ſhould never be interrupted nor combined with each other, for ſome ſmall Time at leaſt, and as it were, for the Patient to take Breath and recover Spirits a little, in order to the further proſecuting the ſeveral *Intentions*. Nor that they may not be gone on with entirely, in a mix'd and blended manner, both in Method and Medicines, in ſlight Caſes, and the low Degrees of *Nervous* Diſorders, with good Succeſs; but that in obſtinate, deep, and dangerous Caſes of this Kind, from an univerſally ſpoil'd Conſtitution, every *Intention* is to be purſued, by itſelf for a due Time, without Confuſion or interfering with one another, more than the Proſecution of the then *Intention* requires, 'till the Effect is obtained.

§. IV. WHAT the Time neceſſary for each *Intention* muſt be, it is impoſſible abſolutely to determine; that muſt be proportion'd to the Violence of the *Symptoms*, and the Obſtinacy of the Diſtemper. But to give ſome general Idea or Notion of the Time: That which is neceſſary for the *firſt Intention*,

Intention, may be conjectur'd from the State of the Blood. If the Size on the Top is much gone, if the Colour and its eaſily yielding to any dividing Inſtrument, and the Proportion of the *Serum* to the globular Part, upon bleeding (a few Ounces only for the Trial) be ſuch as they are found commonly in ſound Perſons, and if the *Serum* be clear, or not too tawny, then may it be concluded, that the *firſt Intention* has been purſued ſufficiently. The *ſecond* may alſo be gueſs'd, from the healing up and cicatrizing of any Ulcers, Sores, or the Cure of any *cutaneous* Foulneſſes, and the Removal of any acute Pains and *Paroxyſms*, principally caus'd by the Sharpneſs, and *Acrimony*, and *Saline* Quality of the Juices. The *laſt* is obvious, after theſe two are aſcertain'd by the *Strength*, *Vigour*, *Vivacity*, and *Freedom of Spirits*, the natural and eaſy Performance of all the *Animal Functions*, neceſſarily following upon the *laſt Intention*'s being proſecuted for a due Time, and in a proper Manner. But that every one may more certainly judge of the State and Condition of the Blood and Juices, and the Neceſſity of proſecuting the *Intentions* I have propos'd, I ſhall here give ſome general Account of the different Changes that happen in them under Diſeaſes of all Kinds; but particularly thoſe I am here principally concern'd about.

§. V. THE *Blood*, as it flows in the greater or larger Veſſels, by the ordinary Courſe of the *Circulation*, ſeems to be a pretty uniform Maſs, much like Cow-Milk; but when drawn out of theſe Veſſels, and left without Heat or Motion to ſettle in the Air, it ſeparates into two Parts, one of a more glutinous and ſolid Texture, call'd the *Globular*, and the other of a more thin and fluid Nature, call'd the *Serous* Part; and both theſe are found in different Proportions, and of different Natures, Conſiſtence, and Colours, according to the Diſeaſes of the Perſons in whom they are found. I ſhall only here mention *three* of theſe different States, wherein the diſtinguiſhing Marks are moſt evident, tho' there are many intermediate Degrees between theſe, which it were endleſs to enumerate; but theſe will include them all, and are the moſt general, remarkable, and uſeful: 1*ſt*, The *firſt* is, when the *globular* Part is of a moderate Coheſion and Firmneſs of Parts, in a pretty equal Proportion to its *Serum*, and of a red and ſcarlet Colour, when expos'd a due Time to the Air; and the *Serum* is about the Conſiſtence of common Water, pretty clear, and almoſt inſipid, or, at leaſt, not biting ſaltiſh. This I take to be pretty near the State of the ſoundeſt and beſt Blood. 2*dly*, The *ſecond* State I would mention, is, when the *globular* and

grumous

grumous Part is in a far greater Proportion than the *Serum*, more thick and viſcid, having a Glew or Size on its Top (of a blueiſh at firſt, and afterwards of a whitiſh or tallow Colour, increaſing ſometimes to half or more the Thickneſs of the Whole) the *Serum* being in a ſmaller Quantity, and of a yellowiſh or tawny Caſt, ſharp, acrid, and ſaltiſh to the Taſte. This ſeems to be of a middling Nature, (I ſpeak not here of that accidental Size, generated by the Nitre of the Air in catching Cold, which evaniſhes in a few Days by proper Management) between the beſt and the worſt, and is common to *Pleuriſies*, *Rheumatiſms*, &c. 3*dly*, The laſt State of the Blood, I ſhall ſpeak of, is where the *fibrous* or *globular* Part is ſcarce any at all, and the *Serum* above ten or a dozen times the Quantity of it, where the globular Part ſwims like an *Iſland* amidſt the Ocean, the *Serum* being ſharp, ſaltiſh, and urinous to the higheſt Degree in its Taſte. This I take to be the worſt State, when the Sharpneſs and *Acrimony* have arriv'd at their utmoſt Height, like that of thoſe in a confirm'd *Conſumption* or *Dropſy*, and ſome other mortal Diſtempers. But in all theſe three *States* of the Blood, the *Sharpneſs*, *Heat*, and *Acrimony* may ariſe almoſt to an equal Degree, even to that of the worſt State, of which we have no Means of judging, but by the Taſte, which is but groſs

and inaccurate, and therefore we muſt be contented with Probability. The *firſt* of theſe is commonly call'd *good Blood*; the *ſecond*, *rich Blood*; and the *third*, *poor Blood*. The *Blood Globules* (conſiſting probably of Parts of an equal Degree of *Attraction*, and equal Denſity) ſeem to be form'd of the more ſolid Parts of the Food, by the Action of the digeſtive Powers in the *alimentary Tubes*, the Force of the Circulation, and the Grinding of the Blood Veſſels, and to receive their *globular* Figure from the equal Preſſure, on all Sides of the watery Fluid wherein they ſwim, and the equal Degree of Attraction in their Parts. When the Quality and Quantity of ſuch Food is duely proportion'd, the *red Globules* and *Serum* are pretty near of an equal Quantity, the *firſt* being perfectly red in the Air, and the *ſecond* moſtly limpid, like that of the *firſt* State. But when the ſolid Food is in too great a Proportion in the whole Maſs, either in Quantity or Quality, a greater Proportion of *Blood Globules* will neceſſarily be generated: And if the Solids be ſtrong, ſo as to comminute them ſufficiently, and drive them about with a due Force, they will produce an inflammatory State of Blood, from whence *acute Fevers*, *Inflammations*, *Pleuriſies*, and the other hot and inflammatory Obſtructions and Diſeaſes will ariſe. But if the ſame Proportion of Food, both in Quantity and Quality, is

thrown

thrown in, where the Solids are lax and feeble, and conſequently the *Digeſtive Organs* weak, and the *Circulation* languid, the Blood thence ariſing will be viſcid and ſizy in Proportion, and exhibit the Appearances deſcrib'd in the *ſecond* State, from whence Obſtructions and Diſeaſes of the cold, *chronical*, or *nervous* Kind will ariſe. On the other hand, when the *Drink* is in too great a Proportion to the ſolid Food, when great Quantities of ſtrong and ſpirituous Liquors are thrown into the Habit, and the ſmall Quantity of Food that is taken is alſo ſtrong and full of *Salts* and *Spirits*, the *fibrous* Part of the Blood will be produc'd in a ſmaller Proportion to the *ſerous*, or will be conſum'd and burnt up by the greater Quantity of *Salts* and *Oils* in the *Serum* proceeding from ſuch Nouriſhment, and ſo the *laſt* State of the Blood I have taken notice of will be produc'd: whereby the Solids being ſtimulated and corroded, and the Circulation carried about with too great Hurry and Violence, or ſome great noble *Bowel* attack'd, deſtroy'd and ſpoil'd, various Diſeaſes of the inflammatory-chronical Kind will enſue, as *Hectick Fevers*, *Conſumptions*, &c. the Blood-veſſels being burſt or corroded, will occaſion *Hæmorrhages*, or the Solids being weaken'd, relax'd and broken, will ſuffer this thin and acrid *Serum* to *ouze* thro' their Subſtances, and thus beget a partial *Dropſy*, or a true *Aſcites*.

Aſcites. Something like the ſame State of Blood may be occaſion'd by a *Hæmorrhage*, or any great Loſs of Blood, tho' tolerably good, in what manner ſoever it happens, either by a Wound, or otherwiſe: The remaining Part being robb'd of its *red Globules*, or of too great a Quantity of the Compound to be ſoon repair'd, it will be unable to reſiſt the Force of the Solids, but will be reduc'd to a poor, thin, watery State, ſo as, if not preſently or ſpeedily reſtor'd to its former *Balſam* and Texture, to end in a *Dropſy*, in the manner I have juſt now deſcribed, eſpecially if a *Mal-Regimen* has preceded or ſucceeds it.

§. VI. But to apply this more particularly to the Diſeaſes I am now treating of: In all *Nervous* Diſorders produc'd by Exceſſes, eſpecially after the *Meridian* of Life, the Blood is generally viſcid and fizy, like that of the *ſecond* State, which I have deſcribed. I have not for theſe many Years let Blood of any one, (if it were but an Ounce or two to make Obſervation on, of which I have had innumerable Inſtances) who being ſubject to *Nervous* Diſtempers, *Lowneſs*, *Vapours*, or *Melancholy*, have not had it *Sizy*, *Rheumatick* and *Viſcid*, with a ſharp yellow *Serum* in ſome Degree or other. I have always obſerv'd the Blood of the Younger and thoſe under the *Meridan* of Life, in theſe

who

who were violently ſubject to Nervous Diſorders, to be hot, fiery, inflam'd, acrid and ſharp, tho' the Colour and Conſiſtence might be tolerably good, and then found it occaſion'd by dealing too much in hot Liquors, in Proportion to the original Weakneſs of the Solids. But if the Viſcidity of the Juices was produc'd, as I have ſaid, by an Over-proportion of Food receiv'd into the Habit, the Weakneſs of the Solids, and Slowneſs of the Circulation being conſequent thereupon, Obſtructions muſt neceſſarily be form'd in the ſmall Veſſels and *Glands*, eſpecially of the Liver, the Meſentery, *&c.* and then the ſtagnant Juices putrify, corrupt, turn acrid and corroſive (like what we ſee in ſome other Caſes of Obſtructions that lie more immediately under our Obſervation, particularly that produced by a Blow on the Breaſt, which terminates in a *Cancer*); and the urious or *animal Salts* being let looſe, tear, corrode, and deſtroy the Solids, from whence the higheſt Degrees of *Nervous* Diſorders ſpring. Indeed, in the laſt Stages of *Nervous* Diſtempers, the Blood ſometimes approaches to that which I have deſcrib'd as the laſt and worſt State: but then the Caſe is gone, I think, beyond the Reach of human Means or Art to remedy, ſince it generally attends the entire Corruption of ſome of the great *Viſcera*; or the higheſt Degrees of ſuch Obſtructions, whereby the whole Maſs of Blood

is

is infected with the Poiſon, and the Juices diſſolv'd and fus'd into a putrid Thinneſs, like what is found in the laſt Stages of the *Black Jaundice*, or ſome other mortal Diſtempers.

CHAP. II.

Of the Method and Medicines proper for the firſt Intention.

§. I. IN order to attenuate the Juices, to break the Coheſion of their Parts, to deſtroy their *Viſcidity* and *Glewineſs*, and to make them ſufficiently thin, and fit to flow in the ſmall Veſſels with Eaſe, thoſe Medicines are chiefly to be choſen, which either by their own Nature are the moſt *active*, by the *Figure* of their Particles, are the moſt ſharp and dividing, by their *Weight* are endu'd with the greateſt Force and *Momentum*; or, laſtly, which by Experience are found (without knowing a Reaſon why) to be the moſt effectual for producing theſe Ends.

§. II.

§. II. I NEED not mention here the Neceſſity before any Courſe be enter'd upon for this Purpoſe, of premiſing the common and proper univerſal Evacuations, as *Bleeding*, *Purging*, *Vomiting*, &c. ſome one or more of which will always be found neceſſary to be firſt of all perform'd, not only to leſſen the Quantity of the corrupt Fluids in general, but to cleanſe the Alimentary Tubes, that the proper Medicines may be more eaſily and readily convey'd into the Blood. But as theſe Evacuations are never to be undertaken without the Advice and Aſſiſtance of ſome skilful and honeſt *Phyſician*, ſo it is by his Direction that the *Repetition Doſe* and Materials are to be adjuſted: For theſe Evacuations are ſo eſſential in this Caſe in its firſt Stage, that by going about them indiſcreetly, or neglecting to do them as the Symptoms require, the Patient may be ruin'd, by truſting to his own Judgment, or relying upon general Rules, which in all ſevere, but particularly in *Nervous* Caſes, are both precarious and uncertain.

§. III. AMONG the chief and principal of ſuch Medicines, are *Mercury* and its Preparations, *Calomel*, *Mercury alcaliſated*, *Precipitat. per ſe*, *Quickſilver*, *Silver-water*, *Æthiops Mineral*, *Cinnabar of Antimony*, *Antimony Diaphoretick*, *Bezoar Mineral*, *Crude Antimony*, *Bezoardicum Joviale*, *Salt of Tin*, *Ens Veneris*, and the

the like, whoſe chief Efficacy ſeems to lie in the Weight, after they have dropt their Salts in the Alimentary Tube. *Next* to theſe, are the Woods *Guajacum*, *Saſſafras*, *Sarſaparilla*, *Lignum Nephriticum*, the ſeveral Sorts of *Saunders*, Wood of *Aloes*, &c. In the *third* Order are the *fix'd Salts*, ſuch as *Salt of Tartar*, *Salt of Wormwood*, *Broom*, *Fern*, &c. The *laſt* Claſs contains ſuch Vegetables as are of an acrid and auſtere Taſte, ſuch as are all the *Antiſcorbutick* Plants, of which there is Choice and Variety in all the modern Writers and Collectors of the *Materia Medica*; ſo that it is needleſs here to detail them. Theſe may be compounded or combined in the beſt manner poſſible, to make them eaſy and agreeable to the Stomach, by the Skill of the *Phyſician* in ordinary; and if given in a proper Doſe, and for a Time ſufficient, will ſcarce fail of their Effect.

§. IV. IN the Adminiſtration of *Calomel* for ſuch a Purpoſe, it may be neceſſary to obſerve, that however it may be manag'd in Caſes of another Nature, yet where it is intended for the Cure of *Nervous* Diſeaſes, which ſuppoſe weak Solids, and conſequently tender Bowels, it will always be neceſſary to give it in the ſmalleſt Doſe, as an *Alterative* only, and not an Evacuant: For *Example*; In two, three, or four Grains, once,

twice, or three times a Day; becauſe thus it may be given with Safety for a much longer Time, and will not be thrown off by the greater Conduits of Evacuation, nor merely circulate thro' the greater Blood-veſſels, but gently and gradually inſinuate itſelf into the ſmalleſt *Capillary* ones, where its Virtue and Efficacy is moſt wanted, and where it can do the moſt Service. For this Reaſon it is chiefly, that in many deep *Venereal* Caſes, *Salivation* by the internal Exhibition of Mercurials only, ſeldom ſucceeds: whereas by *Inunction* it ſeldom fails; *viz.* that when it happens to be perform'd on People of weak Nerves, and tender Conſtitutions, and patent Glands, it is generally thrown off by the greater Outlets, with great Danger to the Patient; ſo that a few Grains commonly raiſe a Scorbutick *Ptyaliſm*, which few can diſtinguiſh from a Mercurial Salivation, and ſo they are ſcarce able to go on; or at beſt, it circulates only thro' the Trunk of the greater Arteries and Veins, to be thrown off by the more patent and larger *Glands*, and ſeldom or never gets Admittance into the Capillary Veſſels: whereas by *Inunction*, or in ſmall and often repeated Doſes, it is receiv'd into theſe laſt immediately or gradually, and there does its Work. In *Nervous* Caſes the ſame Effect is obtain'd by the longer Time, and leſſer Doſes, theſe Conſtitutions neither admitting nor requiring ſo violent and quick a De-

a Deobſtruent. But even this Method, in its gentleſt Degree, will fit none but the *Nervous* Diſorders, of the ſtronger and robuſter Conſtitutions, which having been originally ſound, have contracted theſe Diſorders by a *Mal-Regimen*.

§. V. THE Medicines next to this the moſt effectual for the *firſt Intention*, are *Æthiops Mineral*, the *Æthiops Antimoniatum*, *Cinnabar*, but eſpecially *Mercurius Alcaliſatus*, or the other Preparations of Quickſilver, with the various Preparations of *Antimony*, of which there is great Variety, (and might be more). And this *Æthiops Mineral* is indeed an excellent Remedy, both from the Weight of the *Mercury*, and the cleanſing Nature of the *Sulphur* entring its Compoſition, and would do the Whole in Time neceſſary for this *Intention*, were it not that even few, but thoſe of the ſtronger Sort, can bear the Slipperineſs, and violent Cholicks and Gripes, which it brings on their Bowels: which not only ſinks them more, but occaſions the Medicine to be carried off before it enters the Habit; and therefore when it is us'd in ſuch a Caſe, I ſhould always adviſe an Aſtringent or warm Medicine, ſuch as *Diaſcordium*, *Mithridate*, *Venice Treacle*, and the like, to be join'd with it: perhaps a leſs Quantity of *Sulphur* in the Preparation would mend it, and make it go farther than the

the Alimentary Tube. But thoſe who are ſtrong, and whoſe Bowels are firm, bear it eaſily; and in ſome I join *Gum Guajac* to it, with *Salt of Wormwood*, to make it more cleanſing, attenuating and deobſtruent, with great Succeſs. *Belloſt*'s Quickſilver Pills are of the ſame Nature and Virtue for this *firſt Intention*, as well as for *Aſthmatick* Caſes, and, I think, the Beſt way of taking *Quickſilver* inwardly.

§. VI. THAT which I generally prefer in viſcid Juices, in Perſons ſubject to Nervous Diſorders, in very low Caſes, is *Cinnabar* of *Antimony*, both becauſe it creates fewer Tumults in the Stomach and Bowels, paſſes more readily into the Blood, and ſeldom keeps the Bowels ſlippery, unleſs it be in exceeding low Caſes. Thoſe who are robuſt, or ſtill in a great meaſure ſtrong, may bear the *Æthiops:* but both the very Young and very Weak, if their Juices be either too viſcid or too ſharp, will find the greateſt Relief from this Medicine, duly fitted to their Conſtitution, and continued for a long Time, if any of the whole Tribe of the *Materia Medica* (in my Judgment) can poſſibly do it. Its Efficacy in Childrens *Epileptick* and *Convulſive* Fits, and indeed in all their *Chronical* Diſtempers, is ſufficiently known and acknowledg'd: And I have found the ſame Effects in many Caſes both *Nervous* and *Chronical*, even in adult Perſons, both to my Surprize and Admira-

tion. If it has fail'd, it is becauſe it has not been long enough continu'd. A *Patient* of mine, now alive, has us'd it theſe twenty Years. It firſt (by my Advice) cured him of his *Nervous* Complaints; and whenever he ails, he has recourſe to it, on Occaſions, to this Day. It ought to be given freſh, or the leaſt ſtale poſſible, otherwiſe it may become turbulent in the Bowels; and it ought to be as finely levigated as Art can make it, to enter more readily into the ſmall Veſſels. And indeed, when I conſider that moſt other *Mercurial* Medicines, tho' they are the moſt powerful Attenuants of the Juices, yet (as all ponderous and very active Medicines muſt neceſſarily do) they, with the Salts united, ſcrape thin, and relax the Solids. I think this the ſafeſt and moſt effectual of all the Attenuants, in very low Caſes, eſpecially if a little of the *Reſin* or *Extract* of the Jeſuit's Bark be added to it, to keep up the Force of the Solids, at the ſame time that it is diſſolving the Viſcidity of the Juices, and opening the Obſtructions in the ſmall Veſſels; for it is impoſſible to get any *Mercurial* Medicine that has not ſome Tendency to weaken them.

§. VII. THERE is nothing I could more earneſtly wiſh were brought into the common Practice of *Phyſick*, than the more free and general (but cautious) Uſe of the Preparations of *Mercury* and *Antimony* in Chronical and Obſtinate Caſes; eſpecially when join'd

join'd to a thin, cool, soft, and mild Diet, to answer this *first Intention* of a total Cure. Dr. *Charlton*, who had the licensing of the *Quacks* in King *Charles* IId's Time, told on his Death-bed, (as I am well inform'd), that all the useful or successful Cures perform'd by the *Mountebanks* of his Time, were owing to the Preparations of *Mercury* and *Antimony* only; and it is a great Pity, that such glorious Remedies should be in the Possession chiefly (I mean, the Preparations of *Mercury*) of such unskilful, unprincipled Wretches. For a regular reputable Physician may endanger his Reputation among the weak and prejudiced, who deals freely in it, tho' it be be a Remedy only fit to bear the Name. *Mercury* is the only Fluid in Nature (except Water) fit to circulate thro' hollow Animal Tubes; (two of the others, Light and Æther, can scarce be retain'd in them) its greater Weight than any other Kinds of Matter (except *Gold*) makes it the most capable to force its Way: But then *Gold* and all other Minerals having no innate *Fluidity*, nor natural Rotundity of Particles, must be always carried on Water to be introduc'd into an Animal Habit, with which they never kindly mix. *Mercury*, in all its Divisions, Mixtures and Unions with other Bodies, is still reduceable to Liquid *Quickſilver*: which makes it not improbable, that when it has dropp'd its Mixtures in Animal Vessels, in the *Alimentary Duct* especially, it returns to its primitive *Fluidity*, and acts with the united

Force of the whole then collected Maſs of Particles; and we know what Efficacy Shot and ſmall Bullets of Lead have in cleaning foul Bottles or ſmall Tubes *. The Rotundity of its Particles (in all its viſible and ſenſible Diviſions, and even in its Aſcent in the *Retort*, and in all its other Preparations, apparent by fine Glaſſes) with its *Fluidity*, makes them, probably ſmooth, and ſo without any Injury to the *Capillaries*, except from their Weight only. The infinite Smallneſs of its Particles, evident by its ready Aſcent in a Retort from the leaſt, even a Sand-Heat only, and its almoſt infinite Force of *Attraction*, (from theſe general Principles of its Weight and Quantity of Matter, and from many Experiments) makes it always run into a fluid Maſs, when its *ſpherical* Particles are brought near enough; whereby its Force is greatly increas'd. From all which Conſiderations, (obvious even to common Senſe, without *fineſſing*) it is evident what a *noble Medicine* it might be made in *Chronical* Caſes of all Kinds, viſcid Juices and Obſtructions of the Organs, if duly prepar'd, doſed and fitted to the Patient and the Diſtemper. The *Mercurius Alcaliſatus* (of *Quickſilver* and *Crabs-eyes prepar'd*, and rubb'd together 'till the firſt diſappear) is an admirable *Medicine*, and in a ſmall Doſe gives no Trouble or Uneaſi-

* Vide *Boerhaave*'s Chymiſtry.

neſs,

neſs, and is ſpecifick in *Cutaneous Foulneſſes*, and almoſt all other Chronical Caſes, eſpecially *Nervous*, to this *firſt Intention*, as well as is the *Precipitate per ſe*: I have often us'd them both with great Succeſs, even in *Nervous* Caſes, ſince they have been ſo univerſally known. Liquid *Quickſilver* will do great Service in beginning *Plicatures* of the Inteſtines, Obſtructions of their Glands and Valves, and in Foulneſſes and hard Concretions or Obſtructions, bred in the Mouths of the *Lacteals*, (which are often Caſes where the Symptoms common to other Diſeaſes, will not admit a certain Diſtinction), but eminently ſo in *Aſthmatic* Caſes, above all other Medicines. By its Weight only, forcing open the Obſtructive Mouths of the *Lacteals*, and its Steams thereby entring the Habit, attenuate the viſcid Juices of the *Lungs*, and render them pervious, and ſo promote *Expectoration*; and, I think, other more appropriated and ſpecifick Medicines not ſucceeding, this ought to be try'd in all Caſes of the *Alimentary Tube*, ſince it is as innocent and ſafe as Aſſes Milk. And even the *Aq. Mercurialis* or Silver Water, as it ſucceeds beyond any thing in Childrens Worm Caſes; ſo I am ſatisfy'd, were it try'd in other Caſes, might do Wonders, eſpecially in *Decoctions of the Woods*, *Antiſcorbutick* Waters, or other appropriated Liquors; for as it neither alters Taſte, Smell, nor any other ſenſible Quality of the Liquid, it may be ſafely us'd as long, and in as great Quanities, as one

pleaſes, without any Trouble, Pain, or Danger. I am therefore of the Opinion, that the moſt effectual Remedies in Nature in Chronical Caſes, and their firſt Stages, is the Preparations of *Mercury*, of one Kind or other, together with *Diet*. Where it has not ſucceeded, it is chiefly becauſe proper *Diet* has not been join'd; and, I believe, there are few Caſes and Conſtitutions, where ſome of theſe mentioned Preparations may not agree in proper Doſes; and, if duly continu'd, are not of wonderful Benefit, where the *Viſcera* are not quite ſpoil'd. But the Management muſt be in the Hands of a ſober, careful, and experienc'd *Phyſician*, who well underſtands and conſiders what Nature will bear, and what not; for it is not an indifferent or trifling Medicine, but a *divine Antidote*, or a certain *Poiſon*, according to the *Caſe* in which, and the *Perſon* by whom, it is preſcrib'd; and I ſcarce willingly ever adviſe it at a Diſtance in any Preparation, for it ought always to be watch'd. Where the Veſſels are very lax, putrify'd, or thin, or the Obſtruction very hard or *ſchirrous*, the more active Preparations muſt be cautiouſly avoided, and nothing but the gentleſt Preparations try'd, *viz.* the *Æthiops*, the *Cinnabars*, the *Mercurius Alcaliſatus*, the *Precipitat. per ſe*, *Aq. Argentea*, and the like. For as to the Opinion of ſome, *viz.* that theſe mention'd Preparations get no further than the Alimentary *Duct*, I think it without all Foundation, either from Philoſophy

phy or Experience: when we see the *Æthiops* and the *Cinnabars*, Liquid *Quicksilver* and the *Silver Water*, cure Cutaneous Distempers, Inflammations of the Eyes, *St. Anthony's Fire*, the *Itch*, the *Piles*, and the like; and when they will soil the Silver and Gold about the Patient; nay, as I am satisfy'd, all the Kinds of them will at last raise a kind of a *Ptyalism*. But even tho' then its principal Action were only on the *Glands* of the Stomach and Intestines; yet the opening these, and enabling them to perform their *Functions*, may be sufficient, by *Derivation*, to propagate a proportional Benefit over the whole Habit. *Lastly*, when we see Mercury boil'd in Water only, without losing the least estimable Weight, have such sensible Effects, as, in Time, to do all that any other Preparation can, as I am convinced it will; we can easily conceive how any Preparation of it, impregnating the Chyle with its infinite small Particles, may enter the *Lacteals*, and pervade the whole Habit, and, when long continued, may have wonderful Efficacy on the most distant Parts of the Body; for the even actually almost infinite Smallness of its Parts, the *Sphericity* of its Particles, and its exceeding great *Weight*, will make it in any *Shape* pass readily thro' any Animal Substance in Time. The Preparations of Antimony may possibly be of great Virtue, if sufficiently try'd and examin'd; but I having us'd none but the common Shop ones, finding the Preparations of *Mercury* suf-

ficient, can ſay nothing of them. The Preparations of *Mercury*, ſome one or other ſeem much more proper for this *Intention*.

§. VIII. I SHALL ſay nothing of the other *Attenuants*, eſpecially thoſe of the Vegetable Kind, whoſe Virtues may be eaſily learn'd from the Books of the *Materia Medica* *. As for thoſe of the Mineral Kind, of which I have ſaid nothing in particular, I leave them to the Judgment of thoſe Phyſicians, who have had more Experience of them; my Practice and Obſervation having confin'd me pretty much to thoſe I have remark'd on, finding them the moſt ready, ſufficient, and, by their Nature, fitteſt. I ſhall only add a Word or two concerning the *Wild Valerian* (ſo much commended by *Fabius Columna*) in all *Nervous* Caſes, but eſpecially the worſt and higheſt Degrees of them. It is certainly one of the moſt *active* and *volatile* of the Vegetable Kingdom, and ſeems to act chiefly by promoting the Perſpiration, and a gentle *Diaphoreſis*. The Root powder'd and given with *Cinnabar of Antimony* and Powder of *Black Hellebore*, has frequently good Succeſs; and a Tea made of its Leaves, is an admirable Diluter, and may be long continued with Advantage in theſe Caſes. I will ſay nothing here of the *Miſletoe*, it belonging (in my

* Vide *Phytobaſanos* of Sir *John Floyer*.

Opi-

Opinion) to another Claſs of Medicines (to wit, *Aſtringents*) to be mention'd afterwards.

CHAP. III.

Of the Medicines proper for the ſecond Intention.

§. I. WHEN the former *Intention* has been ſufficiently and ſucceſsfully purſu'd, ſo that the Blood is return'd to its due Degree of Thinneſs, Fluidity, and *Balſam*; when the Acuteneſs of the Pains, and the Violence of the Symptoms are leſſen'd by the ponderous Remedies, and the *Fits* or *Paroxyſms* are leſs ſevere or frequent: then the Medicines of *this* Claſs may be united and compounded with thoſe of the *former*, to ſheath and blunt the *Acrimony* of the Salts, and the Sharpneſs of the Juices, diſcharged from the ſmall Veſſels: to ſcour and cleanſe the internal Sides of theſe Veſſels yet further, and drive the ponderous Medicines into the moſt remote *Capillaries*, where the Diſorder firſt begins, and is moſt rooted: there to open a Paſſage for

for the Circulation and Perſpiration, and remove any Obſtructions, putrid or ſtagnant Juices, and ſo to bring all the Secretions to a regular Order, and the whole Maſs of the Fluids to a due Degree of Sweetneſs and *Balſam*. This Method and Order muſt neceſſarily be follow'd, where a total and abſolute Cure is intended or expected: But where a *Palliative* Cure only is deſign'd, theſe may be blended with the former, even from the beginning of the Cure. And where the Blood is in that Condition, which I have mention'd as the laſt and worſt State, they may even take the Place of the former and go before them, if there be any reaſonable Hopes of Succeſs; becauſe the great Degree of Acrimony diffus'd thro' the whole Maſs of Blood, requires a more immediate Attention and Application, than the removing of Obſtructions; (which is often the Caſe in many *Scorbutick*, *Hectick*, *Hæmorrhoidal*, *Scrophulous* and *Cancerous* Habits:) at leaſt, the Medicines for the *ſecond Intention*, are the abſolutely neceſſary, and the only Means that can effectuate a *Palliative* Cure, and relieve the Symptoms then.

§. II. WATER is acknowledged to be the moſt univerſal *Diſſolver* of Salts of all Kinds, and would certainly diſſolve theſe mention'd *Concretions* in the greater Veſſels, and help to carry them out of the Habit; but it not having Activity or Agility enough to get into the

the ſmall Veſſels, where the Danger is greateſt, and the Want moſt, it cannot alone be ſufficient here. Thoſe Medicines therefore that are of the moſt *active* and *volatile* Kind, which have, as it were, a *penetrating* Steam or Vapour flowing out of them, like that of Fire or Light, which can moſt readily pervade the Solids, and get into the inmoſt Receſſes of the Habit, ſeem to be the moſt effectual for this Purpoſe; eſpecially if a ſoft Balſam be added to theſe Qualities, which may both ſheath the Salts in the great Veſſels, as it goes along to the ſmall ones, or ſo guard againſt their Irritation and Acrimony, as to hinder their otherwiſe deſtructive Effects: Of this Kind all the *fætid* and *volatile* Subſtances ſeem to be the chief: or thoſe which emit the ſtrongeſt *Effluvia*, or in the greateſt Quantity, ſuch are particularly the *volatile Gums* and Juices, the volatile *Salts* and *Spirits*, which are nothing but ſolid or liquid Natural *Phoſphori*, or Fire Subſtances. To theſe may be join'd the Soaps, and *Saponaceous* Subſtances.

§. III. The principal Medicines of this *Tribe*, are, *Gum Ammoniacum*, *Galbanum*, *Aſſa fætida*, *Sagapenum*, *Myrrh*, *Guajacum*, *Camphire*, *Caſtor*, *Amber*, *Salt of Haatſhorn*, *Salt of Amber*, *Salt* and *Spirit* of *Human Skulls*, and of *Raw-Silk*, *Caſtile Soap*, *Saffron*, *Garlick*, *Horſe-Radiſh*, and the like, of which there

there is ſufficient Variety; but theſe ſeem to be the moſt powerful.

§. IV. AMONG theſe, I ſhould prefer the *Ammoniacum*, *Galbanum*, *Sagapenum*, but eſpecially the *Aſſa fœtida*, ſince we are at the laſt come to judge of and eaſily find out the true, from, and in the adulterated, by its cutting white, and turning afterwards of a Pink-bloſſom Colour, according to the Deſcription of it by the *Antients* *, by whom its Virtues are celebrated with Praiſes, even above the Merit of any natural Remedy. It certainly deſerves (as a preſent Relief in extreme Caſes) as much as any one Thing in the *Materia Medica* in ſuch Caſes, it having all the kindly Effects of quieting *Anxiety* and *Oppreſſion*, procuring Reſt, and all the other Benefits of *Opium*, without leaving that Lowneſs and Depreſſion behind it, which this laſt, when its Force is wrought off, does in moſt Perſons, like Brandy or inflammatory Spirits; inſomuch, that in a great many Caſes and Conſtitutions it is a great Queſtion, whether the preſent Relief be ſufficient to balance the ſubſequent *Oppreſſion* and *Anxiety*: for which there is no other Remedy, but repeating one Doſe as another wears off, as the *Turks* do, or as Drunkards do with their Drams, 'till both

* Vide *Plinii* Hiſt. Nat. *lib.* XIX. *cap.* 3.

come

come to be without Meaſure or End, and have made the Diſeaſe perhaps irremediable by any means, but the Death which it certainly brings on. But this natural *Phoſphorus* having Light and Activity, without Fire or Heat, eaſily pervades the whole Habit, and penetrates the ſmalleſt Veſſels, and makes the Perſpiration flow readily, as * *Sanctorius* obſerves, and thus gives a Relief for ſome conſiderable Time; and when other proper Methods are join'd with it, will help forward a laſting Cure. The *Soots* of ſome or any Woods, are, or ſeem to me to be, of the ſame Nature and Efficacy, and are, I think, *Phoſphorus's*, (where the remaining Fire is actually, but lies hid under the Aſhes) which by their Activity and *Volatility* getting into the ſmall Veſſels, the Joints and muſcular Subſtances diſſolve and melt the Jelly and Size, (as actual Fire does Hartſhorn Jelly and Glew), and thereby enables them to circulate for ſome Time, and ſo become at beſt but Reliefs and Reprieves, but no Cures; for accordingly, if not conſtantly repeated, the Complaints return, as a Man of a chilly Conſtitution, muſt be always hovering over the Fire.

§. V. I SHOULD ſay ſomething of *Ammoniacum*, but that its Virtues are ſufficiently

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* *Medicina Statica*, Sect. 3. Aph. 82.

known

known in *Aſthmatick* and *Pulmonick* Caſes, (where it is the ſovereign Remedy, and moſt effectually attenuates viſcid Phlegm) to make its Efficacy believ'd in the Caſes of viſcid Juices I am ſpeaking of. *Sagapenum* likewiſe and *Galbanum* are very effectual for the ſame Purpoſe. Nor ought the Product of our own Country, *Garlick* and *Horſe-Radiſh*, to be neglected, the firſt of which is as effectual in *Lung* Caſes, as the mention'd *Ammoniacum*. The only Inconvenience of theſe *fætid* Medicines, is the diſagreeable Taſte and Scent they leave, which is ſo offenſive to delicate Perſons; but that may be, in a great meaſure, overcome by proper Mixtures, or muſt be borne with in extreme Caſes. Under this *Claſs*, and chiefly to anſwer this *Intention*, the *Acidulæ* or *Mineral Waters* ought to be rank'd, but moſt eminently the *Bath* Waters, becauſe of their *Sulphur* as well as *Steel*; and it is becauſe the ponderous and active Remedies have not been ſufficiently ply'd before, in habitual and obſtinate *Nervous* Caſes, that *Bath* Waters have not always theſe ſenſible and laſting Effects, as they moſt infallibly would have, if duly claſs'd and manag'd; and in all ſuch *Cachectical* and *Nervous* Caſes, *Mineral* Waters, *theſe* eſpecially, are the beſt and ſafeſt Vehicle for *ponderous* Medicines; and in want of theſe, *Barley Water*, with Syrup of *Marſh-Mallows*, Decoction of *Comfrey-Roots*, with Syrup of *Mulberries*, or ſweet

Cow-Whey drank plentifully, are beſt to ſeparate, diſſolve and ſheath theſe burning and deſtructive Salts, of which the *Element* Water in itſelf is the ſureſt and moſt effectual *Antidote*, the *Mineral* giving it Activity and Penetration chiefly.

CHAP. IV.

Of the Medicines proper for the third Intention.

§. I. WHEN the two former *Intentions* have been follow'd for a due Time with ſuitable Succeſs, ſo that the *Symptoms* are abated, and tolerable Eaſe is obtain'd, it will be then convenient to enter upon the Method and Medicines of the *third Intention*; which will make the Caſe both more comfortable, and bring Spirits and Courage to go thro' with it, being the laſt Stage towards a compleat Cure. For the Medicines here are more grateful to Nature, ſtrengthening the digeſtive Powers, and making all the *Functions* more full and ſtrong, ſo that Vigour and Chearfulneſs flow in daily. And ſurely there

is

is not a more agreeable Entertainment, both to *Phyſician* and *Patient*, than to obſerve the growing Steps of ſuch a flattering Proſpect, advancing gradually without Fear or Danger of Relapſe, unleſs the Patient return to thoſe Indiſcretions that firſt begot theſe Diſorders. This Pleaſure I have enjoy'd myſelf once and again in both Capacities.

§. II. THE Medicines which anſwer this *Intention*, will be thoſe of the Strengthning and Aſtringent Kind, which *contract*, *corrugate*, wind up and give Firmneſs and Force to the weak and relaxed Solids, Fibres and Nerves. Of this *Tribe* are all the *Bitters*, *Aromaticks* and *Chalybeats*: ſuch as the *Jeſuit's Bark*, *Steel*, *Gentian*, *Zedoary*, *Caſſamunair*, *Calamus aromaticus*, *Snakeweed*, *Contrayerva*, *Cinamon*, *Winter's Bark*, *Chamomile Flowers*, *Wormmood* and *Centaury-Tops*, *Terra Japanica*, &c. Here likewiſe the *Oak Bark*, and its Offspring the *Miſletoe* and *Acorns*, ſeem to have their proper Place, and every Thing that is ſubacid, whether Mineral or Vegetable.

§. III. I THINK there is not a more wonderful Strengthner of the Solids in all the Compaſs of Medicine, than the *Jeſuits Bark*. The firſt time I us'd it myſelf as a Strengthner and bitter Aſtringent, (after having diluted and thinn'd my Juices ſufficiently by Medicine and Diet)

Diet) I can ſay it with Truth, Never any thing in Nature (Medicinal) affected me in ſo ſenſible and ſurprizing a Manner, or gave me ſo quick an Appetite, ſuch Activity, and ſo ſerene clear Spirits, as the *Bark* did, after taking it for ſome Time. It is true, theſe Effects did not laſt in their greateſt Height always, but they were ſtill conſiderable for a long Time: and I went on gaining Ground by it in that *Period*, (for I continu'd near a Year), 'till I had a perfect Recovery. I have ſeen pretty near the ſame Effects from it in others, and in the like *Nervous* Caſes: tho' it had not the ſame Degree of good Succeſs in my next Relapſe, as was not to be expected in a further advanc'd Age; but ſtill it had better than any other, and I take it univerſally to be the beſt and only cool bitter Aſtringent known to Men. I have known People labouring under an internal *Goutiſh* Humour, (even thoſe belonging to the *Profeſſion of Phyſick*), who have affirm'd to me, that they were never vapour'd or low-ſpirited to any Degree, while they continu'd the Uſe of the *Bark* under the *Gout*, which they had interrupted only, becauſe they had been aſſur'd, that it confin'd and ty'd up the *Gouty* Humour from being thrown outward: than which there is nothing more falſe and abſurd; for nothing ſo much promotes the *Gouty* Humour towards the Extremities, becauſe it ſtrengthens the Solids: And I have frequently

given a Fit of the *Gout* with it and *Steel*, when nothing else would effect it; and I always found it the most effectual of all Medicines, to recover Appetite, Strength and Spirits, after a severe Fit was over, as is now universally experienc'd and acknowledg'd.

§. IV. NEXT to the *Bark*, or (even beyond it) is *Steel*, or *Chalybeat* Medicines and *Mineral Chalybeat* Waters, which act principally by constricting, crisping, and winding up the relaxed Solids. Weak and young Persons, and slight Cases, do well with liquid Steel, such as the *Vinum Chalybiatum*, *Tinctura Martis*, the Solution of *Sal Martis* in common Water, *Elixir Vitrioli*, and the like. But those who are stronger and older, require *Steel Rust*, join'd with Aromaticks and Bitters, and the *Bark*; for they are all of one *Tribe* and *Class* of Medicines, and differ only in Degree: in which the Preparations of *Iron* are the strongest, as is evident from its *Energy* in Externally stopping Hæmorrhages, and corrugating tender Fibres, and its partaking the Nature of Vitriol and Acids. Where these do not relieve at least, the Case must be very bad, or the Medicines apply'd much out of Time, while the Juices were too viscid, or not sufficiently thin and sweet. *Sydenham* seem'd to doubt, whether Purgatives

tives ought to be join'd with *Chalybeats* in the ſame Courſe; but that can be no Difficulty to thoſe who have underſtood what has been before ſaid, or are well acquainted with true Philoſophy and the Animal *Oeconomy*. For the Purgatives are either ſimply deſign'd (in ſuch a Caſe) to cleanſe the *Primæ Viæ*, or to *fuſe* and thin the Blood: in the firſt Caſe they are abſolutely neceſſary, and in the ſecond more ſo, if the *firſt Intention* has not been fully purſu'd before: As we find by *Lower*'s *Bitter Tincture*, eſpecially when a Purgative and Chalybeat with the *Bark* is combin'd, which ſucceeds wonderfully in ſuch Caſes, where the Habit is pretty full, and the Solids not much relax'd. But a long Courſe of *Chalybeat* Mineral Waters is ſtill the moſt effectual for the Purpoſe: *Spaw*, *Pyrmont*, or *Tunbridge*, in the hot Weather; and *Bath* in the temperate and cold Weather. Some fearful and apprehenſive People have been diſſuaded, by intereſted Perſons, from the Uſe of the *Bath* Waters in *Lowneſs*, *Oppreſſion*, and *Vapours*; and ſome unexperienc'd People have even imagin'd they have had more Vapours than ordinary under the Uſe of them: But theſe may as well affirm, that *Opium* purges, and *Jallap* binds. For if they mend the Faults and Weakneſſes of the Stomach and Bowels, (as all the World acknowledges they do, and muſt do by their Nature and Compoſition) they muſt then infallibly be moſt beneficial

in theſe Diſorders, as from my own, and the Experience of many thouſand others, can be teſtified, who will affirm them to be the moſt certain Relief of any in ſuch Caſes. And indeed, as by their *Sulphur* thus diſſolv'd in hot Water, they are the moſt cleanſing and diluting of all Medicines, ſo their *Steel* (as I have already ſaid) is the moſt effectual for bracing the Solids: And with ſuch a Compoſition it would be pretty ſtrange they ſhould not (if any Means could) be ſucceſsful in ſuch Caſes. They may raiſe ſome Miſt and Dimneſs before the Eyes in foul Stomachs, nay even occaſion ſome Head-achs and Flatulence, which may properly enough be call'd *Vapouriſh* or *Nervous*; but the ſame every active Remedy will produce; and theſe may be eaſily remedied, by joining ſome *Volatiles*, *Aromaticks* or *Bitters* along with them. If they have not the greateſt Benefit is expected, it is becauſe the *ponderous* Medicines mention'd, and thoſe for the *firſt Intention*, have not before, upon firſt drinking them, been ſufficiently and long enough perſiſted in; for certainly they are the moſt agreeable and beneficial *Vehicle* for ſuch Medicines, and the moſt ſure Remedy, after ſuch a Courſe, to be found on the *Globe*, as I have long experienc'd. The greateſt Misfortune is, that their Relief does not laſt for a very long Time, at leaſt not at an equal Height. But that is the Misfortune of all Remedies in bad Caſes and Conſtitutions,

tions, and their beneficial Effects will last longer than that of any other Remedy, under the Management I have mentioned.

CHAP. V.

Of the Regimen of Diet proper for Nervous Distempers.

§. I. HAVING deliver'd, in the best Manner I am able, the general Method of Cure of *Nervous* Distempers, the several *Intentions* to be follow'd in the Prosecution of it, and the best Medicines I can suggest from Experience, Observation, or the Nature of Things, for fulfilling each of these *Intentions*; I come now to the *Diætetick* Management, *that Part* which has the greatest Influence in the Cure of *Chronical Distempers*, without which the best and surest Remedies fail of their Effect; and yet in these later Ages the least *cultivated* and most neglected of all the curative Parts of Physick in *England*, ('till of late, that *my worthy, learned*, and *ingenious Friend*, Dr. *Arbuthnott* thought fit to treat it according to its

its *Uſe and Dignity*, in the maſterly manner he executes every thing he undertakes; inſomuch that he hazards the Charge of introducing new and whimſical Opinions, who would pretend to ſtand up in its Defence, or bring it into his Practice. And yet, if we will make but a ſlender Enquiry into the Practice of the early and pureſt Ages of *Phyſick*, or the great and univerſally approv'd *Writers* in the *Healing Art*, we ſhall find *Diet* no ſuch contemptible Help towards the Prevention or Cure of Diſeaſes, as it is now held or imagin'd. On the contrary, we ſhall find the Works of all the moſt judicious and celebrated Practitioners full of particular Directions and Advices on this *Topick* in every Diſeaſe they treat of; and demonſtrating that their *Authors*, as they did not find, ſo they did not imagine, that any (at leaſt habitual and rooted) Diſtemper, could be remov'd without ſuch Aſſiſtance. We are certainly provided with a greater Choice of more perfect Materials, as well as more elegant Forms of Medicines, than the *Antients*; and this, probably, will ſtill increaſe, by Length of Time, with *Arts*, the Knowledge of Nature, and even of our Diſeaſes; but what is, and will be ever admired among the *Antients*, is their *Method of Cure*, the Truth and Juſtneſs of their *Rules* and *Maxims*, and the Solidity of their *Intentions* in following the Directions of Nature in the way ſhe intends or

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points out. *Hippocrates*, the Father of the *Phyſicians*, thought a *Regimen of Diet* of ſuch Conſequence, both to the *Healthy* and the *Sick*, that of about *ninety Books* of his which remain, or that paſs under his Name, there are eight of them which treat of that Matter only or principally; and thro' all the reſt of his Works, he mentions much more of his *Diætetick* Management, than any Aſſiſtance he took from the *Materia Medica*. He complains, that * thoſe who went before him, had written nothing concerning the *Diet* of ſick Perſons, which was nevertheleſs one of the moſt eſſential Parts of *Phyſick*, even in his Time, which we may juſtly ſuppoſe wanted it leſs than later Ages. *Galen*, tho' more abounding in Medicines, yet is far from depriving Diet of its due Place. On the contrary, he declares, † "*That Phyſick has* "*no Remedy ſo effectual as to be able to bring* "*its wanted Relief where the Regimen of* "*Diet either counter-acts, or does not aſſiſt it.*" And in another Place he ſays, ‖ "*That by* "*Means of that Part of Phyſick which pre-* "*ſcribes a proper Diet, thoſe who have* "*deriv'd too tender and weakly a Conſtitution* "*from their Parents, have brought themſelves* "*on to extreme old Age, without any Weak-*

* Epidem. lib. 6.
† De Uſu Theriaces ad Pamphylianum.
‖ Lib. 5. De Sanitate tuenda.

" *neſs of their Senſes, free from all Pain and* " *Diſeaſe.*" He adds afterwards concerning himſelf; " *Even I, tho' I had not a healthy* " *Conſtitution from my Birth, nor led a Life* " *of much Freedom and Eaſe of Mind, yet by* " *the Precepts of this moſt uſeful Part of Phy-* " *ſick, which I practiſed after the 28th Year* " *of my Age, I never fell into any Diſtemper,* " *except a ſlight Fever of 24 Hours, through* " *Wearineſs or Exceſs of Labour.*" The *Methodiſts*, a celebrated *Sect* among the Antient Phyſicians, laid the main Streſs of the Cure upon *Diet* and *Evacuations*; and ſome of them carry'd this to an extravagant Height. But *Celſus*, who ſeems to have judiciouſly diſtinguiſh'd, and kept in a proper *Medium* between the Extremes, that the different *Sects* of *Phyſick* in his Time, had carry'd each their particular and favourite Doctrines to, was yet ſufficiently ſenſible and convinc'd of the Neceſſity of a proper *Diet* in the Cure of Diſeaſes; for he is not only large and full in his Directions and Regulations about it, in every particular Diſeaſe he treats of: but where he diſtinguiſhes between internal and external Diſorders, he calls the *firſt* thoſe in which the Regulation of *Diet* is the principal Part of the Cure, and the *latter* thoſe where *Medicines* make the chief Part of it. Even in the ſame Place, where he takes ſome Pains to refute the Doctrine of *Aſclepiades*, who maintain'd, that all Diſeaſes were to be cured

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by *Diet* alone, and to reſtore Medicines to their proper Place. He goes further, to enjoin *abſolute Faſting* in the firſt Attacks of a Diſorder, and a ſtrict Moderation in the Quantity as well as Quality of the Food, during all the Time that the Diſeaſe continues; for nothing, *he ſays*, is more beneficial to a ſick Perſon than *timely Abſtinence*. Then he proceeds to ſhew the Reaſonableneſs of ſuch a Conduct, and to blame and reprove thoſe luxurious Perſons, who will allow their *Phyſicians* to determine the Kind and Quantity of their Food, but reſerve to themſelves the Times of taking it; or who think they act very generouſly if they ſubmit to his Regulations in every thing beſides the Kinds or Qualities of it: and ends with aſſuring them of the extreme Hurtfulneſs of any Error, either in the Quality, the Quantity, or the Times of taking their Nouriſhment. It were endleſs to produce Authorities for a Thing that makes a great Part of the Works of all the ſtandard Writers in Phyſick; I mention theſe only, becauſe they are acknowledg'd the great Maſters in this *Science*, and whoſe Evidences muſt of Conſequence include the Suffrages of all their Approvers and Admirers; and as they will be ſufficient to give the Reader, who is not converſant in theſe Matters, a juſt Notion of the Conſequence of *Diet* in the Cure of Diſeaſes. For I do not pretend to add (by what I have here ſaid) any thing to the Knowledge

ledge of thoſe whoſe Study or Profeſſion has led them to ſearch into theſe Affairs, ſince they will not want Conviction. But here one will naturally enquire how ſo neceſſary and eſſential a Part of *Phyſick* comes to be in ſuch Diſgrace, and ſo little regarded as it is at preſent, ſince it was ſo much recommended, and made up ſo great a Part of the Practice of the moſt admired *Phyſicians*. The Original of this Evil ſeems to be owing to ſome over-zealous Abettors of *Chymiſtry*. The *Alchymiſts*, or more conceited and whimſical ſort of *Chymiſts*, were the great Men, that, depending ſolely upon Medicines, endeavour'd to diſcredit *Diet* in the Cure of Diſeaſes, bragging and ranting in Honour of their *Panacæa's*, *Elixirs of Life*, and other wonderful *Secrets*, which, if you will believe the Inventors and Admirers of them, were ſufficient, without any other Means, even a *Regimen of Diet*, or whatever all Phyſicians before had thought moſt indiſpenſible, to work infallible Cures in the moſt deſperate Diſeaſes. It was this and nothing elſe, they pretended to. When once ſuch an ill Practice is ſet on foot, the Patients themſelves, as *Celſus* obſerv'd in his Time, are ſo averſe to being confin'd by diſagreeable Reſtraints, that they are prepar'd to believe every Impoſtor, that will take upon him to diſpenſe with the moſt neceſſary Condition of Cure, and entertain a Prejudice againſt thoſe who will honeſtly

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inſiſt upon the Neceſſity of what they diſlike, being more willing to believe ſuch Phyſicians are not ſufficiently acquainted with the *Virtues* and *Powers* of Medicines, than that Medicines have no ſuch Virtues as they would ſo fain find them poſſeſs'd of: And they are generally ſo fond of being preſcrib'd to rather in the moſt agreeable than in the moſt effectual Manner, that not only few of them will ſubmit to any Reſtraints in Diet, but by their Squeamiſhneſs and intemperate Delicacy, bring ſome of the moſt powerful Medicines into Diſgrace, and leſs and leſs com[illegible], ſo that we may fear, not only the *Bark* (the Averſion of every nice Palate) but *Mercury*, *Steel*, and ſeveral other of the beſt Medicines, which, on the firſt Diſcovery, were look'd upon as great *Gifts of God*, for the Relief of human Miſeries, will in time be quite diſus'd, and perhaps forgot. However, ſince we who are *Phyſicians* are bound *by a moſt ſolemn Oath*, * (contriv'd by *Hippocrates*, for ought we know, at leaſt it is handed down to us among his other Works, and is the Subſtance, I believe, of the Obligation and Vow that *Candidates* take in all the *Univerſities* in *Europe*, when they receive their Degrees of *Phyſick*) to order a *Regimen of Diet* proper and peculiar to each Diſtemper we undertake

* *Vid.* Hippocrat. p. 42. Vol. I. Edit. Vander Lind. or Edit. Fæſii, §. 1, 23.

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the Cure of, as well as proper Medicines, I ſhall proceed to inform the Reader of what I have found moſt beneficial or ſucceſsful on this Head, towards the Cure of the Diſorders I am now treating of.

§. II. IT is highly probable, that the infinitely wiſe Author of our Nature has provided proper *Remedies* and *Reliefs* in every *Climate*, for all the Diſtempers and Diſeaſes incident to their reſpective Inhabitants, if in his Providence he has neceſſarily placed them there: And certainly the *Food* and *Phyſick* proper and peculiar to the middling Sort of each *Country* and *Climate*, is the beſt of any poſſible for the Support of the Creatures he has unavoidably placed there, provided only that they follow the Simplicity of Nature, the Dictates of Reaſon and Experience, and do not luſt after *foreign Delicacies*: as we ſee by the Health and Chearfulneſs of the *middling Sort* of almoſt all Nations. And whoever is acquainted with the *Hiſtory* of the *Origin of Nations*, and the Manner in which they liv'd, preſerv'd themſelves in Health, and got rid of their Diſeaſes, while they liv'd in their Simplicity, and had not yet grown luxurious, rich and wanton, or had frequent Commerce with other Nations, and communicated with them in their *Luxury* and *Arts*, will be pretty well ſatisfy'd of this Truth. But where the *Luxury* and *Diſeaſes* of

of all the Nations on the *Globe* are brought together, mingled and blended, and perhaps heightened by the Difference of *Climates*, there is an abſolute Neceſſity that the *Materials of Phyſick*, and the Methods of Cure, ſhould be various and extended in an equal Proportion: which is the Cauſe of the Multiplicity of our Medicines, and the Neceſſity that *Phyſicians* are under to know almoſt every Thing that is knowable in Nature, for the Uſe of *Phyſick*, and to bring from each *Country* and *Climate* the proper *Antidote* for the Diſtemper brought from thence.

§. III. THERE is alſo another *infinitely wiſe* Contrivance in Nature, that *Loathing* and *Inappetency*, or at leaſt a Difficulty in Digeſtion, always attends, in ſome Degree or other, all Diſorders whatſoever. Were every one that is a little ill, capable of the ſame *Riot* and *Exceſs* during their Diſtemper, that they were when in perfect Health, when they laid in the Materials of their Diſorders, they would infallibly and quickly ruin themſelves, and periſh without Reſource: whereas, by this wiſe Neceſſity, they are not only hinder'd from adding *Oil* to the *Flame*, but find a new Increaſe of their Pains and Puniſhments, upon the ſmalleſt Exceſs, which puts them under the Neceſſity of forbearing, if the Pleaſure of gratifying their Senſuality is not greater than the Senſe of the Pain. And in ſome Caſes,

Cases, where there has been a great Disposition towards *Luxury* in the Patient, and where the Cure depended only or chiefly upon *Abstinence*, I have with Pleasure admired the Art and Ingenuity of a *Physician*, who, to keep up his Patient's Spirits during the tedious Cure, and gain the Advantages of Temperance and Abstinence as much as he was able, has prescrib'd a Course of innocent, tho' neither palatable nor appetizing Medicines, for a long Time, without teazing his Patient with the dispiriting and mortifying Doctrine of *Self-denial*, which either he had despised, or not receiv'd in its proper Degree and Manner; and thus effected the Cure, which otherwise had been impossible.

§. IV. THERE is no surer or more general *Maxim* in *Physick*, than that Diseases are cured by the contrary or opposite Methods to that which produced them. If *Nervous* Disorders are the Diseases of the Wealthy, the Voluptuous, and the Lazy, (as I have already shewn), and are mostly produced, and always aggravated and increased, by *Luxury* and *Intemperance*, (tho' perhaps not always an absolute and outrageous Intemperance, yet certainly by one relative to the particular Constitution and Strength of the Patient), there needs no great Depth of Penetration to find out that *Temperance* and *Abstinence* is

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neceſſary towards their *Cure*. But as there are different Stages or Degrees of theſe Diſorders, and even ſeemingly different *Kinds* of them, according to the Prevalency of this or that particular Quality in the Materials of the general Cauſe: whereby different Effects, Appearances, and Symptoms are produc'd with greater or leſſer Violence, and longer or ſhorter Duration; ſo different Regulations in the Quantity and Quality of the Food, are neceſſary towards their Removal: I ſhall therefore firſt give ſome *general* Directions in theſe two laſt Particulars, and afterwards ſubjoin ſome Conſiderations, to be made in the Application to particular Caſes.

§. V. As to the Qualities of the ſolid Food, it is neceſſary, *1ſt*, That it be ſoft and tender, light and eaſy of Digeſtion, and affording a mild or *Balſamick Chyle*; that its Materials be ſound and good in their Kind, and fitted for Uſe, without the artful Compoſures of *Cookery*, or the Means us'd commonly in making it more *luſcious and palatable*; and likewiſe, that it be the moſt ſimple and uncompounded, and that feweſt different Materials poſſible be receiv'd into the ſame Meal; for as they will only ſerve to provoke Exceſs, ſo, as *Celſus* * obſerves, "*Variety of Foods*,

* Lib. III. Cap. 6. *Vide* etiam Sanct. Med. Static. Sect. 3. Aph. 51.

"*tho'*

" *tho' they may go down with greater Eaſe* " *and Pleaſure, yet they are not ſo eaſily* " *digeſted.*" 2*dly*, That it be endu'd, as much as poſſible, with Qualities contrary to the *Nature* of the *Diſtemper*, and the *Vices* of the Fluids: * That it be *thin* and *diluting*, where there are viſcid or fizy Juices, great Obſtructions, or groſs Habits: That cooling and liquid Things be preferr'd to heating and drying Foods, where there are acute Pains, and violent or inflammatory Symptoms: That Seeds be preferr'd before Roots, Greens, or Fruits, in Caſes of Flatulence; and that ſoft, mild, ſweet, or at leaſt inſipid Things, be choſen, rather than thoſe that are ſharp, ſalt, or ſour, in *Scorbutick*, *Hectick*, *Scrophulous*, or *Cancerous* Caſes and Conſtitutions, or when there are any Ulcers, Foulneſs of the Skin, or other Signs of ſharp and acrid Juices: And ſo in other Caſes †.

§. VI. THE Quantity of the Food muſt be proportion'd to the Strength of the Digeſtion, and the Waſte or Decay of the Fluids, from Exerciſe or bodily Action, or to the preſent Fulneſs of the Habit, and Obſtruction of the natural *Secretions*. But as it is impoſſible to give *general Rules* in theſe Caſes, wherein almoſt every individual Perſon differs

* *Vide* Sanctorii Aphoriſmata de Cibo & Potu.

† Vide *Arbuthnott* of *Aliments*.

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from another, or even from himſelf, at different Times, ſo the preciſe Regulation of this muſt be left to the Patient's own Feelings, and the Honeſty and Experience of his Phyſician. A few Obſervations upon the Quantity that agrees beſt, ſits eaſieſt and lighteſt on the Stomach, gives no Oppreſſion, Heavineſs, Heat, or Feveriſhneſs, while it is digeſting, and paſſes off without any ill Effects, will moſt readily determine it for the Patient; and it is of ſo great Conſequence to the Welfare of the Patient, that no Pains ought to be ſpared for attaining the Knowledge of this preciſe and precious *Mediocrity*, which ought, as ſeldom as poſſible, to be tranſgreſs'd either way.

§. VII. Those who have only a few tranſient Symptoms of theſe Diſorders, whoſe Conſtitution is yet ſound, and their Juices good and ſweet; if they live with a due Degree of Temperance ſuited to their Conſtitutions, and take care not to increaſe their Diſorders by Exceſſes, will need no other Reſtriction, than to abate of their Quantity while they are more immediately under theſe *Symptoms*; will gradually get rid of their Diſtemper, and avoid violent Shocks, or great Sufferings; and be reſtored to their former Health and Freedom of Spirits, by the other Aſſiſtances of Medicine and Exerciſe. Thoſe who have deeper, more habitual and violent

Symptoms, will need a greater Degree of Care and Caution; and their Stomach being weaker, and their Digeſtion going on ſlower, will be neceſſitated to chuſe the lighteſt and moſt eaſily digeſted Foods, and the ſmalleſt Quantity of *ſpirituous Liquors*; and will ſuffer in Proportion as they exceed the Quantity that is determin'd by the mention'd Obſervations: for ſuch, the lighteſt, young, and *white* Animal Foods only, are neceſſary, and theſe alſo only at Dinner. And if they are ſubject to violent and acute *Paroxyſms*, they muſt be more than ordinary careful about theſe Times, and then even uſe a cooler, ſofter, and more liquid Diet. In general, they muſt govern themſelves by their Feelings, and take no more at a time than their Stomach will eaſily bear, but rather repeat it oftener; and they ought always to wait 'till their Appetite returns in its uſual Degree, and they will even find, however moderate or abſtemious they may ſeem, that upon any Lowneſs, Heavineſs, or want of Spirits, ſtill lighter Meals will reſtore their Chearfulneſs.

§. VIII. BUT as for all thoſe whoſe Conſtitutions are ſpoil'd, who have bad or corrupted Juices, violent and dangerous *Symptoms*, great *Obſtructions*, are ſubject to the great and eminent Degrees of theſe Diſorders, are threaten'd with *Hectic* or *Conſumption* (or a Deſtruction of ſome of the great *Viſcera*, and

and who have tried all the other Methods and Medicines that could be ſuggeſted without Succeſs), for theſe I have found no other Relief than a *total Abſtinence* from Animal Foods of all Kinds, and all Sorts of ſtrong and fermented Liquors, keeping only to Milk, with Seeds or Grains, and the different Kinds of Vegetable Food, according to the Nature of the Diſtemper: from which they have never fail'd to find a preſent Relief, and a conſiderable Abatement of the Violence of their Symptoms. Many have been led into this Method without any Advice or Direction, but merely from their own Feelings, and obſerving what they were eaſieſt under. And many more have been abſolutely cur'd and freed from all their Diſorders by it: ſome even from a very ſhort Time after they enter'd upon it, and others in a longer or ſhorter Time, according to the Obſtinacy of their Diſtemper, if the Diſeaſe has not been ſo far gone, as to be paſt all poſſible Relief from natural Means. In theſe laſt Caſes it has done all that was in the Power of *Art*, has leſſen'd their Miſeries, and protracted their Fate, and has given more Eaſe and Quiet than they could receive from any other Method they could turn to, except *Opiates* and *Anodynes*; to which one is never to give himſelf, 'till he has given up all Hopes of a total Cure. Where the *Nerves* or Solids are naturally

weak, or the Perſon ſubject to *Nervous Diſorders* from their Infancy, there is no Method will abſolutely free them from ſome ſlight Returns of their former Symptoms; but this *Diet* I have found to do more than any other Method whatever: however, no one ought to undertake this Regimen, without the Advice of ſome honeſt, able, and experienced *Phyſician*, who has conſider'd his Caſe and Conſtitution, and can direct him aright in the proper Management of it, and the Methods of keeping up the due *Tenſion* of his Solids, which ſuch a *Diet* may probably ſomewhat relax, while it is purifying the Juices, and cleanſing the Habit: and can likewiſe judge of his Conſtancy, Firmneſs, and Reſolution to go through with it; ſince in ſome deep-rooted and confirm'd Diſtempers of this Kind, tho' the Patient may find a conſiderable Relief for many Months, yet poſſibly, when the groſs Impurities, the *Choler*, *Phlegm*, and *Salts* ſtor'd up in the Habit, come to be thrown off on the *Alimentary Tube*, as into the common Shore, and all the *Emunctory* Glands become loaded with the *Deſpumation* of the whole Habit; raiſing Sickneſs, Lowneſs of Spirits, and a Return of all, or many, of the former Diſorders; this may blaſt all his Hopes, and mightily diſcourage him, and make him condemn the Method, and blame the Phyſician who adviſ'd him. But if he

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ſtands this Shock with Firmneſs and Patience (which will be readily relieved by proper *Evacuations*, *Volatiles*, and *Aſtringents*) he may be aſſured of Succeſs, and his perfect Recovery is at hand. But as there are incurable Diſorders, which no Method or Medicine will reach, ſo it frequently happens in this: And even after the Patient is recover'd by this Method, he muſt reſolve to continue in it ever after, at leaſt, not to indulge himſelf in a much higher Degree of Food, without ſuffering preſently, or hazarding a Return of all his Diſorders; for as *Celſus* obſerves, in all Diſorders of the Stomach, *by whatever Methods the Patient is recover'd, he muſt continue in the ſame when he is well; for the Diſeaſe will return, unleſs Health be protected by the ſame Means that reſtor'd it.*

§. IX. I WOULD not be underſtood here (as ſome have maliciouſly and artfully miſrepreſented me, contrary to my moſt deliberate Intention) to recommend a *total Milk* or a *Vegetable Diet*, or indeed any particular one, to every one that is ſick, or out of Order: I never once had ſuch a Dream. I have given the Preference, in my *Eſſay on the Gout*, to the common Diet of well-choſen Fleſh Meat, and good middling ripe Wine, even in that obſtinate and painful Diſtemper, commonly treated by a Milk Diet. And in my *Eſſay on Health and Long Life*, I have

endeavour'd, as far as I could, to enable the Patient to make the proper Choice of Animal Foods fit for his Conſtitution, and the Diſorders he labours under; and have, from conſidering the Nature of the Diſtemper, actually order'd ſome who were in a *Vegetable Diet*, to change it for an *Animal* one. A total *Milk and Vegetable* Diet, beſides its being *particular* and inconvenient in a Country where Animal Food is the common Diet, and affording no ſufficient Store of Animal or Mechanical Strength (to Perſons naturally weak, or who have not been habituated to it from their Cradles), may bring the Patient into ſuch a State, that, without the utmoſt Riſque or Danger, he can never leave it off again. And even while he is under it, by relaxing and ſoftening the Solids, (in ſome Degree), when it is a ſweetening the Juices, it brings him under a Neceſſity of keeping up their Tenſion with proper aſtringent, warm, and cordial Medicines, (which are of the ſame Nature with a more generous Diet), and inceſſant Labour and Exerciſe: And in groſs foul Bodies, or thoſe ſubject to *goutiſh*, *ſcorbutick*, or other *inflammatory Diſorders* and *Paroxyſms*, requires the utmoſt Care and Caution that the Diſeaſe be not thereby, at firſt, thrown inwards, and ſo the extreme Degrees of Vapours, Lowneſs, and other *Nervous* Diſorders, enſue, which this *Diet* is deſign'd to prevent. Indeed there are ſome

Caſes

Caſes wherein a *Vegetable* and *Milk Diet* ſeems abſolutely neceſſary, as in *ſevere* and *habitual Gouts*, *Rheumatiſms*, *Cancerous*, *Leprous*, and *Scrophulous* Diſorders, extreme *Nervous Cholicks*, *Epilepſies*, violent *Hyſterick Fits*, *Melancholy*, *Conſumptions*, and the like Diſeaſes mention'd in the *Preface*, and towards the laſt Stages of all chronical Diſtempers; in ſuch Diſtempers I have ſeldom ſeen ſuch a *Diet* fail of a good Effect at laſt: But in moſt other *Chronical Diſtempers*, *Nervous* or *Humourous*, and in all their tolerable Degrees, and firſt or ſecond Stages, a common, middling, plain, and moderate Diet, is certainly the beſt and ſafeſt; a little *Animal* Food of the youngeſt, lighteſt, tendereſt, thinneſt, and ſweeteſt Kind, and a ſmall Proportion of generous Liquors, to keep up the due *Tenſion* of the Solids, under the Regulations I have mention'd; weak Broths and Soops made of tender, young Animal Subſtances, without Fat or Butter, and thicken'd with a due Proportion of Vegetable Seeds or Grains, ſuch as thoſe of Wheat, Barley, Rice, Sago, Oats, Millet, and the like: Such a *Diet*, I ſay, will, in my Opinion, anſwer all the Ends of pure *Milk* and *Vegetables*; and as I have often found ſuch an one leſs dangerous, ſo it is a more eaſy Regulation, as Things now ſtand; and wants only a few Months in the ſame Courſe, of that Cure that might be gain'd

perhaps by going into ſuch a particular Method of Diet. I am never for entering upon *extreme* or uncommon Means of *Diet* or *Medicines*, but in extreme and mortal Caſes; for I always think that *common Senſe* is the beſt Indication of a ſound Mind, and *common Life* the beſt Means of temporal Happineſs, elſe they had never been common.

§. X. ONE great *Advantage* that a *Milk* and *Vegetable Diet* has over a Fleſh or *Animal* one, lies principally in this, that one may thereby avoid the loading the Juices with too many *Salts* of any Kind, or thickening them with more groſs and hard earthy Particles, or ſuch as cannot be broken and comminuted by the natural Force of the weak Solids: and by it Patients will not be ſo readily led into Errors in the Quantity; Nature not being tempted to receive or retain ſuch unprovoking and impoignant Viands, whereby they avoid the *Snare* and *Temptation* that Liquoriſhneſs and high Reliſh throws many into. *Another* Advantage is, that it effectually dilutes and cools too thick or hot Juices, and that a ſufficient Quantity of it may be taken to keep the Bowels and Blood-veſſels full, and ſufficiently turgid, whereby the *Circulation* and natural Evacuations and Secretions will be more uniformly carried on in ſuch weak Habits, than can poſſibly be under an *Animal Diet* of ſo ſmall a Quan-

Quantity as muſt be neceſſary in ſuch Caſes, unleſs it be extremely diluted with Water, and the farinaceous Vegetables, which bring it to the ſame State: And therefore, in greatly depraved Habits, and ſuch deep and dangerous Diſeaſes as I have mention'd, it is the moſt proper and abſolutely neceſſary *Regimen* to carry on the natural Functions without Pain and Uneaſineſs, and to preſerve the Sides of the Capillary Veſſels from *coaleſcing* and growing together, and ſo preventing irremediable Obſtructions; though in other more ſlight Caſes, it may be not only not neceſſary, but even ſometimes inconvenient and hurtful: For though it will always poduce at length Freedom from Pain, and Freedom of Spirits, and a greater Capacity for intellectual Functions, yet it will never beget *mechanical* Force and Strength, or a hardy, ſtrong Conſtitution, which in ſome Circumſtances, Employments, Trades, and Profeſſions, is indiſpenſibly neceſſary; ſo that ſuch a Courſe and *Regimen* is only proper for thoſe who follow *Intellectual* Occupations, and expect chiefly mental Pleaſures, Freedom from Pain, Chearfulneſs, and Length of Days, or, in ſhort, for the Studious and Sedentary.

§. XI. The Sum of the Whole, in my Opinion, is this: Our Diſtempers generally ariſe from *Oils*, *Salts*, and *Spirits*, carry'd into the Habit by our Food; nothing elſe but theſe,

theſe, in the Nature of Things, having *Force* enough to produce them. Some certain Proportion of theſe is abſolutely neceſſary to excite, rouze, and carry on the *Circulation*, *Perſpiration*, and all the *Secretions*, with their proper Force and Vigour: When the Juices are too viſcid or acrimonious, or the Obſtructions many and great, *Diet* offers us one of the ſureſt Means to cure theſe ill Qualities. All *Salts*, in their general Nature, are of the ſame Kind, hard, and highly attractive, and differ only as they are ſmaller or greater in their Parts, and according to the Earths, Oils, and other Mixtures that unite them, or mix with them. *Milk* and *Vegetables* have but little ſaline Matter, in Proportion to their Bulk, and therefore a *total Milk* and *Vegetable Diet*, may, in ſome Caſes, defraud the Conſtitution of that due Proportion of *Salts* neceſſary for the mention'd Purpoſes, and for want of which the Solids may become too lax and feeble: But on the other hand, too great a Quantity of Fleſh Meat, and hot fermented Liquors, or that which is of too *ſaline* and *ſpirituous* a Nature, will load the *Habit* with too many of theſe Salts and Oils, and ſo beget the mention'd Diſtempers. The great *Art of Life* then, in *Chronical* Diſtempers, is to aſcertain the *Mediocrity* of ſuch a *Diet* as neither makes the Salts and Oils too many to increaſe the Diſtemper, nor too few, to

let the Solids become too much relax'd. Animal Food, then, and Spirituous Liquors become more tolerable in *Northern Climates*, where the want of ſufficient *Sun*, and the Moiſture of the *Air*, makes the Solids of ſomewhat too looſe and flabby a Nature, and ſo require a greater Proportion of Salts and Oils, needful to rouze and twitch them, than in more *Southern Climates*. Suppoſe, for Example, a Dram of Salts, and Oils or Spirits, in twenty-four Hours, was neceſſary; then certainly that *Diet* which conveys this Dram of Salts and Oils in the whole Subſtance of the Food, according to the Bulk, Age, and Expences of the Life of the Patient, into the Habit, will be the beſt, of whatever Kind it may be. But if, by an Over-charge of Salts and Oils, Diſeaſes are brought on, and are to be remedy'd by a *Diet* wherein one half of this Quantity is found; then ſuch Food is to be choſen, or ſuch a Quantity of it taken, as will convey into the Habit only half a Dram of ſuch: and if that End can be obtain'd by following the common and ordinary *Diet* of the Country and Climate, and of the healthieſt People in it, then that is, beyond Diſpute, the beſt Regimen in general to preſerve Health. Under Diſeaſes the Caſe is different: So that there can be no room for miſtaking the proper Kind of *Diet*, nor the Validity of the Reaſons on which it is founded. The only Difficulty

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that remains, will be, in chuſing ſuch Kinds, and that Quantity of *Animal Food* which beſt ſuits the Age, Bulk, and Conſtitution of the Patient, and conveys only the neceſſary Quantity of *Salts* and Oils. To determine which, was the chief Deſign of my *Eſſay on Health and Long Life*, and of Dr. *Arbuthnott*'s *Book of Aliments*, and which is evidently of the greateſt Conſequence to all who would ſecure theſe two in the moſt effectual manner Mortality will permit.

CHAP. VI.

Of the Exerciſe proper for Nervous Diſtempers.

§. 1. THERE is not any one Thing more approved and recommended by all *Phyſicians*, and the Experience of all thoſe who have ſuffer'd under *Nervous* Diſtempers, (ſince the Diſtinction has been made), than *Exerciſe*, of one Kind or another, and this without the leaſt Exception or Limitation, but ſo far as the Strengh can admit, if it is without Weakening, Fatigue, or Hurry of Spirits.

In

In the *Southern* Climates, as there are scarce any, at least few, *Nervous* Distempers of the lingering and *chronical* Kind, so there is very little Room for *Exercise* merely for Health: The Warmth and Action of the *Sun* keeping the Blood and Juices sufficiently fluid, the *Circulation* free, and all the *Secretions* in their due Degree and Plenty, so as to prevent Obstructions, to which the Thinness, Coolness, and Lightness of their almost *Vegetable* Diet contributes not a little. But in the more *Northern* and colder Climates, where the Food is more gross, higher and harder of Digestion, being mostly Animal; where the *Perspiration* is small, or scarce any at all, especially in *Nervous* or *Chronical* Distempers, there is an absolute Necessity of due *Exercise* and Labour to supply the Want of *Sun* and thin Air, and remedy these Defects: The Neglect of which, in our *cold* Climates, ought to be, in Reason, reckon'd as absurd, ridiculous, and unnatural, as our using it appears *fantastical* to *Orientals*.. The few Instances brought from *Spain*, *Italy*, *Portugal*, and even more *Northern* Countries, of People that live there to a great Age, and without Distempers, merely sitting still, are little to the Purpose, consider'd as a *Rule* for our Conduct, since, (setting aside the above-mention'd Advantages, which they enjoy in com-

common with other *Southern* Countries, whereby *Exerciſe* becomes leſs neceſſary for them, than for us), they are in a great meaſure excluded from the Benefit they might poſſibly reap from it, if it was neceſſary, by its being impracticable in any high Degree: For it would be abſurd to propoſe to them to take long continued Journies, in their ſcorching *Climate*, for the Cure of Diſtempers.

§. II. WHEN Mankind was ſimple, plain, honeſt and frugal, there were few or no Diſeaſes; *Temperance*, *Exerciſe*, *Hunting*, *Labour*, and *Induſtry* kept the Juices ſweet, and the Solids brac'd. The *Spiritual* Paſſions, however, raged and boiled high; thoſe, to wit, of *Ambition*, *Malice*, *Revenge*, and *Pride*, which beget *Uſurpation*, *Conqueſts*, *Murder*, and *Wars*: *Labour* and *Exerciſe* were obſerv'd to beget Firmneſs, Strength, and Activity for theſe Purpoſes. It was afterwards introduc'd into the *Religious Worſhip*. *Rewards* and *Honours* were appointed for the *Victors* in theſe *ſacred* Conteſts. But Luxury and Intemperance having gain'd Ground, thro' Peace, Security, Eaſe and Plenty, Diſeaſes ſprang up and multiplied. *Exerciſe* and *Labour* were introduc'd into their Cure by *Phyſicians*, who had obſerv'd the Health and Vigour of the

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Laborious and Active. * *Hippocrates*, *Diocles*, *Paraxagoras*, and *Erasistratus* first introduc'd it into *Rules*, *Laws*, and *Order*; appointing the Times and Kinds of it, appropriated to each particular Distemper. The *Grecians* in general, the *Athenians* and *Lacedemonians* in particular, erected *Academies*, *Gymnasia*, or publick Places, for the common Conveniency of all Kinds of Exercise, with all proper Accommodations and Services for that End, both to train up the People for *War*, and to preserve them from, and cure their Diseases. These *Gymnasia* were dedicated to *Apollo*, as *God* of *Physick*, and thither the *Physicians* sent all those who laboured under chronical Distempers, of which *Exercise* and *Diet*, limited and managed according to the Nature of the Case, made up all the Cure. By Degrees it spread over all the *Eastern* and *Southern* Countries, and at last had so general an Approbation, as to be universally received all the World over, where Health was regarded, or the Cure of Distempers studied. Such has been the original Rise, Reception, and Approbation of *Exercise*, as is evident from ancient History, and universal Tradition. Whoever will consult *Le Clerc*, will be abundantly satisfy'd in this Matter.

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* Galen. Cap. 58. lib. ad Thrasybulum.

§. III.

§. III. THE *Romans* (as wiſe and brave a People as ever was formed upon the Foot of mere Nature) receiv'd it, with all their other *Arts* from the *Greeks*, and thought it ſo neceſſary, tho' in a much warmer Climate than ours of *England*, that they founded a great Part of the Cure of Diſtempers, as well as the preſervative Means of Health, upon it, in its various Degrees and Kinds. Thoſe who are curious may find all the Learning of the Antients, collected to entertain them on this Subject, with the beſt Reaſons and Philoſophy of the Times; and the Account of the Origin of new Diſeaſes among the *Romans*, by *H. Mercurialis*, in his Treatiſe *de Arte Gymnaſtica*, in which every thing uſeful, ingenious, or that has been invented for this Purpoſe, is brought together. *Sydenham*, our Countryman, has enlarged in its Praiſes, as one of the moſt ſovereign Remedies hitherto known; and mentions ſeveral Inſtances of its wonderful Succeſs, and of its conquering the ſeveral Effects of *Nervous* Diſtempers by long and conſtant Journies on Horſeback. *Fuller de Arte Gymnaſtica*, has done what he could, to encourage and explain it. Many others of the beſt of the Moderns have given it its due Commendation: But it is not my Buſineſs to collect Authorities, for a Thing ſo

ſo univerſally * acknowledged, and ſo little diſputed. As to my own Experience, I never ſaw any thing done to the Purpoſe, in Nervous Caſes, or with a Succeſs complete, and ſubſiſting for any long Time without the Aſſiſtance of theſe two, *Diet*, and *Exerciſe*. I have even found the Neceſſity of adding to theſe, in ſome Caſes, to make the Recovery durable and ſolid, Change of a thicker Air, and of a colder Climate, to that of a *warmer Sun*, and *purer Air*; which have ſeldom ever failed, when any thing would ſucceed: But that not being in every one's Power, they muſt be contented with uſing the Means they can find within their Reach. The Benefit and abſolute Neceſſity of a pure, fragrant, freſh Air, and the Balm, Nitre, or Acid of it, both to Health and Life, are demonſtrably proved from the Experiments of Sir *Iſaac Newton*, Mr. *Hales*, and Dr. *Bryan Robinſon*, both in the Vegetable and Animal Kingdom.

§. IV. THO' Experience, which exremely confirms the Benefit of this Remedy, is the only ſolid Foundation to go upon, in the Cure of Diſtempers; yet the Reaſon of the Thing ſpeaks ſo loudly, that it cannot

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* We muſt ſometimes force the Timorous from their Beds, and rouſe the Lazy and Sluggiſh. *Hippoc. Epidem.* lib. 6.

but be hearken'd to by every reaſonable Perſon. As *Diet* and *proper Medicines*, in due Time, will certainly rectify the *Juices*, ſo Labour and Exerciſe will moſt infallibly ſtrengthen the Solids, by promoting and continuing their conſtant Action and Motions. It is much like the conſtant Buckling of Hair, (I mean, as to its Vertue and Efficacy, however different the *Mechanicks* of theſe Effects may be) or keeping it for ſome Time fixed in a certain Poſition, to give the internal Parts new *Contacts* and *Coheſions*, and to confirm and ſettle them in theſe, which makes them retain the Form and Figure we deſign. 'Tis true, it is very hard, if not impoſſible, to give a ſtrong and laſting Union and Coheſion to the weak, disjoined, and diſcontinued *Fibres* of People of weak and relaxed Solids: but *Exerciſe* conſtantly continued, does this (and will do it always) as much as the Nature of Things will admit of. There is an *innate* Power of *Contraction*, a *Spring* and *Elaſticity* in all Animal Solids, as being contrived and deſigned as Inſtruments of Action and Motion; by Action and Motion only, this innate Power is nouriſhed, preſerved, increaſed, and recovered: And, on the contrary, without them, it grows languid, feeble, and weak. Not only is the Circulation promoted, the Perſpiration and all the other Secretions forwarded by *Exerciſe*; but by the *Muſcular* Actions,

Actions, the Blood and Juices are kept in a due State of Fluidity, their Viscidity broken and dissolved, and all Obstructions hindered or removed. There seems likewise, as it were, new Particles to be forced by this Action, into the Interstices and Ruptures of the Solids, to knit and solder them, and recover their lost Union, Cohesion, and Spring: So that *Exercise* seems the only, at least the sovereign Remedy, in relaxed and weakened Solids. And as a low, light, and temperate Diet is necessary, and the best Means of diluting and sweetening the Juices; and as at the same Time, it sometimes weakens and relaxes the Solids, so *Exercise* is more eminently useful in that Case, to keep up the due Force and Strength of the *Fibres*, else the Patient can never receive the full Benefit of such a *Diet*. All those in a *low Diet*, who have long preserved themselves in any Degree of Force and Spirits, have been constantly great Followers of Exercise, without which, even their *low Diet* would not have been so beneficial, especially after the *Meridian* of Life, when there is little Hopes of an *adventitious Force*. And one Reason why *Hypochondriacal* and *Hysterical* Persons relapse so frequently, after having been so wonderfully recover'd by the Force of *Diet*, *Exercise*, and Change of Air, is, because they either intermit their *Regimen of Diet*, their *Exercise*, or perhaps both: and

therefore he who, under *Nervous* Diſorders and Complaints, would continue tolerably well after he is got better, muſt continue both his *Regimen of Diet*, and his *Exerciſe*, in ſome certain Degree, ever after. It is true, *Diet* will do infinitely more than Exerciſe, and have more laſting Effects, but both ſhould be joined.

§. V. IT is of no great Conſequence of what Sort or Kind the *Exerciſe* be, provided it be but *Bodily Exerciſe* and Action; certainly *riding* on Horſe-back is the beſt of all, becauſe of the almoſt erect Poſture, the leſſer Wearineſs, and the more univerſal and natural Motion of all the Organs, with the conſtant Change of Air; and that the lower Regions of the Body, and the alimentary Inſtruments and *Hypochondres* are thereby moſt ſhaken and exerciſed. Next to that, is riding in a *Chaiſe* or *Chariot*. *Walking*, tho' it will anſwer the ſame End and Purpoſe as well as any, and may be more readily and eaſily uſed, becauſe it may be equally follow'd within Doors and without, in Winter as well as Summer, yet it is more laborious and tireſome. Next to theſe, are the active Games and Sports, ſuch as *Hunting*, *Shooting*, *Bowls*, *Billiards*, *Shuttle-cock*, and the like. I have known thoſe who have exerciſed themſelves by ſtrongly working their Arms backward and forward; and ſome have

have used Weights for that Purpose, swinging and shaking them in their Hands. And some have done it with a *Cane*, rubbing it strongly over the whole Muscles of the Body and Limbs. The *Flesh-Brush* has supplied those who could not afford, or were not able to use any other Kind of *Exercise*. But certainly the best of all is, where *Amusement* or *Entertainment* of the Mind is joined with Bodily Labour, and constant Change of Air, as in *Hunting*, *Bowls*, *Billiards*, and the like, and riding Journies about Business: For the Entertainment of the Mind, and keeping it agreeably diverted from reflecting on its Misfortunes or Misery, makes *Exercise* infinitely more beneficial, as *Thoughtfulness*, *Anxiety*, and *Concern* render it quite useless.

§. VI. It is upon this Account that I would earnestly recommend to all those afflicted with *Nervous* Distempers, always to have some innocent entertaining *Amusement* to employ themselves in, for the rest of the Day, after they have employed a sufficient Time upon *Exercise*, towards the Evening, to prepare them for their Night's quiet Rest. It seems to me absolutely impossible, without such a Help, to keep the Mind easy, and prevent its wearing out the Body, as the Sword does the Scabbard; it is no matter what it is, provided it be but a

Hobby-Horſe, and an Amuſement, and ſtop the Current of Reflexion and intenſe Thinking, which Perſons of weak Nerves are apteſt to run into. The common Diviſion of Mankind, into *Quick Thinkers*, *Slow Thinkers*, and *No Thinkers*, is not without Foundation in Nature and true Philoſophy. Perſons of ſlender and weak Nerves are generally of the firſt Claſs; the Activity, Mobility, and Delicacy of their intellectual Organs make them ſo, and thereby weaken and relax the *Material Organs* of the intellectual Faculties; and therefore ingenious Flattering, eaſy and agreeable Amuſements, and Intervals of No-Thinking and *Swiſs-Meditation*, (as it is maliciouſly call'd) is as neceſſary for ſuch, as Sleep to the Weary, or Meat to the Hungry, elſe the Spring will break, and the Sword wear out the Scabbard. *Study* of difficult and intricate Matters will infallibly do Hurt. *Reading* muſt be light, entertaining, and diverting, as well as Food. *Converſation* muſt be eaſy and agreeable, without Diſputes or Contradiction. The *Diverſion* innocent and inexpenſive, elſe the Remorſe and Reflexion afterwards will do infinitely more Prejudice than the preſent *Amuſement* can recompenſe; and it muſt end at ſeaſonable Hours, without leaving a *Hurry* and *Fatigue* upon the Spirits of the Patient. To determine abſolutely the Kinds and Quantities of the *Exerciſe*, *Amuſement*, or

or even *Diet*, or the Times moſt proper for ſuch, is impoſſible to any but the *Patient* himſelf. In the general, I ſhall only ſay, That as *Nervous Diſtempers* and *Old Age* reduce Men to the Weakneſs, the Tenderneſs, and Delicacy of Children, or very young Perſons, they muſt be treated, and treat themſelves as ſuch, 'till Strength, and a perfect Recovery come, if ever they are ſo lucky as to arrive at it, much in the ſame way, as a Child muſt be treated in his *Non-age*, 'till he arrives at Manhood.

CHAP. VII.

Of ſome of the more Immediate and Eminent Cauſes of Nervous Diſtempers.

§. I. I NEVER ſaw any Perſon labour under ſevere, obſtinate, and ſtrong *Nervous* Complaints, but I always found at laſt, the *Stomach*, *Guts*, *Liver*, *Spleen*, *Meſentery*, or ſome of the great and neceſſary Organs or *Glands* of the Lower Belly were obſtructed, knotted, ſchirrous, or

ſpoil'd, and perhaps all theſe together; and it may be very juſtly affirmed, that no habitual and grievous, or great *nervous* Diſorders, ever happen'd to any one who laboured not under ſome real *glandular* Diſtemper, either *ſcrophulous* or *ſcorbutical*, original or acquired. So that in general, great Nervous Diſorders may juſtly and properly be termed *Glandular*. The Stomach is often the firſt and principal Organ (or at leaſt, by Conſent and Conſequence) in the Fault: Either it is too thin and weak by Nature, or the inner *villous* Membrane is worn off by Luxury, ſo that it cannot contract cloſe enough to embrace the Food; or it is become too ſoft, flabby, and relaxed, ſo that it cannot, with ſufficient Spring, ſqueeze its Contents; or its *Glands* are growing *ſchirrous*, *hard*, and *knotted*, ſo that its Action is weak and languid, and interrupted; or *laſtly*, there may actually be a diſcoverable *Impoſthume*, *Schirroſity*, or *Cancer* already extant in it. And hence the Neceſſity of frequent, but gentle Vomits (at leaſt in all theſe Caſes but the laſt) to empty theſe weak *Glands*, when full of indigeſted *Flegm*, *Wind*, or *Choler*, in ſuch *Nervous* Caſes, and a thin, light, cool, and balmy *Diet*, proportioned to the Weakneſs and Infirmities of the Stomach and Solids, (to give it the leaſt Labour, and moſt Reſt poſſible, as we cure broken Bones, by uſing them little)

little) as well as to cut off the Sources of more Infection in them all, without Exception.

§. II. A VITIOUS *Liver* ſeems to be one of the primary and immediate Cauſes of *Nervous* Diſtempers. I never once in my Life ſaw an *Hyſteric* or *Hypochondriac* Caſe, of a deep Nature, or extreme Degree, in ſtrong Perſons eſpecially, where the *Liver*, and its Appendages, were not eminently faulty, either by a preternatural *Size*, *Tumefaction*, *Obſtruction*, or *Schirroſity*; and when by *ponderous*, alterative, active Medicines, join'd with a cool thin Diet, the Obſtructions have been open'd, the *Gall Bladder* and *Porus Biliarius* pervious, then, either *green*, *yellow*, or *black Choler* has poured out abundantly into the Stomach. The *Liver* is the *Organ* deſigned by Nature (or, at leaſt, Nature makes Uſe of it) to ſuck out, draw off, and convey into the *common Shore* of the Body (the *Guts*) all the Poiſon, Malignity, and deſtructive Part of high, rank Foods, and too great a Quantity of rich Liquors, taken into the Habit. This wiſe and bountiful Contrivance of Nature becomes an *Antidote*, or is a Receptacle (for ſome time) for the deſtructive Effects of *Luxury* and *Intemperance*. And hence it comes to paſs, that gluttonous and voluptuous Animals, whether *Brutal* or *Rational*, have always overgrown *Livers*, and

and accordingly among the *Romans*, thoſe Animals whoſe *Livers* were delicious, had their whole Entrails almoſt turn'd into *Liver*, by unnaturally cramming them with high and generous Foods; and no plentiful and *full Feeder* was ever opened, but he was found with ſome groſs Fault in his *Liver*. It has indeed a noble and indiſpenſible Uſe in all Animals (the human more-eſpecially) who live on Animal Foods and fermented Liquors; even beyond any Organ of the Body, next to the *Heart*, *Brain*, and *Lungs*; for it not only ſucks out all the Venom, as it were, of the whole Maſs of Blood, and carries it into the Guts (*the common Shore*, to be thence carry'd out of the Habit in Part) but there alſo the *Bile*, by its natural Acrimony and Stimulation, is the great Spring and Cauſe of the *Periſtaltic* Motion, (that Function ſo neceſſary to Digeſtion, and throwing off the Redundancy and Feculence); beſides, that it unites, by its *ſoapy* Nature, the various Particles of which the *Chile* is compounded, and renders it a *ſimilar* and *uniform* Fluid; and by its Bitterneſs, and this *ſaponaceous* Quality, it cleanſes and ſcowers the Mouths of the ſmall and delicate *lacteal Tubes*, from their Obſtructions and Filth. But as all good Things, perverted and abuſed, have Pains and Puniſhments annexed to them, in Proportion to their Advantages and Benefits, ſo the *Liver*, when

preter-

preternaturally large, tumify'd, obſtructed, or *ſchirrous*, becomes the Cauſe of the moſt terrible and frightful Miſeries incident to human Nature; from hence generally and chiefly ſpring all our horrible and dire *Hyſtericks* and *Hypochondriacks*, our *Epilepſies*, *Apoplexies*, and our *Mania's*, our *Cholicks*, *Scurvies*, *Gouts*, *Jaundices*, *Hot Ulcers*, &c. and were there any Art and Medicine to turn or make *Choler* (*Aduſt*, *Black*, *Yellow*, or *Green*) an innocent, acid, active Liquor only (as it is in the Animals that live only on Vegetables) it would infallibly cure theſe Diſorders; but I believe there is none, nor can be any ſuch Art or Medicine, conſiderſidering the eſtabliſh'd Laws of Nature, and thoſe of the *Animal Oeconomy*: but the ponderous Remedies which open Obſtructions (ſuch as Preparations of *Antimony* and *Mercury*) gentle *Emeticks*, which pump up the peccant Humour as it flows, (for *Cathartick*s do little or nothing in ſuch Caſes, it being impoſſible to carry forcibly vitiated *Choler* ſo great a Length without Violence to Nature, beſides that all Kind of Purges paſs thro' this groſs Fluid, when vitiated, and leave it much as they found it), and a thin, mild Diet, that cuts off the Sources of the Evil. What is here ſaid of the *Liver*, may be readily applied to the *Spleen*, in a certain Degree, and therefore 'tis needleſs to add any more of either.

§. III.

§. III. THE *Glands* of the *Meſentery*, or of the *Guts*, being knotted or obſtructed, are leſs obvious by any other Symptoms, than theſe of a general *Weakneſs*, *Thinneſs* of Habit, a Tendence to *Hectical* Heats after Meals, and eſpecially an Inappetence and Weakneſs of Digeſtion, Faintings, cold Sweats, Lowneſs of Spirits, and Oppreſſions, and the other *Nervous* Complaints to be deſcribed, thoſe particularly of thin and *valetudinary* Perſons. And thoſe who continue weak, thin, and valetudinary, after Youthhood is over, are much to be ſuſpected of *knotted Glands* in the *Meſentery*, which obſtruct and hinder the free and eaſy Paſſage of the *Chyle* thro' the *Lacteals*, whoſe common *Baſon* is in, and moſt general Courſe is thro' that *Membrane*; or of *knotted Guts*, and their obſtructed Valves, which hinder the free Play of the *Periſtaltick* Motion, ſo neceſſary towards the Progreſs of the Digeſtion, and the Expulſion of the Feculence; and all theſe more immediate Cauſes of *Nervous* Diſtempers, ſhew the Neceſſity, Expedience, and Benefit of ponderous Remedies, in the Beginning of a Cure: gentle Evacuations upwards or downwards, in the Proceſs; and mild Aſtringents and Strengtheners to finiſh it; and an univerſal thin and low Diet in the whole Progreſs, and for future Preſervation.

§. IV.

§. IV. IT is very poſſible, neither the *ponderous* Remedies, nor the Evacuations, may diſſolve, or even much ſoften knotted, *ſchirrous*, or obſtructed *Glands* in any Part of the Habit; but a cool, thin, ſoft, *balſamick Diet* will always make the Juices circulate eaſy, and without Rubs and Reſiſtance; as a clear, thin, equable Stream of running Water will glide gently and calmly by the Sides of *implanted Iſlands*: and theſe *Knots* and *Tubercles* may thereby lie as eaſily and quietly in the Body, as the Nails on our Fingers and Toes, or as Bones ſurrounded with Muſcles; and we know ſweet thin Blood will make its Way into the Circulation, thro' the lateral Branches, when the Trunk of the Artery is cut through: and that is all *Art* can do, or the Laws of the Animal *Oeconomy* will admit. And it is highly probable, when any one of theſe more immediate Cauſes of *Nervous* Diſorders happen, they are all together in greater or leſſer Degrees. Cutaneous Diſorders alſo, ſuch as the *Leproſy*, *Elephantiaſis*, *Impetigo*, *Itch*, *Scurvy*, and *Eriſipelas*, have a moſt powerful Influence in producing thoſe violent, inveterate, and high, *Nervous* Diſorders. But the Reaſon of the violent *Fits* under them, is, that the *Glands* and Great *Viſcera* are loaded more than ordinary by *Debauches*, *high Diet*, and too great Fulneſs:

ſo

ſo that the Circulation is thereby hinder'd and ſtop'd, and this makes theſe cutaneous Foulneſſes recoil inwards, for want of due Force and Freedom in the Circulation, to preſs them out, where they are ſafeſt; and none will be perfectly and ſafely cured under them, but by a long Courſe of the *ponderous* Medicines, and a thin, cool, ſoft Diet.

§. V. IT is alſo poſſible, that none of all theſe mentioned immediate Cauſes may be the true one, and yet *Lowneſs of Spirits*, Sickneſs, and even *Fits*, *Fainting*, and *Convulſions* may happen: And when there may be none of theſe mentioned great Cauſes, by particular and ſpecial Symptoms to be ſuſpected, or juſtly ſuppoſed, a *Polypus* in the Heart, or *Great Artery*, or ſome preternatural Formation, *Excreſcence*, or *Mal-Formation*, in ſome neceſſary Organ, may be the Cauſe of them; or, *laſtly*, the Juices may be ſo thick, *viſcid*, and *glewy*, as may interrupt the Circulation, and the eaſy Performance of the Animal Functions. But as ſuch Caſes are more *rare*, they do not ſo immediately come under ſuch general Directions as my Deſign muſt neceſſarily confine me to, and can therefore receive here no particular Conſideration. It is, in my Opinion, that 'tis here as in the great *Venereal* Caſes, where, if the *grand Remedy* be ſufficiently and duely purſued, there will be little or no need

need of Application to particular and *Topical* Complaints, which will drop off and evaniſh of themſelves; as ſtriking at, and cutting the Root of a Tree, will render the lopping of the Branches uſeleſs. In all *Chronical*, *Cachectical*, and obſtinate Caſes, I can allow of, and could ever learn or diſcover, but *two* univerſal, certain, and natural *Antidotes*, *Remedies*, or *Methods of Cure*, viz. the ponderous and Mineral Medicines (the chief of which are *Mercury*, *Antimony*, and *Steel*, with Evacuations) and *Diet* and *Regimen* (the ſecondary Aſſiſtants of which are *Air* and *Exerciſe*), and both skilfully joined together, and duely perſiſted in, is the higheſt Pitch *Art* can, in my Judgment, ariſe to, under the preſent Laws of Nature, and of the *Animal Oeconomy*: The Application, tho' to particular Caſes and Conſtitutions, will require the Skill, Addreſs, and Attention of the moſt knowing and experienc'd Phyſician.

CHAP.

CHAP. VIII.

Of the Spleen, Vapours, Lowneſs of Spirits, Hyſterical, or Hypochondriacal Diſorders.

§. I. THE Title of this Chapter is ſo large a Field, that it would require a *Volume* of itſelf, to detail every Thing that may be ſaid, even with Advantage to the ſuffering Patient on this Head. But my Deſign is not to inſtruct the Patient in every Particular, but to give a general *Scheme* of *Nervous* Diſorders, founded upon Reaſon, Philoſophy, and Experience; and it being both abſurd and even impoſſible for any one to undertake ſo *obſtinate*, ſo *various*, and ſo *deplorable* a Diſtemper of his own Head in its eminent Degrees, without the Aſſiſtance of a judicious, experienced, and honeſt *Phyſician*: All the Reader, who is not ſuch, will be able to learn from hence, is, whether he is treated in the Manner, that ſuch an one will always deal with his Patients. So that having ſaid ſo much and ſo fully in the

the general Doctrine of *Nervous* Diſtempers, I ſhall have little further to add, but ſome Limitations and Conditions with regard to particular Caſes, which I muſt ſuppoſe applicable only to ſuch individual Caſes, by the *Phyſician* in ordinary.

§. II. ALL the Symptoms and Diſorders of a *ſplenetick* Perſon will naturally and readily be deduced from too thick and glewy, or ſharp Juices, ſome great Bowel ſpoil'd, or ſtrong Obſtructions form'd, and the regorging Fluids thereby brought on, ſtruggling and labouring under the *Animal Functions*, in relaxed feeble, and unelaſtick Solids. Perfect Health, free Spirits, Eaſe and Chearfulneſs, conſiſt in the eaſy, pleaſant, and uniform Performance of the *Animal Functions*, in a full *Circulation*, free *Perſpiration*, and *regular Secretions*. When by the mentioned Circumſtances, all theſe become forced, laboured, and uneaſy, the Symptoms we commonly aſcribe to the *Spleen*, muſt neceſſarily ariſe; even tho' they be attended with no really form'd Diſeaſe, or no noble Organ entirely ſpoil'd; and the true Reaſon of the Multiplicity, Variety, and Inconſtancy of theſe *Symptoms*, is the vaſt Multitude of the Combinations poſſible, of theſe natural Functions, every one of which makes a new *Symptom*, and whoſe uniform, equable Performance is ſo neceſſary to Health.

§. III. THE *Spleen* or *Vapours*, as the Word is uſed in *England*, is of ſo general and looſe a Signification, that it is a common Subterfuge for mere Ignorance of the Nature of Diſtempers. All *Lowneſs of Spirits*, *Swelling of the Stomach*, *frequent Eructation*, *Noiſe in the Bowels or Ears*, *frequent Yawning*, *Inappetency*, *Reſtleſneſs*, *Inquietude*, *Fidgeting*, *Anxiety*, *Peeviſhneſs*, *Diſcontent*, *Melancholy*, *Grief*, *Vexation*, *Ill-Humour*, *Inconſtancy*, *lethargick* or *watchful Diſorders*, in ſhort, every Symptom, not already claſſed under ſome particular limited Diſtemper, is called by the general Name of *Spleen* and *Vapours*; of which there are various and different Symptoms, according to the different Conſtitutions, Tempers of Mind, and common Diſeaſes, Perſons ſubject to ſuch Symptoms, labour under. In general, *Vapours* (as it is a Diſtemper ſubject to the Rules of *Art*) are bad, ſharp, thick, and viſcid Juices, attended with weak and relaxed *Nerves*, *Fibres*, or *Solids*: Where-ever theſe mentioned Symptoms are, in any eminent Degree, theſe *Conditions* muſt be. And, on the other hand, where-ever theſe *Conditions* are, ſome more or fewer of theſe mentioned Symptoms muſt be, according to the Degree of theſe Conditions. *Vapours* therefore are either *original* and ſimple, or not attended with any other real Diſeaſe or Malady, as yet apparent,

rent, (except the Conditions or Cauſes mention'd) or *Symptomatick*, being cauſed or produced by ſome other real determined Diſtemper, which is attended with, or produces thoſe mentioned Conditions, of which Diſtemper this Kind of *Vapours* is only a *Symptom* or Effect, and in which they always terminate in their laſt Stage or Degree. From whence 'tis pretty evident, that this laſt Kind of Vapours can never be cured, unleſs the original Diſtemper, on which they depend, be cured, when it is become manifeſt. It is well known, that every bodily Diſtemper is attended with, or produces Lowneſs of Spirits, and ſome others of the *Symptoms* I have mention'd. When the Diſtemper is remov'd, theſe Symptoms gradually vaniſh, and *Health* and *Freedom of Spirits* return: So that my preſent Affair is not with theſe *Symptomatick Vapours*, unleſs they ſubſiſt too long after the original Diſtemper is removed, and then they are to be treated in the ſame manner with theſe genuine, ſimple, and original *Vapours*, whereof I am treating.

§. IV. To enumerate all the almoſt infinite Symptoms, Degrees, and Kinds of *Vapours*, is impoſſible, and perhaps very little to the Purpoſe. In general, when the Symptoms are *many*, *various*, *changeable*, ſhifting from one Place to another, and imi-

tating the *Symptoms* of almoſt every other Diſtemper deſcribed, if they are attended with no other apparent, real, determined original Diſtemper, tho' they be generally the Beginnings of a real Diſtemper, and, if neglected, terminating in one always). Then they may be properly call'd *Vapours*; for Diſtinction's Sake, I will divide them into three Degrees, tho' the Reader is neither here to expect Accuracy nor Certainty, that may be depended upon, in ſuch a *Proteus-like* Diſtemper, becauſe ſome of the Symptoms of what I call the *ſecond Degree*, may happen in the *firſt*, and ſo on the contrary; and tho' in general they grow and riſe in their *Degrees*, as naturally and gradually as Plants or Vegetables do, yet we are not poſſeſſed of proper Names and Meaſures for theſe Degrees, any more than we are of the Degrees of Heat that cauſe Flame or Light, it being for Brevity's ſake that I chiefly make the Diſtinction.

§. V. THE *firſt Degree*, which ought only to be call'd *Vapours*, (if that Name be proper at all) is when the Cauſe and Diſorder is chiefly confined to the *Stomach* and *Bowels*, or the *Alimentary Ducts*, and the Blood and Juices are in a pretty tolerable Condition, but the Solids ſomewhat relaxed, looſe, and flabby: the *Alimentary Tubes* being the firſt ſenſible Sufferers in all Bodily Maladies what-

whatſoever. The Symptoms then, beſides Lowneſs of Spirits, are *Wind*, *Belching*, *Yawning*, *Heart-burning*, *Croaking of the Bowels* (like the Noiſe of *Frogs*), a *Pain* in the *Pit of the Stomach* (which is ſometimes miſtaken for a *Lung* Caſe, eſpecially if attended with *Shortneſs of Breath*, and a tickling Cough, from a Wind in the Cavity preſſing on the Diaphragm, and thereby preſſing on the *Lungs*, which is common, and goes very juſtly by the Name of an *Hyſterick*, or *Nervous* Cough), and ſometimes there is an *Inflation*, and an actual viſible Swelling, to a very conſiderable Bigneſs, in the Stomach to be ſeen, eſpecially in the *Sex*; a *Coldneſs* or *Chillineſs* upon the Extremities, and ſometimes Fluſhing (eſpecially after a full Meal), and Burning in the Hands and Feet, *Cold Damp Sweats*, *Faintings*, and Sickneſs (eſpecially before a Solution of the Bowels), the Stools being ſometimes very *coſtive*, ſometimes *looſe* and ſlimy, a *Feeling* like that of *cold Water* poured over ſeveral Parts of the Body, *Head-achs* either behind or over the Eyes, like a *Puncturation*, *Flies* and *Atoms* dancing before the Eyes, a *Noiſe* like the *dying* Sounds of Bells, or a Fall of Water in the Ears; *Yawning* and *Stretching*, and ſometimes a Drowſineſs or *Lethargy*, at other times *Watching* and Reſtleſſneſs, and ſeveral other *Symptoms*, which it is impoſſible to enumerate. Some have

but a few of these *Symptoms*, and some all of them, and a great many more; but a Tendency to *Spitting*, *Ptyalism*, or a Discharge of Phlegm from the Glands of the Throat, seldom fails to attend all the *Symptoms* of it, especially towards the Decline of the *Fit*, if it is not shut up by a high Diet, hot Liquors, some constant Drams, or too great Exercise, (which, by the bye, shews the *Alimentary Tubes*, and their numerous Glands, the Weakness of the Digestion, or unnatural cramming, at least, relative or in Proportion to the Want or Weakness of the Patient, to be the true Seat and Cause of the present Symptoms): I have also observ'd, both in myself and most of my Patients, one tolerable good Day, and another worse, almost constantly following one another regularly: which suggested a Reason to me, of the great Benefit of the *Bark* in *Nervous* Distempers: *Nature* being uniform in her Productions, and taking, as it were, a regular and equal Time to fill, and discharge the turgid and inflated Cavities and Glands, which is the general Cause of all *Periods* in Diseases. I have also observed something like monthly Periods, especially towards the *Conjunctions* of the *Sun* and *Moon*. Those of the great Seasons, to wit, *Spring* and *Fall*, the *well*-Half of the Year, from Midsummer to Midwinter, and *bad* half from Midwinter to Midsummer, are more certain and regular, espe-

eſpecially if they are not joined with other *Chronical* Diſtempers which alter their *Periods*; but in this various and inconſtant Climate, *Periods* and *Criſes* are ſo uncertain and irregular, that we have nothing but *Miniatures* and *Models* of them, to what they were obſerv'd in *Eaſtern* Climates, and orderly People. I only ſuggeſt theſe Things, to awaken the Attention of others, and ſhew the Uniformity of Nature in all Things.

§. VI. The *ſecond* Stage of this Diſtemper is attended with all theſe Symptoms, in a much higher and more eminent Degree, and ſome new ones, which were not felt, and conſequently not deſcribed under the *firſt* Stage: ſuch as are inſtead of Lowneſs of Spirits: a deep and fixed *Melancholy*, *wandering* and *deluſory Images* on the Brain, and *Inſtability* and *Unſettledneſs* in all the intellectual Operations, *Loſs of Memory*, *Deſpondency*, *Horror* and *Deſpair*, a *Vertigo*, *Giddineſs* or *Staggering*, *Vomittings* of *Yellow*, *Green*, or *Black Choler*: ſometimes unaccountable Fits of *Laughing*, apparent *Joy*, *Leaping* and *Dancing*; at other times, of *Crying*, *Grief*, and *Anguiſh*; and theſe generally terminate in *Hypochondriacal* or *Hyſterical Fits* (I mean *Convulſive* ones), and *Faintings*, which leave a Drowſineſs, *Lethargy*, and extreme Lowneſs of Spirits for ſome Time afterwards. Perhaps the *Fits* return often,

if they be weak and partial ones; or if they are ſtrong and ſevere, their Intervals are longer: The State of the Blood is generally viſcid (if the Symptoms are not occaſioned by Accident, or ſpoil'd Bowels) with all the Conſequences which I remarked when I ſpoke of what I call'd the *ſecond* State of that Fluid. I think this *ſecond* Degree of *Vapours* may always be denominated from *Fits, Convulſions*, or violent *Paroxyſms* of the Kind mentioned: and from the antecedent or ſubſequent *Bilious* Vomitings that attend ſuch; and indeed when they are come to this Degree, there is generally a beginning Obſtruction, or ſpoiling of ſome of the great Bowels, ſuch as the *Liver*, the *Lungs*, the *Kidnies*, the *Meſentery*, the *Caul*, the *Spleen*, or ſome other Part neceſſary towards the Animal Functions, attending them, and ſo a real Diſtemper immediately follows: of which, the *firſt* Degree I have mentioned is the *firſt* Step; this laſt is the *ſecond:* and if not cured in either of theſe two, by the Struggling and Efforts of Nature, joined with *Art*; the *third* State begins, which is generally ſome *mortal* and incurable Diſtemper, ſuch as *Dropſy, Black Jaundice, Conſumption, Palſy, Epilepſy*, or *Apoplexy*, &c. To make which more plain, let us conſider the Tendency of Nature in its whole Progreſs, with this View;

§. VII.

§. VII. WHEN, by *Food* of *ill* Qualities, or an immoderate Quantity of even wholesome *Food*, the *Humours* are vitiated, the Structure of the *Animal Machine* is such, that Nature (*i.e.* the *Mechanism of the Body*) is presently rouz'd to struggle with all its Might, to attenuate (or concoct, as we commonly say) the gross and vicious Humours, and so bring them to an healthy State, (*i.e.* one agreeable to Nature), and drive out, by the most proper *Outlets* of the Body, what cannot be reduc'd to that State. This *Struggle* is the one only proper and real Disease of the Body, arising from the Habit, (for I say nothing of those from external Injuries), the vast Variety of particular Diseases, spoken of by *Physicians*, being only so many particular or various *Issues* of this general Struggle of Nature. The State of the *Fibres* or *Solids* of the Body, in Strength and Firmness, at the Beginning, is the Foundation of the grand Division of Diseases into *acute* and *chronical*: But, Strength being a relative Thing, it is impossible to settle precisely the Bounds of these two *Classes*. When the Conflict itself is very *hot*, *brisk*, and *eager*, we all agree to call it a *Fever*: when it is slow and languid, I know no received Name for it, but the Name of *Vapours*, or *Nervous Disorders* (a Word us'd in a very indistinct Manner, being ascrib'd to all or each of the Appearances

that

that ariſe in the Progreſs of this ſlower Conflict). It were not amiſs to reſtrain the undetermined Meaning of this *Word*, to ſignify all the Diſorders of Nature under the Conflict of the Diſeaſe when the Solids are weak, as the Name of *Fever* is appropriated to all the *Symptoms* that appear during the Conflict, in a ſtrong State of the *Solids*. This ſuppos'd, let us next conſider the ſeveral Events of this *Conflict*, which muſt be either an intire, or a partial Victory of Nature, or a partial or total Prevalency of the Diſeaſe. The Events are call'd *Criſes*, or Solutions of the Diſeaſe, by *Phyſicians*. The *firſt* Sort is *Health*; the laſt, *Death*; the middle ones are call'd *Diſeaſes*: Of which again there are many Diviſions very different from the two *primary* ones, to wit, *Vapours* and a *Fever*. For, *1ſt*, It is very common for Nature to get an intire Conqueſt over the Diſeaſe, in a few Days, when the Solids are ſtrong, that is, for the *Fever* to end by a *Critical* Diſcharge, ſuch as *Sweating*, a *Diureſis*, or *Diarrhœa*, and the like; ſo that there remains nothing but to recruit the Solids weakened in the Struggle. *2dly*, At other Times, when the *Fibres* are tolerably firm, tho' Nature carries on the Conflict with Vigour at firſt, to make a quick End, yet it is ſometimes obliged to compound with the Diſeaſe, by giving up a *Poſt* which was not tenable; that is, to throw the Diſeaſe upon ſome particular *Organ*, and ſo the

the *Fever* terminates in a critical *Abſceſs*, &c. 3*dly*, When the Solids are ſo weak, that Nature carries on the Struggle but faintly for a long Time, without tending to either of theſe two mention'd *Criſes*, and the morbid Matter, thro' the Feebleneſs of the Conflict, is never ſufficiently broken and divided, or fitted to be carried out of the Habit, by either of the two mention'd Ways, the Diſeaſe ends in an univerſal Weakneſs and Feebleneſs of Nature, a general *Cachexy*, or a continued bad State of the Juices and relax'd Solids, if not in *Death* itſelf; and this gives Ground for the Diſtinction between *Nervous* and *Acute Fevers*. But, *laſtly*, If the Solids are ſo weak, and the Fluids ſo bad, that the Struggle is but very faint, imperfect, or ſcarce diſcernable, at leaſt compared with the former, the firſt Attempts and Beginnings of this Struggle produce thoſe Symptoms which are properly call'd *Vapours* of the firſt Kind: And if proper Means or Remedies be not uſed in due Time, they may grow higher and ſtronger, with many additional Symptoms of the ſame Kind.

§. VIII. From this Deduction, it is evident, that *Vapours* are the *firſt* Symptoms of a real Chronical Diſeaſe, which, if neglected, will terminate in ſpoiling ſome of the great Bowels, and ſo in putting a Period to Animal Life. Some may be born with ſuch a Conſtitution; but

but if by no Miſmanagement they increaſe or exaſperate theſe *Symptoms*, Nature may thus go on to its common Period, as well as an Animal may with a broken or waſted Limb: But neglecting the Means, or fuelling the Diſeaſe by a *Mal-Regimen*, it will certainly terminate, ſooner or later, in thoſe real Diſtempers, which have Names and Determinations, ſuch as a *Dropſy*, *Aſthma*, or *Conſumption*, and ſo may be attended with the Symptoms that theſe mortal Diſtempers are deſcribed by, and at laſt end in *Death*. So that it is needleſs to enumerate the *Symptoms* of this *Stage*, they being commonly known and deſcribed by the *Phyſicians*, that treat of ſuch mortal Diſtempers: for being irremediable, as they are in *this* Stage, they admit of nothing but a *palliative* Cure, to make the Symptoms eaſy; which how it is to be done, I ſhall ſhew in the next *Chapter*.

CHAP.

CHAP. IX.

Of the Cure of the Symptoms of Vapours, Hyſterical and Hypochondriacal Diſorders.

§. I. WHAT I have formerly ſaid about the general Cure of *Nervous* Diſtempers by a *Regimen of Diet, Exerciſe*, and the three Claſſes of Medicines mentioned, is not only the ſolid Foundation of a ſubſtantial and laſting Cure, but is alſo the moſt effectual Means for weakning the Symptoms, and making their Intervals longer, and without which all the other Attempts for that Purpoſe will be ineffectual, at leaſt procure only temporary Relief, ſince theſe Symptoms will return more frequently, and with greater Violence, as the State of the Fluids and Solids grows worſe; which they muſt neceſſarily do, under a Neglect of theſe Means, alone ſufficient to eſtabliſh a ſolid and perfect Cure. So that they who would effectually relieve or leſſen the Symptoms of *Nervous* Diſorders, have nothing

nothing more to do, but to accommodate these general Directions to particular Constitutions and Circumstances: But because, while this general Cure is going forward, the Symptoms may be so *dispiriting* and *painful*, that Life becomes an useless Burthen, it is absolutely necessary, by all Means possible, to gain a *Reprieve* from these Symptoms, if not for a long Time, at least for as long a Time as can be, to give Room for these universal Means to operate.

§. II. I KNOW not in Nature a more universal and effectual Remedy for most, if not all the Symptoms of these Disorders when they rise to any high Degree, than gentle *Vomits* suited to the Strength and Constitution of the Patient, not only as they discharge the *Choler*, or *Bile*, and *Phlegm* from the *Liver* and *Alimentary Ducts*, but as by their *Succussions* and Action, they open the Obstructions of that vast Number of *Glands* situated in the inner Side of these Ducts (which too are either the Cause of, or certainly attend most of the violent *Nervous* Symptoms) and promote the Circulation and Perspiration. These *Vomits*, in weak Persons, may be effected by a Decoction or Tea of *Carduus*, *Chamomile-Flowers*, *Horse-Radish*, or any Bitter or acrid Plant, or by *Ipecacuanha* or its Tincture alone; but in the stronger Constitutions nothing is to be depended on without joining

ing ſome Preparation of Antimony. I never found either in my own Caſe, or my Practice on others, that I could ſo quickly and effectually relieve either violent Paroxyſms of *Nervous* Diſtempers, or the other ſinking Symptoms attending them, as by ſuch an Evacuation; and I have been always forc'd to repeat it as often as theſe Symptoms return'd, 'till the Diſtemper was quite overcome. I have extremely reliev'd ſome, and have totally cured others, by every Morning drinking large Draughts of *Chamomile* Flower Tea, to throw off the Phlegm, and then drinking *Bath* Waters after the Stomach was ſettled, and purſuing a *Regimen* and *Exerciſe* in the Day-time. Thoſe who are young and ſtrong, and to whom theſe Symptoms are not become habitual, and whoſe Conſtitution is yet ſound, and not loaded with groſs Humours, may ſometimes get them off at a leſſer Expence, as by frequent Doſes of *Hiera Picra*, *Tincture* of *Rhubarb*, the *Ruffi* or the *Stomach* Pills, but chiefly the *Pipul. Gummos cum Aloe-lota*, in equal Quantities, frequently, if not every Night, repeated, or as Occaſion requires. I have never found any great Relief from Bliſters, Iſſues, or even Bleeding itſelf, in this Caſe, unleſs it was in very full Habits, or when premis'd to a general Courſe for the Cure, becauſe the *Cachexy* was univerſal; much leſs is any Thing to be expected from lying a-bed and ſweating,

(a late

(a late celebrated Method in the Cure of *Vapours*) which I have always found to relax much more.

§. III. RESTLESSNESS, *Inquietude* of Spirits, and want of natural *Sleep*, is one of the moſt troubleſome and diſpiriting Symptoms attending this Diſtemper. When it is extreme, nothing is to be done without *Laudanum* or *Opiates*, ; but theſe ought always to be blended with ſome ſmall Proportion of the *Volatile* and *Aromatick* Medicines, which increaſe their benign, and poſſibly may hinder their deſtructive Effects, if they have any; however, Recourſe is never to be had to them, but in extreme Caſes; and when other Things will not do, becauſe of their *deleterious* Effects on the Solids, which very poſſibly they may relax more and more. There are ſome with whom, doubtleſsly, *Opiates* agree much better than others; and they are ſuch, I think, whoſe Solids are yet pretty firm, and where the Fluids are moſt in Fault, or ſome of the great Bowels only weakened. There are others, to whom they give a little *doſing* or dead Sleep; yet when their Force is worn off, they leave a *Lowneſs*, *Diſpiritedneſs*, and *Anxiety*, that even overbalances the Relief or Quiet they bring; and they are thoſe who are entirely *Cachectick*, as well as ſubject to *Nervous* Diſorders, ſuch I ſhould perſuade to uſe *Aſſa fœtida* in Pills,

Morning

Morning and Night, or the *Gum Pills* of the *London* or *Edinburgh* Diſpenſatory (both which are excellent Medicines for this Purpoſe), they having often all the good Effects of *Opium*, without the bad ones, tho' both are but temporary *Reliefs*, and not *Cures*; and whoſe Virtues will be worn out by long Uſe, and therefore ought to be continued no longer than abſolute Neceſſity requires, and not repeated upon too ſlight Occaſions, for both *Opiates* and *Volatiles* or *Fætids* are of the Nature of *Drams* and *Cordials*; and Exerciſe will procure Sleep better than either of theſe Medicines, no *Opiate* being like that of the *Day-Labourer's*.

§. III. MERE Lowneſs and Diſpiritedneſs, not attended with Sickneſs or Pain, ariſes from the want of a brisk *Circulation* and *Perſpiration*. Theſe will always be promoted by *volatile Spirits*, an *aromatick Cordial*, and generous Wines, or any thing that will *ſtimulate*, *rouze*, and *ſpur* the dead and languiſhing Solids, to puſh forwards the ſluggiſh *Circulation* and *Perſpiration*: but the Force of theſe Remedies, like all other Helps and Reliefs of this Nature, is ſoon ſpent and worn out; and they will often leave the ſame Effects with *Opiates*, the Nature of which they partake: and therefore, nothing is to be expected from them, but as a preſent *Relief* in Extremities: nor are they to

be uſed but then only. The moſt ſolid and laſting Relief I ever found, for Lowneſs of Spirits, comes from the aſtringent Claſs of Medicines, *Steel*, *Bark*, *Japan Earth*, &c. with *Mineral* and *Chalybeat* Waters, the *Bath* eſpecially, in the temperate and cold Seaſons; and the *cold Steel Waters*, as *Spaw*, *Pyrmont*, or *Tunbridge*, in the hot Weather: but where none of theſe Waters can be had, from the Neceſſity of the Patient's Circumſtances, *Steel Ruſt*, with the *Extract* or *Powder* of the *Quinquina*, *Pulvis ad Guttetam*, &c. joined with Aromaticks, ſuch as the *Species Diambræ*, and waſhed down with an agreeable Bitter, fitted to the Patient's Strength and Conſtitution: *Elixir of Vitriol*, or *Tincture of Steel*, with *Elixir Proprietatis* in common Water; theſe will in a great meaſure ſupply the want of *Mineral Waters*, and give a due *Reprieve*, to carry on the Cure, which is only to be attained by the general Methods already deſcribed, without which nothing effectual is to be done, nor the Return of theſe Diſorders prevented; and indeed the *Paroxyſms* of this Diſtemper, when deep rooted, are ſo many or ſo frequent, and the general Methods require ſo long Time, that all theſe Medicines and *Mineral Waters* alſo, will be wanted in their Turns.

§. IV. ONE of the moſt *diſpiriting* Symptoms of this Diſtemper, and one of the moſt certain

certain Signs of it, is a frequent Diſcharge of thin, limpid, pale Water, by *Urine*: which, when in great Quantities, and frequently diſcharged, does ſo ſink and diſpirit the poor Patient, that Life is inſupportable, at leaſt, if he is not otherwiſe ſtrong and hearty. Some, to explain this Appearance, have run into I don't know what *Fuſion* of the Blood, and *Relaxation* of the Glands of the *Kidneys*. But having now done with *Theory*, I ſhall ſay nothing directly to confute this abſurd *Hypotheſis*, it being, I think, pretty evident, and confirmed by many Experiments, eſpecially thoſe of *Sanctorius* and Dr. *Keil*, that it is principally owing to a partial or total Obſtruction of the *Perſpiration*, which is ſo common in this Caſe, from the Weakneſs of the *Nerves* and *Solids*: and that conſequently nothing elſe can poſſibly cure its returning Fits, or remove it, but what makes the *Perſpiration* good: and accordingly this Symptom is always relieved by thoſe of the *warm*, *cordial*, and *diaphoretick* Kind, ſuch as *Gaſcoign Powder*, *Species Diambræ*, *Aromaticum Cariophyllatum*, *Confectio Alkermes*, *Diaſcordium*, *Venice-Treacle*, *Sir Walter Raleigh's Cordial*, and the like, or by a Combination of theſe, with *Volatiles* and *fœtid Gums*, and appropriated *Juleps*; theſe Medicines however ought not to be given, ſo as to raiſe an actual *Diaphoreſis* or Sweating, for that will be to carry on the

Expence, Lowneſs, and Sinking by other Conduits; but only to procure a little Breathing, or freer *Perſpiration*, and to divide the Evacuation more equally through the whole Habit.

§. V. As to the *Spitting* or *Salivation*, ſo common in *Nervous* Diſtempers, (eſpecially of a *Scorbutick* Origin, as is commonly ſaid) and cold Diſeaſes, though it generally ariſes from the ſame Cauſes, and may be relieved by the ſame Medicines, as the Symptom laſt mentioned; yet ſince it is generally a critical Diſcharge, or follows ſome Exceſs in the Diet or Nouriſhment, it ought never to be ſtopped at firſt by aſtringent or warm Medicines, no more than a critical *Diarrhœa*, but ought rather to be promoted and encouraged by ſome gentle *Maſticatory* (ſuch as *Maſtick*, *Pellitory*, *Tobacco*, or the like) as the Patient can bear it, or has been accuſtomed. If it is exceeding plentiful, with Sickneſs, Reaching, and Head-achs, nothing will carry it off ſo effectually as a gentle *Vomit*, both as this will promote the Diſcharge, and quicken the *Circulation* and *Perſpiration*: or by gentle Stomach Purges, that may be frequently repeated, ſuch as *Rhubarb*, the *Stomach Pills*, and the like. And thus after this Diſcharge has been ſufficiently carried off, the Solids may be ſtrengthened with Aſtringents, Bitters, or an Infuſion of the *Bark*,

Bark, with *Aromaticks*, especially if made on Lime-Water; and after that, a Course of *Chalybeats* and *Aromaticks*, such as I have mention'd in the former *Section*, with Mineral Waters of one Kind or another.

§. VI. THERE are some other Symptoms exceedingly troublesome in *Vapours*, or *Nervous* Distempers, to wit, *Choaking* and *Gulping*, the *Symptomatick Asthma*, *Swelling of the Throat and Stomach*, *Inflation of the Bowels with Rumbling and Noise*. The *Young* are not so much troubled with these Symptoms as the Old and Declining; but they all proceed from one Cause, to wit, the Weakness and Obstruction of the *Perspiration* from the Imperfection of the *Digestions*, whereby the insensible Steams and Vapours, which ought to pass through the Skin freely, are thrown back into the Cavities of the Body; and where high and strong Foods are used, these Steams acquire such an *Acrimony* and Stimulation as to produce several other more violent Symptoms. The Cure of these is the same with that of the already mentioned Symptoms, to wit, gentle and repeated *Vomits* and Stomach *Purges*, especially of the *Aloetick* Kind, (which in *Nervous* Cases are by far preferable to all other Purgatives, because of their active astringent Bitter), *Aromaticks*, *Bitters*, warm *cordial* Medicines, *Astringents*, and whatever else will carry off the offend-

ing Matter, forward the Perſpiration, and ſtrengthen the *Digeſtion* and *Solids*.

§. VII. THERE is a tranſient Spice of *Vapours*, which very commonly ſeizes even young and temperate Perſons, otherwiſe ſtrong and healthy, of pretty ſound Juices and firm Solids, which affects with a Diſguſt of every thing that uſed to pleaſe or amuſe them, a certain *Tediouſneſs of Life*, a *Lowneſs of Spirits*, *Reſtleſſneſs*, *Heavineſs*, and *Anxiety*, an Averſion to *Exerciſe*, either of the Mind or Body, and ſometimes with a violent *Head-ach*, and Dimneſs of Sight; which Symptoms, as they will come on unaccountably, without any imaginable or diſcoverable Cauſe, ſo they will go off as unaccountably, in ſome ſhort Time, without any Medicine or Means uſed for their Cure: tho' in Strictneſs of Reaſoning, they have a real material Cauſe, either from catching of Cold, and thereby ſtopping the Perſpiration ſuddenly, from the Moiſture of the Weather, relaxing the Solids, or from ſome Intemperance or Exceſs that they had not heeded, and were not aware of, or from taking ſome Food too hard for their digeſtive Powers. The common and ordinary Way of treating ſuch *tranſitory Symptoms*, is, the eating next Meal ſome ſalt, ſavoury, and reliſhing Delicacy, and drinking a good large Doſe of ſome ſcarce, active, generous, and ſpirituous Li-

quor,

quor, that may briskly rouſe and ſtimulate the ſluggiſh and unactive Solids, and rarefy, warm, and enliven the heavy and dull Fluids, (or, as the Expreſſion is, to give Nature a *Fillip*) to quicken the Circulation, forward the Perſpiration, and carry on all the neceſſary Secretions in their due Degree and Order. The Fact and Experiment is undeniable, (and has been too often tried and repeated, to admit of a Doubt) and I think the Reaſon of the Succeſs is pretty plain, from what has been ſaid, and, I am afraid, has given Occaſion to ſome *unphiloſophical* and unexperienced Perſons to adviſe it as a certain and never-failing Remedy, even in more frequent, deeper, and more habitual Symptoms of theſe Diſorders; and I fear has been the Cauſe of the common Advice to Perſons of *weak Nerves* and low Spirits, *to drink a Bottle heartily every Day*, to take frequent *Drams*, or a *Bowl of Punch*, and to the Uſe of *ſalt Sturgeon*, *red Herring*, *Anchovies*, *pickled Oyſters*, *Salmongundy*, *Ham*, *pickled* and *potted Foods* of all Kinds, for a *Provocative*. All I ſhall ſay on this Head, is, to caution People not to uſe this Cure too frequently, or to expect any great Feats from it, when ſuch Symptoms grow ſtronger, more frequent, or more deeply rooted in the Conſtitution, or towards the *Decline* of Life; for tho' it may give a ſhort *temporary* Relief, and laſh the ſluggiſh and

reſty Solids to perform their Functions for a ſhort Time, yet it will infallibly aggravate and increaſe their future *Symptoms*, and at laſt render them dangerous and incurable. The much ſafer, and even more infallible, though perhaps leſs quick Remedy, would be to take ſome gentle *Stomach* Purge, that might not interrupt Buſineſs, and, the next Night, ſome eaſy *Diaphoretick*, a lighter Diet than ordinary for a few Days, or uſe a greater Degree of Exerciſe, by a Journey, Hunting, and the like.

§. VIII. THESE are the moſt material, moſt troubleſome, and oppreſſing *Symptoms* of *Vapours*. Others leſs material may be reduc'd to theſe mention'd, or are ſome Appendages of them; or, if omitted here, perhaps may be taken Notice of in treating of the higher Degrees of *Nervous* Diſorders, or may be entirely neglected as inſignificant. I have ſuggeſted nothing in treating theſe, but the common and well known Medicines, not only becauſe, by long Experience, I have found them the moſt effectual, but even becauſe they are common and univerſally known and approved: For it is in *Medicines* as in *Food*, (Medicines being only a more *rare* and leſs natural Kind of Food) that which is *common* to the middling Sort of every Country, and which has the Approbation of the Generality of the Inhabitants, and is ſuited

to

to the Constitution of the Community, is generally the most *beneficial*; since it is the Experience and Observation of the Generality that makes them common: and special or particular Things, or Rarities, are justly to be suspected.

CHAP. X.

Of the Nervous Disorders of the Convulsive Tribe, particularly of Hysterical and Hypochondriacal Fits, and those other Paroxysms that attend Nervous Disorders.

§. I. AS most of those Disorders which are commonly call'd *Nervous*, *Hysterical*, or *Hypochondriacal*, are attended with some *Convulsive* Motions, *Fits*, or *Paroxysms*, especially when they arrive to their higher and more eminent Degrees, and to the *second* Stage of *Vapours*, which I have denominated and distinguished by these Symptoms chiefly: I shall here treat of these Disorders in general, shewing the

the Nature of all *Convulſions*, but particularly thoſe incident to ſuch Conſtitutions; and attending theſe Diſtempers that I am principally treating of, and laying down the proper and peculiar Method of Cure, for each Kind or Degree.

§. II. IT is well known, that whatever will prick, wound, tear, or violently ſtimulate the Solids, will thereby produce *Spaſms*, *Convulſions*, and violent *Contractions*, firſt and chiefly in the Part affected: which, by Conſent, and the *Mechaniſm* of the Parts, may be communicated further and further over the whole *Machine*; and, when vehement and continu'd, may be propagated through all the *Limbs*, *Muſcles*, *Tendons*, and *Membranes* of the Body, and this where-ever the Wound, or whatever Part of the Solids the Puncture or Stimulation happens to be made in; but moſt readily where there is the greateſt Collection of *Nerves*. This is evident from the Effects of a Fall, a Blow, a Bruiſe, the Puncture of a *Lancet*, a *Thorn*, a *Pin*, a *Nail*, or any other wounding Inſtrument, or from ſharp and corroding Steams, Humours, or Matter, (which are as it were a Collection of ſmall Pins, Needles, Lancets, *&c.*) upon any of the more ſenſible Solids. I have before ſhewn, that there is in all Animal *Fibres* an innate Power of Contraction, or an original *Mechaniſm* of *Elaſticity* or *Spring*,

Spring, by which they exert a natural Power of Contraction, however they are stimulated or sollicited thereto, whether by the Command of the Will, (beginning the Motion by an inexplicable Effort) or self-motive Power; or by the Action of some material appropriated Agent on them, and this in every *Muscular* as well as *Nervous Fibre* of the Body. I have seen a *fistulous Tube*, of a very considerable Length, holding some Quarts of *Pus* or *Matter*, opening only towards the Middle of the Back, and passing down from thence between the Interstices of the *Muscles*, to the Thigh; which when the Matter contain'd in it, was arriv'd to its full Degree of *Quantity* and *Acrimony*, so as to produce a *Symptomatick* Fever; the Solids of the whole Machine, but particularly those near the *fistulous Canal*, were stimulated and put in Action, so that it threw out that vast Quantity of its Contents upwards, and against the Force of their own Gravity; tho' such a *Canal* was not made naturally, or with the greatest Advantage for such an Action: From whence it is evident, that every Point and Particle of the *Solids* is *elastick*, and acts for the Relief of the *Whole*.

§. III. THIS being premised, it is evident, that any acrid, sharp, or corroding Juice, *Vapour*, or *Steam* that will stimulate and vellicate the *Fibres* where-ever placed, may occasion

occaſion *Convulſions*, *Spaſms*, *Gripes* or Pains on that Part firſt and chiefly, and may be communicated (according to its Force and Strength) by Contact and Conſent, to all the adjacent Parts, and even thro' the whole Habit, continuing 'till the offending Matter is by ſuch violent Action or Motion worked off, or removed: in the ſame manner as the *Fœtus*, by its Motion or Preſſure, raiſes thoſe *Throws* and *Convulſions* in the Mother, that bring it into the World; or as the Stone or Gravel, ſtimulating the *Kidneys* or *Ureters*, raiſes thoſe Vomitings and Reachings that promote its Excluſion: Thus *Choler*, *Wind*, *ſharp* and *porracious* Juices, occaſion thoſe *Fits* and *Convulſions* in the Bowels, (like *Verjuice*, *Vitriol*, or *Poiſon* ſwallow'd down) being the Struggle of Nature to throw them out, which are commonly call'd *Hyſterick Fits*; and thus any *irritating*, *acrid*, or *ſharp* Humour or Steam, according to the Place wherein they are lodged, or the Senſibility of the Part affected, occaſions all the various and different Degrees or Kinds of * *Convulſions* that are common in *Nervous* Diſorders.

§. IV. As to *Childrens Convulſions*, if they proceed from the ſhooting the Teeth, whereby the *Gums* and their *Membranes* are diſtended,

* *Vide* Bonetti Sepulchret. Anatomii, Lib I. Sect. 12, 13.

torn,

torn, and lacerated, they are easily cured by *Incision*; but if they arise from sharp Juices in the Stomach or Bowels, (as they most commonly do) and the Child is about the first Year of its Age, they may be cur'd by a *Blister* between the Shoulders; gentle *Rhubarb* Purges frequently repeated; and the *testaceous Powders* taken two or three times a Day in a little Black Cherry-Water or Breast-Milk, but especially by *Cinnabar* in Powders, with the *testaceous* Powders and *Rhubarb* interchangeably: Sometimes a few Drops of *Spirit* of *Hartshorn*, or *Goddard*'s *Drops*, taken two or three times a Day in common Water, if the Constitution, Juices, and Solids are pretty sound, will do the Business. But if their *Fits* be stronger, and they further advanc'd in Life, they must be overcome, by gentle *Vomits* fitted to their Age and Strength: *Cinnabar of Antimony*, with the *Pulvis ad Guttetam*, and these *Rhubarb* Purges, interchangeably us'd, as has been said. But it is to be observ'd during the whole Course, that if the Child is on the Breast, it ought to be fed with nothing but its *Nurse*'s *Milk*, or, if wean'd, with nothing but thin *Pap*, at least 'till it has gone over its *Teething*; and, to give a due Force and Strength afterwards, the *Quinquina* ought to be us'd either in *Extract* or *Decoction*, especially after it has acquir'd some Years. This Method will not only cure

cure their *Fits*, but their *Rickets* likewiſe, both proceeding from the ſame Cauſe, to wit, *acrid Humours* lodged in the Somach or Bowels, or ſome other Part of the Body, and a *Relaxation* of the Solids.

§. V. If ſuch *Convulſions* happen to the younger Part of the *Sex* about a certain Time of their Lives (as they often do) then they generally proceed from ſome Diſorder in that great Affair, which ought, if poſſible, to be ſet to Rights. But ſince, before that can be anyways executed, there generally happens a great Quantity of *Choler*, either generated through the Defect of that Evacuation, or in whatever other Manner, or from whatever Cauſe: this is by all poſſible Means to be firſt remov'd; which is only or moſt readily and effectually to be performed, by frequent *Vomits* fitted to the Strength of the Patient, and of the Diſeaſe. While that is doing, the *volatile* active *Gums*, with the *volatile alcaline Salts*, are to be combin'd with *Cinnabar* of Antimony in ſome Form or other. This Method is to be carried on 'till the Fits are weaken'd, the Quantity of the *Bile* leſſen'd, and the *primæ Viæ* pretty clear; and then, and not 'till then, will proper *Emmenagogues*, with *Steel*, *Chalybeat Mineral Waters*, *Bitters*, and *Aromaticks* take Place. In the Fits themſelves there is little to be done but by *Volatiles* and

and *Opiates*, in appropriated *Juleps*, to lessen their Violence, and to quiet their *Spasms*; but by a steady Continuance in this Method, and a proper *Regimen of Diet*, I scarce ever saw the Patient miscarry.

§. VI. As to the *Fits* of grown Persons, *Hysterical* or *Hypochondriacal*, though they proceed generally from the general Causes mention'd, and are to be treated much after the same Manner, yet they are infinitely more obstinate and difficult to be remov'd: the Habit of Body being more depraved, and the Diseases more rooted and confirm'd, thro' a long Train of *Mismanagement*, and Neglect of the Means by which Health is to be preserv'd; and in the higher Degrees of these, there are commonly some one or other of the great Bowels (as the *Liver* and its Appendages, the *Mesentery*, the *Caul*, the *Spleen* or the *Stomach*) if not quite spoil'd, yet much weaken'd and obstructed, and all the *Glands* stuff'd and render'd useless. To lessen the Violence of the *Fits*, at least in the first Instance, all the great Evacuations are to be attempted, especially *Bleeding*, *Vomiting*, *Blisters*, *Glysters*, and the like; and then the *Spasms* and *Convulsions* are to be quieted by *Opiates*, with warm and *volatile* Medicines and *Fœtid Gums*, according to the Strength of the Patient, and the Necessity of the Disease. If these Evacuations cannot be conveniently

made,

made, or do not ſoon enough take Effect, there is nothing elſe to be done under the Fits, but by theſe mention'd *Opiates*, with the *volatile Gums* and *Salts*, *Pulvis ad Guttetam*, *Aromaticks*, and *Alcaline Spirits* in proper *Juleps*, 'till a convenient Interval be obtain'd, or the Violence of the *Convulſions* ceaſes, and then rouzing *Vomits* are to be thrown down, and after that ſharp *Glyſters* (with *Emetick* Wine, and *volatile Spirits* in them, which will check their further Return for ſome Time). This Method is to be repeated as often as theſe *Paroxyſms* return. During the Intervals *Cinnabarine Medicines*, or *Æthiops Mineral*, the *Mercurius Dulcis*, or *Alcaliſatus*, with the *volatile* Gums and *Salts*, are to be taken once or twice a Day, with *Chalybeat* Waters, and *Aromatick* Bitters, and at Night the *Gum Pills* compounded with the *volatile Salts*; the general Method already laid down, being at the ſame time regularly purſued. Which Method and Medicines, if duly continu'd for a ſufficient Time, cannot fail of Succeſs, if any thing will ſucceed, and the Patient not too far advanc'd in Life, or ſome of the great *Organs* are not quite ſpoiled. But in my Judgment and Obſervation, the greateſt Streſs is to be laid (eſpecially in groſs Habits, or Symptoms produced even by *relative* Intemperance only) in the Medicinal Way upon *Vomits* often repeated, *Quinquina Bitters*, *Aloetick Purges*, and *Mineral* or *Chalybeat*

lybeat Waters; which not succeeding, little is to be expected from *Art*, the other less effectual Methods being too weak for such Cases and Constitutions, and therefore they must be entirely left to the *Palliative* Remedies of warm *Opiates*, such as *Venice Treacle*, the *Philonium Romanum*, with high and strong *Cordial Juleps* and *Volatiles*, such as I have already mention'd. Those who are of thinner Habits, and whose Bowels therefore are not probably so much *stuff'd* and *obstructed*, will have a fairer Chance, and be restored with gentler Evacuations, smaller Doses of *Opiates*, *volatile*, or *cordial* Medicines, and more easily recover'd by *Diet*, *Air*, *Exercise*, *Chalybeat* and *Mineral* Waters, with *Aromatick* and *Quinquina* Bitters, and those other Things I have so often mentioned.

§. VII. As to the *Fits* attending other *Nervous* Disorders, as the *Apoplexy*, *Epilepsy*, and the like, that Part of them which is *convulsive*, depending entirely on the *primary* Distemper, being the Struggle of Nature to throw off the peccant Cause, if it were possible to separate them, they were to be treated in the same Manner, and by the same Medicines: But intending to say something of them in particular, I shall here pass them by, and only add, that the several *Forms*, *Doses*, and other Circumstances in using these

Medicines, I have already mention'd in the proper Caſes, requires the Attention of the wiſeſt and moſt experienc'd Phyſician, to whom theſe Means and Medicines may be familiar, and are never to be truſted to any one not duly and regularly inſtructed and educated in theſe Matters, much leſs to the Patient himſelf, who, let his Knowledge, and even Experience, be ever ſo great, yet under them he is not capable to judge for himſelf, and therefore there will be no Occaſion for being more particular and circumſtantial.

CHAP. XI.

Of Nervous Fevers, Cholicks, Gouts, Aſthma's, Rheumatiſms, and other Diſtempers denominated Nervous.

§. I. HAVING, I hope, ſolidly and juſtly eſtabliſhed the Cauſes and Principles, on which the Differences between *Nervous* and humorous or inflammatory Diſorders (as they are called) are founded, it will be no difficult Matter to apply this general Doctrine to particular

ticular Diſtempers, to ſhew wherein their true and eſſential Nature and Difference conſiſts, and thereby the *Solid Intention* to be follow'd in their particular Cure. For the only real Difference lies in the Firmneſs or Laxity of the *Solids*; to wit, that theſe Diſtempers are or ought to be called *Nervous* only, when they are attended with a looſe and relaxed State of the *Fibres*, which is chiefly manifeſted by ſome few or more of thoſe Symptoms I have aſſigned to *Spleen* and *Vapours*: And on the contrary, that they are or ought to be deemed humorous, hot, or inflammatory, when the Solids are as yet tenſe and firm, the Symptoms high, and the State of the Blood inflammatory; for tho' in both Caſes, the great differential Marks of the Diſtemper will appear, yet the Symptoms will be higher and more acute, or weaker and ſlower, and will be attended with ſome other Appearances, conſequent upon the Strength or Weakneſs of the Conſtitution, tho' in both of them the ſame Materials ſhould be thrown in, to produce the Diſeaſe, which ſhews the true Foundation of the Diſtinction between the *Strictum* and *Laxum*, or the ſtrait and looſe of the ancient *Methodiſts*, and between the *hot* and *cold* Diſeaſes among the *Moderns*.

§. II. According to this *Plan* or *Idea*, it will be eaſy to determine the Nature and

Conſtitution of a *Nervous* (or, as it is ſometimes call'd, *Malignant*) *Fever*; it generally attacking thoſe of *originally* or *occaſionally* weak Solids or Conſtitutions, who have formerly had ſome of the Symptoms and Marks which I have aſſigned, in a former *Chapter*, to belong to weak *Nerves* or *Fibres*: The Symptoms of ſuch a *Fever* are theſe following; the *Rigour* and *Chilline ſs*, tho' not ſo ſtrong or violent at firſt, yet is longer, more ſlow and imperceptible; the *Burning Heat* afterwards is not ſo intenſe, nor the *Head-ach* and Sickneſs ſo great, nor with ſuch frequent *Vomitings*, but rather a continued Sickiſhneſs; the *Pulſe* is neither ſo quick, ſtrong, or full, as in the *inflammatory* Kinds, but ſmall, oppreſſed, and ſometimes interrupted; the *Sleep* reſembles a *Lethargick* Dozing or Dreaming, with Startings; the *Water* ſometimes crude, commonly *limpid*, pale, and in great Quantity, without any great *Sediment* at firſt: In ſhort, the *Fever* rather creeps in, than attacks or ſurprizes, and the whole Duration of the *Exordium* or firſt Stage, is more ſlow and tedious than in acute, inflammatory, or depuratory *Fevers*, inſomuch that it is ſometimes ſix, ſeven, or perhaps nine Days before it comes to its *State*, by which any one may judge of the *Duration* of the whole (for the ſooner a *Fever* comes to its *State*, the ſhorter is its *Duration*) and of its Danger, which is always greater

greater from its Nature, and alſo becauſe it is long before Aſſiſtance is called, or Means uſed, or the latent Enemy diſcovered: In its *State* (eſpecially the middle Time of that) the *Head* is ſtupid, confuſed, and incapable, rather than delirious; the *Tongue* is ſeldom *black*, 'till towards the very End of the *Fever*, at leaſt, not *parched*, but cover'd with a thick, white, or browniſh Cruſt, and generally moiſt; the *Thirſt* is ſo far from being intenſe, that Drink is ſcarce call'd for, or ſwallowed with Ardour; the *Breathing* difficult, with *Clutting*, *Gulping*, or *Choaking*; the *Pulſe*, tho' quick, yet ſmall and threedy; the *Water* now ſometimes limpid and much, ſometimes *broken* and in ſmall Quantities, by turns, but never with a groſs or full lateritious Sediment; the *Tendons* leaping and jumping: and Pulſations from Flatulency, like what is vulgarly called the *Life-Blood*, in ſeveral Parts of the Body; and during this whole *Period*, uncertain Fits of Coldneſs and Rigour, with ſucceeding Glowings, and broken, coldiſh, faint Sweats, and conſtant *Exacerbations* towards Night, or after Sun-ſet; the *Belly*, though perhaps it might be open, and tending towards a *Diarrhœa* at firſt, becomes now quite conſtipate and tumified with Flatulencies; the *Tip* of the Noſe and the Ears often cold with an *Ichor*, and ſometimes an Ulcer in theſe laſt; a careleſs and unnatural

Posture of the Body, with simple, childish *Gesticulations*; and, by Turns, a *lethargick* Dozing, or watching *Coma*, with staring Eyes, or their White turn'd outwards. This State continues, or grows worse, from the *fifteenth* to the *twentieth*, or *thirtieth*, or sometimes the *fortieth* Day, if they live so long, (as generally the Time of the *Crise* of all Fevers is as long as the *Exordium*, and the *Duration* of the *State* is equal to that of both first and last Periods together). Towards the End of this *Fever*, they either sleep, as it were, into the Arms of Death; or if a *Crise* happens, it is either into a mere *Languor* and *Insensibility*, a confirmed *Cachexy*, with deep *Nervous* Symptoms, or settled *Melancholy*, a *Palsy*, some *mortified* Limb, a violent lasting *Diarrhœa*; and sometimes those of the more benign Kinds terminate in *Intermittents*. This *Fever* (which always arises from a *Cachexy* and great Obstructions, as well as weak Solids, and which enters, in some Degree, into our *Malignant Fevers* of all Kinds) has infinite Degrees and Variety, according to the original Strength of the *Fibres*, or the Time of the Patient's Life; but those I have described are the most common, and perhaps the worst Symptoms, as any one who has seen and observed them must know.

§. III. FROM this Description of the Disease, and what I have already said about the

the Symptoms of *Vapours*, it is pretty evident, what will be the principal *Intention*, and the beſt manner of treating it, *viz.* the Grinding, Breaking, and Diſſolving the Coheſion, Viſcidity, and Sharpneſs of the Fluids, and throwing them off by the ſafeſt and moſt patent Outlets. All the Evacuations muſt be gentle, except *Vomiting*, which may be repeated freely through all the Stages (if the Symptoms require, and Strength permit, but eſpecially in the Beginning) and *Bliſtering*, which neceſſarily muſt be as extenſive and univerſal as poſſible, tho' not violent, or all at once, but gradually applying one or more Bliſters on different Parts, as the others dry up. As to *Bleeding*, I think it ought to be done once, and but cautiouſly repeated, be the Blood ever ſo *fizy* and *Rheumatick*; becauſe the Veſſels muſt be kept full, tho' not turgid, in order to preſerve their *Tenſion*, for grinding or concocting the morbid Matter. The much better way is to endeavour, by all the Means poſſible in *Art*, to thin and dilute, to remove the Obſtructions, and to rouze the weak and languiſhing Solids into a more hearty Struggle, both by *Diet* and Medicines, to conquer the Diſeaſe. This is to be done by the *Cinnabarin*, *Antimonial*, and *Mineral* Medicines chiefly, ſuch as *Antimony Diaphoretick*, *Bezoar Mineral*, *Cinnabar*, and the like, joined with volatile and urinous

Salts, ſuch as that of *Hartſhorn*, *Amber*, &c. and theſe again compounded with gentle *Diaphoreticks*, as *Saffron*, *Contrayerva*, *Goa Stone*, *Oriental Bezoar*, *Gaſcoign Powder*; or the warmer Compounds, as *Confectio Alkermes*, *Venice Treacle*, *Diaſcordium* without *Opium*, *Confectio Rawleiana*, *Electuarium de Saſſafras*, &c. waſh'd down with appropriated Juleps, and quickened with volatile Spirits, as thoſe of *Hartſhorn*, *Sal-volatile*, or *Goddard's Drops*; for here univerſally Liquid Forms are to be preferred to Solid ones: and thus to try to overcome the Viſcidity of the Juices, and to rouze the Sluggiſhneſs of the Solids to a briſker *Circulation* and Struggle, for which Purpoſe the *Diet*, at leaſt the Liquids, are allowed commonly a little ſtronger and higher than in *inflammatory Fevers*; tho' I ſhall ever be of Opinion, where there is any Degree of quick Pulſe or preternatural Heat, *Diluents* and *Coolers* are directly indicated, whether in *Fevers inflammatory* or *nervous*: and *Cordials* and high Food only as the Pulſe and Spirits ſink too low. I allow, that if *Art* could always *prompt*, *whip*, *ſpur*, and *ſtimulate* the *Animal Oeconomy* to grind the ſizy Juices by a ſtrong and briſk Circulation, the *Fever* would be ſhorter, and the *Criſe* more complete, and the *diluting*, *cooling* Method of Cure leſs neceſſary: But as that is both uncertain and unſafe, becauſe none alive can aſcertain the preciſe

preciſe Degree of Strength in the Patient, nor of the Malignity in the Diſeaſe, and that the *Criſe* (if attainable) under ſuch a Method, is almoſt ever with the quite Deſtruction of the whole *Syſtem* of the *Nerves*, the *Brain*, the *Faculties*, the *Limbs*, or the whole rational *Man*: and therefore the cool Method, tho' tedious, yet is ever without Danger; and the Recovery, when obtained, (which the cool Method will always obtain at laſt, if the Diſtemper is not ſtronger than the Patient, as well in *Acute* as *Chronical* Caſes) always complete, full, and productive of ſtrong Health after. This is all I need to ſay of *Nervous Fevers*, as diſtinguiſhed from Hot and Depuratory ones. How to fetch up the Patient, if he recovers, to Health and Spirits, I have ſhewn already.

§. IV. The *Nervous Cholick*, as diſtinguiſhed from the *Bilious*, ariſing chiefly in ſuch Conſtitutions as I have deſcribed, differs principally, if not only, from that, in the Violence and Duration of its *Paroxyſms*, and there being more of the *Convulſive* or *Spaſmodick* Kind in them: produced chiefly by the ſame Kind of acrid and ſharp Juices; but as the Solids, in the *firſt* Caſe, are more ſenſible and irritable, a leſs Quantity of this irritating Matter throws them into more violent *Tumults*, and *Convulſions*, which laſts

ſome-

ſometimes two or three Days with violent *Tortures*, *Reachings*, and *Vomittings*, throwing up every thing that is taken down, 'till at laſt the morbifick Matter being quite ſpent and ejected for this Time, Nature, almoſt overlaid and worn out, ſinks down into a *lethargick* Dozing, which leaves the Patient quite feeble and diſpirited. A Coldneſs upon the Extremities, *Yawning*, *Anxiety*, a *Nauſea*, and Sickiſhneſs, are the Signs of the Approach of this Kind of *Cholick*; and ſuch recover but ſlowly, and at firſt their Intervals are but ſhort. I generally ſuſpect that the *Liver* of ſuch is beginning to be faulty, bigger and larger than ordinary, or obſtructed: becauſe of the great Quantity of *Bile* that is conſtantly thrown off, and the *Jaundice*, that always ſucceeds it for ſome Days, which probably may have been occaſioned by a *Mal-Regimen*, or too great a Quantity of high Food, at leaſt, for ſuch Conſtitutions: for it is well known, that Cramming and Over-feeding with higher than a natural Food, as I have ſaid, will ſwell and increaſe the *Livers* of all Animals.

§. V. THE Cure of this Diſtemper is almoſt intirely the ſame with that mentioned in a former *Chapter* of the *Symptoms of Vapours*. If the *Fits* are not prevented by frequent *Vomits*, proportion'd to the Strength of

of the Patient, or gentle *Stomach Purges* to throw off the peccant bilious Humour as collected, nothing can be done in the Fit, but by repeated Doſes of *Opiates*, with proper *Cordials*, as often as they are thrown up, either in a ſolid or liquid Form: to ſtop and allay the *Torture* 'till the Fit is quite ſpent; and a gentle Stomach Purge, (if the Bowels can bear it without too much Irritation) with a Doſe of *Laudanum* to quiet them afterwards; the Intervals are to be filled up with *Chalybeats*, *Aromaticks*, *Bitters*, *Mineral Waters*, a ſtrict Regimen of Diet, and much Exerciſe, or a *total* * *Milk Diet*, which ſeldom fails to cure this Diſorder, if the Patient is not too far gone in Life, or ſome of the great *Viſcera* ſpoiled, and irremediably ruin'd, in which Caſe, it terminates in one of the incurable Diſtempers I have ſo often mentioned.

§. VI. As to Nervous *Gouts*, *Rheumatiſms*, and *Aſthma's*, they being generally denominated thus from thoſe Conſtitutions I have mention'd to be moſt ſubject to *Nervous* Diſtempers, it were a needleſs Repetition to ſay any thing of theſe Diſeaſes; in general, they being to met with in thoſe Authors that have treated profeſſedly of them, and

* *Vide* Sydenham Diſſert. Epiſt. de Affectione Hyſterica.

what

what regards them ſpecially as they are *Nervous*, being eaſily deduced from the general Doctrine of *Nervous* Diſtempers, and what has been ſaid of the ſeveral Symptoms in particular: only in *Nervous Aſthma's* with Phlegm, or perhaps (as I have already inſinuated) in *Humorous Aſthma's*, both of Perſons of firm and lax Solids, Liquid Quickſilver, (or *Belloſt*'s Pills made with *Gum Ammoniac*) will be found a ſovereign Remedy, if diſcreetly managed, half an Ounce taken once or twice a Day, with a thin, light, fluid Diet, will do more than *Ammoniacum* alone, and all the Claſs of the *Volatile* and *Fœtid* Medicines, to diſſolve the Phlegm, aſſiſt Expectoration, and to make the Expiration and Inſpiration eaſy; whether this be done by the Weight of the *Mercury* in the Guts, opening all their *Glands* and *Valves*, but eſpecially by this *Clump* of Weight, turning the Mouths of the *Lacteals* from *circular* to *oval*, and thereby driving out all their thick *phlegmy* Doſſils that obſtructed them, whereby they becoming pervious, the Steams and Particles of the Quickſilver may pervade the whole Habit, diſſolve the Viſcidity, and ſcour all the Veſſels: I ſay, however this happens, the *Fact* is undeniable, and agreeable to innumerable Experiences, in the moſt atrocious and obſtinate Caſes of this Complaint. All that can be further ſuggeſted, without manifeſt *Tautology*, will be comprehended in theſe

two

two Particulars, *firſt*, that in treating the particular Diſtempers of ſuch, beſides the Medicines proper and peculiar to them, which are commonly ſucceſsful or uſual in ſtrong Conſtitutions, theſe others are to be combined with them now, which I have ſuggeſted in the Cure of the Symptoms of weak *Nerves*; or, at leaſt they are to be then uſed, when the *Nervous* Symptoms have the Predominance. The *other* Thing is, that the *Doſes* of the Medicines, and the *Regimen of the Diet*, ought to be proportion'd to the Weakneſs of ſuch Conſtitutions. The ſame Things are to be underſtood of all other Diſtempers, of whatever Denomination, that are call'd *Nervous*.

CHAP.

CHAP. XII.

Of the Palſy, St. Vitus's Dance, and other Paralytick Diſorders.

§. I. THERE is no Diſorder incident to the Inabitants of this Iſland and Climate, more common, of late eſpecially, than the *Palſy*, or *Paralytick Symptoms*, nor of a more difficult Cure, when they happen to People of original or acquired weak *Nerves*, or upon the Decline of Life. A Cold, or being expoſed to a ſharp, freezing *North-Eaſt* Wind, continuing long in an unnatural Poſture, ſo as to ſtop ſome great Blood Veſſels; hard and exceſſive Labour, a moiſt and damp Situation, *Antimonial* or *Mercurial* external Steams, a *Blow* or *Contuſion* upon ſome Parts of the Body, where there are the greateſt Collections of *Nerves*; all theſe, I ſay, are ſufficient Cauſes to produce *partial* or temporary *Palſies*: but theſe ariſing chiefly from ſome Obſtruction of the Blood Veſſels, whereby the

the Paſſage of that Balſamick Liquor, neceſſary to cheriſh the Muſcles, is intercepted; and the *Nerves*, hurt only by Accident, yield generally to Bleeding, active and ponderous Remedies of the *Mineral Kind*, to break the coagulated Blood, and open Obſtructions, joined with Aſtringents, towards the End of the Cure, ſuch as the *Quinquina*, *Oak Bark*, *Miſletoe*, and the like; Bliſtering, and warm, cauſtick, outward Applications, as Fomentations, with a Decoction of *Muſtard Seed*, *Horſe Radiſh*, *Pellitory*, *Zedoary*, *Juniper Berries*, &c. with an Addition of *camphorated Spirit of Wine*, active and penetrating *Ointments* and *Epithemes*, as the *Nervous Ointment*, an Ointment made with *Horſe Radiſh*, the *Opodeldoc*, and the like, or *Friction* with the Fleſh-Bruſh, and anointing with *Opodeldoc*, diſſolved in camphorated Spirit of Wine after, or with the other warm Oils, as thoſe of *Amber*, *Cloves*, *Vitriol diluted*, &c. and drinking the *Bath Waters*, *bathing* in the ſame, or *pumping* on the Part affected: Theſe Kinds, I ſay, are not the *Palſies* I intended principally to treat of here, ſince they happen generally to good, ſound Conſtitutions, and firm *Nerves*, and are thus eaſily remedied.

§. II. THESE I am principally concerned about, are ſuch as happen in the *Decline of Life*, to Perſons of vitiated Juices and weak *Nerves*,

Nerves, where *Nervous* Diſorders have preceded, or in which *Vapours* commonly terminate, who have ſpoiled their Habits, at leaſt, by *relative Intemperance*, (which is always to be underſtood when I ſpeak of Exceſſes producing Diſeaſes) ſuch *Palſies* are either a general Seizure of moſt, if not all the *Muſcles* and *Nerves* of the whole Machine, or of one half of the Body only, as of the right or left Side, or of the upper Part of the Body on one Side, with the lower Part on the other Side, or laſtly, of ſome particular *Limb* or *Muſcle*. There is generally Reaſon to conclude from the Appearances, that beſides a *Laxity* of the *Nerves*, or a Defect in their innate Power of Contraction and *Tonical* Nature, there are likewiſe Obſtructions of the Capillary Blood Veſſels, from ſome Fault in the Animal Juices, which, when rectified, cures the *Palſy*. This is manifeſt, from the Cure of a great many inveterate Palſies, while the Patient is ſtrong, by *Salivation* or *Mercurial* Medicines; and yet there is nothing more evident, than that much *Mercury*, or *frequent Salivations*, in weak Conſtitutions, will give *Paralytick Symptoms*; witneſs the *Tremor Mercurialis*, ſo common in Perſons of weak *Nerves*, under ſuch an Operation, from whence is further confirmed (what was pretty manifeſt before, from other Appearances) that towards Animal Motion, the

Influx

Influx of a ſound, balſamick Blood, to moiſten and cheriſh the fleſhy Fibres, is as much or more neceſſary, even than the Integrity and innate Action of the *Nerves*, or *animal Spirits* (if you pleaſe). And as the Faultineſs of both concurs towards producing all *nervous* Diſtempers, ſo more-eſpecially to thoſe call'd *Paralytica*. There can be no Difficulty, to one acquainted with Nature, and the *animal Oeconomy*, why the ſame Cauſe, *Mercury*, for Example, ſhould cure, and yet cauſe and produce in different Degrees and Quantities, the very ſame Diſeaſe, to wit, a *Palſy*. We know, a certain Degree of Heat, which will only produce *Smoke*, rais'd to a higher Degree, will produce *Light* and *Flame*: A certain Degree of Heat, in the ſame *Fomentation*, will diſſolve and diſſipate a *Tumor*, and a higher Degree of it will harden and make it *ſchirrous*; and thus, *Mercury*, in moderate Doſes, will break, diſſolve, and attenuate the Blood and Juices, whoſe Viſcidity and conſequent *Compreſſion* on the *Nerves*, interrupt their Vibrations and Action, and ſo produce a *Palſy*, which a gentle Salivation will remedy and antidote. But when the *active Steams* and ſmall *ponderous Particles* of *Mercury* have penetrated and ſaturated the Subſtance of the *Nerves* and *Solids*, they will ſpoil and alter their whole Subſtance and Action, and ſo cauſe an univerſal *Palſy*. But the Juices ſeem

to be the principal Cauſe of the Difficulty of the Cure of *Palſies* in the Decline of Life; becauſe towards old Age the Solids ſtiffen and harden at a greater Rate, than in the younger Part of Life, ſo the ſpoiled Juices are more hard to be remedied.

§. III. If a Perſon, at or about the *Meridian* of Life, be ſeiz'd with ſuch *Paralytick* Diſorders, and they are not cur'd, or at leaſt prevented from ſettling or confirming at firſt, they are ſeldom ever afterwards totally freed from them, whatever Methods be tried with them: And therefore, as ſoon as the Diſeaſe is diſcover'd, *Bleeding* at firſt, if the Patient is ſtrong, and the Pulſe full, and then *Bliſters*, firſt over all the Head, then on the Nape of the Neck, the Legs and Arms, and eſpecially on the Parts affected, and in the Intervals, or when the Effects of theſe are pretty much worn off, active warm Purges, eſpecially of *Hellebore* and *Sena*, on a vinous *Menſtruum*, ought to be uſed and repeated as often as the Strength of the Patient will bear, with ſome *Cordial* Medicines, as that of Sir *Walter Raleigh*, *Electuarium de Saſſafras*, &c. (at Night after the Operation is over) waſh'd down with a *Nervous Julep*, mix'd with *Volatile Spirits*. When theſe Evacuations have thus been duly made, a Courſe of *Chalybeats*, *Aromaticks*, and *Bitters* is to be preſcrib'd, to recruit the Strength of the Solids, and warm

warm and active *Oils* and *Ointments*, eſpecially the *Opodeldoc*: and ſtimulating Fomentations applied to the Parts affected, they being firſt well curried with a *Fleſh-Bruſh*. *Cold Bathing* may be alſo tried on ſound Conſtitutions; but *hot Bathing* of any Sort or Kind, will, I fear, be of little Uſe, and may, in ſome deep-rooted Caſes, do hurt by a temporary, at leaſt greater Relaxation, unleſs the Juices be extremely well thinn'd by *ponderous* Medicines firſt.

§. IV. If theſe Medicines are duly and effectually tried, under the Direction of a proper Perſon, and with little or no Succeſs, the Caſe may be deem'd incurable. Not that it is always mortal, for I have known them laſt as many Years under a *paralytick* Stroke, as under an Amputation, eſpecially if the *Palſy* had not follow'd after an *Apoplectick*, *Epileptick*, or ſome ſtrong *nervous* Paroxyſm or Fit: And even then, if the Conſtitution was tolerable, and the general Method of Cure of *Nervous* Diſtempers has been duly and ſteadily purſued, ſeldom any thing worſe has happen'd from it than the Loſs of that Organ or Limb, which the Diſtemper had ſeiz'd, and diſabled: Life in other Reſpects, and under ſuch a Management, having gone on pretty tolerably.

§. V. SAINT VITUS's DANCE, (as it is call'd) the *mimicking Diſtemper*, and all ſuch irregular and equivocal *nervous* Diſorders, may be eaſily reduced under ſome of the general Heads I have aſſigned. The *firſt* is certainly a Mixture of *paralytick* and *convulſive* Diſorders. It very often ariſes out of an *Epilepſy*, eſpecially in young People, when the original Diſtemper is overcome, and a greater Degree of Strength is obtain'd, tho' ſometimes it is only a *Prelude* to that ſevere Diſtemper, and may itſelf ſometimes be an original Diſeaſe; I have cur'd it, as I mention'd in my Book of the *Gout*, in young Perſons, by repeated *antimonial Vomits*, *mercurial Purges*, *Steel*, and *Aromaticks*, and the other general Methods ſo often mention'd.

CHAP.

CHAP. XIII.

Of the Apoplexy and Epilepsy.

§. I. THE *Apoplexy*, in its *Fit* and *Paroxysm*, is one of the most frightful and fatal Distempers belonging to the *nervous* Class of Diseases, few out-living the first Fit, fewer the second, and, as it is commonly said, none at all the *third:* tho' this Observation is not altogether without Exceptions; for it is in this, as in all other bodily Distempers, those who are strong and robust, and in whom the Cause is but just beginning to operate, and meets with a greater Resistance from the State of the Solids, will hold it longer, and struggle more than the weak and tender. Few are ever seiz'd with this Distemper, if it comes naturally, and without an Accident, 'till towards the *Decline of Life*, unless they have been much troubled, with violent and acute *Head-aches*, or Inflammations upon the *Brain*, or its *Membranes*, or have some inflammatory Distemper translated from

the Extremities upon the Head, ſuch as the *Gout*, *Rheumatiſm*, *Eryſipelas*, and the like: thoſe who are ſeiz'd with a deep Stroke of it, have ſcarce any Warning, but a ſudden violent *Head-ach*, a Sickneſs at the Stomach, or a *Cholick*, and drop down immediately, without Senſe or Motion, and have ſcarce any Sign of Life, except now and then an uncertain Twitch or Twinkle in the Pulſe, (if it is not from Flatulence) and ſcarce any Breathing that can be diſcover'd, even on the Surface of a Glaſs, but a conſtant *Snorting* or *Snoring* in the Throat and Noſtrils. Thoſe in whom it comes naturally, are obſerv'd generally to be either *groſs Feeders*, or thoſe who deal too plentifully in ſtrong and *ſpirituous Liquors*, of a groſs and full Habit, *ſhort and thick'd Neck'd*, voluptuous and lazy; tho' ſome thinner Habits may ſuffer under it, but they are thoſe who have formerly been ſubject to violent *Head-aches*, or are worn out by *Lechery*.

§. II. THERE are three Kinds of *Apoplexies*, diſtinguiſh'd by the different Cauſes that produce them; as 1*ſt*, a *Symptomatick Apoplexy*, ſuch as I have mention'd from a Tranſlation of the *Gout*, *Rheumatiſm*, &c. 2*dly*, an accidental one, from a *Fall*, *Bruiſe*, *Wound*, or the like: and 3*dly*, an *acquir'd one*, ariſing from an *Apoplectick* Diſpoſition or *Diſcraſy*, proceeding from Intemperance and Exceſſes,

Excesses, Laziness, and Neglect of the *Non-naturals* in Persons of the above-mention'd particular Make and Constitution of Body. It is of this *last* chiefly that I intend to say any thing here, the Treatment of the others being obvious. As to the immediate *Cause* of the *Apoplectick* Fit, I think it must be one of these two, *viz.* * either a *Rupture* of the Blood-vessels in the *Brain*, whereby a great Quantity of *Blood* being extravasated upon its including *Membranes*, or into its Cavities, presses upon the *Origin* of the *Nerves*, so as to intercept their Operations and Functions, from whence the mentioned Appearances may be easily deduced. And this may be either occasioned by a *Fall*, a *Bruise*, a *Wound*, or any other violent Accident upon the *Skull*, or by too great a Quantity of *Blood*, or its being overheated by strong Liquors, violent Exercise, or immoderate sensual Pleasures, in those who have the Configuration I have described. This seems to be the Case of those *Apoplexies* that happen in *Southern Countries*, where, tho' the *Climate* confines them to a very moderate *Diet*, yet as they wallow in *sensual Pleasures* of another Nature, and deal sometimes pretty freely with *spirituous* Liquors and *Opiates* (which have the same *deleterious* Effects) these Things

* *Vide* Philosoph. Transact. N° 313.

in a ſcorching *Climate*, may kindle a Flame in the Blood ſufficient to produce theſe mention'd Effects.

§. III. THE other Kind of *Apoplexy*, which happens naturally, and is moſt frequent in *Northern* Countries and colder *Climates*, ſeems to ariſe chiefly from an *Extravaſation*, or rather *Ouzing* out thro' the Sides of the relax'd and worn out Capillary Blood-veſſels, of a thin *putrid Serum*, upon the mention'd Parts, which I have hinted in the former Caſe. This chiefly happens to *groſs* and *full Feeders*, to thoſe who are too free with ſtrong and *ſpirituous* Liquors, and are conſequently very unactive and lazy. I have formerly ſhewn how ſuch a *Courſe* and *Regimen* will almoſt, or altogether, deſtroy the red or grumous Part of the *Blood*, and turn the whole Maſs of the Fluids into a *dirty Puddle* of thin *alcaline*, *ſaltiſh Serum*, which corrodes or *ouzes* thro' the flabby and relaxed Capillaries. That this is pretty near the Truth, is evident from opening the *Heads* * of thoſe who have died of a natural *Apoplexy*, the Cavities of the Brain having been found generally quite fill'd, either with *extravaſated Blood*, or ſuch a *Serum*, as I have mention'd. Thoſe who want fur-

* *Vide* Boneti Sepulchret. Anatom. Lib. I.

ther

ther Light in this Affair may conſult *Wepfer*. The mildeſt apoplectick Fits, of all, where the Patient eſcapes for once or twice, ſeem to ariſe only from an Obſtruction or *Tumefaction* of the Blood-veſſels, or *Glands* in the Cavity of the *Skull*; upon the Removal of which Obſtruction, by the Struggle and Effort of Nature, in the *Paroxyſm*, it ceaſes. This Degree is what ſeems only capable of being cured: but if it is ſuffer'd to go on without any effectual Method, us'd to remove the *apoplectick* Diſpoſition, by rectifying the Juices, two or three more ſuch *Paroxyſms* burſt the Veſſels, and bring on the incurable Kinds mention'd.

§. IV. If the Account here given of this terrible Diſtemper be juſt, there will be no Difficulty in forming the true *Indications*, and the moſt effectual Method of *Cure*, as far as it is poſſible. Which of theſe Cauſes have the Prevalency in a particular Caſe, will be evident from the Manner of Life, the Age and Conſtitution of the Patient, and the Symptoms of the *Fit*. There is very little Hope of Succeſs in either Caſe, unleſs the Cauſe be but juſt beginning, and very weak; or the Perſon very ſtrong and young, and otherwiſe ſound. To rouze them out of the preſent Fit; in the *firſt Caſe*, the moſt plentiful *Bleeding* that can poſſibly be ventur'd upon, is to be attempted at the Arm,

Arm, in the *temporal* Artery, or the *jugular* Vein, in the Foot, and by Cupping on the Nape of the Neck, together with ſharp, cooling, and acid *Glyſters*, while Bliſters are laid on in every Place where they can conveniently be. In thoſe *Fits*, produced by ſuch a *Serum* as I have mention'd, or from an Obſtruction in the *Glands*, *Vomits* are alſo immediately to be forc'd down, (but avoided in thoſe occaſion'd by an *Hæmorrhage*; becauſe in this laſt, the great Affair is to ſtop the Violence of the *Hæmorrhage*, and to draw it off by all poſſible Means from the *Brain*): And Care is likewiſe to be taken, neither by inward Medicines nor outward Application, to increaſe the Hurry, Heat, or *Inflammation* of the Blood; and therefore the Solids are not to be ſtimulated to too violent Efforts. Whereas, in the *other Caſe*, neither of theſe can be done too much: and therefore, not only ſharp *Sternutatories*, *fœtid Smells*, and *volatile Spirits* may be applied to the *Noſe*, but (other Things not ſucceeding) even actual *Cauteries* are to be applied to the Soles of the Feet, and Crown of the Head, as far as it can be done ſafely, to raiſe *Senſibility*. and Pain; beſides the warmeſt *cordial* Medicines, in a liquid Form, if they can be thruſt down any how.

§. V.

§. V. As to the *Apoplectick* Disposition, in those of the inflammatory Kind, all proper Means are to be used that tend to cool the Blood, and allay its *Fermentation* and Heat, such as *Acids*, *acidulated* Draughts, mild *Balsamicks*, gentle *Cathartick*s, with an extremely cool, moderate, and spare *Diet*, abstaining from violent Exercise, and every thing that may heat and inflame the Blood. The other *Apoplectick* Disposition must be treated much after the same Manner, with this Difference only, that the Medicines must be stronger and warmer, the Exercise greater and more constant, that continual Drains, by *Blisters*, *Issues*, *Setons*, and the like, be set a going, and that the *Diet* be somewhat higher in Quality, tho' not in Quantity, and the other general Methods for the Cure of the *Nervous* Symptoms that succeed upon it, be pursued according to the Directions formerly given.

§. VI. NEXT to the *Apoplexy*, the *Epilepsy* is the most dangerous, terrible, and disheartening Distemper that belongs to the *Nervous* or *cold* Class of Diseases; seldom any, or, at least very few, escape from it, unless they be otherwise very strong and vigorous, without a Stroke of an *Apoplexy*, which generally ends their Lives: a *partial* or *half-Body Palsy*, or a total Demolition of the *Intel-*

Intellectual Faculties. Young Children, well treated, may be recovered, and get ſtrong and luſty, by ſtronger *Doſes*, and a longer Courſe of the ſame Medicines and Methods I have adviſed for their *Convulſive* Fits. The Symptoms that attend grown Perſons, are, their *dropping down* ſuddenly, as if ſhot; but ſometimes with violent *Convulſions* and *Throws* in the *Belly*, *Breaſt*, and *Limbs*; beating and tearing themſelves, *clinching* their *Fiſts*, *biting* their *Tongues*, *grinding* their *Teeth*, and *foaming* at the Mouth, with a ſmall *Trembling*, *unequal* and ſometimes *interrupted Pulſe*, and an involuntary Secretion of all the natural Diſcharges; having ſcarce any Senſe or Knowledge of what they do, or what is done to them: but the moſt dangerous of all, are their violent *Convulſions* and involuntary Motions, by which they would tear, bruiſe, and deſtroy themſelves, if not with-held: The *Fit* generally terminates in a Dozing or *Lethargy*, which continues longer or ſhorter, aocording to the Violence of the *Paroxyſm*, and then by Degrees their Spirits and Strength return, though with a greater Degree of Lowneſs and Confuſion, or Stupidity. This Diſtemper ſometimes follows the Periods of the * *Luminaries*, eſpecially their *Conjunctions* and *Oppoſitions*;

* *Vide* Mead de Imperio Solis & Lunæ.

but

but this is uncertain, and in some Cases only, as all *Periods* are in our inconstant *Climate*.

§. VII. From this Account of the Symptoms of this Distemper, I think it is pretty evident, that it differs very little, or not at all, or at most, in a few Circumstances only, from *Hypochondriacal* and *Hysterick Fits*; which last, when violent, terminate always in these *Epileptick* Fits, as they, on the other hand, when they become weak, dwindle into the *Hysterick* Kind: So that having treated of these last so fully, it will be needless to say any thing further about these others; only this, that the Diet must be much more strict, cool, and moderate, and the Medicines stronger and oftner repeated, especially *Vomits*, *Steel*, and *Bitters*. Dr. *Taylor* of *Croydon* cured himself entirely and absolutely, of the most violent, constant, and habitual *Epilepsy* that perhaps ever was known, after having, in vain, tried all the Methods and Medicines advised by the most eminent *Physicians* of his Time, by a *total Diet of Milk*, without Bread, or any other Vegetable, or any thing (besides a Spoonful of compound *Peony Water* sometimes, to prevent its Curdling) confining himself to a *Pint* in a Morning, a *Quart* at Noon, and a *Pint* at Night, of the Milk of *Grass-fed* Cows

Cows in the *Summer*, and of those fed with *Hay* in the *Winter*, the *Milk* of Cows fed with *Grains* always inflating him, and lying uneasy on his Stomach. He had continued in perfect Health and Vigour (having had several Children) seventeen Years when I saw him, and received this Account from him, insomuch that he could have play'd four or five Hours at *Cricket*, on *Banstead Downs*, without Weariness or profuse Sweating, and probably might have continued many Years longer in perfect Health; (as he did seven or eight Years more) had he not enter'd upon a different *Regimen of Diet*, (as I am inform'd since I first wrote this History, in my *Treatise of the Gout*, by a Person of great Credit) and come to eat *Animal Food*, by which, in a *short* Time, he was destroyed. Some others have been cured by me, by a *Regimen of Diet* less strict, and the Medicines already suggested: but I believe none ever were cured who have been come to *Maturity*, without a very exact *low Regimen*, continued during all their Lives; the transgressing it for any long Time, always bringing their Disorders back, if not something worse: and I believe a total Milk, and Vegetable Diet, as absolutely necessary for the total Cure of the *Epilepsy*, as it is for the *Gout* or a *Consumption*. Here were the proper Place to say something of *Lunacy* and *Madness*, being satisfy'd that the Methods

here laid down are sufficient, and the most effectual for these Distempers; but designing this principally for common intelligent Readers, and those who suffer under *Nervous* Distempers, tho' not regularly bred to the Practice of *Physick*: and People under these mentioned Distempers being incapable of Reading, or at least of serious and close Application, and these Disorders being the Province of particular *Physicians*, or those appointed by the Publick for that Purpose, I shall here put a *Period* to this Part of the Treatise.

THE

THE
English Malady:
OR, A
TREATISE
OF
Nervous Diseases of all Kinds;
AS
Spleen, Vapours, Lowness of Spirits, Hypochondriacal and Hysterical Distempers, &c.

PART III.

CONTAINING
Variety of CASES *that illustrate and confirm the foregoing Method of Cure.*
With the AUTHOR'S *own* CASE *at Large.*

Γλακτοφάγων, ἀβίων τε, δικαιοτάτων ἀνθρώπων.
HOMER.

By *GEORGE CHEYNE*, M. D.
Fellow of the *College of Physicians* at *Edinburg*, and *F.R.S.*

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M.DCC.XXXIV.

ADVERTISEMENT.

THIS *Laſt, has been by far the moſt difficult and unpleaſant* Part *of my Work. The obvious* Sneer *of its being a* Quack's Bill, *has been the leaſt Part of that Difficulty; for when I ſet about finiſhing this Work, for the Benefit of the Sedentary, Tender and Decay'd, I made a* Sacrifice *of ſome part of my Vanity and Intereſt. But among the very many Inſtances I could have adduced, I was obliged to lay aſide all thoſe whoſe* Caſes *were pretty much alike, and to pick out ſuch only, as*

ſeem'd to me to be more particular, or which were moſt proper to illuſtrate and confirm the ſeveral Steps of the preceding Doctrine, and to direct the Valetudinarian, *in the leſs obvious and uncommon Symptoms. But that which diſtreſs'd me moſt, was, the* Names *of the Perſons, whoſe* Caſes *I was oblig'd to mention, moſt of them being ſtill* alive, *and few caring to be made* Examples *of in any Reſpect. The* Diſtempers of Patients are ſacred, (Res ſacra miſer) *and* Nervous *Diſtempers eſpecially, are under ſome kind of* Diſgrace *and* Imputation, *in the Opinion of the* Vulgar *and* Unlearned; *they paſs among the Multitude, for a lower Degree of* Lunacy, *and the firſt Step towards a* diſtemper'd Brain: *and the beſt Conſtruction is* Whim, Ill-Humour, Peeviſhneſs *or* Particularity; *and in the* Sex, Daintineſs, Fantaſticalneſs *or* Coquetry. *So that often when I have been conſulted in a Caſe, before I*

was

was acquainted with the Character *and Temper of the Patient, and found it to be what is commonly call'd* Nervous, *I have been in the utmoſt Difficulty, when deſir'd to define or name the Diſtemper, for fear of affronting them, or fixing a Reproach on a* Family *or* Perſon. *If I call'd the Caſe* Glandular, *with* Nervous *Symptoms, they concluded I thought them* Pox'd, *or had the* King's-Evil. *If I ſaid it was* Vapours, Hyſterick *or* Hypochondriacal *Diſorders, they thought I call'd them* Mad, *or* Fantaſtical: *and if they were ſuch as valued themſelves, on fearing neither* God *nor* Devil, *I was in Hazard of a* Drubbing, *for ſeeming to impeach their Courage; and was thought as rude, as if I had given them the* Lye, *and even the very beſt has been, I myſelf was thought a Fool, a weak and ignorant Coxcomb, and perhaps diſmiſs'd in Scorn;*

and ſome I have actually loſt by it. Notwithſtanding all this, the Diſeaſe is as much a bodily Diſtemper, (as I have demonſtrated) as the Small-Pox, *or a* Fever; *and the Truth is, it ſeldom, and I think never happens, or can happen, to any but thoſe of the livelieſt and quickeſt natural Parts, whoſe Faculties are the brighteſt and moſt ſpiritual, and whoſe Genius is moſt keen and penetrating, and particularly where there is the moſt delicate Senſation and Taſte, both of Pleaſure and Pain. So equally are the good and bad Things of this mortal State diſtributed! For I ſeldom ever obſerv'd a* heavy, dull, earthy, clod-pated Clown, *much troubled with* nervous *Diſorders, or at leaſt, not to any eminent Degree; and I ſcarce believe the Thing poſſible, from the* animal Oeconomy, *and the preſent Laws of Nature.*

BUT *besides this, when I was determin'd to publish this Work, the Persons whose* Cases *I had pick'd out for my present Purpose, were all scatter'd, and at great Distances from me, some being in other* Kingdoms *and* foreign Parts, *and most of them were in such Circumstances and Situation, that it was by no means convenient or proper to publish their* Names *without Leave; and I was unwilling to put my* Friends *and* Patients *to the Pain, either of a Consent or Refusal, and resolved even to bear the Slur of* Forgery; *and let the Whole rest on my own Credit, rather than contend with such Difficulties: I have therefore mention'd their* Names, *only in those Cases where I was absolutely at Liberty; but solemnly declare, that the others were such* in the main, *as I have represented them; and in any particular* Case, *if call'd upon,* I *am ready to assign the* Person, *under proper Con-*

ditions, and have always deſcrib'd the Caſe *from the* Name *and* Character *of the* Patient, *and the* Hiſtory *of the Diſtemper placed before my Eyes.*

I HAVE *claſſed the* Caſes, *as I had done the ſeveral Stages of this Diſtemper in the* former Part, *viz. into the* three *different Orders. The* firſt Claſs *and* Chapter *contains Examples of thoſe whoſe* nervous *Diſorders being chiefly confin'd to the* alimentary Tube, *the Juices being tolerably ſound and good, and the Solids pretty firm, a Regulation only of common Diet, as to Quantity and Quality, and a general Courſe of* nervous *Evacuants, for Prevention, and* Volatiles *on* Paroxyſms, *has been ſufficient. The* ſecond Claſs *and* Chapter *contains Inſtances of thoſe whoſe* Caſes *being deeper and more obſtinate, where the Juices have been either* ſizy, thick, *or* inflamed, *or*

ſome

ſome noble Organ *beginning to be ſpoil'd*: *more powerful* Evacuants *and* Alteratives, *eſpecially of the* ponderous *Medicines, have been neceſſary*; *and a* trimming *middling Diet, of* alternate *Days of young tender Fleſh-Meat, and Milk and Vegetables, with Wine and Water for Drink, were required. The* laſt Claſs *and* third Chapter *is of ſuch, where the Caſe being almoſt incurable otherwiſe, extremely frightful and painful, from ſome of the neceſſary* Organs *viſibly ſpoil'd and decay'd, and the Juices vergeing towards* Putrefaction: *the ſtrongeſt* Evacuants *and* Alteratives, *with a* total Milk and Vegetable Diet, *long perſiſted in, was indiſpenſibly neceſſary. The Medicines I have only* hinted *at to prevent the* Quacking *of Patients themſelves, but have pointed them out ſo clearly, in general, that Nobody of common Senſe and liberal Education can miſtake them, in any thing but*

but the compounding and doſeing: *and that none but a regularly-bred* Phyſician *can be ſufficient for; and of the Medicines, I have mention'd only the preventive or extirpative ones. It had been endleſs to have ſet down all thoſe preſcrib'd under the Fits; theſe I have ſufficiently deſcribed in the former Part.*

THE

THE *English* Malady.

PART III.

CHAP. I.

Of those whose Nervous Complaints were cured by Medicine, under a common, tho' temperate Diet.

CASE I.

TENDER *young Gentleman,* of great Worth and Ingenuity, here in our *Neighbourhood*, had from his Infancy been troubled with a most violent *Nervous Head-ach*, which returning at certain *Periods*, overcame and sunk him to Extremity; and even sometimes approached near to *Epileptick* Fits. I advised him, when seized with them or it, to go to Bed as soon as he could, con-

conveniently, and to take four or five of the *Pilul. Gummoſ.* and *de Aloe Lotâ a æ. p.* and to drink plentifully of ſmall Sack Whey, or Water-Gruel, with *Spt. C. C. Vol.* Gutt. x in each Draught, repeating the *Pills* every Night 'till well, and after weekly, or as often as his Illneſs ever returned; by which alone he has been conſtantly relieved. I adviſed him alſo to keep a very temperate (though a common) Diet of *Animal Foods*, at Dinner only, and not to drink above half a Pint, or at moſt a Pint of Wine a Day, uſing conſtant Exerciſe on Horſeback, or otherwiſe. He has continu'd this Method ever ſince, is in the main well, and has grown yearly better and ſtronger now for above theſe twenty Years, and in all Probability will grow ſtronger and heartier to a great old Age.

CASE II.

A LADY of *great Fortune* in this Town, *eminent* for her great *Charity*, *Piety*, and *fine Breeding*, was originally of very weak *Nerves*; her chief Complaints were, tender *Bowels*, extreme low Spirits, with great Sinking, and ſometimes *Hyſterick Paroxyſms* to an eminent Degree. Upon theſe laſt Occaſions, I have given her ſeveral Medicines, as the Caſe indicated; but for Prevention, I preſcribed only gentle *Emeticks*, when her Stomach was loaded, *Rhabarbarat* and *Carminative* Catharticks, *Bath* Waters almoſt con-

conſtantly now for near theſe twenty Years, (for the Benefit of which ſhe choſe to live here) with conſtant Exerciſe, eſpecially on Horſeback, and a *Diet* of the plaineſt, lighteſt, and moſt ſimple *Animal Foods*, at Noon only, and a little of the beſt *French Wines*; and by theſe Means ſhe has yearly grown better and ſtronger, and continues to do ſo; her Diſorders returning now ſeldom, and being eaſily removed.

CASE III.

A Gentleman of *Scotland*, eminent in the *Law*, and of great *Honour*, *Probity*, and *fine Parts*, had been long troubled with a *Nervous Head-ach*; and having neglected it many Years, it came to ſuch a Height as was no longer tolerable. Beſides this almoſt inceſſant *Head-ach*, he had conſtant extreme *Lowneſs*, *Oppreſſion*, and at laſt the greateſt Difficulty to attend his Studies, or to apply to the Buſineſs of his Profeſſion; and the Diſorder terminated in *want of Sleep*, Loſs of Appetite, and Inquietude; and all theſe *Symptoms* brought him to ſuch a State, as to render his Condition moſt miſerable. He came here, to *Bath*, in this Condition. His Diſorders were the moſt diſtinctly *Periodical* of any *Nervous* Caſe I had ever met with, (tho' in moſt I have obſerv'd ſomething of that Nature). One Night it was extreme, ſo as to make him paſs it almoſt entirely

entirely without Sleep; next Day an unexpreſſible Lowneſs, and a conſtant *Ptyaliſm* or ſpitting thin *Rheum*, enſued, by which the following Night was more tolerable, and thus alternately. I preſcribed ſeveral *Vomits*, *Quinquina-Bitters*, the *fœtid Gums*, with the *Extract of the Bark*, and the *Animal Salts*, *Aloetick Purges*, together with liquid *Steel* in the *Bath* Waters; but above all, a light, ſparing Diet of tender *Animal* Food, and at Noon only, and a very little *Wine*, with conſtant *Exerciſe* on Horſeback, or otherwiſe: By theſe he was much relieved, while here; and purſuing the ſame Method at Home, for ſeveral Years; drinking in the hot Weather the *Mineral Chalybeat* Waters of his own Country, by ſlow Degrees he grew perfectly well, and has for many Years enjoyed a complete State of Health, which he preſerves by great *Temperance* and *Exerciſe*.

CASE IV.

A LADY of the firſt *Quality*, and of *eminent Virtues*, was ſo much oppreſſed with theſe *Sinkings*, *Anxiety*, and *Hyſterick* Diſorders, together with violent *Cholicks*, *Watchings*, and *Inflation*, as to be extremely miſerable: She had drank the Waters, and taken Medicines a long Time here, without any Relief, and was juſt deſponding, and about leaving the Place. Being called,

called, I order'd her to repeat ſome *Vomits*, gave her *Quinquina-Bitters with* and *without Rhubarb* daily, made her drink the *Bath* in the Morning, and *Pyrmont* Waters with her Meals; regulated her Diet both in Quantity and Quality, confining it to the lighteſt, youngeſt *Animal* Foods, and the leaſt Wine poſſible; and by continuing her in this Way ſome Time, ſhe was recover'd to perfect *Health*, *Vivacity* and *Activity*

CASE V.

AN Officer's Lady of *fine Parts* and *great Worth*, was ſent here to drink the Waters, for a conſtant *Bilious* Vomiting, and *Hyſterick Lowneſs*: She had been order'd by her *Phyſician* to take an *Ipecacohana* Vomit every Morning, (without any *Reſtrictions* on her *Diet*) which ſhe had taken for ſome Time. Being called, I told her, I thought it was ſufficient to repeat the *Vomits* when ſhe had an Urging and Sickneſs; and that when the *Choler* was actually derived from the *Liver* into the *Stomach*, that *Symptom* would infallibly happen, and then, and only then, was a *Vomit* uſeful or neceſſary. I adviſed her a *Quinquinated* and *Rhabarbarated* bitter Wine, to be taken every Night, with a weak liquid *Steel* in the Morning, and at the ſame time regulated her Diet, and by Degres ſhe recover'd perfectly well.

CASE

CASE VI.

A YOUNG *Lady* from the West, had for several Years so frequent *Hysterick* Fits and *Colicks*, and to such a Degree, that they had made her extremely miserable, and at last crippled her both in *Hands* and *Feet*, (which is common to *Nervous* Colicks) so that they were of no more Use to her, than if they had been cut off. I repeated several *Vomits* in the Course of the Waters; regulated her Diet with Exactness to young Meats at Noon only; gave her a *Quinquinated Bitter* before Meals, and a *Quinquinated* and *Rhabarbarated* Tincture daily at Night; and, in a proper Time, gave her *Steel* in the Waters, and made her pump both Hands and Legs, rubbing them often after with the *Opodeldoc* dissolved in *Spirit of Wine camphorated*: by these Means only, in six Months, she perfectly recover'd both her Limbs, and her Health.

WHEN the *Case* was obstinate, and the Patient young, firm or strong, and I was left to my own Liberty, I always began with the *ponderous* Medicines, continuing them for Months, and finish'd with the *Quinquinated Bitters*, or with *Rhubarb* and *Bark* compounded with other Bitters, and liquid Steel: And even in common, slight, *Scorbutical*, *Colical* and *Nervous*, but especially *Rheumatick*, *Scrophulous*, or *Cutaneous* Cases, of such as came here for the Benefit of the Waters, if

not

not conſtrain'd, I always began with the *ponderous* Medicines, or ſome one *Preparation of Mercury*, or another, continued for ſome Time, and only finiſh'd with the *Bitter*, *Aſtringent*, and *Chalybeat* ones; but ſtill regulated their *Diet*, without which I ſcarce ever ſucceeded, even in the very ſlighteſt Caſes.

CHAP. II.

Of Nervous Caſes, requiring a mix'd or triming Regimen of Diet, viz. of tender, young Animal Food, and a little Wine and Water one Day, and the other only Milk, Seeds, and Vegetables.

CASE I.

A GENTLEMAN well known, and as much belov'd by all that know him, for his *fine Parts*, *great Probity*, and the diſtinguiſh'd Figure he has conſtantly made in the *Senate*; having been long troubled with *bilious Vomitings*, conſtant *Heart-burnings*, *Lowneſs* and *Oppreſſion*, for which, after all

the *Nervous* and *Stomachick* Medicines, prescribed by the most eminent *Physicians* in *England*, together with the whole Circle of *Mineral Waters*, at different Times, and at last a *Tour* (when he was near Sixty) thro' the *Southern Climates*, came hither to *Bath*, once and again; but without any lasting Benefit or Relief, the same Miseries of this sinking Distemper still persecuting him. I at last persuaded him to enter upon a *Trimming Diet*, one Day *light Pudding*, or *Milk* and *Vegetables* dress'd, especially of the *farinaceous* and *seed* Kind; the other, a little *young, tender, plain Animal Food* for *Dinner* only, and not to exceed two or three Glasses of Wine a Day, taking sometimes *Quinquinated* and *Rhabarbarated Bitters*, and sometimes *Mineral Waters*, as his Case required, to wit, the *Bath* in temperate or cold Weather, and the *Cold* (as *Tunbridge*, *Spa*, or *Pyrmont*) in hot Weather. By persisting in this Method, he has recover'd and grown better every Year, and is now (at Seventy-three) one of the healthiest, haleſt Gentlemen of his *Age* in *England*, being from *Lean*, grown *Plump*, *Full*, and *Active*, without Oppression or Lowness, and is in great likelihood to hold it many Years; to which, no doubt, his having given up Business, has greatly contributed; though, I think, his *Regimen* has had the far largest Share in his *perfect Recovery*.

CASE

CASE II.

A GENTLEMAN of *Scotland*, of an *Ancient* and *Honourable* Family, loving and belov'd of, all Mankind, was early in Life ſubject to *Nervous* Diſorders, which, tho' univerſal, did chiefly affect his *Auditory Organs*, ſo as to impair his Hearing. For this he had try'd a great many *Active* and *Dangerous* Remedies, which, I think, had damag'd an otherwiſe naturally clean and firm Conſtitution. After having ſerv'd his Country long in eminent Employments, he was ſeiz'd, about the Sixty-ſeventh Year of his Age, with *Nervous*, *Hypochondriacal*, and *Convulſive Fits* and *Paroxyſms*, the moſt ſevere, terrible, and obſtinate that I had ever ſeen. At firſt, they return'd three or four times every Day, *ſhakeing* and *convulſing* every *Limb*, *Muſcle*, and *Organ* of the whole Machine, tho' all the Time his *Senſes* and *Faculties* were ſound and entire; only at their going off, they left him *languid*, *low*, and *exhauſted*. He had try'd various Remedies, and run through the whole *Circle* of the *nervous*, *volatile*, and *fœtid* Medicines, preſcrib'd by the moſt eminent *Phyſicians* of the whole Iſland. He came at laſt to *Bath*, and was under my Care, and drank *Bath*,

Briſtol, and *Pyrmont* Waters occaſionally, for the Space of almoſt two Years: The effectual Medicines were, *Antimonial* and *Ipecacuhana* Vomits mix'd, which always weaken'd or ſtopp'd the *Fits*, (the Caſe, in my Opinion, being chiefly an obſtructed *ſchirrous Liver*) with *Calomel* Purges, *Gum* and *Alcetick Pills*, *Quinquinated Bitters*, and ſometimes *Fœtids* and *Volatiles*, only as a preſent Relief. Theſe were the principal Remedies which reliev'd, and, at laſt, cur'd him; but what chiefly accompliſh'd the Cure, was that (of his own Accord, I not daring to offer ſuch an Advice to one who was ſo far advanc'd in Life) he enter'd into a *triming Diet*, chiefly of *Milk* and *Vegetables*, with weak Broths and Fiſh but ſometimes, and two or three Glaſſes of Wine at Dinner only; which *Regimen* I much approv'd of, and encouraged. After he had recover'd a tolerable good State of Health, I adviſ'd him, both on his own, and the Account of ſome others of his Honourable Family, to finiſh the *Cure*, by ſpending a Seaſon or two at *Spa*, and wintering in *Italy*; and now, by the Divine Bleſſing, he is as Stout and Healthy as any Man of his Age can poſſibly be, being free from all his *Nervous Symptoms*, unleſs on Accidents, and then by the ſame Method and Medicines eaſily reliev'd.

CASE

CASE III.

A KNIGHT *Baronet* of an *Ancient Family*, by keeping bad Hours, in attending upon the Buſineſs of the *Parliament*, and living freely about Town, had ſo worn down his Conſtitution, that he run into an habitual *Diarrhœa*, attended with extreme *Flatulence*, *Lowneſs*, *Oppreſſion*, *Watchfulneſs*, and *Indigeſtion*. Theſe conſtantly returning upon the leaſt Exceſs, or catching Cold, had quite enfeebled and enervated a formerly robuſt and healthy Conſtitution, even into almoſt a Nervous *Atrophy*: He had conſulted again and again the moſt eminent of the Profeſſion, but all the Benefit he reap'd, was only a *temporary* Relief, or having a *Drag* put upon the Wheel, to prevent its running too faſt down the Hill. He at laſt came to *Bath*, and was for a conſiderable Time under my Direction, to try if he could by any Means be aſſiſted to a *laſting Cure*, he being then not far paſt the *Meridian* of Life, tho' waſted and reduced from a *round*, *muſcular*, and *brawny* Natural Frame, almoſt to a *Skeleton*; and his *Alimentary Tube* being ſo much relax'd, that the moſt moderate common Meal of Butcher's Meat was too much for him, and run off *Crude*, leaving him quite ſunk and flat. I was unwilling to adviſe him to a *total Milk* and *Vegetable Diet*, being uncer-

tain if he would perſevere, and knowing well the Danger of a ſudden Return; but put him into a *triming* one, allowing him *white Meats* ſome Days, and only light Pudding, with Milk and Seeds other Days, with two or three Glaſſes of Claret at *Noon*, and *Bath* Waters tepid in a Morning, but *Briſtol* Waters at Meals, and only *Vegetable Seed Meats*, with Milk, for Breakfaſt and Supper; giving him, at the ſame time *Vegetable* Aſtringent Medicines, and ſometimes gentle *Vomits*, *teſtaceous* Powders, and *toaſted Rhubarb* with *Diaſcordium*. Under this *Regimen* and *Medicines*, (with conſtant riding on Horſeback in the Forenoon) he grew better by Degrees, his *Diarrhœa* became more moderate, his *Spirits* brisker, and his *Sleep* longer and ſounder: He continued thus the whole *Winter*, and next *Summer*, tho' thin and low, yet not to ſuch a Degree as before; in the *hot* Weather he drank *Spa* Water, with a liquid, weak *Quinquinated Chalybeat*. Next *Winter* I adviſ'd him to go to the *South* of *France*, where he continu'd a Year or two, under the ſame *Regimen* and Medicines, came Home much mended in *Fleſh* and *Spirits*, and, by Degrees, acquired an *Athletick* State of Health, and has been theſe twenty Years a hale, ſtrong, fine Gentleman, on common plain Diet, with due Temperance.

CASE

CASE IV.

A WORTHY Merchant of the *North of England*, came here to *Bath* for my Advice, in a moſt deplorable State, *viz.* a total Loſs of Appetite, exceeding low Spirits: He had *Rigors* and Night Sweats, a fix'd *Melancholy*, *Terror* and *Dread*, a violent *Head-ach*, and a want of natural Sleep, with *Faintings* and *Paralytick* Numbneſſes, and, in a Word, all the Symptoms of the mention'd *ſecond Stage* of theſe *Nervous* Diſorders. I repeated *Vomits* often, gave him *Quinquinated Bitter Wines*, *Liquid Chalybeats*, ſometimes *Hiera Picra*, *Tincture of Rhubarb* with *Bark*, *Aromaticks* and *Bitters* of ſeveral Sorts, ſometimes the *Gum* with *Aloetick Pills*; *Bath* Waters in a Morning, and *Pyrmont*, with but a little Wine at Meals, and eſpecially a rigid, *alternate*, vegetable, and young *Animal* Food Diet, with conſtant *Exerciſe* of one Kind or other. Under this Method he got perfectly well and chearful in five or ſix Months, and has continu'd ſo theſe ſeveral Years.

CASE V.

A YOUNG Lady from the *Weſtern Sea-Coaſt* came here, miſerably oppreſs'd with *Sinking*, *Lowneſs*, *Porraceous* Vomitings, frequent *Rigors* and Chills, ſucceeded by

feveriſh Heats, *Reſtleſſneſs* and *Anxiety*. I try'd gentle *Vomits*, *Quinquinated Bitters*, with and without *Rhubarb*, ſeveral Kinds of the ſlighteſt *Chalybeats*, as *Lac Mart. Vitriol. Mart. Elixir Vitrioli*, and *Tinctura Antiphthiſica*, *Spa* and *Pyrmont Waters*, *Vin. Chalybeatum*, with *Volatiles* and *Fœtids*, and various Kinds of *Bitters*, but all without Succeſs. I found, upon Obſervation, that ſhe was always worſt about five or ſix in the Afternoon, to wit, after the great Meal, and that her *feveriſh Paroxyſms* came on as the Day wore out, and roſe higher in the Courſe of the Digeſtion, 'till towards the Morning. I learn'd likewiſe, that ſhe eat and drank too heartily and fully for one of her Conſtitution and Complaints, three times a Day, (the *Bath* Waters and the *mention'd Medicines* giving her a *Craving*). Upon this, being ſatisfy'd that all her Symptoms proceeded from her Difficulty in Digeſtion, (as almoſt all ſuch *Hyſteric* Caſes do) I confin'd her to Broths, with light Pudding, and the ſmall freſh River Fiſh, and at *Dinner* only, and *Milk* and *Vegetable* Food for Breakfaſt and Supper, allowing her little or no Wine, but *Spa* or *Pyrmont* Waters for Drink at Meals; for I have always found *Bath* in the Morning, and *Spa* or *Pyrmont* at Dinner, a moſt effectual Method in ſuch Caſes. By continuing the mention'd Diet and Medicines, as the *Symptoms* indicated, in two Months

Months ſhe became perfectly well and free of all her *Lowneſs*, *Faintings*, *Fits*, and *feveriſh Heats*, and went away freſh, chearful, and ſtrong.

CASE VI.

A GENTLEMAN of fine Parts, grievouſly afflicted with the *Gout*, and with a perpetual *Lowneſs*, *Sinking*, and *Oppreſſion*, both in *Fits*, and the *Intervals*; to wit, a conſtant Sickneſs and Reaching before the Formation, and after the Fit was over; and for a long Time after, a much longer (than is common) *Sickneſs*, *Inappetency*, Weakneſs, and greater Lameneſs, ſo as to be one half of the Year almoſt under its Effects; and being weary of a Life under ſuch Miſeries, he was willing to attempt any thing probable to mitigate them. But being juſtly afraid of a *total Milk and Vegetable Diet*, leſt by relaxing and cooling too faſt, the thus inflamed Solids, he might give Occaſion to the *Bilious* and *Goutiſh* Humours and Salts to flow too faſt upon the *common Shore* of the *Stomach* and *Bowels*, and there to beget *Sickneſs*, *Pain*, and Danger; therefore a *triming* and middling Diet being propos'd, chiefly of light, freſh River Fiſh, (as leaſt inflaming, and not over-enriching the Juices) alternately with Milk and Vegetables; and every Day the Value of a *Pint* of ſome generous, ſoft, balſamick Wine,

Wine, (as *Sack*, *Canary*, or *Palm*) he readily and chearfully enter'd upon it. This *Method* abated both the *Violence*, *Duration*, and Frequency of his *Fits* in a few Years, without any Danger at all, and by Degrees effectually remov'd thoſe Vomitings and Sickneſſes with which the Fits began and terminated: eſpecially, by almoſt every Night taking a few Spoonfuls of a *Rhubarb* and *Bark* Bitter, made on Wine with Aromaticks, in the Intervals; and he has now only a very tolerable, ſhort, regular Fit once a Year, and ſoon gets about his Buſineſs again, and is in likelihood to go on with Health and Strength to a great Age.

I CANNOT omit here to obſerve, that if any Perſon deſigns, either for the ſake of *Health*, *Long Life*, or Freedom from Diſeaſes, to regulate his Diet, I univerſally prefer to all others this *triming* Method of an *alternate* Diet of *Milk* and *Vegetables* one Day, and the other plain or young *Animal* Food, and a moderate Portion of *Wine*; for if his Caſe requires his deſcending ſtill lower, yet this *triming Diet* will be the beſt and ſafeſt firſt Step to begin with; and if his Recovery thereby be ſo perfect, that he may riſe to a higher Diet, this will make the *Tranſition* ſafer; and even thoſe who love palatable and delicious Foods, to a great Degree, will bear a *Maigre* Day more eaſily, when

the

they know they ſhall have a *Gaudy* one the next; and I have known thoſe, who from a weak *Nervous* and *Cachectick* Habit have arriv'd to a confirm'd State of Health, noble Spirits, and great Age, by this *Trick* alone; ſo that Faſting and Abſtinence in this manner, might ſeem not more a *religious*, than it ought to be reckon'd a *medical* Inſtitution.

CHAP.

CHAP. III.

Of Nervous Caſes, requiring a ſtrict and total Milk, Seed, and Vegetable Diet.

CASE I.

A YOUNG *Lady* under my Direction, being naturally of a *tender* and *delicate* Conſtitution, had, by a *Mal-Regimen*, and too *ſtrong* and high *Food* while at a *Boarding-School* at *London*, fallen into *Hyſterick* Diſorders of all the Forms and Shapes ever obſerved or deſcribed; ſometimes *Laughing*, *Dancing*, and all *Jollity*; at other times *Weeping*, *Crying*, *Sighing*, and *Melancholy*; often ſhe was taken with *Fainting Fits* and *Convulſions*: now in great *Chills*, again *Hot* and *Feveriſh*; ſometimes great Quantities of *pale*, at other times but a little *high-colour'd* Water; ſometimes *Coſtiveneſs* to an Extremity, at other times purging and *ſlippery* Bowels; and moſt, if not all theſe Symptoms, ſometimes three or four times in twenty-

twenty-four Hours, inſomuch that ignorant People thought it *Witchcraft* and *Intchantment*. Various *Nervous* and *Antihyſterical* Medicines had been preſcribed by the *Phyſician* in Ordinary at *London*, which had reliev'd and eas'd her for a Time, but ſtill ſhe relaps'd in a Month or two; and *Rideing*, *Country Air*, and even Changes of that *Air* were try'd with little or no Succeſs. At laſt, her Parents being under the greateſt Concern about her, and fearing leſt her Faculties (which were above *Mediocrity*) might be impair'd by ſo tedious and unaccountable a Diſtemper, put her entirely under my Care, with an abſolute Power to do by her, both in *Diet* and *Medicines*, as I ſhould think beſt. I firſt try'd all the common *Nervous* and *Antihyſterical* Medicines over again, under a common Diet, with no manner of Benefit: But tir'd out at laſt, I reſolv'd to put her upon an entire *Vegetable Diet*, without *Fleſh*, *Fiſh*, or *fermented Liquors*; Milk ſhe lik'd not, beſides, by its curdling on a *bilious Stomach*, it both inflated and made her more ſick; the only Medicines I ever after uſed in the whole Courſe, were gentle *Vomits*, when the *Bile* ſeem'd to be gather'd or flow, (which ſhe always found by a greater Degree of Sickneſs, Oppreſſion, and a greater than ordinary *Head-ach* that recurred *Monthly*) and a conſtant Courſe of *Cinnabar*, freſh and finely levigated, half a Dram Morning and

and Night for a long Time, and once a Week the *Pilul. Gummoſ. & de Aloe lota a. p. æ.* with *Bath* Waters in a Morning in the temperate, and *Pyrmont* in the hot Weather: ſometimes riding on *Horſeback*, other times *Walking*, as ſhe ſhould beſt like, or could bear them. After the firſt *Month* of this *Diet* and *Medicines*, ſhe never had any one Fit more to be obſerv'd; ſometimes indeed ſhe had a good deal of *Lowneſs*, *Head-ach*, or *Sickneſs*, but a *Vomit* always reliev'd her. By going on ſteadily in this Courſe, ſhe grew ſenſibly better every two or three Months, and in leſs than two Years was perfectly cured of all her Complaints, and then returned to common Life, though with great *Care*, *Caution*, and *exact Temperance*, drinking not above a Glaſs or two of Wine a Day, and for moſt part eating only the tender, young *Animal Foods*, being but of a tender Fabrick and weak Conſtitution by Nature, tho' now ſhe is perfectly *Well*, *Chearful*, and *Healthy*.

CASE II.

A YOUNG *Lady* of an Honourabe and Opulent Family, and of the moſt diſtinguiſh'd Merit, and the fineſt Parts I ever knew in the Sex, had from her *Parents* inherited

rite *weak Nerves*, which, for want of due Care and proper Management, brought on at laſt the moſt violent, extreme, and obſtinate *Nervous Paroxyſms* (with their whole Circle of *Symptoms*) I had ever ſeen. She had been naturally of a *thin Habit*, but of a ſudden had grown exceſſively Fat, and had had often Threatnings, and ſometimes pretty long Seizures of the ſame Claſs of Diſorders before, which from time to time other Phyſicians, and often I, had cured by the common Medicines, *viz. Vomits*, *Volatiles*, *Chalybeats*, *Bitters*, *Pyrmont* and *Bath Waters*, with gentle *Evacuations*. But at laſt all theſe *Nervous Symptoms* became ſo extremely obſtinate, frightful, and painful, that neither I, nor any other of her *Phyſicians* (of whom ſhe had conſulted many) could procure her any laſting Reprieve. She came at laſt to *Bath*, where I had often had the Honour to direct her, and the reſt of the Family, for many Years; the Waters with *Quinquinated Bitters* and *Pilul. Gummoſ. cum Aloe lotâ*, at firſt gave her the moſt ſenſible and longeſt Relief, but at laſt they fail'd alſo. I afterwards try'd the greateſt and moſt extenſive Variety of *Nervous* Medicines, I had ever us'd in any ſuch Caſe, ſince I firſt practiſed Phyſick. I try'd over and over all the Tribe of the *Nervous*, *Antihyſterical* and *Deobſtruent* Medicines,

Bitters,

Bitters, *Volatiles*, *Chalybeats*, *Fœtids*, *Alteratives*; all Kinds of *Evacuations*, (as *Bleeding*, *Bliſtering*, *Vomiting* again and again) together with the *Ponderous*, *Mineral*, and *Mercurial* Medicines of all the proper Preparations, and at laſt even *Opiates* themſelves, combined with all the *Antihyſtericks*: Indeed every thing I had ever uſed, heard of, or read in approved Authors, and each of theſe for a Time ſufficient for Trial. Notwithſtanding all this, her toturing *Head-achs*, her conſtant *ſcreaming Fits*, *burning Heats*, *ſleepleſs Nights*, *Terrors*, and other inexpreſſible Sufferings, were intolerable and inſupportable. I was in the utmoſt Concern and Anxiety about her, and knew not what Hand to turn me: for tho' other *Phyſicians* had been join'd, yet I having been hitherto always ſucceſsful in the Family, they did me the Honour to place a particular Confidence in me, and I was as heartily and warmly deſirous of ſerving them ſucceſsfully. At laſt (after above a Year ſpent under this Method and theſe Medicines) I told them and her, that I had but one Thing more to propoſe, which I had done long before, but that ſhe had been often and ſtrongly caution'd and warn'd againſt it, and I was afraid neither ſhe nor her Friends would willingly come into it, after ſo many, ſo weighty Remonſtrances againſt it, and from thoſe whoſe Duty it was

was to direct her, ſo that I was willing to have effected the Cure by the common Means and Medicines, but found they would not do; and therefore I told her at laſt plainly, that the only Hopes of her Recovery were from a total *Milk* and *Vegetable* Diet, and Abſtinence from all fermented Liquors, but as a *Cordial*. I met indeed with a readier Compliance on all Sides than I had expected, and accordingly the *Lady* went chearfully into a total *Milk* and *Vegetable* Diet, and in leſs than three Months ſhe was much better, in ſix Months tolerably well, and in nine Months almoſt perfectly well; this chiefly by her cool Diet, for after ſhe enter'd upon it, ſhe had occaſion to take very few Medicines, ſo that ſhe went away with no other Directions, but the Continuance of *gentle Vomits* when required, *Pyrmont* Waters for her common Drink, and Perſeverance in her *Diet*; with the *Gum and Aloetick Pills* on tranſient Diſorders. The *ponderous* Medicines ſhe had long taken at firſt, had made the *Liver* pervious, (which had been evidently obſtructed before) ſo that there was conſtantly *Choler* poured out into the Stomach for a long Time after, which made *Vomits* ſometimes neceſſary to diſcharge it. I hear ſhe continues extremely well, without any Means but her *Diet*, and theſe few Medicines, on Occaſions, with Exerciſe, and grows more hardy, active, and chearful, as

I was certain ſhe would, and doubt not ſhe will long continue ſo.

CASE III.

A GENTLEMAN *of Fortune*, and an *Officer* of *Diſtinction* in the *Army*, was afflicted with the moſt painful and frightful *Colicks* I had ever known, which often terminated in *Epileptick Fits*. Some of his Family, about the ſame Time (*viz.* the *Meridian* of Life) had died of the ſame Sort of *Convulſive* and *Nervous Colick*, which had juſtly made him the more cautious and careful: He came here, to *Bath*, to put himſelf under my Direction. I at firſt try'd with the Waters, all the common *Nervous* Medicines, as *Quinquinated Bitters*, *Volatiles*, *Fætids*, and *Alteratives* of the *Mineral* Tribe of all Kinds, and in all the Shapes I could contrive; beſides conſtant riding, on *Chalybeats*, (which always makes them more effectual) but all without Succeſs: So that I have often ſeen him rolling on the Ground in *Agonies*, crying out to put an End to his Pains any how. Nothing gave him Eaſe, except great Doſes of warm *Opiates* in ſtrong *Nervous Cordials*, and they always left him diſpirited, low, and reſtleſs, even to Extremity. I was willing to try every Thing firſt, before I propoſed the *laſt Remedy*; for I never found any

any one would come into it, 'till their Sufferings were *extreme*, and that they found nothing elſe would do, and ſo were brought to be willing to purchaſe Eaſe at any Rate. *Gold may be bought too dear*; and as long as *common Remedies* and *common Life* will do, I own, it is not reaſonable to expect that any ſhould ſubmit to *uncommon and extraordinary Methods*. *Dying* alone, is not ſo terrible to an honeſt and good Man; tho' all the *Bounces* about it, I have ſometimes heard, ſeem really *unnatural*, and paſs with me for nothing; the *Author* of our *Nature* has wiſely implanted the *Terror of Death* in us, to ſupport our Endeavours of living under the many Miſeries and Misfortunes of our preſent Impriſonment; the only Misfortune is, when we come too late in the Application of this *laſt Remedy*, and the Time is elaps'd for a perfect Recovery. This *Gentleman*, being one of finely *cultivated Parts*, as well as of good, ſound natural Senſe, comply'd more readily than I expected from a Gentleman of his *Profeſſion*: when I propos'd a *Milk and Vegetable Diet*, as the *ſole Means* left for his total Recovery from all his Complaints, and for a firm State of future Health. When he enter'd upon it at firſt, his *Appetite* was quite gone, ſo that he liv'd in it for ſome Time on the leaſt I ever knew a Man do. I have known him paſs *many Weeks*, and *ſome Months*, with a little

Bohea Tea, and a ſmall Cup of *Milk*, with about half a Penny Roll, without Butter, for *Breakfaſt*; and about a *Pint* of boil'd Milk, with ſcarce a whole *Roll* for *Dinner*; and his *Supper* (if any) was two or three Spoonfuls of *Honey* boil'd and skim'd in a *Pint* of Water, with a Slice or two of a *Penny Roll* toaſted; and he told me, he found *Honey* thus boiled in Water, and thus *skim'd* and *defecated*, one of the moſt *heartening* and enlivening Meals he could then take; and certainly this is an excellent Method to take off the *Rawneſs*, *Crudity*, and *Colicking* Quality of *Honey*, which being a Kind of Natural Balſam, or *inſpiſſated Juice* of the Meal of young *Vegetables* on the *Bloſſoms* of *Plants*; is conſequently, when thus boil'd, skim'd, and diluted, a moſt excellent tender Food for weak Stomachs. After paſſing a *Winter* at *Bath*, to inure him to this *Regimen*, repeating *Vomits* and *warm Opiates* on *Paroxyſms*, Rideing, and Drinking the *Bath* Waters, I ſent him through the *South* of *France* into *Italy*, where, being out of the Way of Temptation, and an *ingenious*, *well-educated Gentleman*, he paſſed his Time both agreeably and uſefully; and after about two Years Stay, he brought Home with him a ſound, firm, *vegetable* Conſtitution, and a Stock of uſeful Knowledge, for the Ornament of the Country he reſides in, and has been now Healthy for many Years, (and Father

of

of fine Children) by continuing his *Vegetable Diet*.

CASE IV.

A GENTLEMAN of *Wales*, of ſtrong *natural Parts*, and *great Ingenuity*, but deſcended of a *Gouty* Family, was early in Life ſeized with that Diſorder, which in a few Years roſe to ſuch Height, that he was almoſt conſtantly confined to his Bed by it, at leaſt for *eight* or *ten* Months in the Year; and when his *Hands*, *Feet*, *Knees*, *Hips*, or *Shoulder Joints* were not affected, it was in his *Head*, *Stomach*, or *Bowels*, ſo that he had no Eaſe but from pouring down conſtantly great *Doſes* of ſtrong *Wines*, *Drams*, or *Cordials*: Thus wearied out, crippled, and crucified, he came here to *Bath*, to be under my Direction, ready and willing to ſubmit to any *Diſcipline* or *Self-denial* I ſhould preſcribe, to get, at leaſt Eaſe, if not rid, of ſo tormenting a Diſtemper. As he was in this Diſpoſition, I put him immediately on a *Vegetable Diet*, (it being in Summer, and he then in his *lucid Interval*). Beſides the *Diet*, I gave him a medicated opening Wine, with *Rhubarb*, *Quinquina*, *Aromaticks* and *Bitters*; (or a Kind of *Lower's Tincture*, without *Steel*) this, with the Waters, I deſigned ſhould cleanſe the *Primæ Viæ* throughly, and leſſen the Quantity and *Acrimony* of the *Arthritick*

Salts by Degrees. He continued here four or five Months, drinking the Waters, and using this Medicine, by which his next *Fit* was less painful and durable; and he has kept to this *Regimen*, and these Medicines, under some Form or other, at times, ever since. In the *Fit* I order'd him to drink plentifully of *small Sack-Whey* or *Sage-Posset*, with *Hartshorn* Drops, and to live mostly on the Seed and Meal Meats then, (as *Bread*, *Pudding*, *Water-Gruel*, *Panada*, *Rice*, and *Sago*, with or without Milk); in the *Intervals* of the *Fits*, on *Milk*, *Fruit*, *Roots*, and *Herbs*, and to take often the *medicated Wine* I have mentioned, and, on Occasions, the *Bath* Waters, with the constant Use of the *Flesh-Brush*. By this Method, he has not only recovered the Use of his Limbs in a great Degree, but, in the long Intervals, is as *lightsome*, *chearful*, and *happy* as any Man can be, after having been so long *crippled* by so violent *Hereditary* a Distemper. His *Fits* are with very moderate Pain, and little *Inflammation*, and their coming on and going off, is with little or no Sickness. He looks *healthy*, *hearty*, and *chearful*, and, I believe, would not change his present Life, for his past, for the greatest sensual Gratifications; he is now yearly growing better, and is like to hold it out to a *great* and *green old Age*; whereas formerly, under the Management he was forced to use for

Relief,

Relief, he could have held it but a very few miſerable Years.

CASE V.

A DIGNIFIED *Clergyman*, of great *Learning* and *Worth*, well known by his *excellent Works*, had naturally a great deal of *Spirit* and *Fire*, but by a *ſedentary* and *ſtudious* Life, had brought on *Flatulence*, *Giddineſs*, Oppreſſion, Lowneſs, and Anxiety to a great Degree, by which he had been long oppreſſed. He had been always very temperate, of a ſlight, tender Make, but of late had grown very thin, dry, and was running almoſt into a *Scorbutical* and *Nervous Atrophy*. I had adviſ'd him formerly in the beſt manner I could, ſometimes the *Gum Pills*, with an *Aloetick*, ſometimes *Sylphium*, or *Steel* and *Bitters*, and ſometimes *Spa*, *Pyrmont*, or *Bath* Waters, by which he had been much relieved; but at laſt none of theſe, nor any thing I could ſuggeſt, would have any durable Effect. In fine, I told him, that nothing, in my Opinion, but a total *Milk* and *Vegetable* Diet could effectually and entirely cure and reſtore him, which he readily and chearfully complied with, and entered upon directly, being, as I ſaid, *thin* and *temperate*, and without *groſs Humours*. So he had no Reaſon to expect any *Diſpumatory* Fits by this Method: And with no

other Aſſiſtance from *Art*, but ſometimes an *Aloetick Pill*, or the *Rheum Quinquinatum*, he got, in a very ſhort Time, *eaſy*, *chearful*, of full and free Spirits, and capable of any Degree of Application and Study, without Wearineſs and Oppreſſion, and without the Neceſſity of that *Poſting* Life of *Horſe-Service*, ſo neceſſary to carry off the ſuperfluous Load in others, under the ſame Kind of Complaints, and in a full and free *Diet*. He is now like to continue long healthy, chearful and lively.

CASE VI.

A GENTLEMAN's *Lady* of *Oxfordſhire*, of as much *Virtue*, *Piety*, *Charity*, and good *Senſe*, as any one I ever was acquainted with, came here to *Bath*, for *ſchirrous Knots* and *Tumors* in her Breaſts, which both I and other *Phyſicians* believed to be a Threatning or Beginning *Cancer*. I tried here with her *Cinnabar*, *Milliped*, *Lenitive Electuary*, *Diacaſſia cum Manna*, and other cooling and ſoft *Openers*, with a regulated young *Animal Food Diet*, and a very little *Wine*, under the Courſe of the *Bath* Waters, which ſhe purſued here for many Weeks with great Exactneſs, and conſiderable Benefit. I adviſed her to continue the ſame Medicines at home, with *Aſſes Milk* and *Briſtol Waters*, which ſhe perſiſted in all that *Winter*; but towards

towards *Spring* her *Pains* and *Shootings* became more intenſe and frequent, being attended with a Cough, by which ſhe began to be alarmed, as far as one of her admirable *Patience* and *Reſignation* could be. I then told her plainly, that nothing but a *total Milk* and *Vegetable Diet* could ſave her from a *Cancer*; which ſhe moſt implicitly ſubmitted to, and has continued in ever ſince, and is now become the moſt *lively*, *eaſy*, and *chearful Lady* alive, being a publick Bleſſing to her Neighbours and poor *Tenants*, and a Happineſs to all her Friends and Acquaintance.

CHAP. IV.

The Objections againſt a Regimen, eſpecially a Milk, Seed, and Vegetable Diet, conſidered.

I. MANY more CASES I could mention, of ſuch as, in the like *Diſtempers* with theſe here ſpecified, have actually obtained, under my Direction, a *laſting and ſolid Cure*, by a *Regimen*

men of *Diet*, and ſuch *Medicines*, as I have hinted. But if theſe will not ſatisfy my Reader, *Volumes* of *Caſes* would not; they will be ſufficient for the *Candid Miſerable* and *Sincere*; the *Captious Healthy*, and the *Diffident*, nothing I can ſay will ſatisfy. It is certain, none will undertake ſuch a *Method*, 'till they have found all others vain and ineffectual; nor can I blame any one for ſo doing: If the Gratification of the *Palate* and *Taſte* be of greater Pleaſure to them, than their Sufferings are of Pain, they are as yet unfit for any ſuch Regimen or *Method*; they muſt be *worſe*, before they can be *better*. I think it pretty certain, from the Way of Living of the *lower* Rank of all Nations, that ſuch a *Regimen* will not directly *kill* or *ſtarve* any thing but *Diſtempers*: Unleſs the *Wound* be actually *mortal* and *incureable* in its own Nature and Degree: and even then it will prolong their *Days*, and make their *Paſſage* leſs miſerable and painful, than any other Method; and I daily ſee many wretched Perſons *complaining*, *grumbling*, and inwardly curſing the *Creator* of the *Univerſe*, for their Miſeries and Sufferings, who, I am *morally* and *medically* certain, bring all their Wretchedneſs on themſelves, by conſtantly overloading, burſting, and cramming the *poor paſſive Machine*; and who, by the Methods and Medicines I have mention'd, might be made *eaſy*, *chearful*, and *happy*, tho' not perhaps always at *firſt*, (unleſs they have few *Humours*

or *Salts* in their Juices) yet ſurely in *ſome Time*. A *vegetable Patient* of mine, very juſtly obſerv'd to me, That whereas before, he could never truſt his Appetite's Longings or Craving, while on an *animal high Diet*, without ſuffering to Extremity; Now he found, he might ſafely and ſecurely truſt Nature and Appetite, without Danger, Fear, or Suffering. Others I have known, who having enter'd upon, and being in ſome Degree recovered by this Method and theſe Medicines, yet have continued Weak, Poor, and Valetudinary all their Days, for want of *Reſolution* and *Perſeverance* in it, by being divided and frighten'd by the unexperienc'd *Gainſayers*: But in about thirty Years *Practice*, in which I have, in ſome Degree or other, adviſed this Method in proper Caſes, I have had but two *Patients*, in whoſe total Recovery, I have been miſtaken, and theirs were both *ſcrophulous Caſes*, where the *Glands* and *Tubercules* were ſo many, ſo *hard* and *impervious*, that even the *ponderous* Remedies and *Diet* joined, could not diſcuſs them, and they were *both* alſo too far gone before they enter'd upon them; and I have found deep *ſcrophulous* Vapours, the moſt obſtinate and perverſe of any of this *Tribe* of theſe Diſtempers: and indeed, nothing can poſſibly reach ſuch, but the *ponderous* Medicines, join'd with a *liquid, cool, ſoft Milk and Seed Regimen*; and if theſe *two* do not in due Time, I can boldly affirm it, nothing ever will.

II. One

II. ONE of the moſt terrible Objections, ſome weak Perſons make againſt this *Regimen* and *Method*, is, that upon accidental *Trials*, they have always found *Milk*, *Fruit*, and *Vegetables* ſo inflate, blow them up, and raiſe ſuch *Tumults* and *Tempeſts* in their Stomach and Bowels, that they have been terrified and affrighted from going on. I own the *Truth* and *Fact* to be ſuch in ſome as is repreſented; and that in *Stomachs* and *Entrails* inured only to hot and high Meats and Drinks, and conſequently in an *inflammatory* State, and full of *Choler* and *Phlegm*, this *Senſation* will ſometimes happen; juſt as a Bottle of *Cyder* or *fretting Wine*, when the Cork is pull'd out, will fly up, fume, and rage: And if you throw in a little *Ferment* or *Acid*, (ſuch are *Milk*, *Seeds*, *Fruit*, and *Vegetables* to them) the *Effervescence* and *Tempeſt* will exaſperate to a *Hurricane*. But what is Wind, Flatulence, Phlegm, and Choler, but ſtopp'd *Perſpiration*, ſuperfluous Nouriſhment, inconcocted *Chyle* of high Food, and ſtrong Liquors, fermenting and putrifying? And when theſe are ſhut up and cork'd, with ſtill more and more ſolid, ſtrong, hot, and *ſtyptick* Meats and Drinks, is the Corruption and Putrefaction thereby leſſen'd? Will it not then, at laſt, either burſt the Veſſel, or throw out the Cork or Stopples, and raiſe more laſting and cruel *Tempeſts* and *Tumults*? Are *Milk* and *Vegetables*, Seeds and Fruits, harder of Digeſtion, more

more *corroſive*, or more capable of producing *Chyle*, *Blood*, and Juices, leſs fit to *circulate*, to *perſpire*, and be *ſecreted*? But what is to be done? The *Cure* is obvious. Begin by Degrees, eat leſs *Animal* Food, the moſt tender and young, and drink leſs ſtrong fermented Liquors for a Month or two; then proceed to a *triming* Diet, of one Day *Seed* and *Vegetables*, and another, tender, young *Animal* Food; in the mean time take frequent gentle *Waſh-Vomits*, and *Rhubarb* and *Bark* Stomach Purges; drink *Mineral* and *Chalybeat* Waters, and *Aqueous Bitters*; take *Teſtaceous* Powders, and *Alkaline Earths*, and then by Degrees ſlide into a total *Milk*, *Seed*, and *Vegetable Diet*; cooling the *Stomach* and *Entrails* gradually, to fit them for this ſoft, mild, ſweetening *Regimen*; and in Time your Diet will give you all the *Gratification* you ever had from *ſtrong*, *high*, and *rank* Foods, and *ſpirituous* Liquors; and you will enjoy to the Bargain at laſt, *Eaſe*, *free Spirits*, *perfect Health*, and *long Life*. *Milk* of all Kinds, and *Seeds*, are fitteſt to begin with in ſuch Caſes, when dried, finely ground and dreſs'd, and conſequently the leaſt *flatulent*. Leſſen the Quantity even of theſe, under what your Appetite would require, at leaſt for a Time: *Bear a little*, and *forbear*. *Virtue* and *good Health* are not to be obtain'd without ſome Labour and Pains againſt contrary Habits. It was a wild *Bounce* of a *Pythagorean*, who defy'd

defy'd any one, to produce an Inſtance of a Perſon who had long liv'd on *Milk* and *Vegetables*, who ever *cut* his own *Throat*, *hang'd* or *made away* with himſelf; who had ever ſuffer'd at *Tyburn*, gone to *Newgate*, or to *Moorfields*. (and he added profanely) or would go to *Hell* hereafter.

III. ANOTHER *doughty* Objection againſt a *Vegetable Diet*, I have heard has been made by *learned Gentlemen*; and is, that *Vegetables* require great *Labour*, ſtrong *Exerciſe*, and much *Action*, to digeſt and turn them into proper *Nutriment*, as (they ſay) is evident from its being the common *Diet* of *Day-Labourers*, *Handy-Craftſmen*, and *Farmers*. This Objection I ſhould have been aſhamed to mention, but that I have heard it came from the Men of Learning; and they might have as juſtly ſaid, that *Free-ſtone* is harder than *Marble*, and that the Juice of *Vegetables* make ſtronger Glew than that of *Fiſh* or *Beef!* Do not *Children* and young Perſons, *that is*, tender Perſons, live on *Milk* and *Seeds*, even before they are capable of much Labour and Exerciſe? Do not all the *Eaſtern* and *Southern* People live entirely almoſt on them? The *Aſiaticks*, *Moors*, and *Indians*, whoſe *Climates* incapacitate them for much Labour, and whoſe *Indolence* is ſo juſtly a Reproach to them? Are there lazier and leſs laborious Men than the

the *Highlanders* and *Native Iriſh*? The Truth is, *Hardneſs* of *Digeſtion* does principally depend on the Minuteneſs of the Component *Particles*: as is evident in *Marble* and *precious Stones*; and *Animal* Subſtances being made of Particles that paſs through innumerable, very little, or *infinitely ſmall excretory Ducts*, muſt be of a much finer *Texture*, and conſequently harder and tougher in their Compoſition, than any *Vegetable* Subſtance can be: And the *Fleſh* of *Animals* that live on *Animals* are like double-diſtill'd Spirits, and ſo require much more Labour to break, grind, and digeſt them: And indeed, if *Day-Labourers* and *Handy-Craftſmen* were allowed the high, ſtrong Food of Men of *Condition*: And the *quick* and much *thinking* Perſons were confined to the *Farmer* and *Ploughmens* Food, it would be much happier for both.

IV. THE *laſt Objection* I ſhall take Notice of againſt a *Milk* and *Vegetable Diet*, is, that it breeds *Phlegm*, and ſo is unfit for tender Perſons of cold Conſtitutions, eſpecially thoſe whoſe predominant Failing is too much *Phlegm*. But this Objection has as little Foundation as any of the precedent: *Phlegm* is nothing but ſuperfluous *Chyle* and Nouriſhment, or the taking down more Food than the *Expences* of Living, and the *Waſte* of the *Solids* and *Fluids* require; the People that

that live moſt on ſuch Foods, (the *Eaſtern* and *Southern* People, and thoſe of the *Northern*, I have mentioned) breed leſs *Phlegm* than any others. *Superfluity* will always produce *Redundancy*, whether it be of *Phlegm* or *Choler*; and that which will digeſt the moſt readily, will breed the leaſt *Phlegm*, (as is evident from infinite *Experiments*, and the beſt *Philoſophy*) ſuch are *Milk*, *Seeds*, and *Vegetables*. Generally ſpeaking, the *Phlegm* in the *Glands*, in the *Lungs*, and on the *Stomach*, is nothing but the *Viſcoſity* of the *Serum* of the Blood; and that which will leaſt produce *Viſcoſity*, will produce leaſt *Phlegm*: It is true, by cooling and relaxing the Solids, the *Phlegm* will be more readily thrown up and diſcharged; more, I ſay, by ſuch a *Diet*, than by a hot, high, *cauſtick*, and reſtringent one: but that Diſcharge is a Benefit to the Conſtitution, and will help it the ſooner and faſter to *diſpumate* and *purify*, and ſo to get into perfect good Health; whereas, by ſhutting theſe up, the *Caſe* or Cask muſt fly and burſt ſo much the ſooner.

V. THE only material and ſolid Objections againſt a *Milk*, *Seed*, and *Vegetable* Diet, are, *Firſt*, That it is *particular* and *unſocial*, in a Country where the common Diet is of another Nature. But I am ſure, *Sickneſs*, *Lowneſs*, and *Oppreſſion* is much more ſo; and I ſhould never adviſe any one to ſuch a *Diet*,

Diet, who can do tolerably under a *common* one: Tho' these Difficulties happen only at first, while the *Cure* is about: for when good Health comes, these *Oddnesses* and *Specialities* will vanish, and then all the contrary to these will be the Case. *Secondly*, That it is *weakening*, and gives a Man less Strength and Force than common Diet. It is true, that may happen at first also, while the *Cure* is imperfect; but then the greater *Activity* and *Gayety* which will ensue on Health, under a *Milk* and *Vegetable Diet*, will liberally supply that Defect, if real; and I should never advise any one to such a *Diet*, whose Manner of Living and *Occupation* require great *Mechanical* Force, Labour, and Strength; for they seldom or never can want so poor and low a *Diet* for this Distemper, because their *Labour* and *Exercise* drawing off and *antidoting* the Faults and Inconveniencies of a full, strong, and free Manner of Living, will preserve them; so it will never be required, or be necessary or fit for the *Governed*, but the *Governing*; never for those whose Excellence lies in their *Limbs*, but those whose Superiority lies in their *Heads* and *thinking Faculties*; never for the *Active*, but for the *Sedentary*. But, *thirdly*, The most material Objection against such a Diet, is, that it *cools*, *relaxes*, *softens*, and *unbends* the Solids at first, faster than it *corrects*, *thins*, and *sweetens* the Juices, and so brings on greater Degrees of Lowness, than it is designed to

Cure, and ſo ſinks, inſtead of raiſing. But this Objection is not univerſally true; for there are many I have treated, who without any *Rub*, *Inconvenience*, or conſequent *Lowneſs*, have gone into this *Regimen*, and have been free from any *Oppreſſion*, *Sinking*, or any Degree of Weakneſs, ever after; and they were not only thoſe who have been generally Temperate and *Clean*, free from Humours and Sharpneſſes; but who on the *Decline* of Life, or from a naturally weak Conſtitution or Frame, have been oppreſs'd and ſunk, from their Weakneſs and their Incapacity to *digeſt* common *Animal Food*, and *fermented* Liquors. Thoſe who have been very *Voluptuous*, or very *Groſs*, when this cooling *Diet* has looſen'd their groſs *Humours*, *acrid Bile*, and *ſharp Serum*, muſt ſuffer in throwing theſe off; but I have ſuggeſted Means conſtantly to relieve theſe Symptoms. *Bark*, *Rhubarb*, *Bitters*, *Steel*, and *Chalybeat Mineral Waters*, will always keep up the Tenſion of the Solids in a Degree ſufficient for ſuch a Diet; and I very much queſtion if any *Diet*, either *hot* or *cool*, has any great Influence on the *Solids*, after the Fluids have been entirely ſweeten'd and *balmified*; for then I have always found the *Solids* return to much the ſame State of *Strength* and *Spring* they were in before the Diſtemper, and all the Functions return to the ſame *Tenor*:

Sweeten

Sweeten but and thin the Juices, the reſt will follow of Courſe.

The Caſe of the Honourable Colonel Townſhend.

COLONEL *Townſend*, a Gentleman of excellent Natural Parts, and of great *Honour* and *Integrity*, had for many Years been afflicted with a *Nephritick* Complaint, attended with conſtant *Vomitings*, which had made his Life painful and miſerable. During the whole Time of his *Illneſs*, he had obſerved the ſtricteſt *Regimen*, living on the ſofteſt Vegetables, and lighteſt *Animal Foods*, drinking *Aſſes Milk* daily, even in the Camp; and for common Drink, *Briſtol* Water, which, the Summer before his *Death*, he had drank on the *Spot*. But his Illneſs increaſing, and his Strength decaying, he came from *Briſtol* to *Bath* in a Litter, in Autumn, and lay at the *Bell-Inn*. Dr. *Baynard* (who is ſince dead) and *I* were call'd to him, and attended him twice a Day for about the Space of a Week, but his *Vomitings* continuing ſtill inceſſant and obſtinate againſt all Reme-

dies, we despaired of his *Recovery*. While he was in this Condition, he sent for us early one Morning: we waited on him, with Mr. *Skrine* his *Apothecary* (since dead also); we found his *Senses* clear, and his *Mind* calm, his Nurse and several Servants were about him. He had made his *Will*, and settled his Affairs. He told us, he had sent for us, to give him some Account of an *odd Sensation*, he had for some Time observed and felt in himself; which was, that composing himself, he could *die*, or *expire* when he pleas'd, and yet, by an *Effort*, or some how, he could come to Life again: which, it seems, he had sometimes tried before he had sent for *us*. We heard this with *Surprize*; but as it was not to be accounted for from now *common Principles*, we could hardly believe the *Fact* as he related it, much less give any Account of it; unless he should please to make the *Experiment* before us, which we were unwilling he should do, lest, in his weak Condition, he might carry it too far. He continued to talk very distinctly and sensibly above a Quarter of an Hour about this (to Him) surprizing *Sensation*, and insisted so much on our seeing the *Trial* made, that we were at last forced to comply. We all *three* felt his Pulse first: it was distinct, tho' small and *thready*; and his *Heart* had its

its usual Beating. He compos'd himſelf on his Back, and lay in a ſtill Poſture ſome Time; while *I* held his right Hand, Dr. *Baynard* laid his Hand on his Heart, and Mr. *Skrine* held a clean Looking-glaſs to his Mouth. I found his *Pulſe* ſink gradually, 'till at laſt I could not feel any, by the moſt exact and nice Touch. Dr. *Baynard* could not feel the leaſt Motion in his *Heart*, nor Mr. *Skrine* the leaſt Soil of Breath on the bright *Mirror* he held to his Mouth; then each of us by *Turns* examin'd his *Arm*, *Heart*, and *Breath*, but could not by the niceſt *Scrutiny* diſcover the leaſt *Symptom* of *Life* in him. We reaſon'd a long Time about this odd *Appearance* as well as we could, and all of us judging it inexplicable and unaccountable, and finding he ſtill continued in that Condition, we began to conclude that he had indeed carried the *Experiment* too far, and at laſt were ſatisfy'd he was actually dead, and were juſt ready to leave him. This continu'd about half an Hour, by Nine o' Clock in the Morning, in *Autumn*. As we were going away, we obſerv'd ſome Motion about the Body, and upon Examination, found his *Pulſe* and the *Motion* of his *Heart* gradually returning; he began to *breath* gently, and ſpeak ſoftly: we were all Aſtoniſh'd to the laſt Degree, at this

unexpected Change, and after ſome further Converſation with him, and among ourſelves, went away fully ſatisfy'd as to all the Particulars of this Fact, but confounded and puzled, and not able to form any rational *Scheme* that might account for it. He afterwards called for his *Attorney*, added a *Codicil* to his *Will*, ſettled Legacies on his Servants, received the *Sacrament*, and calmly and compoſedly expired about five or ſix o' Clock that Evening. Next Day he was opened (as he had ordered) his Body was the ſoundeſt and beſt made I had ever ſeen; his *Lungs* were fair, large and ſound, his *Heart* big and ſtrong, and his *Inteſtines* ſweet and clean; his *Stomach* was of a due Proportion, the *Coats* ſound and thick, and the villous *Membrane* quite entire: But when we came to examine the *Kidneys*, though the *left* was perfectly ſound and of a juſt *Size*, the *right* was about four times as big, diſtended like a blown *Bladder*, and yielding as if full of Pap; he having often paſs'd a *Wheyiſh* Liquor after his Urine, during his Illneſs. Upon opening this *Kidney* we found it quite full of a white *Chalky* Matter, like *Plaiſter of Paris*, and all the fleſhy Subſtance diſſolved and worn away, by what I called a *Nephritick Cancer*. This had been the Source of all his Miſery; and the *ſyn-*

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matick

matick Vomitings from the Irritation on the conſent. Part *Nerves*, had quite ſtarved and worn him down. I have narrated the *Facts*, as I ſaw and obſerved them deliberately and diſtinctly, and ſhall leave to the *Philoſophick Reader* to make what Inferences he thinks fit; the Truth of the material Circumſtances I will warrant.

The Caſe of the learned and ingenious Dr. Cranſtoun, *in a Letter to the Author at his Deſire, in* Dr. Cranſtoun's *own Words.*

Jedburgh, *Sept.* 20. 1732.

DEAR SIR,

YOUR's of *May* laſt was moſt agreeable: I am much obliged to, and at the ſame time charm'd with, that *maſterly* Reaſoning in ſuch *maſſy* Expreſſions, as brings the moſt ſubtile *Speculations*, in a manner, to the Senſes, in plain Conceptions, vaſtly like the *Simplicity* of *Nature*, which is never perplex'd, however much

ſo our Accounts of it may be. What you are pleaſed to communicate, of a *Treatiſe* you deſign for the Preſs, gives me great Pleaſure. A *Claſs* of Diſeaſes ſo univerſally frequent, and ſo peculiarly the *Cloud* and *Bane* of the moſt worthy and valuable *Lives*; *deep* ſet in the *Oeconomy*, and ſo little gained upon by *Medicine*: *ſuperficially* treated by its *Profeſſors*, and *careleſly* or *weakly* trifled with by the Patients; demands and well deſerves a *Maſter's Hand*. I rejoice to find the Task undertaken, by one equally qualify'd to do Juſtice to the Subject, and Good to Mankind. For my own Part, I ſhall never reflect upon the miſerable *Diſtreſs* I have ſuffer'd, but with grateful Remembrance of that kind Humanity, wherewith you communicated your frank and friendly Advice. The clear diſtinct Knowledge, from ſmall imperfect *Hints*, you had at firſt of my Diſtemper, was equally ſurprizing, with the poſitive Aſſurance of Succeſs, with which you preſſed to perſuade and encourage my following your *Method of Cure*; nothing but mature Experience and well-taken Obſervations, upon certain Principles of *Science*, could have warranted or ſupported a Prediction more like *prophetick Security* than *phyſical Prognoſtick*, which hitherto has anſwer'd; as I have faithfully the Condition

dition. And now Dr. Dr. *Infandum!* -- *Jubes renovare Dolorem.* But as ſo good a Friend's Commands are ſacred, if it may in the leaſt be ſerviceable to your Purpoſe, I ſhall, beſide what you know already, give a ſhort *Abſtract*, as I can now recollect, of the Origin and Progreſs of my Diſeaſe, wherein, without the leaſt Reaſoning, Conjecture, or Term of *Art*, I ſhall confine it to a ſimple Narration of moſt eſſential Matters of *Fact*, without troubling you with every Circumſtance and *Symptom*, which however proper to the true *Hiſtory of a Diſeaſe*, would be too tedious, and perhaps ſuperflous here. And though, at beſt, I'm always at a vaſt Loſs for Language and Expreſſion, I muſt beg you'll forgive careleſs Freedom in this: While I write with Eaſe and Openneſs to a Friend: if you can but take the Meaning, I hope, whatever Uſe you pleaſe to make of it, you'll be ſo kind as to treat me and it as your own.

(1) A Conſtitution rather *tractable* than ſtrong, nor ſubject to conſiderable Diſorders, except ſuch tranſient *Symptoms* of a *Colluvies Seroſa*, upon Cold or Errors in Life, as commonly denominate a *ſcorbutick Habit*, never afflicted ſince Childhood with any formed Diſeaſe, 'till at *Leyden*, I got an *autumnal Quartan* in 1719, *then Epidemical*

Epidemical in Holland; which gave easy Way to the *Cortex*, and the whole succeeding Winter had no Relapse; but that same Winter I first suffer'd by Gripes and Purging, which always seiz'd me early in the Morning, without the least further Trouble through the Day. The following Spring Season, a Return of the *Ague* in a tertian *Type*, carry'd off that *Symptom*, which never return'd more for several Years, to interrupt good Health, in pursuing my Business with considerable Fatigue, careless altogether of either *Diet*, or Exposures to all Airs, in all Seasons, without much Inconvenience.

(2) ABOUT *Spring-time* 1727, I began to be visited now and then with an odd uneasy Sensation in the right Side, between the false Ribs and *Spine* of the *Ilium*, or, as I judged, at the Seat of the *Cæcum*, which seldom came up to acute Pain: but of various Feelings, sometimes of Coldness, at other times of Heat, and often it felt like *vermicular* Motions, or *spasmodick* Workings in that Part; and these *Symptoms* would sometimes be communicated to the external *Teguments*, at other times spread inward to the *Bowels* in different Commotions. This Trouble, without much further affecting the Body, came and went at first a long Time, but, always irri-

tated

tated by Cold, became at laſt more conſtant through the whole Summer, when I *dragg'd* about with a great deal of Trouble; now become more univerſal, as frequent *chilly, cold Horrors*, ſick *Periods*, with a quick ſmall Pulſe, and dry Mouth, inſuperable Coldneſs in the *Extremities*, even in the hotteſt Days, *&c.*

The Beginning of *Autumn* 1727, after being much expos'd to cold rainy Weather, my former Complaints formed more directly into *Gripes*, and ſick *Throws* in the Guts, which often aroſe from, or at leaſt moſt affected that firſt Seat of Trouble in the right Side, and ſettled into *periodical* Returns, which were about the Evening Sun-ſet; and the ſame Hours in the Morning: which *Periods*, or I may call them *Paroxyſms*, continued always, 'till by repeated Evacuations of crude *Fæces* and glutinous *Lentor*, the *Inteſtines* were throughly evacuated. But retaining an Appetite ſharp enough, and being tolerable eaſy in the Intervals, without minding its Progreſs or Conſequence, I perſiſted in my ordinary Courſe of Living and Buſineſs, though with ſevere Incommodement, and daily Aggravations from Cold, 'till the Middle of *October*, when the Seaſon turning bitter Cold and Wet, all the *Symptoms* increaſed, attended with a *Latent*,

tent Fever, I was disabled at once, and confin'd.

(3) THUS, tho' better and worse, I continued after the same manner all the *Winter* in great Distress, oppress'd with innumerable *Symptoms*, which partly arose from the *Genius* of the Disease, and partly from its Effects on the *Oeconomy*, and so more common to an exhausted Constitution, and debilitated *Nerves*; which need not be enumerated here. When the Disease was not diverted from its Course by *Medicine*, *Management*, or an exc[illegible]sive *Fever*, that sometimes made its Violence continual, without Regularity; the *Dysenterick Symptoms* seem'd generally inclin'd to periodical *Exacerbations*, which commonly began in the Morning early about four or five, and kept near the same Evening Hours. The *Gripes* and *Purging* were usher'd in with a *mortified* Coldness, especially in the Extremities; deep felt in the *tendenous* Parts: the *Gripes* thro' all the *Guts*, but chiefly the *Colon*, and that on the right Side, which soon after affected the *Rectum* with wringing Violence, and rigid *Pressure* on Dejection; after one Motion, no more quiet, but by repeated Irritation all the *mucous* and crude Contents were discharged, after which the succeeding Stools were surprizingly different, at different Times:

Time ... liquid purely, or *Craſs*, in all the malignant Variety of Colours and Conſiſtence that has ever been obſerved in that Diſcharge; and while that Matter was moving in its Deſcent thro' the *Guts*, the horrid Senſations, *Rigors*, Heart-ſick Throws, *&c.* which attended its Progreſs, always *prognoſticated* the virulent Appearance.

After this Courſe of ſeveral Hours was finiſh'd, there was ſome Reſpite 'till the *Inteſtines* were again replete, or the new Time of Acceſs approached, when the ſame *Scene* was repeated. In the mean Time the *Urine* was variable, of a deep *ſaturate* Colour, when the *Fever* was ſenſibly high, with a *lateritious*, dusky or dark Sediment ſometimes, eſpecially when the Purging was retarded or abated; good Quantities of crude, limpid, or greeniſh tinctur'd *Urine*, of a bitter acrid Pungency; often attended with *nervous* Affections, for ordinary about ten or twelve o' Clock of the Day, the *Urine* would come to ſome Separation; towards the Evening more crude and limpid, and the ſame again at the Morning *Period*.

For ordinary, when the Fever was moderate, and no immediate *Nauſea* affecting the Stomach, the Appetite was tolerable; ſometimes ſharp, and an unnatural Craving, with an ungrateful acid Taſte in the Mouth; but Eating, was but laying in

in a new Load, rather to be preſſed down in new Commotions, than digeſted. Little Thirſt, except ſometimes, when a *Dryneſs* of the Mouth, *&c.* or *feveriſh* internal Heat, made it unquenchable. Commonly a rigid Dryneſs of the Skin, though oft-times *Symptomatick* Fluſhes of Sweat, rarely univerſal and natural: which when it happen'd of a *critical* kindly Sort, with gentle urinous Diſcharge, ſeldom fail'd of doing Service. By labouring thus through the whole Winter you may believe I was pretty much exhauſted and emaciated, with conſiderable Swelling of the Legs, *&c.*

MEDICINES, I us'd ſeveral to little Effect; *Rhubarb*, or the gentleſt *Stimulus*, enraged all the *Symptoms*; all eaſy gentle Aſtringents of every Kind had no Effect, and ſtrong ones, as *Decoct. Diaſcord.* with *Terra Japanica*, proved violent *Catharticks*; *Injections* of any Kind, when the Diſeaſe rag'd, promoted it; *Opiats* only, tho' not always, check'd the Purging; but only by ſiſting the Action of irritate *Fibres*, the Load was accumulated for a redoubled Diſcharge: and in the mean Time almoſt always produced a *Nauſea*, Vomiting, with many other *nervous Symptoms*, 'till their retentive Power was gone, and never failed effectually

effectually to debar Sleep; tho' by quieting Pain, it gave eaſy *watching Reſt.*

(4) About *March* 1728, with the Aſſiſtance of *Opiats*, the Diſeaſe began to abate, and at laſt the Purging went off, but left the *Syſtem* vaſtly debilitated, and ſubject to many Diſorders, proper to ſuch a State; however, I paſs'd the *Summer* and next *Winter* without the *Dyſentery*; but in continual Hazard of a *Relapſe*, and little Confirmation of Health or Strength. All that Time I made choice of the moſt *drying* Food, and red Wines in ſmall Quantities; with a ſimple Intention to abſtract from the *Materies Morbi*, and corroborate the *primæ Viæ*, abſtaining from whatever might be ſaid to moiſten or relax.

(5) Towards the End of *Summer* 1729, the old *Symptoms* (2) began to recur. I neglected them, ſtill expoſing to the *autumnal* Colds, 'till all came to the ſame Heights as before; (3) went through the ſame Courſe of Diſtreſs that Winter with little eſſential Variation, ſave what might ariſe from the greater Violence of the Diſeaſe, and leſs equal Strength in the Subject; except a few Weeks of Reſpite from the *Dyſentery* that *Spring*, without which it is likely Nature had yielded. I had no more Intermiſſion all the *Summer*,

1730,

1730, the Diſeaſe raged with more Heat and Thirſt, &c.

BUT the warm Seaſon allow'd me to drag a feeble and diſtreſſed Body abroad, and that as far as *Tunbridge*; I made Trial of the Waters there, you know, without any Succeſs, returning to *London* in as great Diſtreſs as ever; I wanted much to be determin'd, doubtful if I ſhould be carried towards *Bath* or Home: I then firſt made free with a *Character* I was a little acquainted with by the *Preſs*, and aſked your Opinion: by a ſpeedy and kind Return, you diſſuaded me from *Bath*, upon good Reaſons, confirmed by Experience, and with a *friendly Warmth*, adviſ'd a *Method* of *Living*, as the only Cure remaining, preſſed by moſt encouraging Aſſurance of Succeſs, if I was not beyond the Power of *natural Agents*. I obey'd, came Home through a Journey of the greateſt Diſtreſs ever one travelled, and immediately began *your Method*, of a *Milk* and *Vegetable Diet*; but the Diſeaſe raged with ſuch Violence, and natural Strength was ſo far gone, that I was not able to obſerve any *Rules* with Exactneſs. All the *Symptoms* (3) formerly mention'd, were aggravated with ſeveral Changes, which I cannot particularly relate, only, in general, more ſenſible Heat, Thirſt, and evident *Fever*, than had ever been before.

AT

AT this Time, *Jan.* 1731. when exhauſted more than ever, the Purging, by a little Aſſiſtance of *Opiats*, after a Day's *Nauſea* and *Vomiting*, was abated, which preſerved the remaining Life. I then began to be exact in *Diet*, reſtricting it only to *Milk*, and *Grains of Rice*, *Millet*, &c. and abdicated all *animal* Food; in about ſix Weeks, or two Months, the *Dyſentery* gave Truce, in which Time I was often fretted with *ſtrangurious Symptoms*. I ſometimes took Notice of one *Phænomenon* in the *Urine*, which I never remember to have ſeen, or heard, or obſerv'd before, which was the *Pellicle*, which it commonly carry'd on the Top, was powder'd with exceeding ſmall *ſhineing Particles*, like *Gold-duſt*; the Sides of the Glaſs beſet with the ſame, and the *mucous* Cloud in the *Centre* wrought full of them: Theſe glittering *Atoms*, when gathered on the Finger, had the Feeling of fine hard Duſt, and the *Urine* ſaturate with theſe, at its firſt Evacuation, would ſparkle and riſe in the *Glaſs*; at ſuch Times there was deep Diſorder in the *Oeconomy* and *nervous Syſtem*.

(6) THE Beginning of next *March* 1731. the Seaſon being a ſharp Froſt, after ſome Days of chilly mortify'd Cold, I was ſeiz'd with a heavy *Stupor* and *feveriſh* Heat, with a Return of the *Dyſentery*; by this Time, feeble, and little able to ſtand the Shock: the

Stomach felt loaded, which came to a Vomiting of a heavy *Pituit*: the Senſe of a ſtuffing Load ſtill remaining, I took a Vomit, which diſcharg'd a vaſt Quantity of *crude Phlegm*, clear and glaſſy, juſt as the unbroken White of Eggs; ſtill the Weight at *Stomach* continu'd, the *Fever* increaſed with biteing Heat, and great Thirſt, a *Pulſe* feeble, *unequal*, and *quick*; at the ſame time a languid Inflammation ſeiz'd my Throat, and Parts about it: A little after appear'd an Eruption of *Apthæ* in the Mouth, eſpecially on the Tongue, which was all over thick ſet with very ſmall *pellucid Pearl-coloured Puſtules*: theſe were attended with a great *Salivation* of crude, inſipid craſs Stuff, ſuch as I had vomited; the *Apthæ* remained conſtant, the Sinking and Riſing as the *Fever* varied, moſt Part higheſt at Night. After about a Week, the *Apthæ* changed their Colour to pale red, then darker, ſometimes livid, and at laſt, a black Depreſſion on the Top of every one of them. By this Time, natural Strength was juſt a going, moſtly ſupported by *Aſſes Milk*, which too I was reſtrained from, by reaſon of the great Effuſion of Urine, which it provok'd. Scarce able to move out of Bed, after two or three Weeks thus on the Brink of Diſſolution, it pleaſed God to ſet the Bounds! The *Symptoms* all gradually, ſlowly, and inſenſibly declined, and the *Dyſentery* went off at the ſame Time.

VII. I RESOLUTELY, as ſoon as capable of a Diet, held myſelf cloſe to your Rules of *bland vegetable Food*, and *elementary Drink*; and, without any other Medicine, ſave frequent chewing of *Rhubarb*, and ſometimes a little *Cortex*. I paſſed laſt Winter and this Summer without a *Relapſe* of the *Dyſentery*; and, tho' by a very ſlow Advance, I find now more Reſtitution of the Body, and Regularity in the *Oeconomy* on this *primitive Aliment*, than ever I knew from the Beginning of this Trouble. This encourages much my Perſeverance in the ſame *Method*, and that ſo religiouſly, as to my Knowledge, now for more than a Year and half, I have not taſted any thing that had *animal Life*. There is Plenty in the *vegetable* Kingdom; and *Milk* taken itſelf, affords Variety: And, ſay it were otherwiſe, *Health* ſhould be thought an eaſy *Purchaſe* at a little Reſtriction of *Taſte*, did not its principal Enjoyment ſhamefully conſiſt in *Pleaſure of Senſe*.

EVERY one, upon the moſt obvious Conſiderations, may be convinced of the great Influence that *Aliment* muſt have on the *Craſis* and Conſtitution of our Bodies, which it daily ſupplies, and of which, at laſt, it becomes *conſtituent Materials*. And yet, for want of due Attention to this *noble Branch* of *Medicine*, or from a vicious Indulgence, and Weakneſs of Reſolution, how often is our

Practice render'd miſerably unſucceſsful? and in many, the moſt conſiderable *chronical* Diſtempers, degenerates into mere *Trifling* or *Quackery*.

I HAVE too much tried your Patience with an unpoliſhed but faithful Relation of *Facts*, and muſt leave ſuch Speculations to more Experience, and a better Judgment.

WHEN it is not miſpending your Time, you'll believe, I hope, it is real Pleaſure, as well as improving, to have a Letter from my good Friend; being moſt ſincerely, *Dear Doctor*,

Your moſt affectionate,
and obliged humble Servant,
W. CRANSTOUN.

I CHOSE to give this *Caſe* in the *Doctor*'s own Words, thinking it would be more ſatisfactory in its *native Dreſs*; for tho' *He* modeſtly thinks it might want a little of the modern poliſhing, yet the ſtrong good Senſe, the nice Obſervations, and unaffected Simplicity, is infinitely preferable to all *Varniſh*, and ſhews *him* equally an *excellent Phyſician*, and a Man of *Probity*. Other *Caſes* of the ſame Kind under my Care, I have from ſeveral *Gentlemen* of the *Faculty*, which ſhall be produced (if neceſſary) in due Time, after obtaining their Permiſſion.

The

The CASE *of the* AUTHOR.

§. I. I WAS born of healthy Parents, in the *Prime* of their Days, but disposed to *Corpulence*, by the whole Race of one Side of my *Family*. I passed my *Youth* in close Study, and almost constant Application to the *abstracted Sciences*, (wherein my chief Pleasure consisted) and consequently in great *Temperance*, and a *sedentary Life*; yet not so much, but that I sometimes kept *Holiday*, diverted myself with the Works of *Imagination*, and rouzed *Nature* by agreeable Company, and *good Cheer*; but, upon the slighter *Excesses*, I always found slippery Bowels, or a Spitting, to be the *Crise*; whence afterwards, on Reflexion, I concluded, that my *Glands* were naturally *lax*, and my *Solids feeble*; in which Opinion I was confirmed, by an early *Shakeing* of my *Hands*, and a Disposition to be easily ruffled on a *Surprize*. Upon my coming to *London*, I all of a sudden changed my whole Manner of Living; I found the *Bottle-Companions*, the *younger Gentry*, and *Free-Livers*, to be

the moſt eaſy of *Acceſs*, and moſt quickly ſuſceptible of *Friendſhip* and *Acquaintance*, nothing being neceſſary for that Purpoſe, but to be able to *Eat* luſtily, and ſwallow down much *Liquor*; and being naturally of a large *Size*, a chearful Temper, and tolerable lively *Imagination*, and having, in my Country Retirement, laid in Store of *Ideas* and *Facts*, by theſe Qualifications I ſoon became careſſed by them, and grew daily in *Bulk*, and in Friendſhip with theſe gay Gentlemen and their Acquaintances: I was tempted to continue *this Courſe*, no doubt, from a *Likeing*, as well as to force a *Trade*, which Method I had obſerved to ſucceed with ſome others; and thus conſtantly Dineing and Supping in *Taverns*, and in the Houſes of my Acquaintances of *Taſte* and *Delicacy*, my Health was in a few Years brought into great Diſtreſs, by ſo ſudden and violent a Change. I grew exceſſively *fat*, *ſhort-breath'd*, *Lethargic* and *Liſtleſs*.

§. II. THE firſt ſenſible *Shock* I had, was an *autumnal intermittent Fever*; this I conquer'd in a few Weeks with the *Bark*, which, at that time, I found exceeding *freſh*, *thin*, *Cinnamon-coloured*, and *curled*: This Sort (as I know from long Experience) greatly contributing to the Speed and Certainty of the *Cure* of ſuch Diſtempers, being more eaſily digeſted, and entering more readily

dily into the Mass of the Blood, while the Stomach is spoil'd by a *Disease*, and the Juices under a *preternatural Ferment*. For one Year I went on tolerably well, tho', as it were, *jumbled* and *turbid*, and neither so *clear* in my Faculties, nor so *gay* in my Temper: But next Autumn I was suddenly seiz'd with a *vertiginous Paroxysm*, so extremely frightful and terrible, as to approach near to a *Fit* of an *Apoplexy*, and I was forced in it to lay hold on the Posts of my Bed, for fear of tumbling out, as I apprehended. After immediate *Bleeding* and *Vomiting*, (whereby its Violence was abated) I thought it might be owing to an *anomalous* Fit of my relapsing *Intermittent*, and thereupon took about four Ounces of this fine *Bark* in 48 Hours, but without any sensible Benefit or Injury. I found, after this, some small Returns of my *Vertigo* (in Bed especially) on lying on a particular Side, or pressing upon a particular Part of my Head; but by Degrees it turned to a constant violent *Head-ach*, *Giddiness*, *Lowness*, *Anxiety* and *Terror*, so that I went about like a *Malefactor* condemn'd, or one who expected every Moment to be crushed by a *ponderous* Instrument of Death, hanging over his Head. At this Time I left off *Suppers* of all Kinds, and have never resum'd them since; then, even at *Dinner*, eating but a small Quantity of *animal Food*, and drinking very little fermented Liquor, well

knowing, that *Diſeaſes* muſt always be cur'd by their *Contraries*. On this Occaſion, all my *bouncing*, *proteſting*, *undertaking* Companions forſook me, and dropt off like *autumnal Leaves*: They could not bear, it ſeems, to ſee their Companion in ſuch Miſery and Diſtreſs, but retired to comfort themſelves with a *cheer-upping* Cup, leaving me to paſs the melancholy Moments with my own *Apprehenſions* and *Remorſe*. Even thoſe who had ſhar'd the beſt Part of my Profuſions, who, in their Neceſſities, had been aſſiſted by my falſe Generoſity, and in their Diſorders relieved by my Care, did now entirely relinquiſh and abandon me; ſo that I was forc'd to retire into the Country quite alone, being reduced to the State of *Cardinal Wolſey*, when he ſaid, that if he had ſerv'd his *Maker* as faithfully and warmly as he had his *Prince*, he would not have forſaken him in that Extremity; and ſo will every one find, when *Union* and *Friendſhip* is not founded on *ſolid Virtue*, and in Conformity to the *Divine Order*, but in *ſenſual Pleaſures*, and mere *Jollity*. This ſilly Circumſtance I mention, becauſe I thought then, it had ſome Share in my ſucceeding *Melancholy*.

§. III. I RETIR'D, I ſay, to the Country, into a fine Air, and liv'd very low: I had a *Seton* made in my Neck, which I carry'd about for many Months: I took frequent *Vomits*,

Vomits, and gentle *Purges*, try'd *Volatiles*, *Fætids*, *Bitters*, *Chalybeats*, and *Mineral Waters*, and had the Advice of all my *Phyſical Friends*, but with little or no ſenſible Benefit; my *Head-ach*, *Giddineſs*, *Watchings*, *Lowneſs*, and *Melancholy* rather increaſing on me. I had, by Chance, heard of the great Benefit, which one of my particular Acquaintances had reap'd from ſome active *mercurial* Medicines, (tho' preſcrib'd by a very inſufficient *Practitioner*) in a violent ſtupifying *Head-ach*, which I had Reaſon to believe came by the ſame Intemperance; theſe I reſolv'd to try. I *firſt* took 20 Grains of what is call'd the *Princes Powder*, which gave me twelve *Vomits*, and near twice the Number of Stools; and I had certainly periſhed under the Operation, but for an *Over-doſe* of *Laudanum* after it. In two or three Days more, I took 12 Grains of *Turbith-mineral*, which had not quite ſo violent an Effect; after that, I took 10 Grains of *Calomel*, twice a Day, for about ten Days together; this put me into a *Petit Flux de Bouche*: After which, in three Weeks Time, I got abroad lightſomer indeed, and leſs confus'd, tho' ſtill very bad, and ſcarce any thing better, but not worſe; but two Months after that, I found an extreme Sickneſs in my *Stomach*, which obliged me to take frequent *Vomits*, theſe now pumping up *Oceans* of *Choler*, which they had never done in any Degree before: Whence I concluded, that

that the *ponderous Remedies* I had taken, had opened my obſtructed *Liver*, *Gall-bladder*, and *Porus Biliarius*, and broken the Coheſion of the viſcid Juices.

§. IV. WHILE I was thus (as I have ſaid) forſaken by my *Holiday* Friends, and my Body was, as it were, melting away like a *Snow-ball* in Summer, being dejected, *melancholy*, and much confin'd at home, by my Courſe of *mineral* Medicines, and Country Retirement, I had a long Seaſon for undiſturbed *Meditation* and *Reflexion*, (my Faculties being then as clear and quick as ever) which I was the more readily led into, that I concluded myſelf infallibly entering into an *Unknown State of Things*. Having had a *liberal* and *regular Education*, with the Inſtruction and Example of pious Parents, (who, at firſt, had deſigned me for the *Church*) I had preſerv'd a firm Perſuaſion of the great and fundamental Principles of all *Virtue* and *Morality*; *viz.* the *Exiſtence* of a *ſupreme and infinitely perfect Being*, the *Freedom* of the *Will*, the *Immortality* of the Spirits of all intelligent Beings, and the Certainty of *future Rewards* or *Puniſhments*. Theſe Doctrines I had examin'd carefully, and had been confirmed in, from *abſtracted* Reaſonings, as well as from the beſt *natural Philoſophy*, and ſome clearer Knowledge of the *material Syſtem* of the World in general, and the *Wiſdom*, *Fitneſs*, and

and beautiful Contrivance of particular Things *animated* and *inanimated*; ſo that the Truth and Neceſſity of theſe *Principles* was ſo riveted in me (which may be ſeen by the firſt Edition of my *Philoſophical Principles*, publiſh'd ſome Years before that happen'd) as never after to be ſhaken in all my *Wanderings* and *Follies*: And I had then the Conſolation to reflect, that, in my looſeſt Days, I had never *pimp'd* to the *Vices* or *Infidelity* of any, but was always a determin'd Adverſary to both. But I found that *theſe* alone were not ſufficient to *quiet* my Mind at that Juncture, epecially when I began to reflect and conſider ſeriouſly, whether I might not (through *Careleſſneſs* and *Self-ſufficiency*, *Voluptuouſneſs*, and Love of *Senſuality*, which might have impaired my *Spiritual* Nature) have neglected to examine with ſufficient Care: If there might not be more required of thoſe who had had proper *Opportunities* and *Leiſure*; *if* there might not, I ſay, be higher, more noble, and more enlightening *Principles* revealed to Mankind *ſomewhere*; and *if* there were not more encouraging and enlivening *Motives* propoſed, to form a more extenſive and *Heroic* Virtue upon, than thoſe ariſing from *Natural* Religion only, (for then I had gone little farther than to have taken *Chriſtianity* and *Revelation* on *Truſt*) and *laſtly*, *if* there were not likewiſe ſome clearer Accounts diſcoverable of that *State* I was then (I thought)

(I thought) apparently going into, than could be obtained from the mere Light of *Nature* and *Philosophy*. Such were my Reflexions in this my *melancholy* Retirement; and this led me to call to Mind, *which*, of all my numerous and various Acquaintances, I could wish to resemble *most*, now in these my (to me seemingly) approaching *last* Moments; and who, among all those of my particular Acquaintances, was *He*, who being of sound *natural*, and duly *cultivated* Parts, had most strictly and constantly liv'd up to their Convictions, under the commonly received Principles, and plain Consequences of *Christianity*: In a Word, who it was I could remember to have had received, and lived up to the plain Truths and Precepts contain'd in the *Gospels*, or more particularly in our *Saviour's Sermon* on the *Mount*. At that Time, among many whom my Memory suggested to me, I fix'd on one, a worthy and learned *Clergyman* of the *Church of England*, sufficiently known and distinguished in the *Philosophical* and *Theological* World, (whom I dare not name, because he is still living, tho' now extremely old); and as in studying *Mathematicks*, and in running over (as I was able) Sir *Isaac Newton's Philosophical* Works, I had always pick'd out, and mark'd down the *Authors* and Writings mostly used and recommended by those others, and by him, because I thought they could best judge of such;

ſuch; ſo, in this Caſe, the more quickly to ſettle my *Mind*, and quiet my *Conſcience*, I reſolved to purchaſe, ſtudy, and examine carefully ſuch *Spiritual* and *Dogmatic Authors*, as I knew this *venerable Man* did moſt approve and delight in. In this manner I collected a *Set of religious Books* and *Writers*, of moſt of the *firſt Ages* ſince *Chriſtianity*, recommended by him, with a few others of the moſt *Spiritual* of the *Moderns*, which have been my *Study*, *Delight*, and *Entertainment* in my Retirements ever ſince: and on theſe I have formed my *Ideas*, *Principles*, and *Sentiments*: ſo as, under all the Varieties of *Opinions*, *Sects*, *Diſputes*, and *Controverſies*, that of *late*, and *ſince* the *Earlieſt Ages*, have been canvaſſed and bandyed in the World. I have ſcarce ever ſince been ſhaken or tempted to change my Sentiments or Opinions, or ſo much as to *heſitate* in any *material Point*. This tedious, perhaps impertinent, Circumſtance I mention, becauſe the *Fright*, *Anxiety*, *Dread*, and *Terror*, which, in Minds of ſuch a Turn as mine, (eſpecially under a broken and *cachectick* Conſtitution, and in ſo atrocious a *nervous* Caſe) ariſes, or, at leaſt, is exaſperated from ſuch Reflexions, being once ſettled and quieted, *That* after becomes an excellent *Cordial*, and a conſtant Source of *Peace*, *Tranquillity* and *Chearfulneſs*, and ſo greatly contributes to forward the Cure of ſuch *nervous* Diſeaſes: For I never found any ſenſible *Tranquillity* or Amendment,

mendment, 'till I came to this firm and ſettled *Reſolution* in the main; *viz. To neglect nothing, to ſecure my eternal Peace, more than if I had been certified I ſhould die within the Day; nor to mind any Thing that my ſecular Obligations and Duties demanded of me, leſs, than if I had been enſured to live fifty Years more.* This, tho' with infinite Weakneſs and Imperfection, has been much my ſettled Intention in the main ſince.

§. V. THE *Spring* following I was adviſed and preſſed by all my Friends, and the *Phyſians* I conſulted, to try the *Bath Waters.* I went there accordingly, for the firſt Time, as a *Patient*; and, for many Weeks, was much relieved both in my *Stomach* and *Spirits* by them. And tho', in the Opinion of the World, I [illegible] temperately; yet by increaſing the Quantity of my *Animal* Food, and *ſtrong* Liquors, (my Appetite being now ſtronger and more craving, and my Spirits briſker, from the drinking of the Waters) in the Space of four or five Months, I was heated ſo, as to apprehend a *Hectic.* I then changed the *Bath* for *Briſtol* Waters, retrenched my *Diet*, and increaſed my daily Rideing and Exerciſe, and continued ſometimes gentle *Vomits*; by which I paſt that Year better than the former, tho' far from well: but, on the Return of the next *Spring*, ſome *Symptoms* were exaſperated, inſomuch that their Severity, the Continuance of my Miſeries,

Miſeries, and the conſtant Complaints, common to *Hypiſh* People, made Life a Burden to myſelf, and a Pain to my Friends. I accidentally met with a Clergyman, who told me of a wonderful Cure which Dr. *Taylor* of *Croydon* had wrought on himſelf, in an *Epileptick Caſe*, by a *total Milk Diet*. This *Hint*, accidentally dropt, wrought ſo on me, that I began to recollect a great many Things, that before had eſcaped me without much Reflexion. I had read in Dr. *Sydenham*, that in violent and obſtinate *Hyſterick Fits* and *Colicks*, he had, with great Succeſs, preſcribed a *total Milk Diet*, as the laſt and ſureſt Remedy. Dr. *Pitcairn*, my Maſter and Friend, in his *Dictates*, had recommended it as the only *infallible Cure* in an inveterate *Scurvy*, *Cacochimy*, and totally vitiated Juices: And I myſelf knew it to be the only Remedy in the *Gout*, a confirmed *Hectic* and *Conſumption*, and had ſeen Miracles wrought by it in ſuch Caſes; beſides, I knew *Nervous* Diſtempers of all Kinds, differ'd only in Degrees. All theſe Conſiderations determin'd me, next Day, in the Middle of Winter, to ride to *Croydon*, to adviſe with Dr. *Taylor* perſonally. I found him at home, at his full Quart of Cow's Milk, (which was all his Dinner). He told me, he had had the Advice of all the moſt eminent *Phyſicians* of his Time about *London*, and had taken all their Medicines, and all he had ever read or heard of, for his *Epilepſy*,

Epilepsy, but with so little Success, that he used frequently to be seized with it on the Road, while he was rideing in the Country, about the Business of his Profession, so that dropping from his Horse, he remained senseless, 'till by the next Waggoner or Passenger he was caried to the neareſt House; and that both his *Life* and *Faculties* had been in the utmost Danger by it; but that, on reading *Sydenham*, he had first dropt all fermented Liquors, whereby his *Fits* became less violent and frequent, and then, by Degrees, he had given over all *animal Food*, living entirely on *Cow-Milk*, with which, at first, he used only to take a few Drops of *Sal volatile* or *Hart's-horn*, or a Spoonful of *compound Pæony* Water, to prevent its curdling; that, in a Year or two his *Fits* had entirely left him: and that now, for *seventeen Years*, he had enjoyed as good Health as human Nature was capable of, except that once in a damp Air and foggy Weather, rideing thro' *Essex*, he had been seiz'd with an *Ague*, which he had got over, by chewing the *Bark*. He told me, he could then play six Hours at *Cricket* on *Banstead-Down*, without Fatigue or Lowness, and was more *active* and *clear* in his *Faculties* and *Senses* than ever he had been in his Life before. He informed me also of a great many Persons he had cured of inveterate Distempers by this *Diet*, and particularly that he had removed the *Barrenness* of some great

great Families by it, who before had wanted *Heirs*.

§. VI. HAVING thus fully satisfy'd all my Doubts and Difficulties, I return'd to *London*, fully determin'd to enter upon this Course, for which I was sufficiently before prepared, by the low *Animal Diet*, and small Quantity of fermented Liquors, I had of a long Time been accustomed to. I drank *Cow-Milk* from the *Park* every Morning, and engag'd a Milk-Woman, at a higher Price than ordinary, to bring me every Day as much pure and unmix'd, as might be sufficient for *Dinner* and *Breakfast*; (for, as I mention'd before, I had given over all Kinds of *Suppers*, and never after resum'd them, having always found myself worse on the slightest Attempts that way at Night, tho' even in Milk and Vegetables). I used *Seeds*, *Bread*, *mealy Roots*, and *Fruit* with my Milk indifferently, taking them all to be pretty near of the same Nature and Class of Foods: *Milk* being *Vegetables* immediately cook'd by *Animal Heat* and *Organs*, and directly (without going the Circulation) drawn from their *Chyle*, or from an *Emulsion* of Vegetables in the Stomach. I thought scarce any grown Person was so delicately fram'd by Nature, or that I was not reduc'd to such extreme Weakness, that *infinitesimal* Errors, could do great Hurt; and therefore I continued all these,

for a little Variety, leſt I ſhould be cloy'd by only one Kind of Food; and ever ſince have uſed and preſcribed *Milk* and *Vegetables* indifferently, in extreme low and dangerous Caſes only, when ſufficiently prepared by *Culinary Heat* and *Organs*, and am perſuaded they differ little in their Nature. In five or ſix Months I was conſiderably recovered; only upon the *Glands* being loaded, and the peccant Matter of the old Habit being thrown upon the *chyliferous* Duct, and the conſtantly enſuing Oppreſſion and Reſtleſſneſs thereupon, I was forced to cleanſe them often by a gentle *Vomit*, or an *Aloetick Pill*, which as conſtantly reſtored me to my uſual clear and free Spirits, and to a good Appetite for my then Food.

§. VII. By this Time I had been extremely reduced in my Flesh, and was become Lank, Fleet, and Nimble; but ſtill, upon any Error even in this low Diet, I found more or leſs Oppreſſion and Lowneſs. Next Spring, tho' I began to feel a conſtant Pain, fix'd in the *Pit* of my *Stomach*, which I miſtook for a *Pulmonary* Caſe, and therefore became ſtill more temperate and abſtemious even in this my Milk and Seed Diet. Dureing all this Time, I generally rode a Horſeback, ten or fifteen Miles a Day, both Summer and Winter; in Summer on the *Downs* at *Bath*, and in Winter on the *Oxford Road* from *London*. I began more frequently

quently then to take an *Aloetick Pill*, once in ten or fourteen Days, (for *Rhubarb* never agreed with me) which always gave me great present Relief in my *Stomach*, and consequently in my *Spirits*. All this Time I followed the Business of my *Profession* with great Diligence and Attention, in Summer at *Bath*, and in Winter at *London*, applying myself more particularly to *chronical*, and especially to low and nervous *Cases*, they seeming more immediately to concern myself, and offering more frequently at *Bath*, where all of that Kind, in both *Islands*, arrive first or last, who can afford it.

§. VIII. The Pain in the *Pit* of my *Stomach*, being now constant, violent, and seeming to increase, I began to think of Dr. *Taylor*'s chewing the *Bark* to cure his *Ague*; and knowing it to be so sovereign a Remedy in *Stomach and Nervous* Cases, I got some of the finest, and chewed about half a *Dram* of it twice or three times a Day, on an empty *Stomach*; and in ten Days, or three Weeks at most, I found so wonderful a Change on my whole Man, as to *Spirits*, *Chearfulness*, *Strength*, and *Appetite*, by it, that I thought it *Enchantment*, and could scarce believe I was myself; and had I been much *Enthusiastically* given, would have accounted it *Miraculous*, being naturally one of these *Quick-Thinkers*, who have a great Sensibi-

lity either of Pleaſure or Pain. My Juices being thin, ſweet, and fluid by the *Diet*, it ſeems there was nothing wanting to the perfecting Health, but the winding up and bracing the Solids, for which the *Bark* was *ſpecifick*. From that Time forward I encreas'd in *Spirits*, *Strength*, *Appetite*, and *Gaiety*, 'till I began to find a Craving and inſufferable Longing for more ſolid and Toothſome Food, and for higher and ſtronger Liquors; but being well appriſed of the Danger of too ſudden and quick a *Tranſition*, from a low to a high and fuller *Diet*; I proceeded at firſt with great Caution and Warineſs, eating only the Wing of a ſmall Chick, and drinking but one Glaſs of white Wine, (for I found all red, and eſpecially *French*, by a grating on my lax *Stomach* and *Guts*, keep me awake three or four Hours in the Night) all that Summer, and the next Winter, (which I paſs'd at *London*) I enjoyed perfect good Health and Spirits, (tho' I had uſed little or no Exerciſe; but notwithſtanding all my Caution, I had certainly gone too faſt and too far into this new *animal Diet*; for the Spring following I was ſeiz'd with a *depuratory Fever*, which, notwithſtanding all the Skill and Care of my Brethren, the *Phyſicians*, laſted above twenty Days, and the Medicine (after the univerſal Evacuations) that had the greateſt Share in my Recovery, was, I think,

think, large Draughts of warm *Barley-Water* or ſmall *Sack-Whey*, *acidulated* with *Gas Sulph.* which was adviſ'd by Dr. *Baynard*, towards the latter End of my *Fever*; this, at laſt threw me into a profuſe *Sweat*, which laſted about three or four Days, and reduc'd me ſo extremely low, that for ſome Time I liv'd chiefly on *French* Claret, with Water and toaſted Bread, this being the only Food I could reliſh; and though I never exceeded half a *Pint*, or at moſt a *Pint* of Wine a Day, mix'd with Water, yet having uſed myſelf to ſo little for a great while before, this ſmall Quantity kept me perpetually *Hectical* and Reſtleſs for many Weeks, even after the *Criſe*: ſo that I began to think I had done wrong before, in uſeing myſelf to ſo little Wine; and therefore, to ſecure againſt ſuch an Accident for the future, I began (after my perfect Recovery) to inure myſelf, by Degrees, to more Wine, gradually dropping or leſſening the Quantity of my *Milk* and *Vegetables*, and by ſlow Degrees, and in moderate Quantities, living only on the lighteſt and tendereſt animal Food for ſome Time, and at laſt gradually went into common Life, with great *Freedom*, but exact common *Temperance*.

§. IX. But the long and violent *depuratory Fever*, which I did not get over entirely in leſs than ſix Months, had ſo drain'd, drench'd and waſted me, that, upon my total Recovery,

my Appetite being inſatiable, I ſuck'd up and retained the *Juices* and *Chyle* of my Food like a *Sponge*, and thereby ſuddenly grew *plump*, *fat* and *hale* to a Wonder; but indeed, too faſt: However, for near twenty Years, I continu'd *ſober*, *moderate* and *plain* in my Diet, and in my greateſt Health drank not above a Quart, or three Pints at moſt, of *Wine* any Day, (which I then abſurdly thought neceſſary in my Bulk and *Stowage*, tho' certainly by far an over *Doſe*) and that at Dinner only, one half with my Meat, with Water, the other after, but none more that Day, never taſting any Supper, and at Breakfaſt nothing but Green Tea, without any *Eatable*; but by theſe Means every Dinner neceſſarily became a *Surfeit* and a *Debauch*, and in ten or twelve Years, I ſwell'd to ſuch an enormous Size, that, upon my laſt Weighing, I exceeded 32 *Stone*. My Breath became ſo ſhort, that, upon ſtepping into my Chariot quickly, and with ſome Effort, I was ready to faint away, for want of Breath, and my Face turn'd Black. At *Aynhoe* (waiting on the late Honourable Mrs. *Cartwright*) and going up only one Pair of Stairs, with high Steps, haſtily, by puſhing my Breath a little too violently, to make room for thoſe that were following, I was immediately ſeiz'd with a *Convulſive Aſthma*, returning by repeated and ſtrong Inſpirations, *Fits*, and ſmall Intervals, which laſted above a Quarter of an Hour,

Hour, ſo that I thought to have died on the Spot; but by *Evacuations* and *low Living*, I got rid of this Diſorder alſo, in ſome Degree; tho' after that, I was not able to walk up above one Pair of Stairs at a Time, without extreme Pain and Blowing, being forced to ride from Door to Door in a Chariot even here at *Bath*; and if I had but an hundred Paces to walk, was oblig'd to have a Servant following me with a Stool to reſt on.

§. X. About this Time (twelve Years after my firſt Recovery) my Legs broke out all over in *ſcorbutick Ulcers*, the *Ichor* of which corroded the very Skin, where it lay any Time, and the fore Parts of both Legs were one continued Sore. I had the Advice and Care of many of the moſt eminent *Surgeons* in *England*, none of whom could heal them up even in three Years. Tir'd out at laſt, I took *Æthiops Mineral* for four Months, in the midſt of Winter, half an Ounce at leaſt twice a Day, and a Purge with twelve Grains of *Calomel* once a Week, obſerving a much lower Diet than before: I found that the *Mercury* had not only coloured the *Money* in my Pocket, and the *Buttons* in my Shirt, but, to all my Obſervation, the very Subſtance of the *Æthiops* was tranſpir'd upon the *Plaiſter*, every Day, when my Legs were dreſs'd, *viz.* towards the End of the Cure; at leaſt, the Appearances ſeem'd to me, on the Plaiſters, like

a Steam or Smoke from *Sulphur* and *Mercury*, and was quite different from what it had been before I began that Courſe: This I was perfectly aſſured of, tho' I did not then think of making ſuch a *critical* Obſervation, as that *this* Inſtance might ſerve as a Proof, that the *Æthiops* paſſed through the Habit; tho' I am certain ſince, from repeated *Obſervations*, that every Preparation of *Mercury*, and even the *Crude* itſelf, in Time, and in ſome lax Habits, will *Salivate* in ſome Degree or another: and that *Mercury*, in its *minuteſt Particles* and inſenſible *Steams*, does penetrate the ſolid Parts of all *living Animals* as *inflammable Spirits* moſt certainly do. After this Courſe, my Legs healed perfectly, with common Dreſſings, and have continued ſound ever ſince; my Health was likewiſe very good for four or five Years after. But continuing the ſame full, tho' (commonly accounted) *temperate Diet*, and uſing little or no Exerciſe, I became at laſt *Heavy*, *Dull*, and *Lethargick* to an extreme Degree, eſpecially after Dinner; and the *Midſummer* 1723. I was ſeiz'd with a ſevere *Symptomatick Fever*, which terminated in the moſt violent *Eryſipelas*, and with the largeſt and fulleſt Bliſters all over my Thighs, that I had ever ſeen. I ſuffered extremely in the Symptomatick *Fever*, by violent *Head-achs*, great *Sickneſſes* and *Sinking*; and having lately had two full-bodied Patients, who had died of *Mortifications* from that Diſtemper, I was much frighten'd at mine. My Blood was then, I found,

found, one continued *impenetrable Mass* of *Glew*, and my *Erysipelatous* Inflammations were so painful (and attended with *Lowness*, *Sinking* and *Inquietude*) as reduc'd me to the very last Degree of Misery. I had always resolv'd, upon any great Change in my Health, to return to my *old Friends*, *Milk* and *Vegetables*, and to abstain from Wine, in a great measure, provided I had but sufficient Warning by any *Chronical* Illness. I then made a long Journey in a Coach, and liv'd on *Milk* and *white Meats*, drinking *Bristol* Water, and only a *Pint* of Wine a Day, by which I was somewhat relieved, tho' not so much as to conquer my Fears or my Sufferings; so that having continued this Method for two Months, I began gradually to lessen the Quantity of my *Animal* Food still more, and, at last, to live entirely on *Milk* and *Vegetables*: This, in some Time, made my Spirits vastly better; but still, for two Years, I was regularly and *periodically* seiz'd every third Month, almost to a Day, with this *Erysipelas*, the Symptoms of which were indeed not so grievous as at first, tho' still attended with violent *Head-aches*, a *Symptomatick Fever* for forty-eight Hours before the *Eruption*, large Blisters full of *Scorbutick Ichor*, and great Lowness for the Space of a Week; after which I recover'd my *prisline* State: But I was always obliged to *vomit* before the Eruption, to push it out, and relieve the *Head-ach* and *Fever*, and to *purge* after

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it was over. Thus I went on for seven or eight Months, wasting daily, but at the same time recovering Spirits, Activity, and the Use of my Limbs. I had all that Winter had a slight Pain in the back *Tendon* of my left Leg, reaching down to my Heel, which in *March* following terminated in a regular Fit of the *Gout*, in the Joint of my *big Toe*; this confin'd me a Fortnight or three Weeks, and it had no sooner left that Place, than it seiz'd my *Shoulder Joints*, where it continued for above a Month. I pass'd the rest of the Summer pretty tolerably, but for these *periodical* Returns of that *Erysipelas*, which continu'd very regular above two Years. About the *Michaelmas* of that Summer, I was seiz'd with such a perpetual *Sickness*, *Reaching*, *Lowness*, *Watchfulness*, *Eructation*, and *Melancholy*, continuing six or eight Months, that Life was no longer supportable to me, and my Misery was almost extreme.

§. XI. At last my Sufferings were not to be expressed, and I can scarce describe or reflect on them without *Horror*. A *perpetual Anxiety* and *Inquietude*, no *Sleep* nor Appetite, a constant *Reaching*, *Gulping*, and fruitless Endeavour to *pump* up *Phlegm*, *Wind*, or *Choler* Day and Night: A *constant Colick*, and an ill Taste and Savour in my Mouth and Stomach, that overcame and *poison'd* every Thing

Thing I got down; a *melancholy Fright* and *Pannick*, where my Reaſon was of no Uſe to me: So that I could ſcarce bear the Sight of my Patients, or Acquaintances, that had not been daily about me, and yet could not bear being a Moment alone, every Inſtant expecting the Loſs of my *Faculties* or *Life*; and ſurely, nothing but *Almighty Power* preſerved them both, ſuch as they are. I had a conſtant violent Pain in the *Neck* of my *Stomach*, and was obliged almoſt every Week to take a ſtrong *Emetick*, without which I could not enjoy a Moment's Eaſe, beſides daily urging with my Finger, or chewing *Tobacco*. I had Recourſe to my old Friend the *Quinquina* in ſeveral Shapes, but to no Purpoſe. I drank *Bath* Waters without ſenſible Relief. I went out in my Chariot, in the coldeſt Winter Weather, for four Hours every Day; but nothing mitigated my Suffering. At laſt I tried the *Fœtids*, the *Gums*, the *Volatiles*, and *Vipers* Powders, (not indeed regularly and ſteadily) but all in vain. In fine, I had Recourſe to *Opiats*, which I knew were a ſlow *Poiſon*; but one will ſtick at nothing, for even a Moment's Reſpite in ſuch Extremities. This, inſtead of relieving, aggravated my Miſeries; for ſo ſoon as the ſtupifying and confounding Effects of them were over, my Anxiety and Sinking was ſo extreme after, that I was forced to repeat them ſo often, and in ſo large Doſes, that I was juſtly afraid,

afraid, leſt by their becoming ſo familiar, they would, at laſt, loſe even the poor, diſtracting, uncomfortable Relief they afforded me; yet all this Time, I attended indeed (in a manner) the Buſineſs of my *Profeſſion*, and took *Air* and *Exerciſe* regularly in the Day-time; but in ſuch a wretched, dying Condition as was evident to all that ſaw me. I had many different and contradictory Advices, from my Friends and Acquaintances, who obſerved my Miſery: but I neither could, from the Nature of my Diſtemper, nor from the ill Effects the ſmalleſt Trials of any Thing propoſed, were attended with, continue them any Time. I well knew my Caſe was the *Gouty* and *Eryſipelatous* Matter retired, and drawn into my Stomach and Bowels: I likewiſe knew, that if I took hot and ſtrong Medicines and *Cordials* to drive them out, (as is uſual) I ſhould thereby loſe all the Pains I had taken, and the Benefit of the Abſtinence I had gone through, to thin and ſweeten my Blood and Juices, to open the Obſtructions, and to obtain an *Extirpative Cure*, if poſſible there might be Time enough remaining for it; but the worſt was, my *Stomach* would not retain any Medicine, for they had a preſent ill Effect, by making my Sufferings more intenſe; however, I was perſuaded then to take a little ſtrong warm Wine made with *Spices*, and to have Bread and this Wine mixed for my Dinner: Continuing

nuing Tea, with boiled Milk, and toasted Bread for Breakfast; but all this Time I had no sensible Relief. My *Family* and *Relations* pressed me extremely to go for *London*, (where I had not been for many Years) to pass the Dead of the Winter among my old Acquaintances and Friends, for Amusement and Diversion only: but to this I was extremely averse, apprehending I might be teized to change my *Regimen*, and sneer'd at by the Free-livers; and being convinced, from former Experience, that if my Life was to be sav'd, it was only by this *Regimen*, at least, if my Time of *Dissolution* was come, I knew I should die under less Misery by it, than by any other Means.

§. XII. HOWEVER, at last, to prevent *Friendly Teazing*, and the *Character* of Obstinacy, I promised to be *passive*, and to be governed by them; so in the Beginning of *December* 1725, I set out, and with great Difficulty got to *London*. Next Day after my Arrival, I sent to the very *learned*, *ingenious*, my very *worthy Friends*, Dr. *Arbuthnot*, and Dr. *Broxholm*, who, at my Desire, brought with them Dr. *Mead* and the *late* Dr. *Freind*, with Dr. *Douglas* and Dr. *Campbel*, all *Gentlemen* of great Learning, Worth, and Experience: They unanimously advised me to try a warm *chalybeat* Electuary, with *Pyrmont* Waters, and by all Means to drop my *Opiats*; for as

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to *Cathartick*s, which were mentioned, they ſo exceedingly ſunk and ruffled me, that I was always dying under them. This *Method* being reaſonable and juſt, I followed ſome Time, continuing tho' the ſame *Regimen of Diet*: And tho' ſome of thoſe *Gentlemen* and others thought I might have then, with Safety, changed my *Diet*, very ſlowly, at leaſt; yet having paſſed through the ſame *Courſe* twenty Years before, and having ſuffered to ſuch Extremity, and in a younger and more vigorous Part of my Life, and run the utmoſt Hazard, even by a very ſlow and gradual *Change*; and knowing the Danger others had undergone by the like *Change*, I was firmly reſolved to continue my *Regimen*, happen what wou'd; and indeed, when all this was repreſented to theſe *Gentlemen* and *my other Friends*, none had the Courage to preſs it; much leſs to urge it, in ſo *inſolent* and *ſneering* a *Manner* as ſome, who ridicule all *Shame* and *Truth*, have thought fit falſly to repreſent it. I have once or twice, in nine or ten Years, been tempted to eat an Ounce or two of young tender *animal* Food, but with ſuch ſenſible Suffering and Oppreſſion after, that I have reſolved never more to make the Trial: And I have known others much younger than I, on whom a *potch'd Egg*, under ſo long and ſtrict a *vegetable Diet*, for an *Epileptick* Caſe, has had a diſagreeable Effect. As the Winter advanced, meeting with ſome true *Sylphium*

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to join with these other Medicines, I became somewhat easier and more chearful by the Spring, though almost every Month I was forc'd to have Recourse to a strong *Vomit* to clear the *Glands:* But by these warm *chalybeat* Medicines, and the *vitriolick* Waters, and drinking near half a Pint, or rather a Gill of *Port* a Day, I had, by the *May* following, forced out such a Fit of an *Erysipelas*, as the best and most experienced Surgeons (who then treated me) had never seen the like: the whole *Leg*, *Thigh*, and *Abdomen* being *tumified*, *incrusted*, and *burnt* almost like the Skin of a *roasted Pig:* And such a Quantity of *Ichor* issued from it, as was not to be expressed; at last it ended in a *sinuous Ulcer* in my Leg, which confined me near two Months, and the *sinking Effects* were not quite worn off in almost six; however, I passed the next Winter again in *London* much better, and in the Spring was extremely *easy*, *active* and *gay*; for from the Time of this last and most severe *erysipelatous Paroxysm*, I reckon I mended daily: For this had the same Effect upon my whole Constitution now, as the *depuratory Fever* beforementioned had then, both being the *Crise* and *Period* of my Distemper, and the Beginning of my perfect Recovery. This was above six Years since, tho' I became not perfectly well 'till the Spring following, and indeed

deed not abſolutely ſo, 'till about four Years ago.

§. XIII. UPON the Whole: As in my *Nervous* and *Scorbutical* Diſorder, I had continued my *Milk*, *Seed*, and *Vegetable* Diet, with proper Evacuations, for above two Years, before I obtain'd a compleat Recovery, ſo in this laſt Illneſs, I had obſerv'd the ſame Regimen near twice as long, before my Health was perfectly eſtabliſhed; being in the firſt Caſe twenty Years younger than in the laſt; though my Exceſſes were much more violent in the Time preceding my firſt Illneſs, than between that and the laſt, having, during all that Interval, ſcarce once been heated with Wine, and never eating *Animal Food* but once a Day. But my exceeding Bulk, and Want or Inability of neceſſary Exerciſe, and a continued, tho' temperate Fulneſs, with the Difference of twenty Years in my Age, concurred to make the *Paroxyſms* even more diſtracting and painful, as well as more durable, in this laſt *Caſe*. And after all I have ſaid of my Exceſſes, eſpecially in Liquor, if it be conſidered, that I was near *thirty* Years old before I drank ſcarce any Thing ſtrong, at leaſt, for a Continuance: and that for near one half of the Time ſince, *viz.* from *Thirty* to *Sixty*, I ſcarce drank any ſtrong Liquor at all: It will be found, that, upon the Whole, I drank

drank very little above a Pint of Wine, or, at most, not a Quart one Day with another, since I was near thirty: And I was never six times in my Life overtaken with Wine, and scarce ever tasted any distill'd Liquors, but as a Medicine, however mix'd or brew'd; always believing them to be actual *Cauteries*, and almost direct *Poison* to an Animal Habit, from their Nature, and the Delicacy of the *animal Machine*: And during that whole Time, I scarce ever eat *Animal* Food above once a Day. But Temperance is a mere *relative* Thing; and by such Observation I find, that notwithstanding my *large Size*, I was not made to bear *Animal Food* and fermented Liquors in any Quantity, without suffering to the last Degree. But I believe none will ever be brought to such a *Regimen* as mine is now, without having been first extremely Miserable; and I think Common Life, with Temperance, is best for the Generality, else it would not be Common. But extreme Cases require extraordinary Remedies.

§. XIV. I FOUND I never began to recover fully and lastingly, either first or last, 'till my Blood had entirely lost its *Size* (which I came to know, by an accidental Occasion for opening a Vein) and all the former Habit (except the mere *Organical Membranes and Solids*) was wasted, wore away, and

diſcharged by *Evacuations*, Diet and Exerciſe; for I had waſted and loſt of my former Size and Bulk, in this laſt Illneſs, almoſt one third in Weight and Meaſure, and had paſs'd through a State of entire bodily *Purification*, and a true *Cyclus Metaſyncriticus*, both firſt and laſt, before I began to recover and fill up again. *Vomits* were the firſt Evacuations that with any Relief, or without infinite *Ruffling*, I could bear: and ſo ſoon as I could endure gentle Stomach *Cathartics*, I began already to mend: but no ſooner had I recovered any Degree of Eaſe and Freedom, but my Appetite and Digeſtion return'd to their uſual Stint towards my new Food, and *Vomits* were no longer neceſſary, nor indeed uſeful, they being only required to ſqueeze the internal *Glands*, open *Obſtructions*, and pump up the *Wind*, *Choler*, and *Phlegm* from the *Alimentary Tube*, when lodged there.

§. XV. UPON any Accident, Diſorder, or any greater Oppreſſion or Anxiety than ordinary, ariſing naturally in the Courſe of the Cure, I found that living even much *lower* under my *Milk* and *Vegetable Diet* for two or three Days at leaſt, would always help me out again, and reſtore me to my uſual *Serenity* and *Freedom*, (for I found Temperance neceſſary even in this, as well as a higher Diet, tho' Exceſſes were not attended with ſuch *extreme Suffering*) and

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ſcarce any Time leſs than three Days would do it; for tho' all my Symptoms were leſs ſevere under it, yet I found, by indulging a *falſe Appetite*, or a *liquoriſh Palate*, even in it, that I exaſperated theſe *milder Symptoms*, at leaſt to ſuch a Degree, as was ſufficient to convince me, that the *Stomach* and *digeſtive Organs* were the primary and principal *Delinquents*, *Sufferers*, and *Patients*, in moſt, if not in all *Nervous* Symptoms, tho' this was not always ſenſible and manifeſt; and that by uſing them tenderly, and abſtemiouſly, all the reſt of the *Animal Functions* were proportionably reliev'd. And I think, I never once departed from the *Simplicity* of the *Alimentary Goſpel*, and indulged in *Onions* and *Garlick*, *viz.* the *poignant*, *hard*, *ſpicy* or *unctuous* Vegetables, with much Butter or Oil, or in a greater Quantity than uſual, even of the common ones, for any Time, but that I ſuffered Pains and Penalties in Proportion.

§. XV. I found all my *Reſtleſſneſs*, *Watchings*, and want of Tranquillity or ſound Sleep, to be owing entirely to *Inflation*, ſtored up *Wind*, and *Flatulence*, conſtantly urgeing and ſtimulating, as it were, with its *Spring*, *Elaſticity*, and *Points*, the tender ſenſible *Membranes* of the *Stomach* and *Guts*, and the whole *Glands* and *Membranes* of the *Abdomen*: For upon *Faſting* ſome Time, *Eating* very little, or very thin, light and ſoft Food,

or on uſing a great deal of more *Exerciſe*, to urge the *Perſpiration*, and to throw off and diſcharge this *Windy Vapour*, or *ſharp Steams*, I found my Sleep return in a greater Degree; and I am bold to ſay, where no manifeſt *Fever*, *acute Pain*, *interrupted Circulation*, or *ſpoil'd Organ* is the Caſe, that want of Sleep and natural Reſt proceeds from the Diſorders of the *Alimentary Tube*, continually, though perhaps not ſenſibly, ſtimulated by this *Vapour*. And hence it is, that *Aſſa fœtida*, *Volatiles*, *Fœtid Gums*, gentle *Diaphoreticks* and *Opiats*, procure Sleep; merely by increaſing and promoting *Perſpiration*, and expelling this twitching *Vapour* or *Steam*, for which they ought chiefly to be uſed; and this ſerves to ſhew the Neceſſity, and infinite Preference of Exerciſe to all *Anodyne* Medicines whatſoever, and even to *Cordials*, *Diaphoreticks* and *Volatiles*, except as a preſent Relief, *Whip* or *Spur* only.

§. XVII. WANT of Appetite and Digeſtion, moſtly proceeds from the Thickneſs, Groſſneſs, and Viſcidity of the Juices, and of the whole Maſs of Blood; every *Vein* and *Artery* thereby becoming like ſo many *Black-Puddings*, or leathern Pipes, ſtuff'd with a *glewy* or tenacious Fluid: by which all the *Secretions* being more ſcanty, and leſs being expended by them, leſs can be received through the *Lacteals* into the Blood; which

which ſhews the Neceſſity and Preference of the *ponderous* and deobſtruent Medicines to procure an Appetite and Digeſtion, even to *Bitters*, *Cordials*, or *Chalybeats* themſelves; whoſe Efficacy principally lies in ſtrengthening the Solids, and winding up and contracting the *Fibres*, to make them play and compreſs with greater Force the circulating Fluids, which can never ſolidly anſwer the Intention of *Digeſtion* and *Appetite*: And accordingly by *Quickſilver*, *Æthiops*, *Cinnabar*, but eſpecially by *Mercurius Alcaliſatus*, and other *mercurial* Preparations, I have been always able to cure the Diſorders of the *Alimentary Tube*, Inappetency, and even *Colicks*, when ſcarce any other Method or Medicine could effect it. And ſeeing, by a thin, cool *Milk* and *Vegetable Diet* long continued, I found my Appetite full as good as before, and likewiſe my *Strength*, *Activity*, *Fleſh* and *Complexion*, and even *Hunger*, *Organ*, and *Faculty* reſtor'd to as great a Degree as I could juſtly expect at my Time of Life, had no ſuch Diſorder ever happend; it appears that the *Fluids* are chiefly and primarily the Seat of Diſorders: and that when they are ſufficiently *ſweetened* and *diluted*, they generally leave the *Solids* with a ſufficient Force and Spring to play ſuch Fluids off, and circulate them fully and freely; and then all the *Animal Functions*, and the Exerciſe of the Faculties, will again be pleaſantly and regularly performed, as in

perfect Health; for good Health ſuppoſes this State; which does not depend on the Kind of the *Diet*, tho' *mechanical* Strength does: So that ſuch a *Diet* is only proper for the *thinking*, *ſpeculative*, and *ſedentary* Part of Mankind, and not for the *active*, *laborious*, and *mechanical*.

§. XVIII. AFTER I began to recover, I found little Alteration from *Cold* or *Heat*, *Wet* or *Dry*, *Summer* or *Winter* Seaſons, eſpecially as to my *Appetite*, *Spirits*, or *Sleep*; at leaſt, not near ſo much as I uſually found in my beſt Health, on theſe Occaſions, under a full *animal* and *fermented* Liquor *Diet*; ſo that I can ſit, and walk, and be abroad in all Weathers, Seaſons or Times of the Year, Day or Night, without much Dread or Hazard of Cold, and with little Difference of Cloathing, providing I keep my *Stomach* and *chiliferous Tube* clear and clean; which often put me in mind of the Saying of a *Roman Emperor*, who aſſerted, that *Spitting*, *Coughing*, *Expectoration*, *Eructation*, *Yawning*, and the like, were Symptoms and Effects of mere *Lazineſs* and *Luxury*.

§. XIX. AFTER I had perfectly recovered, obſerving, that ſtill, on *liquid*, *ſlippery* Stools, from cramming, I was ſomewhat leſs lively and chearful, and rather more *griped* and *inflated*, I reſolved to change my *Fat Paint* or

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all of *Port* at Dinner, into the ſame Quantity of *Florence*, thinking it more binding and *aſtringent*. I ate at the ſame Time a good deal of more *Butter* with my Vegetables, and Plenty of *old rich Cheeſe*; and likeing *Nuts* extremely, I procur'd from Abroad and at Home, great Plenty of all Kinds, as *Filberts*, *Wallnuts*, *Cheſnuts*, *Almonds*, &c. eating them in great Quantities after Dinner, by way of *Deſert*. I went on all Winter, and for eight or ten Months in this *Regimen*, extremely well; and out of *Wantonneſs*, to try what my Conſtitution could bear, I indulged freely, (tho' in theſe only) together with my uſual *Milk* and *Vegetable Diet*. But after my common, ſlight, vegetable Fit of the *Gout*, (which I ſtill have in the *Spring*, without neceſſary Confinement, tho' for an Hour, or altering either *Regimen* or *Cloathing*, or any other Circumſtance, but a Lameneſs for a few Days) I had firſt a Touch of my *Eryſipelas* on my Leg; after that, I ſeemingly caught'd Cold, and began to be ſick at my Stomach, *Reaching*, *Inflated*, *Low-ſpirited*, and *Colick'd*, with reſtleſs Nights, and almoſt all thoſe diſmal *Symptoms* I had gone through in my late long Illneſs. I ſoon found my *Error*, and that my Conſtitution could not bear even that ſlight *Alteration*, without ſevere Sufferings. I had a violent *humorous* Cough, and threw up great Quantities of groſs viſcid Phlegm, which I knew to be the *Nuts*, not

ſo ſufficiently digeſted and attenuated, as to become thin enough to circulate freely thro' the ſmall Veſſels; but were thrown off, and deſpumated upon the larger *Emunctory* and open *Glands*. In a Word, I ſuffered all the Kind of Miſery I had formerly, tho' not with quite ſo much Violence and Duration. I went through the former leſſer *Purgation* again; repeated *Vomits*, took frequent Stomach *Purges*, chew'd *Bark*, return'd to the Simplicity of my former *Regimen*, leſſening their Quantities, and drinking no Wine, (which I now have dropp'd for ever, but, as others uſe *Spirits*, for a *Cordial* if wanted) and drinking firſt *Briſtol*, and then *Bath*, and after *Pyrmont* Water, as the Defluxion abated; by theſe Means I got quite well in about three Months, *viz.* in the *Auguſt* after; and ſince that Time, I thank GOD, I have gone on in one conſtant *Tenor* of Diet, and enjoy as good Health, as, at my Time of Life (being now *Sixty*) I, or any Man, can reaſonably expect, and have learn'd, that young, tender Animal Food is leſs dangerous, in a ſmall Quantity, than *hard*, *hot*, *ſpicy*, and *oily* Vegetables.

§. XX. I KNOW not if it be worth the mentioning, that during my *Recovery*, about four Years ago, I was thrown, or rather threw myſelf, out of my *Chariot*, (upon the Fore-Horſes being frighted, and the Coachman being thrown off his Box) and falling on

on my Head, was taken up dead and senseless, being wounded in my *Temple*, and the Wheels of the Chariot having entirely shav'd my *Eye-Brow:* But on being blooded, I found my Spirits and Stomach mostly affected with it. I grew, for some short Time, low, feeble, and lost my Appetite; but in two or three Months recovered to a *Miracle*, from what would have kill'd another with bad Juices, and have continued perfectly well ever since.

§. XXI. My *Regimen*, at present, is *Milk*, with *Tea*, *Coffee*, *Bread* and *Butter*, *mild Cheese*, *Sallads*, *Fruits*, and *Seeds* of all Kinds, with tender *Roots*, (as *Potatoes*, *Turnips*, *Carrots*) and, in short, every Thing that has not *Life*, dress'd, or not, as I like it; (in which there is as much, or a greater Variety, than in *animal* Foods): so that the Stomach need never be cloyed. I drink no *Wine*, nor any *fermented* Liquors, and am rarely dry, most of my Food being liquid, moist, or juicy; only, after Dinner, I drink either *Coffee* or *green Tea*, but seldom both in the same Day, and sometimes a Glass of soft small *Cyder*. The thinner my *Diet* is, the easier, more chearful and lightsome I find myself; my Sleep is also the sounder, tho' perhaps somewhat shorter than formerly under my full *animal Diet:* But then I am more alive than ever I was, as soon at I awake and get up. I rise commonly at *Six*, and go to

Bed

Bed at *Ten*. The Order I find in this *Diet*, from much Experience, is, that *Milk* is the lighteſt and beſt of all Foods, being a *Medium* between *Animal* Subſtances and *Vegetables*; dreſs'd *Vegetables*, leſs *windy* and griping than *raw*; *ripe* Fruit than *unripe*; the *mealy* Roots more than the *fibrous*; and the *dry* than the *crude Vegetables*. I find much *Butter*, *Cream*, *fat* and oily Vegetables, and eſpecially *Nuts*, both hard of Digeſtion, ſtuffing and *inflating*. When I am dry (which is rarely) I drink *Bath*, *Briſtol*, or *Pyrmont* Water.

§. XXII. I AM heartily ashamed, and humbly beg Pardon of my *polite* and *delicate* Readers, (if any ſuch ſhould deign to look into this low *Tattle*, contrary to my Intention). I know how *indecent* and *ſhocking* *Egotiſm* is, and for an *Author* to make himſelf the Subject of his Words or Works, eſpecially in ſo tedious and circumſtantiated a *Detail*: But ſo various and contradictory have been the Reports of, and Sneers on my *Regimen*, *Caſe*, and *Sentiments*, that I thought thus much was due to Truth, and neceſſary for my own Vindication; and perhaps it may not be quite uſeleſs to ſome *low*, *deſponding*, *valetudinary*, *over-grown Perſon*, whoſe Caſe may have ſome Reſemblance to mine: which every one's has in ſome Degree, that has a *mortal Tabernacle*, ſubject to and afflicted with *nervous* Diſorders, by a miſtaken *Regimen*, or hereditary

tary Misfortune: and I have, on that Account, written *this* in a plain *narrative* Stile, with the fewest Terms of Art possible, without supposing my *Reader*, or shewing *myself*, to have look'd ever into a *physical* Book before; thinking this *Manner* and *Stile* might be most instructive and beneficial to common *valetudinary* Readers: and tho' some may not have quite my *Bulk* and natural Strength, or have run into such *Excesses*, or have not begun to manage so early in Life as I did first, yet they will only for that require lesser or greater *Doses* of the same *Method*, *Medicines*, and Management; and if it have not quite so full and perfect an Effect, as, *under God*, it has had with me (tho', perhaps, the worst Subject, and the most difficult *Case* possible, for so absolute a *Cure*) yet it may, and will always have a better than any other Method, (I mean only in so deplorable and *excruciating* a *Case* as mine was) and if it cannot *cure*, it will certainly *reprieve*, and make the Sufferings of all such miserable Persons more tolerable; as I have experienc'd once and again, in the most eminent Degrees; who, from the most *extreme Misery*, do now enjoy as *perfect Health*, as much *Activity* and *Chearfulness*, with the full, free, and perfect Use of my *Faculties*; a Facility of *Study*, and of going about the Business of my *Profession*, and, in short, of every *Rational Function of Life*, as I was ever capable of in my best Days, and, indeed,

of

of every Thing worth living for, as a *free and rational Intelligence*; every Thing, I ſay, except that I cannot *eat* and *drink* ſo highly and voluptuouſly as I have formerly; and, if I know my Heart, (which I am ſure I do not fully) tho' I were to be *eternal* and *unaccountable*, I ſhould live (at leaſt, wiſh to live, in the main, and as to *Diet*) as I now do, and would not willingly and deliberately go thro' the ſame *Miſery*, for the mere Gratification of my *Senſes* only; no, not to obtain the Dominion of our *Syſtem*, and all the *Glories* and *Pleaſures* in it. What I may happen to do, *God only knows*; I am to ſay, I hope, to make any new Trials and Changes in this my *bodily Regimen*: And, indeed, to what Purpoſe? being as well as any, and much better than moſt are at my Time of Day: And therefore, with *God's Grace*, if my *Health*, *Senſes*, and *Love of Virtue* continue with me the ſame, I ſhall, I hope, go on in the Method now deſcribed, and *live*, and, I hope, *die* in continual Gratitude to the *Beſt of Beings*, who, by an over-ruling *Providence*, and, as it were, by mere *caſual Hints*, far beyond the Reach of my *Penetration*, has irreſiſtably (as I ſhould almoſt ſay, if I felt not my own *Liberty*) directed the great Steps of my *Life* and *Health* hitherto.

Miſericordias Domini in æternum cantabo.

The

The CONCLUSION.

AFTER all the Pains I have taken, I have not yet got ſo large a Share of *Enthuſiaſm*, as to hope, by theſe my poor *Labours*, to do Good to any, except, perhaps, to a few poor, low, *valetudinary*, *dying*, *miſerable* Creatures, who have not the Courage *magnanimouſly and glorioufly* to ſuffer, pine, and putrify. The *Brave*, the *Bold*, the *Intrepid*, the *Heroic*, who value not *Pain*, who can *ſuffer* for *Diverſion*, and who prefer *Death* with a *Bounce*, to Life, on ſuch Conditions as I propoſe; and chuſe rather to *extinguiſh* now, than *forty* or *fifty* Years hence, will heartily deſpiſe and pity me and my *Lucubrations*. *Nunquam perſuadebis etiamſi perſuaſeris:* You ſhall never convince, tho' you convict me. I have heard of a great *modern Philoſopher*, celebrated for his *Wit*, *Wealth*, and *high Living*, who uſed, in the *Sun-ſhine* of his Days, to boaſt, that if *Temperance* and *Abſtinence* could make a Man live half a *Century* longer in Gaiety and Mirth, it were worth the While then to *deny* one's Appetites; but for *Ten* or a *Dozen* of Years more, it was but a poor *Purchaſe:* And yet I have been told, that the ſame *Hero*, when his *Time came*, would have

have parted with his great Eſtate, for a *Reprieve* of a few Years. I own I am one of thoſe poor *mean-ſpirited Wretches*, who am contented to live as long as *Nature* deſign'd me to laſt, and deſire to ſubmit with the utmoſt *Peace* and *Reſignation* I can arrive at, when that *Period* is expired; but for *Pain*, *Sickneſs*, and eſpecially for *Oppreſſion*, *Anxiety*, and *Lowneſs* avoidable, they are my *mortal Averſion*, and no Means would I refuſe to avoid them, but thoſe, which, I am convinced, would infallibly bring me into greater *Miſery and Suffering*; and yet, if I miſtake not my own Nature, I have the *Appetites*, *Paſſions*, and *Feelings* common to other Men; and I uſually ask myſelf the Queſtion, and look into my own *Heart* for an *Anſwer*, to any Thing propoſed concerning human *Appetites*, *Paſſions*, and *Feelings* that are *natural*, and not forced, and give little Credit to what others ſay contrary to ſuch *Sentiments*. It is true, indeed, there are as many and as different Degrees of *Senſibility* or of *Feeling*, as there are Degrees of *Intelligence* and Perception in *human* Creatures; and the *Principle* of both may be perhaps one and the ſame. One ſhall ſuffer more from the Prick of a *Pin*, or *Needle*, from their extreme *Senſibility*, than others from being run thro' the Body; and the *firſt* Sort ſeem to be of the *Claſs* of theſe *Quick-Thinkers* I have formerly mentioned; and as none have it in their *Option* to chuſe for themſelves their own

particular

particular *Frame* of Mind, nor *Constitution* of Body, so none can chuse his own Degree of *Sensibility*. *That* is given him by the *Author* of his *Nature*, and is already determined; and both are as various as the *Faces* and *Forms* of Mankind are. I imagine therefore, there must be required a *particular Make* and *Frame*, both of *Mind* and *Body*, to determine any one to receive heartily, and pursue steadily this (as it were) material *Metaphysicks* of a *Regimen*. There seems to be necessary, previous to a Conviction of the Benefit and Necessity of such a State of *Purification*, *a Je ne sçai quoi*, to make Men comprehend, embrace, and prosecute this *Self-denying* Doctrine, for the sake of such insensible *Trifles*, as *Health*, *clear Faculties*, *Chearfulness*, *Activity*, and *Length of Days*, when they are in Danger. If this *corporal Sensibility*, as well as *intellectual Delicacy*, is wanting, they will prove but short-liv'd, diffident and dastardly *material Spiritualists*, and fall away in the Time of *Trial*; tho' he that hath *Ears to hear will hear*: and good and sound *Threshing*, great and extreme *Misery*, *Pain*, *Lowness*, and *Anxiety*, will go a great Way to beget this *Sensibility* and *Conviction*; for the Means us'd by *infinite Wisdom* and *Goodness* towards reclaiming his *wandering Creatures*, seem only to be either *Love*, or *Punishment*: that those whom *Love* will not draw and allure, *Punishment* may drive and force; but neither *Frame*, *Disposition*, *Organ*, nor *Faculty* can make their

Objects, or alter their Nature, which are *Things given* and determined. The immutable *Laws of Nature*, and the *Relations of Things*, are *conſtant*, and will ſubſiſt in their Order, notwithſtanding our *Errors*, *Miſtakes*, or *Prejudices*. And it will be *eternally* true, ſo long as we have ſuch Bodies, that only *Temperance* and *Abſtinence*, *Air*, *Exerciſe*, *Diet*, and proper *Evacuations*, can preſerve *Life*, *Health*, and *Gaiety*, or cure *Chronical* Diſeaſes: I mean, in general, and in the main; and the *contrary* will always deſtroy them; and that they will ever mutually expel one another, like *Fire* and *Water*. Even *Homer*, three thouſand Years ago, could obſerve, that the *Hamolgians* (theſe *Pythagoreans*, theſe Milk and Vegetable Eaters) were the *longeſt-liv'd*, *and honeſteſt of Men*. *Milk* and *Honey* was the Complexion of the *Land of Promiſe*, and *Vegetables* the *Diet* of the *Paradiſiacal State*: And ſince ſuch a *Diet* will (if any thing) certainly cure, by the Confeſſion of all *Phyſicians*, learned and unlearned, ancient or modern, *High* or *Low-livers*, the *Gout*, the *Conſumption*, and the *Scurvy*, and ſuch-like atrocious, otherwiſe incurable and mortal Diſtempers; it will be eternally true alſo, *Quod poteſt majus*, *poteſt minus*; or that, What will do the greater, will do the leſs of the ſame Kind: And let the *Brave* and *Bold*, the *Free-living* and *Free-thinking Profeſſors* ſneer or rail as they pleaſe, there muſt be an *eaſier*, *ſimpler*, and

and *more natural* Way of preſerving *Health* and *Chearfulneſs*, of *lengthening Life*, and *cureing Diſtempers*, than that founded on deep *Reſearches*, tedious *Details*, *ſtudied Ingenuity*, and *Fineſſing*; elſe the *Poor*, the *Illiterate*, the *Laborious*, and the *Solitary* (the far moſt, if not the leaſt corrupted Part of our *Species*) would be, of all Men, the moſt miſerable when ſick. And accordingly it is obſerveable, that *Hippocrates*, *Galen*, *Celſus*, and others of the *primitive Fathers of Phyſick* cured by *Air*, *Exerciſe*, *Diet*, and *Evacuation* mostly, if not only, even as ſucceſsfully, (tho' not quite ſo ſoon, perhaps) as we by all our *Mathematicks*, *Natural Philoſophy*, *Chymiſtry*, *Anatomy*, *Knowledge of the Materia Medica*, and *Animal Oeconomy*. Far be it from me, to leſſen the Value and Neceſſity *now*, of thoſe *Divine Sciences*; for ſince our *Luxury* has kept Pace with our *Knowledge*, the *Obſtinacy* and *Violence*, the *Number* and *Degrees* of our *Diſeaſes* have increaſed proportionally; and therefore *He* that would honeſtly and ſucceſsfully practiſe *Phyſick*, on the *Patients* and *Diſeaſes now* as they are, ought to know all theſe mentioned *Sciences*, to the greateſt Degree he can poſſibly, to enable him even to *alleviate*, *mitigate*, *leſſen* or *cure* theſe *unnatural* and *infernal* Diſtempers *now extant*; and *that Phyſician* will never arrive at true, natural, and beautiful *Simplicity*, either of the *Theory* or *Practice of Phyſick*,

who has not passed thro' endless *Multiplicity* in Study, Observation, and Experiment in these *Sciences*; such a *Simplicity* is the greatest Contradiction to *Lazineſs*, *Foreign Studies*, *Negligence*, *Incurioſity*, and *Ignorance* in the Profession; but such a *Simplicity* (produced by rejecting *Need-not's*) when (if ever) attained, is worth a *Million* of these little *falſe* and *foreign Arts* sometimes us'd to rise in it; for it is, in Truth and Reality, an *Eminence* of *Light* and *Tranquillity*.

Diſpicere unde queas alios, paſſimque videre
Errare, atque viam palantes quærere vitæ.

LUCRET.

FINIS.

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