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CURTEIS, T.
ESSAYS ON THE PRESERVATION & RECOVERY OF HEALTH:

In Two Parts.

Wherein the late Wines are suspected and censured: Malt-Drink, Hopps, Cyder, Artificial Wines, Coffee, Tea, &c, as also, Drinking of Water, and the Varieties of Elaborate Compositions in Eating, impartially examin'd: The Hot and Cold Baths with their Benefits and Inconveniences, enquir'd into: The more general Alterations in the Animal Fluids, whether Acute or Chronical, briefly handled: The Principal Intentions of Physick, with necessary Cautions relating to Practice, fairly stated: And that Noble Science rescu'd from the most audacious Empirical Intruders.

'ΙΑΤΡΙΚΗ τεχνήν χθεὶς πασιν ἐστὶν πιραιεστὶν: Διεlicity ἐμαθὲν τὴν τεχνὺν τῆς ἰατρικῆς, καὶ τὴν τῶν τούτων κινητικῶν, πολὺ τὸ πασιν ἐστὶν ἡ τεχνή τοπολείταιν: Ηπποκρ."

London, Printed: and Sold by Richard Wilkin at the King's Head, and Henry Bonwick at the Red Lyon in St. Paul's Church-Yard. MDCCIV.
To the Honourable
George Verney, D. D.
Prebendary of Windsor,
AND
Chaplain in Ordinary
TO HER
MAJESTY.

SIR,

When I had crowded these loose Notions into as narrow a Compass as the Design would admit, I really thought to have let 'em run the Gantlet alone; and been no otherwise affected with their Fate, than by observing it behind A 2 the
the Curtain. But the Favourable Reception they have met with from some of the greatest Eminence in Physick, who were pleas'd to Honour 'em with a Perusal, having alter'd those first Intentions; they now humbly crave your Acceptance and Patronage: To which I am both encourag'd by the most confirm'd Experience of your extraordinary Candor, and prompted by an insuperable aversion to Ingratitude (Having always esteem'd it the greatest instance of Degeneracy in Humane Nature); tho' the least Reflection on my self cannot but afford Discouragement enough. I dare not attempt to pay so much as a Reasonable
Epistle Dedicatory.

Sonable Tribute to your Excellent Temper and Vertues, or take notice of 'em as a Foundation to the future Hopes of those that know You; since 'tis the only certain way to incur your Displeasure: Yet will be bold to affirm, That there's no Man who does not think himself happy in your Friendship. To that, in a great measure, I owe both the First Beginning and Successive Improvements of the small Interest I can pretend to in these Parts. But whilst I am expressing my Inclinations to be Just and Grateful, I am so far from fancying the least Degree of Compensation, that I readily acknowledg
Epistle Dedicatory.

the Debt enhanced; and, in the midst of my Devoirs, meet with further Reason to profess my self,

Honoured Sir,

Your ever Oblig’d and most Humble Servant,

Tho. Curteis.

Sevenoke, in Kent,
Nov. 10. 1703.
IN most other allowable Diversions every Man usually acts as αὐτῶν ὡς; without thinking himself oblig'd to give any account of his Motives or Ends. But in this, 'tis otherwise: Long Custom having made it a kind of Debt to the Critical World. Know therefore That the Principal Inducements to these Scribings were, 1. To enforce, against the strong Current of a dissolute Age, the real Worth and undeniable Benefits of Universal Temperance (more particularly in respect of the late Sophisticated Wines); together with some coincident Directions for the Preservation of Health. 2. To express a
just Concern at the many notorious Shams and destructive Fallacies, continually multiply'd like Hydra's Heads, and audaciously obtruded on Those of the least discerning Judgment, under the Colour of so useful a Science as Physick. 3. To offer on its Behalf some kind of Apologetic Defence against these grand Abuses, or at best empty Pretensions: intimating the Perspicuity, Reasonableness, and, almost general, Certainty of its Principles, Methods an Events: 4. To detect those equally dangerous Extremes of such as, either thro' an exorbitant Notion of Fatality neglect, or over-tampering Curiosity abuse, both It and Themselves. As to the Invective Part: 'Tis no more than what the Author would have thought highly reasonable if he had been in no wise interested in the Faculty; and wishes he could not back it with particular Instances. The whole
The Preface.

whole being sincerely design'd for general Benefit needs no Excuse for its appearing in a Language generally known: which otherwise, if more restrictively intended, he shou'd not have chosen. And if it may but effectually recommend to some, the real Advantage and amiableness of a Regular Temperate Life; as also in any measure contribute to the Removal of those pernicious Encroachments which have been unhappily made on the Province of Phyſick; he will have gain'd his Ends, and shall very easily despife all the little Censures which he may have hereby drawn upon Himself.
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I. **HEALTH**, the most valuable of Temporal Blessings, was anciently defin'd by Galen,

*De Diff. Sympt. cap. i.
* *De Diff. Sympt. cap. i.*

and by Sennertus afterwards;

† *Actiones secundum Naturam exercendi Potentia; a Partium naturali Constitutione proveniens*

But the Design of this Essay being only to offer, with the utmost Brevity imaginable, some free Thoughts
tending to the Conservation and Improvement of that desirable Frame, together with a few necessary Cautions and general Directions for the Recovery of it when impair'd, as they shall readily occur, without confinement to Order or Method; will not admit of descanting on these, or any other Definitions educible from the Works of more Modern Authors: And much less to attempt any thing like a Systeme either in Theory or Practice; if I could have the vanity to think my self capable of such a Task. However, if I might take the Liberty of Defining a State of Health, it should be thus, viz.

A due Symmetry, Temperament, and regular impulsive Energy of the Blood, Spirits, and their subservient Fluids; actuating and enabling all the Parts of our Bodies to an uninterrupted Discharge of their respective Functions.
II. When we consider the admirable Structure, Connexion, mutual Dependance, Sympathy, and joint Contribution of the solid constituent Parts in our Microcosm, to those common Ends of Nature, Digestion, Nutrition, Accretion, Secretion, Motion, Ratiocination, &c. together with the exact Mixture, Equilibrium, and happy concurrence of those many contrary Parts of the Blood and other various Fluids (whether the more gross and heavy, or finer Particles of aerial Matter, the Spirits) to cherish move and actuate those, otherwise useless Organs: It readily suggests that the Wisdom and Power of the supreme Architect are no less conspicuous in our Preservation, than Formation; and may rather incline us to think it strange that a due Restitu- tude and Harmony should be continued thro' any considerable tract of Time,
Time, among the differing Ingredients of so inexpressibly curious a Compositum; than that Age, Intemperance, alterations of the ambient Air, or other innumerable Accidents, should cause either sensible Decays or frequent Disorders, tending to its Dissolution.

III. 'Tis generally allow'd that the solid Parts receive their immediate Nourishment from the Maff of Blood: Either primarily, by a continual repletion of all the Vessels, whether Veins, Arteries, Nerves or Fibres, with their respective Fluids, consisting of spirituous and nutritious Particles; Or secondarily, by the apposition of some new adequate Matter, curiously extravasated thro' the thin porous Coat of the Capillary Arteries in the Glands of the respective Parts; the superfluity whereof is always re-forb'd
Prefervation of Health, &c. 5

forb'd by the Veins. And that not so much as the Bones are exempted from this general Rule; but derive their nourishment from the Blood-Vessels dispers'd thro' 'em, rather than from the Marrow they contain. We must therefore readily infer That the great defect of Nutrition and wasting of the Muscular Parts which is obvious in slow Scorbutic and Hectic Fevers, Cachexies, Surfeits, &c. proceeds from a Depravation of the Blood and its depending Juices; when, by some external Cause or Heterogeneous Mixture, 'tis unhappily alter'd, and recedes from its natural State; losing the firm Texture and Symmetry of its Parts, and becoming less apt for the necessary instauration of Animal Spirits.

IV. As the Blood, whilst of a due Consistence and laudable Temperament,
ment, is the only adequate Pabulum for that Ἐνεργων Πῦρ, or ingenite Fire, by a Metonymy commonly call'd Life, and always esteem'd by the Learned part of Mankind as the Original Source or Spring of all Vital and Animal Functions; being admirably suited, thro' the exact Balance and Energetic activity of its opposite Volatile Salts, to the keeping up of that even natural Fermentation, which, like Oyl to the Lamp, continually feeds the gentle Vivacious Flame: So this Crimson nutritious Liquor it self stands in the same need of a continued reflection from the purest parts of Chyle, first prepar'd in the Stomach, then defecated by a new Fermentation, afterwards most exquisitely stren'd and pour'd into the common Mass, and lastly by repeated Circulation chang'd into its own rich Colour and Substance.
V. For the better continuance of such reciprocal Benefits and friendly Communications, on which the well-being of the whole animated Fabric essentially depends, we must have recourse to the establish'd Doctrines of Non-naturals; as highly conducive to those desirable Ends, and to which a due Deference ought always to be paid; viz. 1. Air; 2. Meat and Drink; 3. Motion and Ease; 4. Sleep and Watchfulness; 5. Excretion and Retention; 6. The Passions of the Mind. In all these respects it is so absolutely necessary to observe those excellent Laws of Caution, Temperance and Mediocrity which provident Nature has enacted for the orderly support of her own incomparable Government; that an Excess in any one, if persisted in, and not timely rectified, never fails of its condign Punishment; but tends to a subversion of the whole
whole Polity; or at least causes it to labour under the heavy Burthen of a general Disorder. Each of these we must therefore make a little distinct inquiry into. And first of Air.

VI. That innate Fire, or first Principle of Life, before hinted at, not only displays itself upon the whole Mass of Blood for its continual Relief; but equally requires as constant Refreshment from the free influx of a salubrious Air: By the Depravation whereof 'tis always manifestly impair'd, and by the Deprivation inevitably extinguish'd. Those well-known Experiments made in Vacuo upon various Animals, expiring immediately, or at least very soon, after the Air was pump't away, prove it beyond Contradiction to be the Essential Medium of Life. 'Tis also undeniably evident from the most curious
curious Enquiries, both Anatomic and Philosophical, That the Blood in its Circular Motion rushing into the right Auricle and Ventricle of the Heart, either by the *Effervescence and Rarefaction which it acquires, or by its Quantity and the Expansive Motion of its Vital Spirits, excites a very troublesome Extension of the Membranes; till those strong Muscular Fibres contracting themselves, forcibly thrust it by the Pulmonic Arterie into the Lungs: where being further rarefy’d, volatilis’d and freed from its noxious Steams by the necessary communication of Air, it swifly passes, by the Pulmonary Vein, into the left Auricle and Ventricle; and thence is strongly
An Essay on the

Strongly expell'd into the Arteries, for a continued Circulation. Nor is it less certain that the Air has other ways of imparting its Benefits to the Mass of Blood; if we consider those numerous Pores in the Surface of our Bodies which are so well adapted for its easy admission; together with the large Quantity receiv'd into the Stomach, promoting its Fermentation, and afterwards friendly uniting with the Chyle. If therefore the Eucafficie and regular Distribution of the Blood and Spirits depends so immediately upon the constant influence of Air; Reason will suggest that it ought to be the most pure, sweet, penetrating, and free from any thick obstructing Vapours, or other noxi-
ous Qualities: And Experience abundantly shews that according to the Degrees of its impurity or unsuitable-ness, the Blood is usually affected with proportionable Alterations.

VII. That which renders the Atmosphere, or ambient Air, so highly conducive to the Preservation of Life both in the Rational and Sensitive Creatures, as also to the Vegetable World, is the refreshing Volatile Nitre, or Nitrous Spirit wherewith it abounds; together with the further Depuration and Rarefaction which it receives from the benign influence of the Celestial Bodies: Without which concurring Benefits it would be no better than a lifeless and unactive Medium, and altogether unsuited to the noble Ends for which it was design'd. But being thus happily impregnated or acuated by such enlivening Principles,
ciples, it continually sends forth the most agreeable Recruits to the exhausted Spirits both of Animals and Plants; and thereby gives, after a sort, new Life to the World. As the Spirits in Humane Bodies do infinitely surpass all the other, both in Dignity and the fineness of their Contexture; so they have proportionable need of uninterrupted influences from the purest parts of such wholesome and well-temper'd Aether, to ballance those sulphureous Effluvia, which are continually excited, and would otherwise endanger their Suffocation. So far therefore as it suffers a Diminution or Depravation of these friendly Nitrous Particles, its Elastic Virtue is impair'd, and it becomes less serviceable to such enlivening or consolatory Uses. And this most commonly happens, either for want of its customary Purgation by Thunder, Lightning,
Lightning, Winds, Frosts, &c. Or when the Calorific Atoms are too powerful and excessive; as is usual towards the Declension of Summer: Or from gross and stinking Exhalations, arising from the rich and overmoist Surface of the Earth; as in low Fenny Countries: Or from a gradual accumulation of malignant and poisonous Miasmata; as in those Climes or particular Places where Epidemic or Endemic Distempers reign. The great advantages accruing to the Mass of Blood by the Rarefaction which it receives from the ambient Air, where 'tis most pure and unalter'd, are evident in Asthmatic Constitutions; whether of the Humorose kind, or the Dry and Convulsive. To remove from a more gross and heavy to a thin and penetrating Air, usually proves a great Relief in both: By relaxing that Constriction in the Vehicles
icles of the Lungs which is the general immediate Cause; and dissolving the Concretions in the Blood, together with the Tartareous viscidity of the Lymph which moistens the Lungs, or else attemperating its acrimony; which are the more particular Causes of the former: As also freeing the Spirits from any pungent Matter or offensive Steams that irritate the Nervous Fibres, either in the Organs of Respiration and their subservient Muscles, or such adjacent Parts as usually draw them into consent; which gives Rise to the latter. Indeed in some Degrees of a confirm'd Phthisis, when the degenerated Blood and Lymph by their fretting sharpness have made fatal Breaches on the thin Membranes of the Lungs, the brisk Nitrous Salt of the most pure and wholesome Air may be too searching for such shatter'd
ter'd Constitutions; and instead of the Benefits which it affords to others, give a greater agitation and inquietude to the vitiated Salts of the Blood; thereby hast'ning the Tragical Period faster than what is more thick and blunted by smooth, clammy or Sulphureous Exhalations.

VIII. The next most probable Expedient, and indispensable Help, to preserve the genuine Richness and Temperament of that noble Fluid, the Blood, so highly nourishing and absolutely necessary to the support of our Animal Frame; is a seasonable and well-adjusted Supply of convenient Materials for the constant Recruits of Chyle. Herein 'tis more particularly requisite to make choice of those Aliments which are esteem'd 

\[ \text{e} \nu \text{m} \text{e} \text{t} \text{a} \text{a} \text{ } \text{a} \\text{nd} \ \text{e} \nu \text{z} \text{v} \text{u} \text{a}, \text{i.e.} \text{easiest of Digestion and affording the most commendable Juice:} \]
And instead of giving the Reins to a voracious or over-curious Appetite, to have always a due regard both to the most seasonable Times and the Quantity as well as Quality of what we take for Nourishment, whether Liquid or Solid. In this behalf some of the most Learned Authors have laid down many excellent Rules, too tedious to be crowded within the narrow Limits of this Discourse; and which are already much more generally known than observ'd. To be very cautious at all times of a through Indulgence to our Appetites, or after inadvertency to use proportionable Abstinence; must be acknowledg'd the most probable way of anticipating Crudities and an imperfect Digestion: But 'tis no less probable that so strict a Rule of Temperance will found harsh to such as have no better Relish of Life than in gratifying the Exterior Senses. Note that these, or any other Hints of this nature,
nature, are equally necessary for those who have the Happiness of enjoying the strongest Constitutions; and whose confirm'd Experience, if they are not partial in their Remarks, may warrant a Latitude that would be dangerous for others to assume. Here I might have touch'd, at least, upon the Drinking part of our Diet; wherein too many have more especially need of Caution: And in particular might have shewn the great Importance of being curious in the choice of Water; as having, next to the external Air which we continually draw in, the greatest influence on our Blood, either to an healthful or insalubrious state. But designing elsewhere to enlarge on this Topic, I wave it at present.

IX. Motion, with its Contrary, is next to be consider'd. Not in a General
eral or Metaphysical Sense; as defined by Aristotle, Epicurus, &c: But more restrictively, as Animal and Voluntary. And, consonant to the Old Maxim, *Omnis Calor ex Motu*—, it must be allow'd, That moderate Exercise enlivens the Spirits; accelerates their Distribution; preserves and encreases the Native Heat; facilitates Digestion; promotes a brisk Circulation of the Blood, richly laden with Chyle, to visit and comfort every Part with its necessary supplies, as also a free Transpiration of those Salino-sulphureous Steams, or Vaporous Effluvia, which are burdensome to the Spirits; renders the Muscular Parts more firm and robust; the whole Body less receptive of external Injuries, and much fitter for the discharge of all its Actions. The want hereof, viz. a sedentary and unactive Life, brings in a whole
Chain of inconveniencies; impairs the Native Heat; clogs the Spirits, and retards their Distribution; increases Excrementitious Humors; and either lays the Foundation for many Chronical Distempers, or at least induces a tender and weakly Constitution. This Antidote is most seasonable before Meals, especially Dinner; that the Stomach, having finish'd its former Digestion, may the more easily throw off any useless Recrements, and be better fitted for a new Discharge of its Office. Immediately after plentiful Eating, any other Exercise more than to walk gently, excites troublesome Flushings, is injurious to the Head, dulling to the rational Faculties, and inimical to Digestion. But tho' moderate Exercise is so highly useful and beneficial, its Excesses are no less dangerous: Which often dissipate the Spirits, weaken the Nervous System.
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break some of the smaller Blood-Vessels, and cause fatal Surfeits, Pleurisies, Rheumatism, &c.

X. The Necessity and Benefits of those constant Alternations of Sleep and Watchfulness are so generally known, that it seems a needless Task to explain 'em. That the Animal Spirits, being tir'd out with the Toil, Motion or Thoughtfulness of the Day, require such an orderly Retreat from the exterior Organs, as also in a great measure from the Exercise of the interior Senses, for their own necessary Refreshment, instauration, future Serviceableness, furtherance of Digestion, and repairing of the Radical Moisture; and that afterwards, being rouz'd up, they return to their former Offices more vegetate and active; nimbly dispersing the Native Heat to all the extreme Parts; promoting the
the Distribution of Nourishment, and Evacuation of whatsoever is useless, clogging and excrementitious, by the respective Glands; both Reason and Experience do strongly convince. But when either of these alternate Benefits does much exceed the just Bounds, they cease to be so; and the ensuing Mischiefs are not small: according to that of Hippocr. Sect. 2. Aph. 3. τυντς, ἀγρυπτικόν, ἀμφότερα τὰ μῆλιν μᾶλλον ἱμόμφα, κακὸν. Excess of the former, hinders the various Evacuations, detaining the Excrements too long; breeds crude and viscous Humors; dulls the Head; and renders the Habit of the Body pale and blotted, by Reason of the slow Distribution of Spirits: Of the latter; impairs the Strength; preys upon the Radical Moiſture; Dries the Brain; breaks the contexture of the Spirits; encreases, acuates and in-

C 3
flames the Bile, thereby inducing a Feverish intemperature on the Blood; and more especially if joyn’d with Thoughtfulness and hard Study. All which, together with the acrimony of the Wine, or other spirituous Liquors, are sufficient to account for those hasty Decays which happen in many of the strongest Constitutions, when fallen into an Habit of hard Drinking, and at the most unseasonable Hours.

XI. The Excreta and Retenta, whilst timely and in due Proportion, according to the wholesome Laws of Nature, do not a little conduce to an Healthful State: as, on the contrary, a failure in either Respect very sensibly tends to its Detriment. For, as the Blood and solid Parts need constant Supplies of Aliment from what is receiv’d into the Stomach; and that generally affords some Heterogeneous
geneous and feculent Parts, altogether unapt for Nutrition: if these are timely separated and excluded, and the other retain'd and distributed, the Mechanism of Nature goes on successfully. But when Nutritious Humors are by any Accident immoderately run off, the Spirits must of necessity become languid and prostrate; Or Excrementitious too long retain'd, they must be very much straitned, oppress'd, or, after a sort, impoyson'd. The Particulars enumerated by Authors under this Classis, are the Fæces Alvine, Urine, Sweat, insensible Transpiration, Catamenia, Venery, &c. Each of which would afford sufficient Room to expatiate upon; if the promis'd Brevity did not forbid it.

XII. The Government of the Passions is, doubtless, one of the best In-
gredients to an Healthy, as well as an happy Life: Which, being unwarily let loose, are of great Force to shake the whole Economy of the Spirits; proving often Harbingers to many afflictive Maladies, and sometimes to Death itself. Joy, the most charming of 'em, if not excessive, invigorates the Blood, and nimbly sending it to the farthest Circumference, nourishes the fleshly Parts and mends the Complexion: But if too sudden and accumulated, 'tis so far from enlivening that it rather suffocates the Spirits, for want of their necessary Expansion; induces very dangerous Syncope's; and sometimes at one surprising Blast quite puffs out the feeble Lamp of Life. Grief, the Reverse of this pleasing Passion, debilitates the Native Heat; preys upon the Radical Moisture; sours the Nutritious Juices; withers and makes pale.
pale the Countenance; slackens the Pulse; straitens Respiration, and often kindles a slow wasting Fever in the Blood and Spirits, for want of their customary Ventilation. Fear, if very great and surprizing, is at least as dangerous as the highest Transports of Joy. Hereby the Blood often undergoes some Degree of Coagulation; the Spirits become, as it were, fix'd and useless for a Time; ushering in a whole Train of other dreadful Symptoms, viz. Suffocating Compressions in the Ventricle of the Heart; very painful Contortions in the Abdomen, especially that Plexus of Nerves in the Mesentery; a contracted slow languid or scarce perceptible Pulse; universal Tremblings and great Confusion both of the exterior and interior Senses. And tho' the stifled Spirits do most times rally again with good success, and seem
to triumph over these complicated Mischiefs; yet the Blood and other Nutritious Juices, having acquir'd a greater degree of sharpness and astringency, seldom fail of leaving some habitual Stigmata or impressions off the Detriment; as deep Sighs, frequent Tremblings, Palpitation of the Heart, or that troublesome adiathe-fis of the Spirits which we call Vapours. And Lastly Anger, if it exceeds the Bounds of Moderation, is not without its mischievous Effects: For by violently agitating the Spirits it gives an acrimony to the Bile, inflames the Blood like a feverish Ferment, and too often usurps the Empire of Reason. In cold Constitutions it might sometimes be advantageous, to rouze up the Spirits and accelerate their Distribution: But the hot and Bilious, to whom 'tis more especially hurtful, are chiefly, if not only prone to this Exorbitance.
XIII. As to the other Passions of Love, Hope, Desire, Envy, &c. when unwarily set at Liberty, they are apt to make very disorderly Excursions, and usually affect the Spirits with proportionable Injuries: Therefore ought to be very carefully regulated and kept under the same strictness of Discipline with the former; as we value the great Happiness of a laudable Temperature both of Body and Mind. But I wave descending farther to Particulars: My Design being chiefly to enlarge on the Dietetic part of the Non-naturals; and especially Drinking: Wherein the greatest Excess, Irregularities, Abuses and destructive Practices, are most commonly obvious.

XIV. That Nature, taken in the more restrictive Sense as Humane, and consider'd as pure and undebauch'd,
bauch'd, can most happily content itself with a very few of those infinite Productions of the Divine Bounty and Providence, in upholding the admirable Mechanism of Life; is generally acknowledg'd: And that the more simple and unmix'd Aliments, being easily converted into an agreeable Chyle, are best suited to the repairing or instauration of what is daily wasted from that rich, smooth, and, as it were, Balsamic Fluid which we call Blood; and preserving the due Contexture of its most curious globular Parts; whereon every Circumstance of that happy Frame and inestimable Jewel commonly term'd Health, does so necessarily depend; cannot with the least colour of Reason be deny'd. 'Twill then most readily follow, That the Delicacy of Eating, which not a few value themselves upon, has nothing
of real Worth to recommend it to such as are of unbyass'd Judgments and impartial in their Remarks: And That the great variety of elaborate Compositions, so much in vogue with hose of the highest Accomplishments, that they can scarce relish any thing but what is *A-la-mode* (whether deriv'd tous from neighbouring Courts, as a part of the Vices we so greedily imbibe, or of more Domestic Invention) tho' the Ingredients are many times no less differing than Fire and Water; are only calculated for the Meridian of *Epicurism*, and at best superfluous, or rather destructive of those Ends to which they are imaginarily adapted. For, 'tis scarce reasonable to expect that there should be as amicable an agreement of so many contrary Parts, either in that first Eliquation in the Stomach, or the subsequent Depuration and intermixing
termixing with the Blood, as when we choose to take up with one single Dish of the most plain and easy preparation; or two at the most between which there is the nearest affinity. And perhaps 'twould be very far from any Disadvantage if Men were as complaisant to their Stomachs as they usually are to their Palates, when they scruple the mixing of diverse contrary Things on the same Plate.

XV. Nor is it sufficient to make our choice of the most simple kind of Diet, rejecting in a great measure the high Flights and exquisite improvements of Art; unless we are also cautious of those lesser and more common Extremes, too often unsuspected, or at least unnecessarily obtruded. Some of which, tho' backed with plausible Pretenfions, when drawn
drawn into an Habit, are very often accompanied with great inconveniences. Such as a customary use of the more warming kinds of Spices, Stomachic Confections, Cordial Waters, or other imaginary Helps to Digestion: Together with such Things as are design'd for a Spur to the Appetite; viz. Meats very highly season'd, being robb'd of their sweet genuine and most nourishing Juice; or those that are not only Salt, but dry'd in the Smoke, and impregnated with the acid Spirit both of the Salt and Soot; Anchovies, or any other sorts of high Pickles; too liberal use of Salt, Vinegar, &c. The former by over-height'ning destroy the Native Heat, relax the Tone, and impair the regular Fermentation of the Stomach; cajoling us into the slavery of a seeming want and habitual Expectation of
of 'em: The other are apt to excite a preternatural Acid, or acido-saline
Ferment, no less depraving the Di-
gestion and Chyle, than sharpening
the Appetite; and transmitting also
a viscous acid Crudity into the first
Passages, to alter, disturb or retard
those Fermentative and Secretory
Juices: so that the very Crasis of the
Blood becomes vitiated thereby, and
impair'd in its Volatile Spirits, the
Lympha sour'd, the Bile unactive,
and the Hypochondriac Flatus, Ca-
chexie, or settled Scurvy ensues. Na-
ture's own deliberate Chymistry is
the best: And till she calls for the
interposition of these little Aids, they are, doubtless, much better
spar'd. For, why should we go a-
bout to thwart her most Regular Mea-
sures; or too officiously hasten that
Work which she would certainly
better accomplish alone? The fre-
quent
quent or too liberal use of such Things, of the latter Kind, is more especially hurtful to young Persons: in whom the Stomach's peculiar Juices are most easily sharpen'd and deprav'd. Or if we design those of the warmer sort, as Remedies for a weak Stomach; they are so far the contrary, that a glass of cold Water would be the more eligible Extrem: For, instead of improving, they very much disturb, or rather pervert its orderly Functions; always leaving it after a little transient Relief, worse than before. But this is more especially observ'd to be the unhappy Fate of Persons accustom'd to the use of Brandy or Cordial Waters, (as they love to call 'em) consisting of an inflammable Spirit. And no Wonder that in such, both the Digestion and Appetite are impair'd; when not only the Rugæ, and Crusta Villosa are gradually worn smooth, but those numerous Glandules adhering to the Nervous
Nervous Coat, which should strengthen off from the Gastric Arteries that specific Liquor Fermentalis adapted to those Ends, are either dry'd up, or at least harden'd and made unfit for such separation.

XVI. Prima Concoctionis Vitium non corrigitur in Secunda, &c. is a Maxim of ancient Date, and deserv'd Reputation. Which should make us the more wary of over-charging our Stomachs at any time with what is never so proper and laudable; as also to allow a convenient space for perfecting the former Digestion, and sending off any heavy or viscous Recrements, before we renew their Task. And in particular, that we don’t ordinarily indulge the eating of Flesh above once a Day: Which, from the firm Texture of its Fibres, being less easily dissolvd, as also abounding more with opposite saline Particles, tho’ perhaps not better answering
swering the Ends of Nutrition, than many other Aliments of the easiest preparation, does more readily contest with the Fermentative Juices, to alter and sharpen 'em; requires more Exercise to facilitate its Concoction; and is apt to leave greater plenty of vitious Crudities. But, as was hinted before, the impartial Experience of particular Constitutions, and their circumstances of Life, may very often be a better Direction than any general Rules; either as to the most agreeable kinds of Meat, or the Quantity, Frequency, and most convenient Times of eating 'em. It must be acknowledged however, or at least it's highly reasonable to conclude, with the Learned Moderns, that most Chronical Distempers have their Origin in the stomach, from its deprav'd Juices, and the Crudities of a faulty Digestion. And if we were not too far sunk into Epicurism,
Epicurism, the voluntary Chastisement of missing a Meal once in fourteen Days, or oftner, might be propounded as a probable Expedient against those accumulated Recrements which are apt to stick to the Plicæ of the Stomach, as an unhappy Clog to its Office. For if the Chyle be either imperfectly made, or vitiated with other contrary Juices, the Secretion which afterwards undergoes from the united force of the Bile and Succus Pancreaticus cannot so far alter its nature as to fit it for a friendly assimilation with the Blood, and preserving that firm Union which ought to be between the Serum and Grumous Part of it: Nor can those noble colatory Organs the Liver and Spleen so easily correct the adiathepis, and thoroughly refine it, but that the whole Maff will in some Degree suffer thereby: and become crude, ichorous, impoverish'd.
verish'd in its brisk Volatile Salts, and consequently depriv'd of its former native Sweetness. And according to the various Endeavours of the Spirits to free themselves from this incongruous Mixture by the Glands, many different Scenes of troublesome Maladies are wont to appear.

XVII. If the Blood very often suffers those sudden injurious Alterations, which common Experience hows, after the taking of great Colds, upon some particular Changes of Weather; from the Volatile Nitre, or Nitrous Spirit, of the Air being made corrosive, and too plentifully insinuating it self, as well by the Cutaneous Pores, when more than ordinarily relax'd by immoderate Motion or Exercise, as also by a more violent rushing in at the Lungs: (For that the Air consists of Nitrous Parts,
is agreed by all modern Philosophers, and prov'd by undeniable Experiments; and the Corrosion is plain from the usual Soreness or Ulceration at the Nostrils, when the Crisis happens to be made by those Glands: Or, on the other hand, when any sudden Constriction of those Pores puts a stop to insensible Transpiration; and the more subtil Halituous Recrements, being imprison'd, return upon the Mass of Blood, to disquiet and ferment it; exciting either a Fever or some speedy Evacuation: If it so easily loses it due Mixture, undergoes a kind of Coagulum, and grows acrious, acido-saline, fizy or glutinous from external Causes; so that the more viscid Parts of it can't pass some of the straitest Vessels, but stagnate, inflame and tend to Suppuration; as in Pleurisies: Or throws off some of its sharp vitiated and offensive
offensive serum, after an undue separation from the grumous part, into the muscles and their adjoining interstices; as in rheumatisms: Surely no less inconveniences and unhappy alterations ought to be expected either from crudities after disagreeing aliments unseasonably or too plentifully taken; or the unwary use of mix'd, fretting and unwholesome wines, or any kind of foul, ill-fermented, sharp or pungent liquors.

XVIII. Neither is a customary drinking of wine, tho' never so good and unsophisticated, or in a quantity otherwise not immoderate, allowable at all times. For when the stomach has been longest empty, its acid volatile parts are too spirituous and searching for those many nervous filaments dispers'd over the inner coat; and easily break thro' the
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Crusta Villosa, or that kind of rough and spongy Lining, call'd by Dr. Willis, and from him by a very modern Anatomist *, and fourth Tunicle, whereby with provident Nature has guarded 'em: So that instead of refreshing, they really disturb, exasperate, and prey upon the Spirits. To back the Ætiology with Experience: We have but too many Instances of Strong and Healthy Constitutions, which by the Laws of Nature might have reach'd a very considerable Age, brought to early Tremblings, and an untimely Exit, by the infatuating charms of Wine; especially the Morning-Whets, as they commonly call 'em. And if the best of Wines, without something more solid or substantial to feed on, and blunt their corroding Particles, may have such pernicious Effects:

How much worse ought we to think of our modern, counterfeit, or, at best, but brew'd Wines; tho' taken at never so seasonable Times! Which consist of so many jarring parts, and very oddly jumbled together, that those Stygian Artists themselves can't long preserve any tolerable agreement betwixt 'em: For they are usually fitted to a quick Draught, and many of 'em will scarce abide the Test of a Month's keeping. What unhappy Ferments in the Blood, and its sublervient Juices, are wont to succeed the over-liberal use of 'em; and how soon the incomparable Texture of the Spirits is liable to be broken, or rather too often impoyson'd, thereby, has been sufficiently shown in some dismal instances, not difficult to be recollected or accounted for. That a very small Part of what passes under the name of Foreign
Foreign Wines can be really such, i.e. free from Mixture or Adulteration, beside the disagreeing Effects which are daily obvious, must be concluded from the great Disproportion between the Quantities of late Years imported, and what have been expended. And why any Persons that will but allow themselves the Liberty of Thinking, should sooner choose to intrust their Constitutions with every little audacious Wine-Brewer, whose utmost Improvements in his Faculty are directed to the Eye and Palate, whilst unskill’d in the nature of those Ingredients he uses; than with the most Quackish Pretender to Physick that ever mounted a Stage; will scarce admit of a reasonable Solution. It seems needless to treat of the real Benefits or Usefulness of good Wine, when seasonably and moderately taken; unless what is truly such
such were more easily procurable. For, if doubling or trebling the wonted price very seldom secures any from the artificial Mixtures and cunning Representations (tho' some perhaps may be so Foppish as to imagine that what is dearest must be the best); one would think that all who are not wholly sunk into that vilest Drudgery of being perpetual slaves to their Bottle, should without hesitation either totally break off, or at least retrench, the charming Vice; and for once grow sober of necessity, tho' they have been heretofore never so much proof against all Moral Inducements.

XIX. Notwithstanding some, out of too great a Deference to their own indulg'd Practice, have suggested certain Medicinal Benefits accruing to a through Debauch now and than;
it must and will be ever acknowledged that Temperance is the best Preservative of Health. Whether we consider the intoxicating Effects of that Debasing Folly to proceed from the sulphureous and inflammable parts of the Wine, &c. immediately penetrating the Extremities of those small Nerves in the inner Coat of the Stomach, and thence more directly transmitted by the Par vagum to the Nervous Systeme and Brain itself: Or the Expansive Spirits of the Blood being disturb’d, exasperated and rais’d above their natural pitch by such an unfriendly Mixture; making disorderly irruptions on the Cortical part of the Brain, and very much annoying its most elaborate Functions: They must needs be thought to have forfeited all Pretensions to Reason, who imagine that such Hurry and Tumult can be excited without
out great injury to the Mass of Blood, and to the orderly Resection of Animal Spirits; tho' they should escape the immediate and more convincing Proofs of it, in violent Nervous Head-Achs, inflammatory Fevers, or at least Feverish Disorders, Rheumatisms, Gout, &c. Nature indeed has her proper Sluices to free her self from such inundations; and sometimes the queasy Stomach plentifully discharging its own Juices, when very much disturb'd and vitiated by the austerer or burning parts of the Wine or other spirituous Liquors, together with the redundant Bile, after the Blood has undergone a forcible Defpumation, may by accident turn the pleasing hazardous Vice to some kind of present advantage: Yet the rare instances of such dear bought Benefits being infinitely over-ballanc'd by the contrary, should no more induce any,
any wise Person to run the Risque than Hopes of being fav’d on a Plan ;
can prompt a Man who is embark’d in a sound Ship, to split wilfully on a Rock. For, when we have fancy’d what we will, such Excess cannot be without thwarting very much the whole Oeconomy of Nature, offering violence to her most reasonable Laws and putting her on the necessary Task of throwing off by adapt Glands the contracted Feculencies (to say nothing of the Volatile Alkali’s often fix’d into a Calculous Substance); And ’tis scarce probable that such violent agitation of the Blood and Spirits can often happen, at the best, without great Detriment to both; by deadning and depressing the one, and altering or impairing the due mixture of the other. But, to take the worst part of the Scene: many times this unhappy Civil War is rais’d
rais'd to such an height in our Bow-
els, and the Spirits so far broken, 
dissipated, and lost in the Hurry, 
that they never exert themselves to 
make the necessary and timely Se-
cretions; but truckle under the im-
petuous Flame, and leave the daring 
Heroe, instead of taking any Com-
fort from the remembrance of for-
mer Escapes, to end with an---O! si 
præteritos reparet mibi Jupiter annos!

XX. What is declining Age, but a 
gradual Recess of the Blood from its 
former smooth Oily or BalsamicRich-
ness, and abatement of its regular Fer-
mentation thro’ the irreparable ex-
pence of those opposite Volatile Salts 
whereby ’tis excited; rendring it un-
apt for the necessary Recruits and 
Distribution of Animal Spirits, whose 
subtil Effluvia are continually dissi-
pated and spent; as also for nourish-
ing
And what can more directly threaten a Subversion of the Microcosm, than a Failure in those two Essential Props, by which 'tis principally supported; viz. Strength and Motion? What can we suppose to be the Reason that all kinds of young Flesh, in common use for Aliment, appear so much more sweet and tender in our Eating of 'em, than those that are accounted old in respect of the ordinary Term of their living? Unless because the Blood, being more rich and abounding with Oily Volatile Salts, continually sends off a far greater plenty of its Succus Nutritius to all the solid Parts; keeping every Vessel, Nerve, Fibre, and the Muscular interstices, duly fill'd and moisten'd: Whereas in the other, the Blood having pass'd its Apex or most perfect State, and grown more effete, un-
Active, austere, and destitute of Spirits, can't send off so large Supplies of the Nutritious Juice, nor indeed any that is so smooth, gelatinous, and highly nourishing; but suffers those Vessels to grow loose and flagrant, and all the Fibres, together with the interstices between the small Nervous Filaments, more dry and contracted; which were wont to be always fill'd with plenty of Fluid Volatile Matter. Tho' nothing is more deservedly admirable than the Economy of the Blood and Spirits through all the Parts of this curious Machine; and especially its Union with, and ennobling influences from, the Rational Soul: Yet such are the reversible Laws of its Omnipotent Architect, that the Principles of Decay and Dissolution are interwoven with the very first Lineaments of so beautiful a Composition; and that
noble Nutritious Liquor, which from the early Punctum Saliens of an imperfect Embryo, through all the Degrees of Accretion, to the full of Strength and Vigour, does abundance feed the blazing Lamp; at length begins to melt down and sink under the weight of its Burthen; is less receptive of spritely influences from the external Air (the necessary Medium of Life); grows languid, sluggish, and often interrupted in its Motion, like the latter Flame of burning Spirits when the dull and heavy Flegm remaining is ready to extinguish it: Or becomes like vapid and degenerate Wines, yeilding little or no Reflection either to the Spirits or Organical Parts, which 'twas wont to nourish and enliven.

XXI. But, beside such necessary Declension, thro' the establish'd Laws, off
of Nature and Fate; how many Thousands, as if they scorn'd to wait for that gentle Decay, seem to pride themselves in the Courage and Bravery of living apace; measuring out their imaginary Pleasures more from Degree than Duration! Advise 'em to be duly careful of their Health, Ease, Felicity, &c.; and it's odds but they'll disdain to bestow a Thought upon such low and pitiful Ends; being too servile for their more generous Minds: Or recommend to 'em Temperance, Exercise, &c.; they'll reject with the greatest Detestation all those sordid Means, as too flat and insipid for their more exquisite Relish; and deserving only to be rank'd among the dull Politic's and musty Morals that are suited to heavy Phlegmatic Souls. As 'tis their peculiar Glory to celebrate every Desire; and be affected with no other
Charms than those of a full Bowl, or such as are at least equally dangerous, and more exhausting to the Spirits: So, for the most part, they fall Martyrs to their Cause; with Constitutions more irreparably broken than would perhaps have naturally resulted from twice the number of Years. Yet they have many times the satisfaction of surviving their Estates; and that the Exit may be, like the rest of their Lives, without Thinking, have but little need to be solicitous about the choice of their Heirs.

XXII. That Water, well chosen and good in its kind, is, or would be, the most genuine, soft, and agreeable Drink to Humane Bodies, if early accustom'd thereunto, is highly consentaneous to Reason; and backt with many instances, from daily Experience,
experience, of very infirm Constitutions not a little improv'd by the Use of it; as well as the Longevity and more general Health of those that live in some remote Climes where little else is drunk. If it be allow'd that the more simple kinds of Aliment are least liable to cause any Disturbance in the Stomach, whilst en-gag'd in that accurate Work of Chy-lification; 'tis no less conceivable, that a steady Use of the same kind of Drink, if wholesome and agreeable in its nature, must be more conducive to keep up the even Fermentation and due Temperature of the Blood, wherewith it necessarily mixes, than to drink, as many do, three or four differing sorts of Spirituous Liquors every Day. For, as the too liberal use of Wine, or any thing that consists of inflammable Parts, gradually destroys the Tone.
and Fermentative Juices of the Stomach, especially in such as eat but very little; preys upon the Blood and Spirits, and by putting them very often into a needless Hurry and Disorder, spends the gentle Vivacious Flame much faster than otherwise it would: So, an habitual use of Water (the most soft, sweet, and lightest that can be procur'd *) has all the opposite Benefits attending it; i. e. preserves the native Warmth and even Ferment of the Stomach; readily mixes with and softens its Aliments; recruits the Blood by a copious and friendly assimilation of well-prepar'd Chyle; keeps it more smooth and temperate; and helps to spin out the Thread of Life to the longest Extent that the common Laws of Humane Nature will admit. Hence the Rest is apt to be easy, quiet, natural and

and refreshing; the Rational Faculties more clear and undisturb'd; and the Passions of the Mind less prone to sally out into any violent Disorders, than in Persons accustom'd to hard Drinking, which acuates the Bile and fours the Nutritious Juices. But whether such as have indulg'd themselves in the varieties of Spirituous Liquors till they are turn'd of Thirty or Forty, and the Blood, having pass'd its most Florid State, is hastening towards a Declension, may safely take up with drinking Water on a sudden; seems necessary to be consider'd. To these, the best way of beginning, if they are so inclin'd, may be by rendring it less crude by a warm Toast rubb'd with Nutmeg, and further impregnating it with a quarter or fifth part of some good Stomachic Wine, as Lisbon, Syracuse, Sherry, &c. pinching it off by degrees till
till they come to the Water alone; which in a short time may fit as eas-
ily on their Stomachs; it being not so cold or lifeless as some are apt to
imagine. The fond Excuse of many for allowing themselves the most
warming sorts of Liquors, viz. because their Stomachs are cold and
need such support, is certainly one of the greatest Cheats in Nature: For,
as there are no Stomachs so cold till brought to it by such pernicious Cu-
stom gradually stealing upon 'em; so the persisting in it will certainly
encrease the imaginary Coldness, and call for brisker Supplies; till from
the Morning-Refreshments of Wine, and frequent sipping either Brandy or
milder (supposed) Cordial-Waters, they come to double and treble the
Quantity, and at last need the strongest Rectify'd Spirits.
XXIII. What has been said in Recommendation of Water, is chiefly design'd either for such as are accustomed to an easy delicate and unactive Life: Or such, whose studious Employments continually involving them into deeper Thought, lay a much greater Burthen on the Mind than Body: Or those, whose Spirits being of the finest contexture, are, upon every little Effervescence of Bitter and acid Juices, or any sudden Surprize or Transport, most easily hurried into violent Disorders, unevenly dispers'd, and frequently interrupted, or at least very much disturb'd, in their principal Functions; as in those Constitutions which we commonly call Hysteric: Or lastly, where the Blood is too gross and heavy, for want of due Fermentation; having the grumous Part, thro' its ill mixture together with the inactivity
An Essay on the

Vitiex of the Animal Salts, liable to
very troublesome Concretions, and
the Spirits vapid, sluggish, as it were:
lock'd up or at least very difficultly
distributed; giving Rise to Fear, Me-

lancholy, and irregular Thoughts; as
in Hypochondriac Bodies. In which
last mention'd Case, the more gene-
rous sorts of Wines mixt with Water,
or sometimes alone, are not a little
Beneficial; by giving the Blood a
necessary and moderate Effervescence,
briskly agitating its Parts, resisting
the Coagulation which threatens it,
and casting off whatsoever is feculent
or burthensome to the proper Emun-

tories; viz. the Vaporous Effluvia
to the Cutaneous Glands for insensi-
ible Transpiration, the serous Recre-
ments to the Kidneys, the Bilious to
the Liver and its adjoyning Recep-
tacles, &c. Yet, in as much as a
vicious or preternatural Acid, bred
in the Stomach, Pancreas, or other Glands, is the usual source of this unhappy intemperature; and, tho' impairing the natural Fermentation of the Blood, is apt to excite, in its Contest with the Bilious Juice, very irregular Ferments in the Abdomen, accompany'd with Wind, painful Contortions, Costiveness, &c; all such Wines, or other spirituous Fermented Liquors, as are rough astringent acid or pungent, or too new heavy and unrefin'd, are directly hurtful, and seldom ventur'd on without great Inconveniencies: Whereas Water, being unapt for Fermentation or height'ning of such vicious acidi

ty, is infinitely more agreeable; tho' better when moderately assisted by the addition of such spirituous Wines, as before hinted. How highly serviceable to such Constitutions, even beyond the strictest Rules of Diet,
long and frequent Riding on Horseback (which is the most advantageous way of fucking in the ætherial Refreshments, and with least Toil of the Body or expence of Spirits) usually proves, by keeping up the due Expansion of the Spirits and active Energy of those sluggish Volatile Salts in the Blood, might deserve to be insisted on; if the more general account already given of such signal Benefits accruing from Motion or Exercise, had not rendered it almost superfluous. To mention also those very great Medicinal Advantages attending the use of good Bitters, Tincture Salt or Extract of Steel, Mineral Waters, &c. would be improper for this first Part; wherein I don't pretend to meddle with Pharmacy.
XXIV. But to those of more robust Constitutions, and especially such as have been, either thro' necessity of Circumstances or choice, accustom'd to a laborious activity, the softer sorts of Malt-Drink, whose degree of Strength is not excessive, seem not only allowable, but in a singular manner adapted; as being of all common Drinks the most nourishing, strengthening, and coming nearest to the Balsamic Quality of the Blood it self; therefore the most analeptic or restorative of what is daily spent from it in a continued Course of Labour and Toil. Nor is there any ground of scruple from its heavy or clogging Parts, as in others of a more unactive or sedentary Life: For, as in those the Radical Moisture, and more spirituous Effluvia of the Blood are much faster exhausted than in these latter; so it
it necessarily requires a proportionable Reflection; and Nature her self disdaining the help of Steel or any other Methods of Physick, by her own incomparable Mechanism or Muscular Motion, facilitates its spritely Distribution thro' the minutest of those Vessels by which its Circular Course is directed. For the proof hereof we need go no farther than the more laborious sort of Men, such as Porters, Carr-men, Day-Labourers, and even many Country Gentlemen accus'd to the varieties of Business or Toilsome Exercises. As their well-season'd Constitutions are sufficient Proof against the Shocks of Wind and Weather and none are observ'd to be more strong, hardy, or steadily Healthful than they: So the clearest Arguments from Philosophy or Rhetoric in commendation of Water for ordi-
nary Drinking, or other nice Rules of Diet, would be but lost upon 'em, and deservedly rejected.

XXV. The vulgar Prejudice which Malt-Drinks lye under, is usually grounded on these two Objections, viz. The necessary Vegetation which the Barley passes through before it acquires the name or nature of Malt; and the Fermentation which the impregnated Liquor undergoes before it can be in any measure fitted for Use. From the former of these, together with the Torrefaction succeeding, that great Philosopher and Physician Sennertus,* pleads for the wholesomeness of Malt-Drink, supposing that the crude flatulent and obstructing Qualities of the Corn are thereby corrected, rarify'd and made more friendly.

friendly to the Blood: And he affirms that in respect of Strength, clearness of Complexion and soundness of Constitution, none do ordinarily excell those who are steadily accustomed to that kind of Drink; subjoyning further a great enhancement of its Virtue or wholsomeness from the plentiful addition of Hopps, which he every where speaks favourably of. He refutes by Reason and contrary Experience the ridiculous Whimsie of Dioscorides*, who fancied the long use of Malt-Drink would breed the Elephantiasis, or other Cutaneous Distempers. He compares the Malt prepar'd from Barley with that of Wheat, and gives the preference to the former; as being the more Diuretic, yeilding a thinner Juice, and less liable to cause Obstructions. Etmmullerus likewise in his Commentary...
tary upon Schroder * confirms the Reasonableness and Benefit of such Vegetation [---in paranda Cerevisia prius germinare debet Hordeum, ut Cruditates flatuosae tollantur.]. As to the latter Objection, Of its Fermenting; 'tis too partial to find fault with Malt Liquors more than Wines of all sorts, natural and artificial, Cyder, Perry, Mead, &c; all which necessarily undergo the fame Test of Fermentation: Otherwise how could they precipitate their crude and feculent Parts, or be Drunk without hazard of exciting violent Ferments in the Bowels or Blood *? The Fermentation then, which many exclaim against, is so far from being any real Disadvantage, that by so much the higher it is, the Precipitation or separating

* Pars 2. Sect. 2. de Regno Vegetabili.

* Vid. VVillis de Fermentatione. Cl. Boyleus, de vi Aeris elastica. Ettmuller Tyrotechnia. Rationalis de Fermentations. F
of the gross \textit{Faces} is the more compleat; and the Liquor, being brought to the most exquisite Fineness, becomes the less Fermentible afterwards, and is consequently the fitter either for Drinking or Keeping.

XXVI. In order to the more safe and agreeable use of Malt-Drink, it is highly necessary to be curious in the choice and proportion of its Ingredients: \textit{viz.} That the Water be soft, sweet, light, easily bearing Soap, and whose Springs are warmer in Winter than Summer; having also a Chalky, Sandy or Stony Bottom. (For the Difference in Water is no less than in Wine or other Liquors; and must needs have a proportionable influence on our Blood, according to its pravity or goodness: Which should prompt us to an equal care in the choice of it, as of a salubrious Air.)
Air) : That the Malt be neither slack dry'd nor scorch'd, but the sweetest, drieft and quickest tasted of its kind: That the Degree of Strength be very moderate, especially for common Drinking; and the quantity of Hopps duely proportion'd to it, both for its clearness and keeping at least two Months without any appearance of harshness or change: Lastly, That the Fermentation be sufficient, and its Fineness compleated before it comes into Use. The vulgar thick muddy Ale or Beer of publick Brewhouses, commonly calculated for a Week's Drinking, and too often sour'd before it's depurated or made fit for Use, would be enough to raise a deserv'd prejudice against Malt-Drink, if there were no greater accuracy to be us'd in the Preparation of it: And they deserve Pity, who, being no better accommodated, can prefer
prefer such to the most ancient simple and unalter'd Drink so plentifully springing up from the inexhaustible Cellars of Nature; which our Protoplast, and others in that first infancy of the World, did so happily take up with: Tho', in comparison of the late Wines, these must be allow'd to verify that common Maxim in Politics, Of two Evils to choose the least. As to the strongest sort of Beer, which not a few do so much value themselves for their skill in preparing [such as Julian in lib. 1. Epigram. Græc. quoted by Sennertus;] wittily calls οἶνον ἄπο χειλέως, Barley-Wine]; it seems rather suited to the curiosity of the Eye or Palate, than any ways friendly to the Blood: For its exalted Spirits are so heating and intoxicating, and the main Body of it so heavy clogging and offensive to the Tone of the Stomach, that there
Preservation of Health, &c. 69

is but little Room to plead for its Usefulness; and the best that can be said on that behalf, is that it ought never to be drunk without Caution, if at all.

XXVII. Next to Malt, we may a little enquire into the nature of its necessary, at least common, Adjunct, vix. Hopps; concerning which there have been so many vulgar Prejudices, groundless Surmises, and inconsistent Opinions started. And this is very curiously done to our hand by the Learned and Sagacious Ehthmuller before-mentioned, in Words to this Effect; vix.*Hopps in our Northern Clime are more used for an alimentary than Medicinal Design. *Tis evident that the ripe Flowers are Fat and Resinous, and very grateful in their Flavour:

*Scroderi dilucidati, Pars I. de Regia Vegetabili.
And they are us'd by the Italians in the cure of Chronical Diseases, viz. the Flatus or Hypochondriac Melancholly, the Jaundice, ill Habit of Body, &c. They correct a vicious Acid, from whence most Chronical Distempers do proceed. From their Fatness, which is so obvious, we may conjecture that they abound with an Oily Substance, which is so powerful to preserve Beer from souring. Their young Topps are a good Preservative against the Itch: For they cleanse the Blood by a gentle Fermentation, and make the Body soluble. In some Shopps they keep a Syrup prepar'd from Hopps, which is us'd in Chronical Distempers, where there is need of altering and cleansing the Mass of Blood. Thus He.

It's most certain that Hopps by their grateful Bitterness are excellently suited to the Stomach, and very serviceable to Digestion; resi
ing by a kind of Alkalifate Virtue that exorbitant Acid which is usually generated there, as the Foundation of so many lingering complicated Maladies; and which afterwards, if not corrected, being mix'd with the Blood, very often falls in with a Volatile Alkali; till they two make up a third Concrete, which we call the Stone*. But how is this consistent with that vulgar Objection of their being hurtful to such Persons as are most obnoxious to the Stone or Gravel; which, as a Bugbear, has deter'd many Thousands from the use of 'em? If we lay aside Prejudice, that grand Obstacle to a right Disquisition into the Nature of Things, the Solution is not difficult. For, when any one that is accustomed to those painful

*Calculus Huma-
nus fit ex Alkali
volatile concentrato
per Acidum praeter-
naturale. Tache-
nius in Hippocrat.
Chym. Item Scro-
der. dilucidat. Par.
1. Cap. 3. Sect. 7. de
Calculeo Humano.
Symptoms, and not to the use of Hopp'd Liquors, by accident drinks freely of 'em; such Drink meeting with some Gravel or Calculous Matter, that before lay quiet, by its searching or cleansing Force disturbs and moves it into some other place or posture in the Pelvis of the Kidneys, or perhaps into the Ureters or Bladder, and thence gradually scours it off: Whereupon a fretting or grating on the Membranes, and a troublesome Sensation sometimes ensue. But let the same Persons resolutely bear up against this seeming inconvenience, and a few Months steady use of such Drink (as hath been proved by many undeniable instances) will convince 'em that 'tis, at long run, neither painful nor hazardous, but rather a Preservative against the very Distemper which they so flavishly fear'd. That they have
have (like the other most laudable Bitters) such an Alkalisate Virtue, or Power of resisting an Acid, is undeniable: and that they excell most of 'em in this respect, is easily prov'd. Infuse $\frac{3}{4}$s. of very good Hopps in $\frac{1}{2}$j. of Boyling Water for some Hours; then strein off $\frac{3}{8}$ij. of the impregnated Liquor, and 'twill bear 20 Drops of Spirit of Vitriol (which gives a considerable Degree of acidity to a greater Quantity of meer Water) with very little alteration in Tast, more than an abatement of the Bitterness. The same Quantity of an Infusion of Wormwood, as equally bitter as can be guess'd, will bear near or altogether as many Drops of the Acid. Of Chamomil Flowers; scarce 14 Drops. Of Gentian, Centaury and Carduus; 12 Drops at the most. If then the sweetening Force of Hopps surpasses that of the other applauded
Bitters; they must, without fordid partiality, be thought at least equally advantageous in those Cases or Constitutions for which the latter are usually recommended; viz. Scorbic, Hypochondriac and Hysteric; together with the many Branches from those general Roots, sc. Vapours, Jaundice, Cachexie, Anasarca, Nervous Colic's, Quartan Agues, &c. wherein the Blood, thro' Diminution, Depravation or inactivity of its Fermentative Salts, is sour'd and impoverisht'd. But all these accumulated Virtues would be over-balanc'd by that single Imputation which they have so long lain under; if it were not (as it really is) altogether undeserv'd. For, as they happily take off that first vicious Acid in the Stomach, and afterwards soften the preternatural austerity of the Pancreatic Juice; they are so far from
from procuring, that they really exterminate, or at least subdue, both the Material and Efficient Cause of that dreadful Distemper. Indeed where there is a large confirm’d Stone, or more; such Drink as is highly impregnated with Hops may, like other Diuretics, be too searching; and by scouring off the Mucilage, which often, thro’ the courtesie of provident Nature, either surrounds the Stone itself, or adheres to the Membranes in the Kidneys or Bladder, as a Guard against that terrible Enemy, give the unhappy Patient not only a painful but unprofitable Disturbance. Unprofitable; because, notwithstanding the fine Flourishes we sometimes meet with, and vulgar Eulogies of some Empirical Medicines, ’tis one of the most difficult Undertakings in the World, by Medical Prescriptions, to break or dissolve
solve so compact and as it were: Adamantine a Substance; which nothing can reach till its Vertue is very much impair’d. Repeated Essays made upon such small Stones, voided from Humane Bodies, as were covered with the usual Lamine or hard Shells; in the celebrated Tipping’s Liquor: Upon Others, in a very strong Tincture of Horse-Radius: Others, of Mustard-Seeds: Others, of Onions; Of Scurvy-Grass; Of Tea; Of Hopps, &c: Also in Ol. Terebinth rectif. in Sp. Sulph. per Camp. in Sp. Sal. Armon. & Aq. com. an. part. aq. &c. Produced little or no alteration; save that divers of ‘em, and particularly the Tinctures of Hopps and Tea, by fretting off the dry adherent Mucilage laid open their porous interstices, and left ‘em the more raggy. But whilst the whole Force, of these or other Medicines, imme-
immediately encountering with the *Stone*, is of so little Efficacy: How insignificant it must needs be when very much broken and diluted, by the tedious compass they fetch, Reason does easily suggest.

**XXVII.** That a strong *Acid* engaging with a Volatile *Alkali* in the Kidneys is apt to produce such a *Stony Concretion*, the same *Ettmüller* in his most accurate Practical Discourses undertakes to prove, 1. Because Arthritic and Hypochondriac Persons, who are much molested with vicious acid Juices, are very liable to the *Stone*; whereas Bilious Constitutions are not. 2. Because those that live near the *Danube*, and are accustom’d to the plentiful and constant Drinking of Wine, are most generally troubled with it; and nothing is more evident than that there’s
a prevailing Acid in most Wines. The propension of which acidity in the Wine to congeal with a volatile Alkali, he further demonstrates by an artificial Oyl Chymically prepar'd from fix'd Nitre and Flint-Stones, heighten'd with Spirit of Wine: a few Drops of which put into a glass of Wine will soon produce a hard or stony Substance. 3. From the Chymical Analysis of the Stone it self, which affords a stinking acid Oyl, an Alkaline or Urinous Spirit, a Volatile Salt, and a Caput mortuum like Quicklime. With this Concretion from the Acid and Alkali, a third Matter or viscous Mucilage, being the proper nourishment of the Kidney vitiated, is apt to fall in; by which the Substance is made the more firm and impenetrable. And this may suggest to us the Reason why a large confirm'd Stone is so ve-
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difficult (not to say impossible) to be dissolved by any kind of internal Medicine; which, as 'tis highly reasonable to suppose, can carry but a small part of its Analytic Virtue through those Digestions and Circulations which it must necessarily undergo before it can reach the Kidneys or Bladder. When the Alkali keeps the ascendant, and such viscid Mucilage does not conspire with it, the Concrete is usually no other than an hard, course, and, for the most part, whitish Sand; which we call Gravel: And in this Case the better sorts of Diuretic Medicines, especially those of the Balsamic kind, may be very serviceable. As to that small friable red Sand which Scorbutic Constitutions generally afford, and is almost always found subsiding in their Urine; 'tis only a Coagulation of Scorbutic Salts, and has none of
of the painful Effects or dangerous tendency of the former. Upon the whole; such Persons as are accus-
**flom’d to the Stone or Gravel, have much more Reason to be cautious off Wine than Malt-Drink, either Hopp-
ed or otherwise; it being beyond all Comparison, more productive off and irritating to that troublesome Di-
ftemper. But, for the greater secu-
rety, they might do well to lay aside both; and have recourse to the Cha-
lybeat Mineral-Waters (if there be no large confirm’d Stone) for severall Months in the Year; both for de-
stroying the first Cause of it in the vicious Acid, and cleansing the Urin-
ary Passages: And at all other Times for their common Drinking, use a good soft and light sort of Wa-
ter only.
XXVIII. If it be enquir'd whether Water, Malt-Drink, or Wine be most serviceable to the Fermentative Juices of the Stomach; or do most facilitate Digestion, by a friendly uniting with, influencing, and dissolving the solid Aliments receiv'd into it: The following Experiment may lead to a probable Conjecture. Let an equal Quantity of the same kind of Meat, (whether rost'd, boil'd, &c), and taken from the same part of the dress'd Joynt (that there may be no difference in its Firmness, or the texture of the Muscular Fibres) be shred equally small, and mix'd in four several glaz'd Vessels, with a like Quantity of Water in one, Malt-Ale in another, White-Wine in a third, and Claret in the fourth: After some hours Maceration cold, and frequent stirring of each alike, you'll find the Water and Ale Mixtures
tures the most chang'd, being somewhat softened, and as it were mucilaginous (and indeed scarce any discernible Difference between 'em; but if either have the advantage, 'tis the latter); that with White-Wine much less than both; and the other with Claret scarce alter'd at all, unless to a greater Hardness. Afterwards, put a very gentle Fire to each Vessel, being closely cover'd, and keep 'em, as near as may be, in the same Degree of Warmth for several Hours: You'll find still the greatest advances towards a Dissolution in the two first; the third much short; and the fourth still less. And so 'twill continue, if the Heat be increas'd to a much greater Degree than can be supposed natural to the Stomach. This Experiment, perform'd with all the Exactness that could be, seems to sug-
geft a Mistake in those, who, not having before destroy'd the Tone of the Stomach by hot Liquors or hard Drinking, fancy a Bottle, or at least some Glaffes, of Claret to be so necessa-
ry at Meals. But, after all, till we can find out a Menstruum proportion'd to those coadjutant Liquids employ'd in that accurate Work (viz. the Humor Salivalis, separated in the Max-
illar Glands, the Potulent Matter which we take in, and the proper Juices of the Stomach, with those Fermentative salino-spirituous Efflu-
via continually sent off from the Gа-
stric Arteries by the numerous Glands of the Crusta Villoса; joyntly actua-
ted by a liberal influx of Air ) all Essays of this nature are the less con-
clusive. Nor does the late receiv'd Opinion, that the Stomach performs its work in Chylification chiefly by Attrition, i. e. rubbing or grinding
together the solid Parts of the mix’d Aliments, any ways clasped with this Conjecture: For, supposing such Attrition, it’s highly probable that one kind of *Menstruum* may be more serviceable in preparing softening and dividing such solid Meats than another: And indeed after had try’d the utmost towards a Diffolution, the more dry and Fibrous Parts still remaining unbroken, even in that which was most alter’d, seem’d to confirm this modern Hypothesis: Of such an admirable Rotation in the Stomach to break and disperse ’em.

XXX. The *Hydromel* so often mention’d by antient Writers (either made of Water and Honey only, or with the addition of very warming Spices, as in *Lithuania, Muscovy, &c*), tho’ suited, for a Medicinal intention, to Asthmatic or some other
other particular Cases, and not improper for Aged Persons, who have usually a weak Digestion through the redundance of cold Flegm; ought not to be recommended indifferently to all Constitutions; especially in its frequent or liberal Use. For the heating and drying Effects thereof are not inferior to those of Wine, but rather exceeding; and therefore ill-suited to such as have not pass’d the Zenith of Blooming Age; whose Constitutions, being for the most part Choleric, or at least Sanguine, are, from the great plenty of Bile which it ordinarily produces, thereby rendered more obnoxious to Fevers, Gripes, Diarrhoea’s, &c.

XXXI. The Vinous Liquors prepar’d from Malaga Raisins, Water, and Juice of Elder-Berries; or from the Lachrymae of Birch-Trees and Rai-
Raisins, may be deservedly rank'd among the safest of spirituous Drinks, or artificial Wines; and, since the late horrid Sophistictions, preferable to most Wines that are publicly vended. They are not only in all respects wholesome, beyond the reach of any reasonable Objection, but in a special manner conducive to the Depuration of the Blood, preserving its Eucrasie, and freeing it from those impoverishing alterations which give Rise to many Chronical Distempers.

The Birch-Liquor is highly commended by Helmont, Tilemannus and Schroder, as a Preservative against the Stone, Gravel, Gout, Scurvy, Jaundice, Hypochondriac Melancholy, &c. and being less Spirituous than the other, may be the more plentifully taken. The Elder-Berries also want not their Encomium's (from Blochwitz, D.D. Michael, Hartman, Bartho-
line, Schröder and Ray, &c.) in most of the above-mentioned respects; and are farther reckoned as Alexipharmic, and a great Specific in Erysipelatosis Fevers. In sum; either of these Artificial Wines may be deservedly recommended as wholesome, and friendly to the Blood. To which might be added a Third sort, much esteem'd by Ettmüller *.

* Schröd. diluc. Pars 1. Sect. 2. de Vitibus.

tho' more simply prepar'd; viz. from Water and Raisins fermented and depurated. For the Raisins, being (as he observes) no other than new Wine concentrated, after Fermentation display their rich Balsamic and Spirituous Parts; which when diluted by a convenient proportion of Water, produce a true wholesome and natural Wine, as well as artificial; answering all the intentions of that noble Liquor, either as to correcting an ill Habit of Body, or...
XXXII. But we may not suppose that these or any other sorts of Artificial Wines are equally wholesome when prepar'd with Sugar, as with **Raisins**; tho' in respect of Strength or gratefulness to the Palate there may appear no great Difference between 'em, or rather the former may seem to have the advantage. For the **Uva passulae**, or **Raisins**, with the various Preparations from 'em, are no less commended by Galen, **Sennertus**, Riverius, Tachenius, Horstius, Ettmuller, &c. as analeptic, or highly nourishing and restorative, adapted to the Lungs, Liver and Kidneys, correcting a salthish acrimo-
ny in the Blood, beneficial in a Phthi-
sis, Atrophy, &c. than Sugar is, by
most of them and others, condemn'd,
at least suspected, as clogging to the
Stomach, inimical to Di-
geftion *, productive of
Bile, injurious to the
Lungs, and in a special
manner offensive to Scorbutic, Ca-
cheptic, Hypochondriac and Hyste-
ric Constitutions; as also more par-
ticularly such as are accustom'd to
the Colick. * Sennertus,
and † Riverius indeed
write the most favourably
of it; yet allow the same
inconveniencies that ac-
crue from Honey to hot or Choleric
Bodies. Distill'd by it self, it affords
an highly acid or corrosive Spirit,
which will dissolve Coral or Pearl:
Whence some Chymists have been
so far prejudic'd that they would
scarce

*Schrod.dilu-
21. de Medi-
cum. comp.

*Tom.1. p.587.
de Cibis.

†. Tyrtew,lib,
4. Cap. 21. de
Condimentis.
scarce allow of any other Benefits accruing from Sugar than by external Use; viz. mix'd with Spirit of Wine or in Unguents, to cleanse putrid and stubborn Ulcers, or with the white of an Egg, to take off Clouds, Specks, &c. from the Eyes. But notwithstanding all that has or can be said of its inconveniencies, such as make it their chief care to indulge the Palate will be sure not to abate of their wonted Customs: And whether the most acute Distempers commonly incident to Infants, as Fevers, Gripes, Convulsions, &c. beside the congenite Acid which modern Authors have happily taken notice of, be not often owing in a great measure to the too liberal mixing of Sugar with all that they take; may, perhaps, deserve Consideration.

XXXIII. The
XXXIII. The other sorts of Domestic Wines, viz. of Grapes, Cherries, Currants, Goosberries, Raspberries, Damsons, Sage, Balm, &c. if well fermented, refin’d, of a due Age, and strength sufficient to preserve themselves from souring or at least growing sharp, and especially if heighten’d with Raisins instead of Sugar; are wholesome and allowable enough, whilst we don’t encroach upon the necessary Bounds of strict Temperance and Moderation. But the richest of all our Vinous Preparations, in respect of Strength and Pleasantness, (and whose wholesomeness is also beyond Objection) is from very ripe Laurel-Berries bruis’d and a fifth part of the choiceest Mala-ga Raisins ston’d and shred, with a due proportion of Boyling Water pour’d on ’em. After two Year’s keeping, ’twill vie with the most generou
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numerous Exotic Wines, both for the Richness of its Body and Gratefulness to the Palate. Yet in the midst of all our Varieties, we may do well to remember that the Stomach seldom really wants any of those extraordinary Helps: And tho' they might be, if us'd with suitable Caution, very serviceable to the Spirits on some particular Occasions; yet their infatuating Charms are apt to steal insensibly on us into settled Habits, easily byassing our judgments and rendring our Remarks too partial: So that instead of cherishing the gentle Flame of Life, which spends fast enough of it self, they very often, especially in young Persons, by raising it too high, hasten its Extinction.

XXXIV. Cyder is usually reckon'd among the most wholesome Drinks; yet
yet all that passes under that name ought not to be esteem'd so: For upon due examination 'twill appear that there's scarce any thing more unfriendly to the Blood, injurious to the Nerves, and apt to produce Rheumatisms, Colic's, &c. than sharp fretting and degenerate Cyder; tho' too frequently in use. Either sometimes through unsuitableness of the Year, causing Apples to be small and of unkindly Juice; or, in plentiful Years, want of due care in choosing 'em; or unskilfulness in managing the Liquor afterwards; or carelessness of the Vessels; it usually happens that the far greater part of what is made proves unfit for Drinking: and 'twere well if every one would think it so, and accordingly reject it. But then there's a further mischief: if 'twill not pass Muster in its first shape as Cyder, 'twill serve with
with other Ingredients, at least equally unwholsome tho' dextrously ballanc'd, to help out those artificial Mixtures commonly call'd Wines; which we too often purchase at the dear rate both of our Money and Health. Yet neither these, nor any other, Censures can reasonably be levell'd at Cyder in general: For, as no kind of Drink is more differing in Degrees; so there's some of such exquisite Goodness that 'tis beyond the reach of Detraction; having, beside its compleat fineness, the true and lively Tast of the Apple; moderately sweet, but not luscious or clogging, and pleasantly quick, without the least Fretting or Harshness. What is thus qualify'd may very deservedly be rank'd among the best of Drinks, as not only wholsome but Medicinal; agreeable to the Stomach; Anti-scorbutic, or correcting the
the Dyfcrafie of the Blood; cleansing the Kidneys, without any Tartar-ous Reliques; and chearing the Spirits, like Wines, with far less hazard of the same intoxicating Effects.

XXXV. Nevertheless it must be acknowledg'd, That the Medical Virtues of Apples are much better exerted when plentifully eaten raw, than in the use of Cyder, tho' never so accurately prepar'd. For the rich fragrant and attemperating sweetness of their Juice is always, in some measure, lost in the Fermentation; or at least overpowr'd by those more spirituous Parts which it necessarily acquires: And tho' it still remains a very grateful and wholesome Drink; yet, coming nearer to the nature of Wine, 'tis not a little impair'd in its sweetning cool-
An Essay on the ing and Laxative Qualities. But the long and plentiful use of Apples, at such Times as the Stomach is most empty, does very much correct that vicious or preternatural Acid, to which Scorbutic, Hypochondriac and Hysterick Constitutions are obnoxious; sweetens and enriches the Chyle; facilitates its assimilation with the Blood, and thereby accidentally fattens; resists Melancholy, and cheers the Spirits, by a more easy and regular Distribution of 'em; attempers the Bile and Pancreatic Juice; taking off their troublesome Effervescence, when, either through the Oyliness of the one, or too great acidity of the other, it exceeds the Laws of Nature*; and keeps the Body evenly soluble, beyond any of the most Artful Compositions. As 'tis no easy matter to

to exceed in the Number or Quantity; so the best way of Eating 'em, is raw: For by Roasting, not only the thinner parts of their Juice are exhal'd, but what remains is very much alter'd and made Flatulent from those Particles of rarify'd Air receiv'd into 'em. Yet these Medicinal Benefits are not to be expected from Apples in common: 'Tis only those of a rich fragrant and well-temper'd Juice are recommended; such as Golden Pippins, Permainst, and the larger sort of true Pippins commonly call'd Kentish: The first of which, being soonest ready, may be eaten for a Month or longer; and then the other sorts in course, according to their successive Ripeness.

XXXV. But whilst I am touching upon the various kinds of Drink in common Use amongst us, it may...
be thought a Crime if I should be altogether regardless of those Modish Liquors so very much in vogue with Persons of the higher Rank and more polite Conversation; *viz.* Coffee, Tea and Chocolate. The first of these, if we may credit the Learned and most judicious Dr. Willis, that great Hippocrates of our Age, insinuating into the Blood and Nervous Juice those adust particles where- with it abounds (as is manifest both from the Smell and Tast) by their incongruity and quickness of Motion, irritates the Spirits to a further Discharge of their Functions on the exterior and interior Senses; and forcibly keeps open those Pores in the Cortical part of the Brain longer than the sluggish Spirits, which before were dispos'd to make their usual Retreat, would otherwise have admitted. But being thus kept upon
upon the stretch, they are in a great measure depriv’d of the friendly access and assimilation of those adapted Particles of aerial Matter which are so highly necessary for their Resection or instauration. By the too liberal Use of this charming Liquor, the Blood is apt to acquire an unusual acrimony, and become adult, retorrid, and less fit for Nutrition, the Nervous Systeme weaken’d, and a Trembling very often ensues. ’Tis more especially hurtful to lean, Bilious and Melancholy Constitutions, by impairing the Spirits and rendring ‘em more exasperated and unquiet. But to many Plethoric Bodies, of a cold Temperament, and obnoxious to Rheums, Catarrhs, Head-ach, Flushings, Drouziness, &c. the moderate Use of it is often very advantageous.
Tea is drying and somewhat astringent; comforts the Head and Stomach, assisting the Memory and promoting Digestion; dispels Drowsiness, Head-aches, Vertigo's, &c. is friendly to the Nerves; useful to Gouty, Rheumatic, and Hypochondriac Persons; opens Obstructions; cleanses the Blood and Kidneys, and is a good Preservative against the Stone or Gravel. The Chinese use it as a great Remedy in most of these Cases. The only inconvenience attending the use of it, is a Griping or gnawing Sensation near the Pylorus in some few, from its contest with a sharp saltish Acid which their Stomachs abound with. Tho' that is easily prevented by a small quantity of the Salt of Wormwood, or a drachm of Crabs-eyes or Oyster-shell Powder taken with a glass of Water three or four Mornings.
ings in a Week. The other kind of Tea, commonly called Bohee, never excites any such Pain, being much softer in its nature; and, beside most of the Vertues ascrib'd to the former, is very happily recommended for a nourishing Design, as also to correct a sharp Lympha arising from the Dyscrasie of the Blood, in thin Hectic, or Scorbutic Constitutions.

Chocolate is likewise not improperly rank'd among the better sort of Analeptic's; and yields an wholesome, agreeable, and fattening Nourishment. The Nut distill'd by a Retort, affords a copious Oily Flegm of a sweetish Tast, and afterwards a soft Alkalifate Spirit: Whence Authors infer that 'tis suit- ed to Consumptive Cases, Catarrhs, or dry tickling Coughs, and not a little Beneficial in the Scurvy, by
Attemperating a saline acidity in the Stomach, Blood, and Lymphatic Glands.

There are many other Particulars which might have been taken notice of in this first Part, by way of Caution or Recommendation; such as Garden or other Fruits, Pulse, Esculent Herbs, Roots, &c: But, beside the intended Brevity, I would not willingly descend to those lesser Things; in which the impartial Remarks of each considerate Person, are a better Direction than any that can be given by others.

The End of the First Part.
AN ESSAY ON THE Recovery of Health.

PART II.

PHYSICK, in the larger acception, leads us into the spacious Field of Natural Philosophy; claiming for its adequate Subject all the kinds of Natural Bodies: And its Scope is no less than the exquisite knowledge of 'em, in their first Causes, Principles, Qualities and Accidents. In the vulgar and more restrictive Sense, properly call'd Medicine, 'tis confin'd to Humane Bodies,
dies, as its principal Subject: And may deservedly be esteem'd a very Honourable Science; because it directs us to an accurate knowledge of their admirable Structure and various Dispositions, in order to the Preservation and Improvement of present Health, and the Recovery of what is lost or impair'd.

II. This, so highly useful, Faculty or Science, whose worth is always duly acknowledg'd by such as lye under the immediate want of it, has been usually divided into five Parts; viz. 1. Physiologic; which includes all things concurring to the Constitution of our Bodies: As, Their first Principles, Humors, Temperaments, Spirits, Parts, Faculties and Functions. 2. Pathologic; which respects the Body in a Morbose State; labouring under a deprav'd
deprav'd Diathesis or preternatural Disposition, and manifestly hurt or impair'd in the Discharge of its natural Actions: including the various Kinds, Differences, and Complications of Distempers; with their respective Causes, Mutations, and Symptoms or Effects. 3. Semeiotic; which contains both the Diagnostic or distinguishing Signs of those Distempers; whether Essential or Accidental, Sympathic or Idiopathic; Of predominant Humors; Of the Parts affected; Of the Actions hurt, &c: And the Prognostic; respecting their Duration and Events. 4. Hygieine; which treats of a State of Health, and what is naturally conducive to the Preservation of it. 5. Therapeutic, or the Sanative Part; which lays down first the general Method of Practice, and then the particular Indications; together with the
III. But my principal Design was, as before-hinted, to take a greater Latitude than the orderly Treating upon any of these; and give only some miscellaneous Thoughts by way of Caution and Direction, bordering upon the two last; i.e. relating to the Conservation of Health in such as have the great Happiness to enjoy a good measure of it; and the Recovery or Improvement thereof in those who have the Misfortune to labour under the contrary Experience. And having in the former Part touch'd upon the One, I proceed in this to consider the Other.

IV. The more general Therapeutic or Practical Intentions, for the restoring of Health where 'tis lost or
or impair'd, are usually these, \textit{viz.}

1. To \textit{Evacuate; when the Blood or other subservient Humors offend either in Quantity or Quality. And this might lead to the various kinds of Evacuation; \textit{sc.} Universal; as Bleeding, Vomiting, Purging, Sweating, \&c: Or Particular; as Blistering, Sneezing, Expectoration, \&c; Together with the Ends, \textit{i.e.} Diminution, Revulsion, \&c.

2. To \textit{attemperate and correct} any kind of deprav'd Alterations in the Fermentative or Nutritious Juices, whether the Blood, Saliva, Lympha, Bile, Pancreatic Juice, \&c; by a skilful adhibition of such Medical Helps as are opposite to those vitiated Qualities,

3. To \textit{excite and assist the Spirits}, when they are broken, clogg'd, or in any measure depress'd: By the more brisk and penetrating Medicines; Alkali's both volatile and \textit{fix'd};
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fix'd; Alexipharmic's, consisting of Oily volatile Salts; Vesication, &c.
Or, 4. To reduce 'em into their natural Eutaxie and Temper, when exalted too high through a vicious Effervescence of the volatile Salts and Sulphur of the Blood; or hurried into violent Disorders and unequally dispers'd: Either by Phlebotomy and refrigerating Medicines, especially of the Nitrous Kind; Or by the soft allurements of mild Paregoric's; Or such Medicines as abound with fetid Volatile Parts, and are apt to rouse, disturb or, as it were, drive home those subtil Wanderers from their irregular Excursions.

V. As every Distemper is an Adiathesis, seu Dispositio præter Naturam: So likewise are the adequate Remedies; and therefore no better suited to a sound Constitution than Meats of
of the grossest Nourishment to the most infirm. The best of Cordials, if customarily taken in a State of Health, would be so far from improving the Orgasm of the Spirits, that they would too much rarify, dissipate and exhaust 'em; after a little transient refreshment really leaving 'em more heavy and torpid, unless the same or other brisker Supplies were in some short time successively repeated. For Instance hereof: Saffron has been deservedly plac'd in the first Rank of Cardiac Medicines, and consists of oily volatile and penetrating Parts, excellently suited to the Raresfaction and Expansion of the Spirits, when they are become languid, unactive or oppress'd by some Heterogeneous Mixture: Yet if taken too freely whilst the Fermentative Salts of the Blood are duly active and need no assistance,
affistance, it gives 'em too violent: an agitation, proves injurious to the Head, perverts the necessary Functions of the Brain, and very powerfully dissipates or dissolves the Texture of the Spirits; thereby becoming accidentally, through the too rash unskilful and excessive Use of it, rather a Poison than a Cordial. The same may be said of all other Things that abound with spirituous and inflammable Parts; when they are too frequently or unnecessarily used. And indeed 'tis strange that any Persons who will but impartially exercise their Reason can suffer themselves to be gull'd into such pernicious Customs of Quacking with their Stomachs by the use of what they call Cordials, (as is too often observ'd) only from an erroneous imagination of needing those little transient Supports: instead
instead of remembering that Nature always, whilst undisturb'd by oppressing Maladies, does her own work most happily without the interposition of Art; and that the best Preventive Physick is Temperance, joyn'd with moderate Exercise and an easy Mind.

VI. To tamper often with Purg- ing Medicines (especially some of the stronger Sorts) by which many think to keep off remote Evils, commonly proves the most direct way to hasten 'em, and spoil a sound Constitution. For how can it be otherwise, than that the troublesome irritation and spasmodic Contrac-tion of the Nervous Fibres for expelling the awkward Medicine, which had before mix'd with the Fermentative Juices, must needs very much weaken the inner Coat of the
the Stomach, and send off a con-
derable part of what might have been useful to Digestion? Nor is the subsequent violence offer’d to the *Bile* and *Succus Pancreaticus* without its Mischiefs: For many times there is scarce a sufficiency of those useful Fluids left to discharge, for a while, their natural Offices (which may be some Reason of the succeeding Costiveness, as well as inanition, or the austerity of the Medicine); and what is so unnecessarily run off, acquires such an acrimony, that it weakens the Peristaltic Motion of the Guts, by irritating fretting and relaxing their tender Fibres, and scouring off that peculiar Mucilage which should defend ’em. But the far greatest detriment, when Purging is violent or excessive, is to the Blood it self: For the Cathartic offensive Particles mixing,
mixing and circulating with the Blood, (after they have equally assaul
ted both the Noxious and Nour
ishing Juices; and too often made a
Prey upon the Latter) Ferment, dis-
quiet, fuse, or melt down the whole
Mass; pour off too much of its Serole
Parts; weaken its Crafsis, and not a
little impoverish it for a Time. The
Lymphatic Vessels also suffer by such
continued irritation, and send off no
small part of their useful Liquor; in
stead of employing it to cherish and
dilute the Blood. In a Word; The
strongest sorts of Purges give a Shock
to the whole Animal Frame; being
too great a Force upon Nature, ini
mical to the Spirits, and highly offens
five to all the Fluid Oeconomy: as is
plain from what the Learned Dr.
Willis observes*, and is also sufficient
ly obvious to every One that has been much ac
quainted with Practice; vix. That

*Pharm. Rat. p. 98. de Purga
\textit{\textit{tione.}}
the Blood, so fus'd or melted down by the Heterogeneous Parts of the Medicine, when the Evacuation by Stool has been scarce proportionable or by any accident too soon checkt, endeavours to free it self from the incongruous Mixture by throwing it off, with innumerable small watry Pustules, into the Habit of the Body. If that Principal Fluid be then so liable to suffer in its Balsamic Richness, and to have its due Consistence broken, or for a while impair'd, by an unnecessary or too frequent use of the stronger Purging Medicines, Reason will suggest That 'tis far more adviseable for those who have the Happiness of enjoying a good Constitution, either to take none at all; or, if any, such as are but little more than Laxative, and give no farther disturbance than smoothly to cleanse the first Passages; cooling attemperating and gently sending off the super-
Superfluities of the Bile and other Glandular Juices; and thereby preventing their troublesome Effervescence: Nor indeed these too often, so as to induce an habitual Expectation of 'em, and render the Bile less active in the Discharge of its Office.

As to the Cacoehymic or more infirm Constitutions: In some few the Texture of the Spirits is so exquisitely nice, that they can't bear the Attacks of any Purging, and scarce of a Laxative Medicine: And in others, who seem to suffer no present inconvenience, often venturing unadvisedly on the stronger Cathartick's, is not, perhaps, so very Safe and Beneficial at long Run, as vulgarly thought.

VII. Vomiting is a violent preternatural or inverted Motion of the Stomach, by the help of those strong Carnous
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Carnous Fibres advantageously dispers’d over its second Coat, for the sudden throwing off, by its upper Orifice, any thing that is offensive. The innermost, commonly call’d the Nervous Coat, is of the most exquisite Sensation, and immediately takes the genuine impressions off whatsoever is receiv’d into the Stomach; thereupon moving the next or Carnous Coat to embrace or reject ’em, as they appear either grateful or troublesome: And according to the Degree of their incongruity, or as they are found more or less offensive, the Stimulation is directed; either upwards for the speedier Relief, or by the lower Orifice (if the Provocation be not very great) as the more easy and natural way. The milder sorts of artificial Vomits, as warm Water or Decoction of Car-duus, either alone or assiisted with Salt:
Salt of Vitriol, Osmeyel of Squills, &c. or the late Modish Ipecacuan * are very often not a little Beneficial: For they safely bring up whatsoever fluctuates in the Cavity of the Stomach; and therewith that tough ropy and ponderous Flegm which usually sticks so fast to the Plicæ and small Wrinkles of it, that most Purging Medicines are apt to pass over without giving it any great Disturbance. But there are many stubborn Chronical Cases that require the more Draffic or stronger sorts of Vomiting Medicines: And then the Duodenum is likewise affected with the same Convulsive or inverted Motion, by consent with the Stomach; till that violent Concussion reaches also the neighbouring Parts, &c. the Pancreas Mesentery, Spleen, Liver with the
Porus Bilarius, and Conglomerated Glands; easily removing their Stagnations or Obstructions, and liberally sending up whatsoever is Excrementitious redundant or a Clog to their respective Functions. Whilst the training is thus protracted, the Extremities of those many small Arteries lying under the Crusta Villosa, being very much irritated, plentifully pour out into the Stomach the Serole Recrements or vitiated Parts from the Mass of Blood; to be discharg’d thence in each successive Paroxysm of Vomiting: as the same great Author, last mention’d, * afferts. Thus it happens many times that one single Emetic Dose, judiciously prescrib’d, will do more for the exterminating of some Chronical Distempers than any Purging Medicine ten times * exhibited; and by
without any Degree of the same Detriment to the Blood. But notwithstanding these great Benefits: To use the milder sort no oftner than real Necessity requires, and always be very cautious of strong Vomits, is, if any, an Error on the right Hand: For, however some may think, the Hazard of relaxing the Tone of the Stomach readily suggests That 'tis no very slight matter to venture on 'em without clear Indications; from the nature of the Symptoms, and a true judgment of the Medicine, the Dose, and the Patient’s aptness to bear it.

VIII. That the Blood usually undergoes a kind of Efflorescence upon the first approaches of the Sun to our Hemisphere, in some degree of Proportion to the Spring without us, is no improbable Conjecture: But
whether it be advisable, as a general Rule, to Bleed, Purge, or enter on a Course of Cleansing or Sweetening Diet-Drinks, &c, on that account, unless for those Constitutions wherein the Juices and Volatile Salts are apparently vitiated, or such as have been accustomed thereto; may be reasonably question'd. Nature has her proper Emunctories, the Glands, dispers'd over all the Parts of her curious Frame; and 'tis at least probable in the more Healthy Constitutions, if let alone, would very happily perform such Depuration without so many officious intrusions of Art. As, in respect of Eating, they really deserve Pity who have long had the misfortune to be enslaved by an over-nice and luxurious Appetite: So do they no less, who, upon some trivial or perhaps imaginary occasions, have involv'd themselves
felves so far into the Drudgery of Physick, that they can scarce with safety make a Retreat. Physicians, as the Professed Servants of Nature, should be always ready with seasonable Aids, waiting for her Sovereign Dictates and diligently observing all her Efforts; but with a due Caution that they never usurp her peculiar Province, by acting too rashly without those Intimations; nor then Wrest the work out of her Hands, either by hurrying too fast, or prescribing contrary Methods: Having still in remembrance that Golden Axiom of the deservedly Great Hippocrates, Ἡ Ἐργάζομαι μάλιστά σε, ἄριστον ἐποίησα; or that of the Learned Cardan, Non Artem Natura, sed Ars Naturam imitatur: Which will hold good so long as the use of Medicines shall be known in the World. Physick, in short, is one of those great Blessings.
Blessings of Bounteous Heaven be-
flow’d upon Mankind, to alleviate
the manifold Miseries of frail Na-
ture: And all who either slight and
neglect it on urgent Occasions, or
else unnecessarily use it, are guilty
of an Extreme in perverting the
true Ends thereof. The Former
might do well to consider, That the
general Method of Divine Goodness
in conferring Benefits on the World,
is by a regular Course of Second
Causes;joyning a Vertue and Effi-
cacy to those subordinate Helps
which he has appointed. That He
could as easily have given an instant-
taneous Birth to all Created Beings,
as to have us’d that Progressive Me-
thod in raising such a magnificent
Fabrick; either out of Nothing, or
a confused Heap of lifeless and un-
active Matter, wholly unsuited to so
Glorious a Work: And that, To
expect the Removal of those Personal Afflictions by virtue of certain Periods absolutely predetermin’d; or in any other manner than by a Blessing in the use of Ordinary Means, is an high Affront to his Wisdom and Providence, and the direct way, if persisted in, to incur that horrid and most detestable Sin of Destroying our selves. As to the latter Sort; who, enjoying the great Happiness of an Healthful Constitution, out of vain Curiosity or conceited Skill, are always trying to mend what so many Thousands would prize above the World; Their infatuation often shews it self in the legible Characters of an Artificial Decay; and the best Advice that can be given ’em, is to inculcate that excellent Memento of the greatest Friend both to Body and Soul, The whole need no Physician.
IX. As was hinted before of *Purgating* and *Vomiting*; so likewise the unskilful use of *Diaphoretic* or *Sweating* Medicines, is often attended with no small inconveniences; and sometimes hazardous to the greatest Degree. In respect of these, as well as other Parts of the *Materia Medica*, 'tis highly necessary to make a right Judgment in what Cases, or what Time of the Distemper, they are proper and requisite; and where-in improper or hurtful. As also what kinds of *Diaphoretic's* are most adapted to the various Symptoms, *Constitutions* or *Complications*: Whether such as are simply Spirituous, or Saline; *Fix'd* or *Volatile*; *Alkalisate*, *Nitrous*, *Sulphureous*, &c; or those of a mixt nature, whose Virtue consists in the united Parts of the whole *Concrete*. Without a competent Knowledge of these Things,
Things, both in the Theory and confirm'd by Practical Experience, frequent Blunders must inevitably be made; and sometimes either to the Patient's irreparable Detriment, or, at least, protracting the Disease. What mischievous Effects have we often seen from the unwary use of Sweating Medicines, especially the more Spirituous Sorts, in the beginning or increase of Continual Inflammatory Fevers; whether Essential, i.e. such as are primarily seated in the Blood and Spirits, or Symptomatical, i.e. arising from the injury of some particular Part! If the Blood, either through unfriendly Acido-fa-line Particles deriv'd from the ambient Air, violent Heats and sudden Colds, or any internal Cause, has already suffer'd some Degree of Coagulation; is grown fizy or glutinous; nothing but Hurry and perturbation in
in the Spirits; its vitiated Sulphur and Fix'd Salts altogether crude and undigested; or the Glands, in attempting Relief, have thrown off some of the more thin and acrious Parts into the Muscular interstices; thereby inducing greater Mischiefs, through a Particular Inflammation, than before whilst fluctuating in the common Mass: At such a Time, instead of checking it by due Bleeding, to heighten the rapidity of the Circulation, and further relax the Συνεθρόμος or orderly Constriction of the several Parts which make up that Noble Fluid; or fuse, melt down, and dissolve its already vitiated Crasis; must needs very much encrease the acrimony of its thinner Parts, and the siziness of the other; as also dissipate the Spirits, and give great advantage to the Distemper. How often is the Nervous System hereby violently...
violently shock'd, which before seem'd but little or not at all affected; Delirium's unnecessarily usher'd in; and the whole Economy of the Spirits broken beyond expectation! How often, in the beginning of Rheumatisms, Quinsies, &c, does the rash exhibition of one single Hydrotic Medicine increase and more than double the Secretion, Inflammation, and thereby the Fever: And all this for want of discerning the Case from those lighter Disorders that commonly happen through an ordinary Cold, or some little Remissness in the Non-natural! But notwithstanding such inconveniences, alledg'd from the unseasonable use of Diaphoretic Medicines, in those acute Distempers which we call Inflammatory; it must be allow'd that there are many times, after the principal Relief
by Bleeding, advantageous opportunities wherein the use of 'em, especially those of the Absorbent or Alkalifate kind, is not only warrantable but highly necessary. Reason therefore will easily suggest how indispensably requisite it is for all that would interpose in these weighty Affairs, to be well-grounded in the whole System of Physick; and in particular, Pathology: That they may be able to make an early judgment off every Recess from a Natural State; Or, if it should at any time appear intricate or obscure at the first View, to trace it through every Meander and Proteus Shape; carefully observing the various Efforts of Nature; and, with a Tendernefs proportion'd to the Work they engage in, always suiting their Methods to the clearest Indications.
X. And not only the stronger sorts of internal Diaphoretic Medicines (which, with no small expense of Spirits, fuse the Blood, relax its Globular Parts, quicken the Circulation, and often precipitate too much of its useful Serum) ought not to be used without due Caution and Advice: But the other ways of raising a Diaphoresis ab extra, by Baths, Natural or Artificial, are not to be ventured on at unseasonable Times, or without due Preparation and a proper Regimen, nor persisted in to an excessive Degree, or too often repeated. The Artificial Thermae, or Hot Baths, were so much in vogue with the antient Romans, that from their Emperors and Others of the first Rank, they grew into common Use among the Citizens. Polydore Virgil describes 'em to be * Loca assignata, que *Lib. 3. cap. 14. aut
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aut Aquis calentibus aut igne calefactis lavandi sudandive usum præberent. He enumerates the chief of 'em, with their Magnificence; and, quoting Capitolinus, affirms That Commodus, Gordianus junior, &c. bath'd in 'em five or seven (Fabricius says seven or eight) times a Day in the Summer; and twice in the Winter; Thermisq; cœnitassæ. But it must be suppos'd they us'd 'em for Pleasure, and not for a Sweating Design. Celsus thought the Custom of daily Washing was conducive ad prosperam valetudinem conservandam. * Lipsius reports that the Thermae Antonini had 1600 Marble Seats for Bathing; and Diocletian's, 3200; beside the Cellæ Solœ Piscinæ, &c. * Galen, who was very eminent in Phyfick (especially in the
the Time of Antoninus Pius, M. Aurelius and Commodus) and a great Friend to Bathing, mentions the several Parts of their Balnea: Which *Sennertus further explains; viz. The first Apartment, of a warm Air, proper for undressing, &c: the next much warmer, aeremq; sol-lum ex igne subjecto calefactum continens: in which, by the Hot Air, both receiv’d into the Lungs and infinuating it self by the relaxed Pores, or further assisted by the admission of Hot Water, the Blood and other Fluids were thin’d and dispos’d to a plentiful Perspiration of what was either Burthenome or useless. The other Apartment more temperate, and furnished with all requisite Accommodations; particularly Cisterns of Hot and Cold Water; to be us’d pro arbitrio, for refreshing the Mus-

* Tom. i. p. 596, 597. de Balneis.
cular Parts and clearing the Skin in order to Friction Unction &c.

[But in our modern Baths, the latter ought not to be omitted for a Close, (since Unction is disus’d) to give a due Constriction to the Pores, and defend ’em against the injuries of the open Air; especially in such as forthwith expose themselves to it]. The word Balneum * Od. Βάλλει or ραλανείον imports the Benefits of it; i. e. Because it dispels Heaviness, relaxing the Mind as well as Body. The moderate use of Hot Baths, after due Evacuations, is very refreshing to the Limbs, and helps to dissolve or discur any Stagnations of the more viscous Saline Recrements in the Cutaneous or other Glands: and is not only agreeable but highly advantageous to many Constitutions if the frequent or long Use of ’em does
does not too much weaken, and rather dissipate than relieve the Spirits. But, in as much as the Hypocaustum, or Bagnio, by its actual Heat and reverberating Arch, gives an Accension and Rarefaction to the enclos'd Air, deprives the Spirits of their liberal Refreshments from the Volatile Aerial Nitre, accelerates the Pulse and Respiratory Organs, and offers a kind of violence to the Blood with the other various Fluids; it must needs be post-pon'd to those Natural Hot Baths, or rich anodyne and penetrating Fomentations, springing up from subteraneous Veins; highly impregnated with Volatile Oleose Salts, proper to cherish the Lamp of Life; and supported in their Warmth or active Energy from a Collision of Sulphureous Particles (according to the Sagacious Dr. Leigh, in his accurate
Natural History, Lib. i. p. 39, 40); or of Iron, Nitre and a Sal fim generis, with a more than double proportion of Sulphur; (according to the Learned Dr. * Baynard).

* Postscript. to Sir J. Floyer's Essay on Cold Baths, p. 213.

For they not only answer all the Ends of the Hypocausta and Artificial Thermae, as to Penetrating, Diffusing, Relaxing, &c., together with the admission of full Refreshments from the open Air (coming nearest to the ancient Pool of Bethesda); but are also very much assisted in those Intentions by internal Use, from their softning cleansing or Balsamic Virtue, and smooth Volatile Salts excellently adapted to refresh the Spirits, strengthen the Genus Nervosum, and dissolve any Concretions in the Nutritious Juices, or viscid Obstructions of the Secretory Glands. Neither are the Cold Baths, to
so much us’d of late, without their
deserv’d Eulogies and signal Bene-
fits ( whether they be Artificial from
a Solution of Nitre, Marine Salt, &c; or Natural, from Volatile Saline Par-
ticles ingenite, or imbib’d ( as the
said Learned Dr. Leigh supposes, Lib. i. p. 53, 54.) from the ambi-
ent Atmosphere. In thin Constitu-
tions, of a weak and tender Ha-
bit, the Spirits and Native Heat are
often not only dissipated, too fast by
insensible Transpiration (which, ac-
cording to that nice Observer, San-
torius, in his Med. Statica, may be
excessive as well as deficient) thro’
too great a Laxity of the Pores and
Cutaneous Glands; but the subtil
Particles of the Ætherial Nitre, when
sharpen’d by disagreeing Changes of
Weather, plentifully insinuating them-
selves thro’ those numerous Passages,
are apt to impart an unfriendly acri-
mony
mony to the Mass of Blood, coagulat-
ing or at least precipitating its se-
rose Parts: Whence Colds, Catarrhs, 
Tooth-achs, Rheumatic Pains, Agues, 
&c. (secundum magis est minus) do or-
dinarily ensue: To anticipate or re-
dress all inconveniences of this nature,
the Cold Baths seem to be the greatest
Specific, if backt with a Cold Regi-
men: For, by giving a moderate Con-
striction to the Pores, contracting the
relaxed Membranes, and restoring the
Fibres to their proper Tone, they hin-
der such unnecessary expence of Spi-
rits, give a due Consistence to the
rarify'd Humors, repell and preserve
the scatter'd Native Heat, and acci-
dentally warm invigorate and harden
the Muscular Parts; guarding 'em
against the many common injuries
from the ambient Air. What can be
more consentaneous to Reason
than that Remark of Sir F. Floyer
in the Dedication of his Essays, viz. "That the management of our Constitutions ought to be suited to the Climate we live in: And as stopping the Pores by a Cold Regimen in Hot Countries excites Fevers and Fluxes; Keeping 'em open by an Hot Regimen in Cold Countries, is usually attended with De- fluxions, Intermitting Fevers and Faintness? But whether his so general Recommending, by the inserted Catalogue of Distempers, what most are ready to think a Risque in the safest Cases; and unnecessary touching at a settled Religious Rite; may be thought exorbitant, I don't pretend to determine. And shall only take the Freedom to hint That, reciting the 25th Aphorism of Hippocrates, Sect. 5. [Τά 3 ἄθετοις ἱδώ- μαλα καὶ ἀλήμαλα, &c. "Cold Wa- "ter largely pour'd on the Part af- "fected,
"feated, cures Swellings and Pains in the Joynts, &c.] He seems too partial in passing by Aph. 18.

Τὸ ψυχεῦν πολέμοιν ὀξεῖοις, ὀδάρι, νευρίως, ἐγκέφαλῳ, νοτίῳῳ μυελῷ. Τὸ ὣ ἑρμὸν, ὑφίλιμον:

i. e. Cold (Bathing) is inimical to the Bones, Teeth, Nerves, Brain, Spinal Marrow: But the Hot, profitable.

That the τὸ ψυχεῦν, or τὸ ἑρμὸν, which he uses in his Aphorisms, without mentioning Fomentations, Affusions or Baths, equally relate to 'em all; we have Sir F's own Assertion, p. 54.

And amidst his laborious search for Authorities to back his ingenious Sentiments; it's strange that a very apposite one in * Sen-

nertus could escape: viz.

Frigida vero Aqua partes quidem, quas attingit, refrigerat; ex accidenti tamen, poris conclusis, atq; intro repulso & coacto calore, calefa-
cit. Unde si ex dissipatione calor na-
tivus

* Tom. 1. Institut.
Med. 1. 4. c. 7.

de Baines.
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tivus periclitatatur, Frigida tempestive ex-
hibita eum recolligendi & conservandi
non parvam vim habet, totnmq; Corpus,
&mprimiscarnosamMusculorumSub-
stantiam firmat.

XI. Resting Medicines (which
we commonly call Paregoric from
their Comforting, Hypnotic from
their Sleepy, and Narcotic from
their Stupifying Effects) are to be
us'd with at least as much Caution
and Judgment as any of those that
most strongly Evacuate; being not
only disagreeable but highly inju-
rious to some particular Cases and
Constitutions, as well as advantageous
to others. The constant Vicissi-
tudes of Watchfulness and Rest (as
was briefly hinted, Part I. Sect. X.)
are so absolutely requisite to a re-
gular Discharge of the respective
Functions both of Body and Mind; that
that an excess on either hand, especially if protracted to any considerable Time, necessarily calls for the interposition of Art. Against the former and more frequent of these Extremes (as well as for all other Medical Intentions) the Divine Philanthropy has not been wanting in its adequate Provision. But, without insisting particularly on the various Products of fertile Nature inservient to this End, or the Difference, in respect of Efficacy or Safety, between what our Native Soil affords and those that are Exotic; under the general and well-known Term of Opiates I shall touch a little on 'em, both as to their Usefulness and Hazard. That their Narcotic Force consists in a strong fetid Sulphur, heightened by a fix'd Salt and a crude Earthy Matter, diametrically opposite to the Texture of the
the Animal Spirits, we have the Authority of the most judicious Dr. Willis, so often already quoted*; to whom the Learned Moderns have generally paid a very great Deference. Nor is it needful to recite the differing Sentiments of Dioscorides, Avicenna, Paulus Aegineta, Freitagius, Doringius, Schenkius, Tillingius, Wedelius, Hartman, Schroder, Platerus, Sylvius de le Boe, Lemery, Dr. Harris, &c, and the great Author first mention'd; or Dr. Jones in his new Theory of Opium: either as to their Coldness or Heat, Noxious or Friendly Effects; and the manner of their affecting the Animal Spirits: whether by Extinction as Poysons; or simply retarding fixing or restraining 'em for a Time; or by a pleasing Sensation, from an (imaginary) Sal Volatile Oleosum imparted
imparted to the Animal Spirits by
the Nervous Filaments of the Stom-
ach, and thence transmitted more
immediately *per consensum* to the
Brain itself, as well as in the or-
dinary Course of Circulation: And
the rather because most of 'em ap-
pear too partial to their own Hyp-
potheses, either in a way of Preju-
dice or Commendation. It's most
certain that the skilful use of Pare-
goric Medicines is not only safe but
highly or rather absolutely necessa-
ry in many Cases that occur in the
Practice of Physick; where the Pa-
tient's Constitution by an Idiosyn-
crasy, or peculiar Texture of Spi-
rits, does not forbid 'em. In Qui-
eting and reducing the impetuous
and irregular Motions of the Ani-
mal Spirits; when by any sudden
Excess of Passion, Dyscrasie of the
Blood, &c, they are unhappily ir-
ritated.
ritated and hurried into violent Disorders; the seasonable Exhibition of the milder Resting Medicines, especially if joyn'd with such things as comfort and strengthen the Nervous System, very rarely fails of due Encomiums from their agreeable Effects. Likewise when the Spirits are too much acuated, or grown fierce, and unapt to make their usual Retreat; influencing too long the Sensory Organs, and especially the Cortex of the Brain; such Defect of natural Rest is often very happily supply'd by mild Paregoric's. In Delirous Affects, which are yet further Degrees of their Stimulation Ataxy and perverted Functions; all those affrighting irregularities do very often quietly yeild to such Medicinal Helps. For an Anodyne Intention; in the most acute Pains, whether of the Gout, Stone, Dysfury,
On the inveterate Pulsatory Head-aches, Spasmodic Contraction of the Viscera, Diarrhoea's, Dysenteries, Nervous Colic's, Catarrhs, Convulsive Asthma's, &c, the charming Effects of a well-proportion'd Opiate (through its retarding the Circulation of the Blood, straitning the Nerves, and checking that tumultuous irruption or disorderly influx of the Spirits, which is the most usual and immediate Cause of Pains) are wont to recommend it as a νεπένθες or Heavenly Nepenthe; and too often decoy the unwary Patient into the perpetual Drudgery of continuing and increasing it. But notwithstanding all these and other Benefits accruing from the skilful use of Opiates, 'tis no less certain That Medicines of so great Force, which, by either an Error in the Dose, or ignorance of the peculiar Constitution of the Patient,
tient, or a mistake of the Distemper or of some complicated Symptoms, may as effectually kill as Aconitum or Arsenic, are not to be dallied with, or rashly ventur'd on without due Caution and Advice; being no more fit to be arbitrarily administered by every conceited Quack, than a naked Sword intrusted in a Mad Man's hands. That in some particular Cases or Complications, (whether in Plethoric Bodies that are highly Cacoehymic; or after a great expense of Blood and Spirits; or other very large Evacuations, as in the Hypercatarrhs; Or in Paralytic, Apoplectic, or Hydropic Constitutions, wherein an increase and brisker distribution of Spirits is wanting; Or more particularly in the Orthopnæa; Habitual laborious Coughs, which need Expectoration, and are excited to that End; Malignant Fevers;
the cold Paroxysms of Intermittent Fevers, &c.) the Mischiefs of one single Dose rashly given, are too often irreparable. And, That all those bold Intruders into the Province of Physick who are too partially bent on the general use of Opiates, must inevitably send not a few off their unhappy Patients prematurely into the other World. Particular instances whereof are mention'd by that great recited Author, Dr. Willis,* from his own Knowledge and Observation: To which many others, of a fresher Date, might be added.

XII. Common Experience has abundantly shown that the most innocent and Efficacious Medicines, when unskilfully or indiscreetly us'd, often prove rather hurtful than Beneficial.
To instance yet further in One or Two of 'em. Chalybeats, which are deservedly plac'd very high in the Province of Phyfick, and may justly claim the chief Room in the Cure of Chronical Distempers (whether falling under the general Heads of Scorbutic, Hypochondriac or Hysterie; or more anomalous) are not to be ventur'd on in Persons of an ill Habit, or Labouring under invertebrate Obstructions, without the preparatory use of proper Evacuations, and Dissolving Aperitives: Otherwise 'tis odds but the unfortunate Patients will suffer those violent Headachs, Vertigo's, Feverish Disorders, straitness and inflammatory Pains in the Hypochondria, &c. which are wont to succeed such Rashness and inadvertency; and be deter'd from the most Proper, if not the only Effectual Means for their Relief.
lief. So likewise in the unwary Use of those long celebrated *Chalybean Waters of Tunbridge*; which contain so happy a Ballance of the *Iron-Ocre and Vitriol* (their Principal Ingredients) that they may very well be esteem'd one of the most Noble and useful Branches of the *Materia Medica*; What an Hurry and Disorder of the Spirits, Pressure at the Stomach, Dizziness or Pain of the Head, Flushings, Feverish Heat, &c. are often excited in *Cachetic Bodies*, for want of such due Preparation, and taking 'em in a small Quantity, especially at the Beginning! Tho' they are certainly, next to the *German-Spaw*, which are not a little impair'd in bringing over, the greatest Remedy in Nature for such Constitutions: Both for a De-obstruent intention, and invigorating or Restoring the vitiated *Crassis*.
of the Blood; repairing the Volatile Salts which should keep up its even Fermentation; correcting and enriching its subservient Juices; as also, by their moderate and agreeable Acidity, improving the Appetite and promoting the regular Ferment of the Stomach, with other succeeding Offices conducive to Nutrition. And there's the greatest Reason to think That whatsoever those Noble Medicinal Springs have at any time suffer'd in their Reputation, or rather that they have not obtain'd an Universal Applause, is owing to the want of due Preparation, or irregularities in the Use of 'em, or an Excess in the Quantity: All which inconveniences by taking and observing good Advice are easily anticipated. For, the impartial Remarks of all that have been acquainted with Practice, have set it beyond the reach
of Contradiction, That the surest way to find agreeable Effects of, or reap lasting Benefits from, either a Steel Course or Drinking the Waters, is by a very cautious Beginning, a moderate Progress and long Continuance. Neither are those celebrated Nitro-Sulphureous Waters at Bath, (tho' better suited to a genuine Phthisis, Easing of Pain, penetrating, discuffing, allaying Inflammations, resisting Putrefaction, &c.; which, from the Nature of Salt, either Nitrous or Common, and Brimstone, are not difficult to be accounted for) equal to these for correcting the Dyscrasie of the Blood; with the whole Train of depending Symptoms, when over-run with a vicious saline Acidity; restoring its native Richness or laudable Consistence; promoting its regular Distribution, and preventing or dissolving the unhappy
happy Concretions of Gravel or Calculous Matter. The next Instance, and all that, for Brevity's sake, I shall mention, of Inconveniences accruing from the unskilful use of the best of Medicines; shall be in that great Blessing of Propitious Heaven, the Peruvian Bark: For which, instead of those many ill-natur'd Aspersions it has met with from virulent Tongues, an Emulation of the highest pitch of Gratitude would be but a reasonable Tribute. What if Some few, thro' Ignorance or vain Curiosity, have attempted to make it a more Universal Medicine than Nature has design'd; by using it indiscriminately in all kinds of Fevers: And have not only fail'd of Success, but found apparent Mischiefs ensuing? If Some have too rashly ventur'd on it, not only in Periodical and Symptomatical Pleurisies, Rheumatisms, &c. (which re-
quires a very accurate Judgment and Observation, and sometimes proves too great a Risque), but the most Genuine or Essential; when there has been some little appearance of Remission; and soon found Cause to repent it? If Others have heap'd it too fast on weak Stomachs, or Asthmatic Constitutions; so that the subsequent inconveniences have seem'd to over-ballance the first immediate Relief: Or have not back'd it with other necessary Aids, to give a due Expansion to the Spirits, when more than ordinarily * depress'd? Must the Medicine be condemn'd for the ill or indiscreeet Use of it; any more than the most wholsome Food or choicest

* Notatu non prorsus indignum fore conjicio, Febres nuperas Intermittentes, seu postius magna ex parte Remittentes, tum circa Aequinoctium Vernale tum præterim propè Autumnale plus minus undiqua; græfantes, Spirituum Orgaenum solito magis deturbafe, ac qua- dantenus eviclle. Quarum indoli (ut credere fas est) anfam præbuere Exhalatio- nes acido-falinae viscosæ pin- guiores & quasi Naphræses Sulphureæ
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than obstructing; friendly to the Blood and Spirits, the safest as well as surest Asylum in those Cases to which 'tis specifically adapted, and never attended with any ill Consequences unless when improperly us’d, or too soon discontinued; is easily demonstrable both from Reason and the Universal Experience of unprejudiced Persons. As it has hitherto born up its Head against the keenest Shafts of Detracting Malice; so there’s no Room to doubt but its Reputation and Use will be handed down with augmented Eulogies to Posterity. But if the customary Taking of 3j. every Three Hours, were chang’d (where the Fever is not very acute nor the Intermissions short) to 3ij. once in Four Hours,
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ad vii. vel. viii. vices; then twice a Day for xii. or xiv. Days; and afterwards once a Day for xiv. Days longer, without any intermission: such seeming Fulness at the Stomach, or the Vapourish Faintness (through a slow Distribution of Spirits) which commonly attends the hafty Taking of it, would not only be prevented, but the Febrile Ferment very rarely exert it self, either in a Return of the Paroxylm, or in any other differing Shape.

XIII. The Blood very seldom undergoes any preternatural Effercscence, wherein the Diminution of its Quantity by Bleeding is improper. The Neglect or Delay of it is indeed often deservedly lamented; but the early Use, very rarely, if ever. When the augmented Heat has given too great a Rarefaction to
to the whole Mass; distending the Vessels for want of sufficient room to display itself; accelerating the Pulse and Circulation, and very much disturbing the Orgasm of the Spirits: The Vital Flame, before supported by ambient Air and a regular contest of opposite Volatile Salts, derives not its wonted refreshing influences from the One, nor impulsive Energy from the Other; but is oppress'd, or rather in some Degree suffocated, by Oily Sulphurous Steams too plentifully excited. Yet these, upon a speedy and well-proportion'd Emitting Part of the boiling Blood, are in a good measure Breath'd out; and the Remainder more easily subdued by those Volatile Salts: Which now, upon abatement of the Plethora, begin to break thro' their Clog, and resume their former activity in a successful
cessful Conflict with the Febrile Fer-
ment; both by throwing off the con-
tracted Siziness, and resisting a further
Coagulation. How happily the more
acute Inflammatory Fevers are thus
often crush'd in the Beginning, or
at least checkt and dispos'd to a good
Event in the use of other proper
Methods; both Reason and impar-
tial Experience cannot but attest.
In the slightest sort of Fevers, or
Feverish Disorders, call'd Epheme-
ral because usually terminating in
Twenty Four Hours, arising from
an Hurry or agitation of the Spirits
through some kind of Error in the
Non-naturals; moderate Bleeding,
tho' not absolutely necessary, is both
a Relief and Security against its far-
ther Protraction, or changing into
some more dangerous Shape. In
the Synochus, Simple or Putrid;
Causus, or other Species of Essentia
inflam-
inflammatory Fevers, (whether proceeding from an Acid or Bilious Ferment) early Bleeding, _pro re nata_, is so necessary, that the stress of the Cure depends on it: Without which, other Endeavours to assist the Spirits, by Cordials, Sudorific's, Blistering, &c, too often either not a little heighten their Ataxy, or at best prove ineffectual: Unless, to convince us what a Risque is run by the Omission or Delay of Bleeding, unerring Nature exert her utmost Efforts in a plentiful Hæmorrhage; or else a Critical Diarrhœa, when the Blood through such Neglect undergoes a Despumation, and throws off its noxious Recrements by those small Arteries terminating in the Glandules of the Intestines. In Symptomatical inflammatory Fevers, as Pleurisies, Peripneumonies, Quinsies, &c, the use of Bleeding is generally known, and pra-
practis'd by every one that pretends to the Healing Province: But in the necessary Proportion and seasonable Repetition of it, not a few, through Ignorance or Prejudice, are often miserably wanting. Indeed when the Pain and Inflammation are Symptomatical, and depend on a malignant Fomes in the Blood and Spirits, from a sharp Volatile Acid dissolving the orderly Tone of the one and due Crescis of the other; the Indications are quite otherwise: But, as the Occasions of such Distinction very seldom happen; so they are most like to be truly judg'd of by such as are best skill'd in the Rational as well as Practical Part of Physick. The Benefits of moderate Bleeding in Fevers that intermit, if not too often repeated and tim'd with due Exactness, viz. near the approach of the Paroxysm, and the Reasons
Reasons of its frequent Elusion thereof, might also deserve to be men- tion’d; if Propitious Heaven had not so liberally furnish’d us with a most certain and adequate Remedy for this particular kind of Affliction. But though Phlebotomy be so advantageous and highly necessary in most of those Feverish or other Disorders which are apt on every light Occasion to surprize us; 'Tis no less certain that there are not only some kinds of Fevers, through the whole Course whereof its altogether improper; but some particular Times in others, wherein it ought to be avoided: As in the Pleuritic; when Nature, for want of such timely Relief, has gain’d a plentiful Anacatharsis, or Expectoration; it being very unreasonable that Two contrary Intentions should be carried on at the same Time: So likewise in the Scarlet Fever,
Fevers, Measles, Small-Pox, &c; after the hurried Spirits have disengaged themselves from the Morbid Matter, and are making an advantageous Retreat towards their former Rectitude. Nor is it any more to be recommended than Purging, to such as enjoy an uninterrupted State of Health, and have no evident Signs either of a Plethora or Depravation of that Nutritious Liquor. For why should we be unnecessarily Tampering, or over-curiously endeavour to mend that natural Eucrasie which is so valuable of itself, and needs none of the improvements of Art? 'Tis enough that we have recourse to this safe and apposite Remedy upon vitious Alterations, excessive Repletion quoad Vasa vel Vires, Stagnations, slowness and difficulty of Distribution, or irregular Fermentations: Which, if not too often perform'd
on the less urgent Occasions, and with a favourable Hand, is so far from impoverishing that it rather enriches the whole Mass, by a larger assimilation of new Chyle, and improving the Appetite: as is observable in many that have grown more robust and fatter upon frequent, if moderate, Bleeding. As to that idle Whimsie which deters Multitudes from being let Blood in such Indispositions as they think don't carry a mortal Aspect, *viz.* That they may reserve this as the last Card (to use their vulgar Expression) or have the better chance to ward off the Fatal Stroke by that first Effusion of Blood; it's difficult to determine whether it more deserves Pity or Ridicule. Undeniable Experience has abundantly shown That they who have been accustomed to Bleeding usually bear it, and the occasional Repetitions there-
of, under the Shocks of Acute Distempers, with far less Detriment to the Spirits, than others of the like Age; and with at least an equal Share of all those Benefits expected from it.

XIV. After These brief Remarks on the Universal Evacuations (with a few of those other numerous Branches of the Materia Medica); it may be here thought reasonable that I should descend to the Particular; with their Benefits and Inconveniences: And propose, at least some of the Principal Therapeutic Intentions in the management of Distempers, under those general Heads of Acute and Chronical; and of each again in their several Species. But, as this would further intrench on the Brevity at first intended: so 'twould carry me too far into the boundless...
boundless Field of Pharmacology; as if I had engag'd in a Practical Synopsis. However I shall take leave to insert a Word or two, respecting those general Distinctions. Acute Distempers are either such as primarily disturb the interior Senses; pervert the necessary Functions of the Heart, Brain, &c; intercept the Course of the Animal Spirits; subvert the Rational Operations; or invert the orderly Motion and amicable Offices of the whole or any part of the Nervous Systeme: as Syncope's, Vertigo's, Convulsions, Lethargies, Phrensis, Violent Vomitings, Nervous Colics, Iliac Passion, &c. Or such as give an inordinate Motion and preternatural Effervescence to the Blood, from an Heterogeneous Ferment depraving its Volatile Salts and Regular Fermentation: as Fevers. And these are, 1. Such as arise from
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the imprisoning of those offensive Salino-Sulphureous Effluvia which ought to be continually exterminated by the Pores; irregularities in Diet, or other Branches of the Non-naturalis: as the Ephemeræ, and most benign sorts of Continual Fevers.

2. Those which take their Rise from an acrious saline or acid Ferment, either ingenite or deriv'd from the vitiated Nitre of the Air; coagulating the Seroze Parts of the Blood, and straitning or hindring its orderly Reflux by the Veins: as, Quinsies, Pleurisies, Peripneumonia's, or other Inflammatory Fevers.

3. Such as may perhaps claim some affinity to these from their Procataractic Cause; yet the Concretion, being less viscous, more easily yields to the impetuous Efforts of the Spirits, and Colluclation of the Bilious Volatile Salts; always suffering them to come off.
off with Periodical Trophies off Victory, i.e. Copious Sweats, Secretion of the Precipitated or Fix'd Salts plentifully subsiding in the Urine, and a regular Pulse, till those scatter'd acido-saline Particles, or Reliques of the Morbific Ferment, unite and rally again: as the most genuine Intermitting Fevers. 4. Such as are of a mixt nature, and give further Disturbance to the Volatile Oleose Salt and Balsamic Sulphur of the Blood; having their Periodical Triumphs more obscure and imperfect: as the Remitting or Erratic intermitting Fevers. 5. Such as in an higher Degree inflame alter and corrupt those Oily Sulphureous Particles; offering greater Violence to the Economy of the Spirits, Genus Nervosum and most Noble Parts: as the Bilious Peracute Continual Fevers. 6. Such as consist in certain Particles of
of a Putrid inflammatory Matter, from a congenite Acid lying Dormant in the Mass of Blood, till excited by some external Cause and a peculiar Diathesis of the Spirits; and then by their united Efforts prepar'd for Excretion and Suppuration in the Surface of the Body: as the Small-Pox, Measles, &c.

7. Such as, from a Poisonous or corroding Volatile Acid, dissolve the very Texture of the Blood, dispose it to Putrefaction and Worms (observable by Microscopes) Triumph over the Nervous System, and extinguish the Spirits: as Malignant and Pestilential Fevers. Chronical Distempers are such as vitiate impoverish or interrupt the Fermentative and Nutritious Juices, obstruct or retard the Glandular Secretions, weaken the Viscera, excite irregular Ferments, and gradually tend to a Subversion.
of all their reciprocal Benefits. In general, they may be said to arise from Austere Acido-Saline Sulphureous and Bilious Caecochymies, or Depravations of the Juices: and these again may be considered as Viscous or Serofe. What unhappy Alterations they are apt to produce in the Blood and its subservient Fluids, may be easily guessed at, if we consider 1. The Radical or Morbific Taint which is usually impress’d on the Chyle in such Constitutions; from too great austerity of the Fermentative Lympha separated in the Glands of the Stomach. 2. The imperfect Depuration it receives, thro’ a disorderly Ferment of the Bile and Pancreatic Juice; leaving it, for the most part, too crude and viscous. 3. Its difficult passing the Lacteal Vessels and Mesenteric Glands: some of the Mucous Parts adhering to and strait-
straitning or obstructing those exquisite porous passages. 4. Its unfriendly assimilation with the blood, clogging the volatile salts and impairing their due fermentation: that first acidity, carry'd from the stomach, not having been sufficiently temper'd with the oily sulphur of the bilious juice; nor well diluted afterwards by a copious affluence of the lympha from the conglomerated glands. 5. Those volatile salts being not only render'd sluggish and unactive, but often intangled with an heavy mucous matter, thro' the ill mixture and slow fermentation of the blood; it's no wonder if the whole concrete falls short of its due transcolation and proper additional ferments from those eminent glandulous bodies, the liver and spleen; or if stagnations sometimes happen in the minute pores of their conglomerated
glomerated streiners; or in the other numerous Glandules advantageously dispers'd thro' all Parts for separating the redundant Lympha; and either that or the Bile regurgitate into the common Mass, to clog and further impoverish it. 6. From the Crudity or Saline Acidity of the Blood and Lymphatic Juice, a very scanty Resection and slow Distribution of Spirits and the Succus Nutritius, will necessarily follow: and the Muscular Parts being depriv'd of their Elaborate Nourishment, will either grow blotted and stuffed with a crude Excrementitious Matter unapt for Nutrition, or wither'd and contracted; or else the Lympha will stagnate in their Glands, and over-power the Blood by a cold unactive Serum.

7. The Propension of the Blood, when vitiated in its Crafts, to one of these hazardous Extremes; viz. Either
Either from the Stimulation of its pungent degenerated Salts, to lose its rich Balsamic Texture, and not only melt down but profusely strein off, with the Urinous Excrement, the thinner Parts of its sweetest and most Nutritious Substance: Or, on the contrary, from a Plethora or excessive Thickness or too close Cohesion of its constituent Parts (occasion’d by an acid viscus Lympha, or Defect of the natural Lixivious Ferment, or clammy Oppilations, in those small Glandulous Fibres of the Kidneys) to retain its offensive Serum, ting’d with the Excrementitious Salts, much longer than the Laws of our Constitutions will admit; and thereby impoysen or subvert the whole Oeconomy of the Spirits: Or else, from the prevailing austeritv of its Serosé Parts, and too high Lixivial Ferment in the Glandulous Substance.
An Essay on the Substance and Papillar Caruncles of the Kidneys, to produce Sandy or Calculous Concretions. From all which, We may easily account for the whole Train of Chronic Distempers; Whether Scurvy, Jaundice, Hypochondriac or Hysterical Affects, Cachexie, Chlorosis, Atrophy, Phthisis, Dropsies, Asthma’s, Catarrhs, Fluxes, Scorbutic Colics and Rheumatisms, Gout, Stone, Gravel, Diabetes, Ischury, Strangury, &c. As to the Methods of Cure. In all Distempers, either Acute or Chronical, a due Respect must be had to the Difference of Causes and Complications: Which, as ’tis absolutely necessary for the Patient’s Safety; so it distinguishes Rational Practice from Empiricism. And since Irregularities in Diet or vitiated Changes of the Circumambient Air, are allow’d to be the more general Causes of Distempers,
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Distempers; especially those of the latter Classis; I need not enforce the Reasonableness of having a just Regard to both: And shall only take the freedom to suggest, That in vulgar Practice if the Diætetic Part were regulated with more Care and Judgment, and the Medicinal sometimes abridg’d, ’twould perhaps be no Disadvantage to the Patient: As also, That in such Distempers as are either occasion’d or heightned by incongruity of the Atmosphere; To persist in endeavouring Relief barely by Dint of Medicines, without Redress on that Behalf, is not only unwarrantable but hazardous to the greatest Degree: That the Air, in such low Fenny Countreys as have a fat Loamy Earth, usually abounds with Volatile Sulphureous and Saline Particles, unfriendly to the Texture of the Blood and Spirits; and that
that these are not only receiv’d into the first Passages by Swallowing and Inspiration, but further transmitted into the Mass of Blood, and too often coagulate its thinner Parts or dissolve its laudable Crasis, precipitate the Nutritious Juice, from the Lymphα, obstruct the Conglobate Glands design’d for its Separation and Subservience to the Chyle; and in short usher in either a Confirm’d Scurvy or very often a Scorbutic Phthisis: is very accurately prov’d by the judicious Dr. Leigh, in his Discourses of the Scurvy and Consumptions*. And whether no small Part of those Consumptive Cases which so frequently occur in our Northern Clime, are not either directly Scorbutic, or at least bordering upon it; i.e. taking their Rise from an acido-saline Depravation and Concretion of the Nutritious Juices; may, perhaps, deserve
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As Recovery of Health. If so; then we may justly suspect the too common Methods of endeavouring Relief by incrassating Medicines or Opiates (viz. By constriction of the relaxed Glandular Fibres, to retain on the Mass of Blood those incongruous Saline Parts which the proper Emunctories had with their united Force been striving to separate; or at best by Digestive Pectorals: instead of removing with the milder sorts of Emetics, early exhibited and timely repeated, those Stagnations of vitiated Juices in the Prima Vista, which both deprave and clog the Chyle through its whole Passage from the Stomach to its Axillary Port; and then endeavouring, by proper attenuating and sweetening Antiscorbutics, to free the obstructed Glands, dissolve the Concretions, correct the adiathesis, restore the due Mixture,
XV. The knowledge of Pharmacy is indeed highly requisite to, and no mean Part of the Medical Science: But if this be all, tho’ never so accurately attain’d to, it makes but an Empiric of the more accomplish’d sort. For the Principal Qualification of a Physician, is a particular Genius of his own, strengthen’d by good Reading and frequent Observation; to apprehend the true Ætiology of Distempers, in their Essence, Causes, Symptoms and Events: together with their various Complications, the Difference of Constitutions, and in what Degree the Spirits are affected, or the Principal Functions injur’d obstructed or threaten’d: Otherwise it’s the greatest odds imaginable, that he can never deduce right Conclusions,
or direct his Thoughts most successfully in discerning and prosecuting the real Therapeutic Indications. For without this necessary groundwork, his best Endeavours to relieve the miserable Patient, especially in any Case that is complicated or uncommon, can be no other than Shooting blindfold at a Mark: and tho' he must sometimes chance to hit, after a multitude of random Shot promiscuously thrown in; yet he scarce knows where to place the Success, for his present or future Information. If so great a Difference in Constitutions, and in the nice Complications of Distempers, very often occurs (as every observing Practitioner must readily acknowledg) from a peculiar Texture of the Spirits, or the different influence they receive from the various Disproportions of those many jarring Particles in the Mor-
bific Ferment; that the same Symptoms are heighten’d in one Patient by those very Methods which have happily quash’d ’em in others: What advantage can be expected from a whole Magazine of Medicines, without passing a right Judgment on such Idiosyncrasie, and latent Complications? What can it avail us to know That large Bleeding, Emulsions, Oyl Draughts or other Expectorating Medicines are Beneficial in an Pleurisie; if we ca’nt make a true Distinction between the more common Sorts (whether Genuine or Spurious, with their respective Indications), and such as are Malignant: Since the usual Methods in ordinary Pleuritic Cases, would be inevitably Fatal to the latter? As he can scarce claim the Name of a Physician, or at least is very unfit to Practise, whom has not a competent Knowledge of Medicines.
Medicines in their Nature and Use; according to the best Discoveries hitherto made; tho' he may be never so well read in Philosophy or the Theory of Physick: So, on the other Hand, To be exquisitely acquainted with all the modern improvements in Pharmacy, and have the whole Materia Medica, simple and compound, ad Unguem; without being well grounded in the Nature, Causes, and Differences of Distempers, with their various alterations; and knowing when and how to place 'em; in what Complications they are hurtful, and in what laudable and requisite; will render his Qualifications at least equally imperfect, or indeed rather much inferior to the Former. For, whatever some may imagine to the contrary, They that prescribe the fewest Medicines, if they are not wanting in Visits and the due Exerci...
cise of their Thoughts, have certainly the advantage of observing best the several Stadia of the Disease; together with the Efforts of Nature towards a Crisis; and affording the most seasonable Helps: Whereas Others, by over-acting their Part, keep the Spirits always as it were upon the stretch, and often render it more difficult to know the true Degree of their imbecillity or strength; i.e. whether they exert themselves, in contest with the Morbicic Matter, from a peculiar Energy of their own, or purely from an Artificial Violence continually offer'd to 'em. In the former Respect, any appearance of advantage is usually attended with an happy Progress; but in the other it very often proves transient and deceitful. The Faculty of Physick, deservedly valuable for its Dignity, Usefulness and manifold
nifold Improvements, is very far from being so barely Hypothetical or Conjectural as vulgarly thought (Tho’ the empty Boasting and very rare Performance of ignorant Pretenders, swarming almost in every Corner, seem to have afforded too much Ground for so mean an Opinion): but may vie with most other Sciences for the Clearness of its Principles, Reasonableness of its Methods, and Certainty of its Ends. And though it must be acknowledg’d, That at some particular times Anomalous Distempers do show themselves, impoysoning the Spirits from the vitiated Changes of that external Air which we draw in for their Refreshment; and at first view may seem to stagger the most discerning Physician; Yet Reason will easily suggest whether He or the less thinking Empiric be the more competent Judge.
XVI. Nor is there any Art or Employment whatsoever, in which the improving of Seasons and Opportunities is so absolutely necessary. For nothing can be more certain than That the same Distemper is very often either Curable or Mortal, or at least very Safe or highly Dangerous, according to the different Times wherein the Physician is engag'd. If this were more generally believ'd, and duly weigh'd, so many Thouſands would not run the great Hazards which they usually do, by flighting their Distempers in the Beginning, and very often suffering 'em to pass their first Stages, either without any assistance, or perhaps that
that which is worse: Till the manifeft Decays of Nature produce a change in their apprehensions; and nothing but the pale-fac’d Monarch seems to be in view. Then an Hippocrates that can restore, revive, and work Miracles on a sudden, would be the most welcome Person in the World. This might also serve to refute a vulgar, and too commonly pernicious, Mistake of many who are otherwise sensible enough, in sending first, especially when they apprehend no great Danger, for some early unexperienc’d Medicaster; who has the Reputation of being a Safe Man, knows how to Bleed, give a Purge, Vomit or Cordial, raise a Blister, &c; and, if he does no Good, will be sure to do no Hurt. The Character indeed looks very plausible and taking: But the Mischief is, whilst these supposed Safe and Gene-
rul Methods are pursu’d, the Distem-
per under goes some surprizing
Turn; appears with a new, but
more terrible Aspect, and the op-
portunity for a speedy and almost
certain Recovery is too often trifled
away; which perhaps might have
been accomplish’d with fewer Medi-
cines and less Charge than what were
thus unhappily bestow’d. So that
Ignorance, tho’ backt with the great-
est Caution, can with no more Co-
lour of Reason be recommended as
a Foundation of Safety in these Mat-
ters; than of true Devotion in others
of a more sublime Nature: And the
greater Eminence any do arrive at
in the Faculty, should be esteem’d
rather the more conducive to their
Patients advantage in point of Skill,
than any ways lessening of a just
Concern for ’em. In the most genu-
ine Pleurisies, Rheumatisms, Lungsies,
Asthma’s,
Asthma's, &c, the great Mischiefs occasion'd by neglect, or even a few Hours delay of Bleeding, and the Reasons of it, especially when the Relief is first attempted by Diaphoretic's, are sufficiently known to every One who is not a Novice in Practice. And not only the Delay, but, in great Inflammations, want of Bleeding in due Proportion is always highly Injurious, and very often Fatal: Witness the Instances of such as have fallen into the sad Catastrophe of an Empyema; and either obtain'd the more speedy Exit by a sudden Suffocation, or miserably dwindled away in an incurable Phthisis: who, by the early loss of a due Quantity of Blood, might have been happily secur'd. I have known One of those reputed Safe Men, such as will be sure never to do any Hurt, whose common Custom in the beginning
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beginning of *Pleuritic* Fevers, was to give some suppos’d Specific Sweating Medicine (tho’ nothing is really so great a Specific as the *Lancet*); and order Bleeding next Day, if no amendment, to the Quantity of Six or Seven Ounces; at the most, because Blood is the Life. Such an Extreme of Caution and Tenderness was very pleasing at first to the Ignorant Patient: But the usual Result was, that next Day the Fever Inflammation and Pain were so intensely heighten’d, that the frivolous Bleeding would give ’em no check; and then he modestly distrusted his own Skill, desiring further Advice might be call’d in: Whereas if he had immediately taken away Sixteen Ounces at the first, and kept his Medicine to himself, its probable all appearance of Danger might have been prevented. And how often is
there an Opportunity lost in the worst sort of Intermitting Fevers; when the Paroxysms are very long, the Spirits and Nervous System much affected, the Sweats bearing no just Proportion, and the Digestion, per Diuresin, or Secretion of the vitiated Salts from the Blood, very little, or at best imperfect! The Empirical Endeavours for Relief are too commonly by repeated Bleeding, Vomiting, Purging, outward Applications, or some insignificant Cordials; till at last, on a sudden, the Scene is chang'd, and a more Tragical one offers itself: For the Crafsis of the Blood being more broken, and the Febrile Ferment heighten'd in its acrimony by those unleasable Evacuations, the Spirits at length wholly truckle to it; and then a Stop is put to those little Triumphs of Nature, the Intermissons; a continu'd Delirium.
Delirium usually falls in; nothing to be seen but a very discouraging Prospect; and 'tis odds but the Patient, who before was thought to have been in an Hopeful Way, is in a short time carried off: Whereas it's, at least, highly probable that a moderate Quantity of the Peruvian Bark, joyn'd with some good Alexipharmic or brisk Cordial consisting of Volatile Alkalifate Salts, and Blistring pro re nata, would have speedily secour'd him from the Danger. These and many other Parallel Inftances that might be given, not imaginary but too often Matter of Fact, are fufficient to convince any Thinking Person, that it's the greatest Husbandry and Prudence to engage early the best Advice: and that they are the safest Physicians to be entrusted who are best skill'd in the Aëtiology of Distempers; can fore-
foresee their various Alterations and Tendencies; prescribe not a multitude of Medicines, but take the utmost care to place 'em reasonably; and, from confirm'd Experience, will be sure to slip no Opportunities that may occur for doing what most directly tends to their Patients Safety.

XVII. In Matters of far less Moment, Men are more generally guided by the Dictates of Reason; and not so easily impos'd on by any kind of empty Pretensions. If the Title of an Estate, wherein they are concern'd, be never so little suspected, they'll spare neither Pains nor Cost for a right Information. If their Mansion-Houses are injur'd by Tempestuous Weather, or any other kind of accident, they'll repair 'em early, both for present convenience and to avoid greater Charge. But for
for their brittle portable Houses of animated Clay, yet infinitely more valuable than the other, they are usually less Solicitous: And tho' some few are guilty of the other Extreme; i.e. by continual needless Repairing hasten their Ruine; many more are apt to leave 'em, when violently shockt, either solely to the Care of their first Architect, neglecting all subordinate Props, or intrust 'em with some mean and unskilful Artists, to save a little more Trouble, or rather to retrench the Expence: and which is the greater Folly, seems difficult to be determin'd. But, to throw off the Allegory. As Physick is an Employment of the greatest Weight, next to that which takes Care of the more Excellent Part: So it must be acknowledg'd, from the clearest Proofs both of Reason and Demonstration,
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That the Event very often and especially in Acute Distempers, depends in a great measure upon the first management: Which, when it happens to have been directly improper, must needs very much thwart the orderly Efforts of Nature, heighten the Ataxy of the Spirits, and further debilitate the perverted Functions; ushering in a new Set of more terrifying Symptoms, and greatly enhancing the Patient's Danger. This necessarily suggests how highly requisite it is for every One that assumes so useful a Province, both to be duly grounded in that particular Faculty, and acted by a Principle of Honour and Conscience: which will be an inducement to proportionable Care and intenseness of Thought in forming the first Idea's of every Indisposition, observing its Degrees or Complications,
tions, especially if intricate or uncommon, and tracing out the true Causes both Antecedent and Conjunct; that he may, with the better assurance direct his Measures accordingly. In most other Arts, a Man may easily retrieve his first Mistake; but in this it too often proves a very difficult, and sometimes impracticable Task: especially when by an excessive or unwary use of Medicines, not well adapted to that particular State or adiathe[s]is of the Spirits, their genuine Collu[c]ation with the Morbific Ferment is obscur'd and broken. For if the general Way of skilfully administering Medical Helps, whether in any vitiated Alterations of the Juices, preternatural Accension of the Blood, Prostration or inquietude of the Spirits, &c. is by a well-adjusted Exhibition of Contraries; grounded on a right
right Judgment of the respective Causes: The unhappy Aggravations consequent to other Methods, when attempted through Rashness or Ignorance, are easily inferred. To instance yet more particularly: If we give Acids in Pleuritic or Nephritic Cases; which are generally allow'd to take their Rise from Coagulations: If in the Acute Bilious Fevers, to which Acid or Nitrous Medicines are adapted, we heighten the intense Heat and Perturbation of the Spirits by Volatile Alkali's or Spirituous Cordials; and change the Genuine Symptoms into others of a more dangerous or, as it were, malignant Aspect: If under the Shape of ordinary Distempers, especially those called Hysteric, a latent Malignity be impress'd on the Spirits, and either undiscern'd or not made the chief Subject of our Therapeutic Ends.
Endeavours: Or if we indiscriminately treat every Chronical Aphro- nia with the same Methods, of copious and repeated Evacuations (particularly Bleeding) Refrigerating Medicines, Opiates, &c; without making a just Distinction between the more ordinary Kinds, wherein the Blood is too turgid or redundant, and the Spirits exasperated hurried or rais’d beyond their Natural Pitch; and Others that proceed from Degeneracy, Poverty or too languid Fermentation of the Blood, and Defect, Depression or irregular Distribution of the Spirits: We may very often chance to joyn with the cruel Atropos in short’ning the Fatal Thread, instead of helping the other friendly Sisters to protract it. ’Tis not to be doubted but that Thousands in the Small Pox, by an over-hot Regimen and liberal use of the warmer
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warmer sorts of Alexipharmic's, in the first Stadim of the Distemper, wherein the Spirits are usually stimulated and driven into an excessive Hurry of themselves, have had the eftacía of the Blood, as it were, melted and broken, and the Morbific Matter unseasonably thrust out in a very Fluxing Degree; which otherwise, if judiciously manag’d, or left wholly to the Time and Endeavours of Nature, might have prov’d much more Distinct, and by consequence far safer in the Event. And how often has it happen’d in such Chronical Asthma’s as depend upon a viscid Tartarous Matter straitning the Bronchia of the Lungs, with their numerous Ramifications; that some have, either rashly or ignorantly, made Trial of Opiates (tho’ perhaps in moderate Quantities) to palliate the Cough when more than ordinarily trouble-
some: because they have found such Medicines highly useful in the more sudden Convulsive Asthma's, and against other Coughs proceeding from a sharp Rheum which the Blood has thrown off by the Glandulous Coat of the Windpipe! But how vastly differing have the Effects soon appear'd: when the Expectoration, which ought to have been zealously promoted, has in a few Hours wholly ceas'd; the Bronchia of the Lungs, as also the lesser contiguous Pipes, become extremely stuff'd, and, after a sort, wedg'd up; the other Organs subservient in Respiration, viz. the Diaphragm, Muscles of the Breast, &c, very much straiten'd for want of a free influx of Spirits; the Circulation of the Blood retarded; a general Coldness perceiv'd in the extreme Parts; and the miserable Patient in a short time either breath'd out his last,
last, or, at the best, very difficultly recover'd! Since therefore the same Symptoms often proceed from Causes Diametrically opposite, and require as different Methods of Cure: It's morally impossible for such Persons as are unacquainted with the Difference of Constitutions, and of the Causes, Complications, Symptoms and Events of Distempers (wherein Those of the best Learning, greatest Experience, and most accurate Observation, are still professedly improving) to make a right Judgment of the proper Indications, together with the Juventia & Lædentia, and carefully trace the Footsteps of Nature in all their Practical Endeavours; or, in a Word, to be duly qualified for engaging in so weighty a Function: Tho' they may be never so well furnish'd with the choicest Receipts; and, from such a Stock of Confidence as
as usually attends the weakest Foundations, may, perhaps, have made some lucky Advances towards Popular Applause.

XVIII. Nor is it to be question'd but that the Practice of Physick might be very happily contracted into a narrower Compass than what is vulgarly observ'd; if all that pretend to it did more intirely consult the Patient's Safety, abstracted from those little sinister, yet too common, Allays of Private Interest. For, notwithstanding the great variety of Discoveries or Improvements in Medicine, either Ancient or Modern; such as are most effectual for answering its Principal Intentions, are neither very numerous, nor, for the most part, of difficult Preparation; yet infinitely preferable to the whole Pompous Train of other lesser Auxiliaries.
Recovvevy of Health. 

And indeed, in such cases wherein a single Prescription, or very slender Apparade of Medicines, will be as amply serviceable in all Respects, as Repetition and Variety; To make a further show of doing something by such unnecessary augmentation, is no better than Artificial Fraud; and will scarce admit of any tolerable Excuse, unless for Those who, being weaker in their Judgments than Constitutions, will not be satisfy’d otherwise; but, instead of Disbanding needless Forces, choose to make new Levies for their greater Security against a Conquer’d Enemy. Not that we should prostitute so worthy a Science, and its Rational Methods, to the idle Capricchio’s and vain Ostentation of such as would impose on the too credulous World their Titular Panaceae’s; whilst we know that there is no such thing educible
educible from the whole Treasury of Nature, tho’ we ransack her three Kingdoms, Mineral, Vegetable and Animal: And that many Distempers are so directly opposite to each other in their Essence, immediate Causes, and Effects, that it’s altogether impossible for any one Medicine to have in it a Concentration of adequate Virtues for the answering of so many contrary Intentions. Nor yet should we stoop to the fordid Partiality of Others, who are so far Bigotted to their own Hypotheses, that they content themselves to take up only or chiefly with one particular Branch of Practice; and nothing will please ’em unless that may be allow’d to supersede or swallow up the rest. The late Contests about Alkali’s and Acids are sufficiently known; having made a great noise in the World. The kinds of each are numerous;
and they justly claim no mean place in the Catalogue of Pharmacy: either of them being highly serviceable to the Intentions of Physick, when manag'd with due Judgment. As both are Medicines of ancient Use, and have hitherto supported their Reputation, so that neither has yet been discarded; 'tis at least probable they will be continued to Posterity. But whosoever will so far dote upon either Alkali's or Acids, as to rest principally on their separate Aids; or ground his general expectations of Success on one or the other exclusively; over-looking the real and very great Detriments that manifestly occur from both, in some particular Cases to which they are very much unsuited; may often chance deservedly to expose his own Ignorance, and make his unfortunate Patients pay dearly for his Bigotry. The
The most Rational and Successful Practice impartially calls in the assistance of One or the Other, as the several Indications require: and sometimes of both conjunctly; either adjusted to an Equilibrium, or in due Degrees of Disproportion. Such as are willing to be instructed in the most accurate Theory of Alkali's and Acids, may do well to consult the Works of the late Judicious Ettmuller: Tho' his happily digested System must be acknowledg'd in a great measure deducible from what the Learned Willis and Sylvius had done before. He clearly proves that the Natural Fermentation of the Blood is occasion'd by the activity of Acid and Alkalisate Salts; influencing perpetually its Sulphureous and Serose Parts: The one to attenuate or loosen its Compages (as Dr. Willis also observes) accelerate its Circu-
Circulation, and give a greater Expansion to the Spirits; The other moderately to thicken, constringe; and retard, that they be not dissipated or spent too fast, but a laudable Symmetry and Temperature constantly preserv'd. But when either of these opposite Saline Particles are degenerated and disproportion'd, the other getting the ascendant easily subdue, alter and assimilate the Nutritious Juices; so that the former Idiosyncrasie, or happy Temperament, becomes vitiated or broken, and a Cacochymy ensues. The same Learned Ettmuller reduces all the various kinds of Cacochymy's, or Depravations of the Juices, with all those irregular Fermentations of the Blood arising therefrom, to the prevalence of one or the other of these two opposite Causes; and the manner of their influence on, or the alterations
alterations they produce in, those respective Fluids: Of which 'tis absolutely necessary in the first place to make a right Judgment, before we can usefully employ our Thoughts for a Remedy. But if we prescribe Acid Medicines in those Effervescent ces, or Coagulations of the Blood, which proceed from the vitiated Acid Salts, and which ought to have been corrected by Alkaline Absorbents; it's no wonder if we prove not only unprofitable but miserable Comforters: and so, vice versa. I forbear to enumerate those Distempers, seated, either primarily in the Spirits, Mass of Blood, Lympha, &c, or in the first Passages, which take their Rise from an Acid Cause; as also the most proper sorts of Alkalifate Medicines, both Fix'd and Volatile, in each of those Affects: And, on the other hand, Those deprav'd alterations
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ations and Peracute Fevers occasion'd by the Disproportion or Corruption of the Volatile Alkalifate Salts in the Blood, and too great accension of its Sulphureous Parts; together with the particular Kinds or Degrees of Acids that are most adapted to each of 'em: Partly because it would be too Practical, and carry me beyond the Design this Essay; but chiefly because 'twould be needless to any industrious and observing Physician, who will take the Pains to go through a due Course of Reading, and has a Genius to draw apt Conclusions from his own Remarks: And such only are fit to intermeddle with so weighty an Employment.

XIX. But, amidst these miscellaneous Cautions against a few of the many vulgar Errors and dangerous Exor-
Exorbitances relating to Practice, I must not forget to crowd in something by way of Reflection on another most pernicious Custom generally found among the subservient Managers of Sick Persons; and too often conniv'd at by some of the less Thinking Practitioners in Physick: i.e. Depriving 'em in a great measure of the necessary Refreshments from the ambient Air. If what has been already suggested, P. I. Sect. VII. of the Vis élastica and Volatile Nitre of the Atmosphere being so highly requisite in those that enjoy the best State of Health, to rarify the Blood and give a due Expansion to the Spirits; be grounded on the sure Foundation of solid Reason and undeniable Experience: How Barbarous, or at least injurious, must it needs be, wilfully to lessen those Benefits at a Time when the oppressed Spirits
Spirits have need of more than ordinary Relaxation! But this Killing with Kindness must not be call'd Barbarity, whilst it proceeds from a tender Concern for the Patients Safety. Such as think there can be no Excess of Care in this matter; viz. in stopping up every minute Crevice, as if the neighbouring Air were Pestilential; and further Depraving what the small Enclosure affords, both by a constant plentiful Fire and the united Breath of not a few compassionatet Visitants; might do well by some Laborious Exercise to give their Blood a swifter Circulation than usual, and then impartially observe how refreshing they can find such a Stove to themselves. Not only in settled Fevers, which cause a preternatural accension of the Blood; but many Cases wherein the Spirits are more simply concern'd, and their
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Oeconomy as it were inverted, without any considerable Detriment to the Mass of Blood; the free influences of pure and undisturb’d Air are at least as necessary as other Medical Helps. And he must have been very little conversant in Matters of Physick, who has not sometimes observ’d those irregular Vibrations of the Pulse, arising from an Ataxy and inverted Motion or troublesome irritation of the Spirits, (as in Hysterical Paroxysms, Suffocations, Symptomatical Convulsions, or Fevers affecting the Genus Nervo sum) either immediately wear off, or at least abate, upon a free Admission of the open Air. As, in respect of Health, they are generally observ’d to have the soundest Constitutions and best Crisis of Blood, who daily expose themselves to the most piercing Attacks of the external Air, without any
any regard to its various Alterations; and have certainly the advantage, beyond Comparison, of such as live more recluse, whose excessive Caution will not suffer 'em to venture out of their Cells till the Heavens seem to smile, and by a pleasing Serenity offer an invitation: So in most Distempers, and especially the more Acute, (whether Small Pox, Measles, Symptomatic Inflammatory or Putrid Fevers, Convulsions, Syncope's, &c.) when the exalted Sulphur of the Blood triumphs over its Volatile Salts, or the stimulated Spirits, having broken their orderly Course, are lost in a Thousand Maeanders, and very much interrupted in their Noblest Functions; the spritely refreshing Nitre of the ambient Air is so highly advantageous, That without its concurring Benefits, 'tis no easy matter for the best Endeavours, taken
taken from the *Materia Medica*, to reduce 'em.

**XX.** And here, if it may not be thought Foreign to the Argument in Hand, I would take notice of a very Unreasonable and Ridiculous, not to say Heathenish, Custom, worthy of the severest Reprehension, yet too prevalent among the inferior and more ignorant sort of People; viz. Their over-looking the true Causes of Distempers, with their Proper and Rational Methods of Cure, by a Recourse to pretended Charms, Sigils, &c; which can be no otherwise serviceable than by the strong impress they may make upon a deprav'd imagination: and not only so, but too rashly imputing such kinds of Indisposition whose Symptoms don't readily fall within the Modicum of their weak Apprehensions,
ons, to Witchcraft, or (if I may use their softer Expression) the Power of an ill Tongue; tho' they are never so easily solv'd by Natural Causes. Not a few are so radically tainted with this latter sort of Infatuation, that they will scarce allow any kind of Malady, unless as obvious as the Tooth-ach or a cut Finger, to escape such a Censure: whereas in the judgment of all considerate Persons, the Fascination, if any, ought to be return'd upon themselves. What a spreading Evil this has been, and how cunningly fomented by some of the most wretchedly ignorant Medicasters, to the utter undoing of many poor innocent Women (accidentally coming within the reach of any sham Criterion that has been suggested), and raising their own Fortunes from the numerous Throng of such as have scarce a competence to
answer the Necessaries of Life; is so notorious, that it needs not be insisted on. Against the insinuations of these mask'd Impostors, destructive to the common Interests of Religion and Civil Society, the Wisdom of our Predecessors has made a suitable Provision, by several Statutes on that Behalf: which 'twere to be wish'd might either be duly put in Execution; or if defective, that better might be substituted. That of 1 Jac. 1. strictly forbids any kind of Recourse to such Cunning Persons for intelligence about Goods lost, amorous Charms, &c.; and punishes all who shall presume to Practise that Cheating Science, if prosecuted, with a Year's imprisonment, and four times standing in the Pillory, for the first Offence; and after a second Conviction, makes it Felony without Benefit of Clergy. Which,
Which, from Parity of Reason, ought no less to affect all those Pretenders to Counter-inchantments, whose pernicious Fame and Interest are only supported by subtil misrepresentations of Ordinary Distempers, exclusive both of Natural Causes and adequate Remedies: Since they inevitably fall under this Dilemma, viz. Either that the whole of their pretended Art is no better than a continu'd Cheat, craftily suited to the blind side of their unthinking Admirers; and consequently not to be suffer'd under any Government that takes care of preserving Common Property: Or else 'tis Diabolical, and utterly inconsistent with an awful regard to Divine Wisdom and Providence; and therefore no more to be countenanc'd than other Pagan Rites in any Nation of a Christian Establishment. I remember, among diverse
diverse Parallel Instances, I had once the good Fortune, by no other In-
chantment than the liberal use of Dr. Harris's Æthiops, cum dupl. Q. Fl.
Sulph. and Purging, to rescue a Boy of about 12 Years old from the most con-
firm'd Witchcraft imaginable (when he was within an Ace of being carried, by Parish consent, above 30 Miles, to One of the most cele-
brated in that Way; who wou'd scarce have fail'd of improving the Folly to his own Advantage); and thereby a very poor ancient Woman from worse than Hanging. What gave Birth to so general a Conjecture, was the extraordinary Convulsions, Rolling, Screaming, violent Beating himself, &c. by frequent Paroxysms: all which soon disappare'd, and the Mystery was at an End, upon his void-
ing almost an incredible Number of Worms, of different Sizes; especi-
ally
ally those very small Ones, from their agility call'd Ascarides. And if we consider the acute Pain that necessarily follows an Erosion of any of those Nervous Filaments in the inner Coat of the Intestines, by such voracious Animalcula; or but an Excration of the Crusta Villosa by sharp fretting Humors; together with the admirable Sympathy and common Consent of the whole Nervous System, when any Branch thereof is very much affected; and especially the nearness of that notable Plexus of Nerves in the Mesentery: 'twill not be difficult to account for any of those odd Symptoms, without taking the Liberty of such extravagant Recourse to supernatural Speculations. As there is scarce any kind of Indisposition that ordinarily occurs in Practice, more astonishing and unaccountable to the common Crowd.
An Essay on the Crowd of Spectators, than some Degrees of those Nervous Affects which we call Hysteria: So none are more apt to stagger in such Persons the Dictates of Natural Religion, and excite those unwarrantable Chimæra's before mention'd. Insomuch that some of the more ignorant Patients themselves, through such repeated Suggestions and the crafty management of those cheating Oracles they consult, have been brought into a real Perswasion of the imaginary Enchantment; and then resolutely set themselves against all proper Endeavours for their Relief: Tho' the Primary Distemper, together with its Causes and the variety of Scenes which it had usher'd in, was very easy to have been apprehended and remov'd by any skilful Physician. Particular instances of such rash Conclusions and the subsequent
frequent Impostures, in other ordinary Cases, might be also enumerated: if they did not so readily fall within the reach of common Experience and Observation; or the mentioning of 'em might be any probable Step towards a Remedy.

XXI. The Growth and Encouragement of Empiricism in these Kingdoms, scarce to be parallel'd (as the Learned * Dr. Harris observes) in any Civiliz'd Parts of the World, is deservedly to be lamented by all who have any just Sense of Charity or Compassion to Mankind. Encouragement, did I say? Pardon the Expression: Yet how can it admit of a softer Turn; since 'tis so generally conniv'd at by such as are above the common Level of the unthinking Multitude, in all their respective
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Effective Ranks and Degrees, even to the most exalted Stations: By whose united Endeavours it might, doubtless, be very happily redress'd? How natural is it for those of a less discerning Judgment to infer That there must be something of Truth in the fine Flourishes which their Eyes or Ears are exercised with; at least there can't be the Cheat and Hazard that some would suggest: For then 'twould never be suffer'd! The End of Medicine is to relieve the many congenite or accidental infirmities of lapsed Humane Nature: And surely such a generous Motive ought to take place of, or at least equally share with, Private Interest in every One who by choice and application of Thought engages in the Faculty; otherwise he will lose no small part of the Satisfaction accompanying the Success of his Endeavours.
your. But then what shall we say of those who under plausible pretensions to so useful an art, make a trade of deceiving; and stick at no pains to impose on the too great credulity of their neighbours? With what an height of impudence do they extol the fictitious virtues of their sham-medicines! In all ages; all constitutions; all distempers; and in all complications of distempers, tho' diametrically opposite in their nature and causes: as if they had really out-done the great vaunting adeptist Paracelsus himself; who having gain'd an immortalizing secret (Perhaps not inferior to Mr. Asgill's faith) dropt off about the 37th year of his age! Let the disease be never so intricate, and sufficient to take up the intensest thoughts of the most rational physician: Or such as plainly bids defiance
fiance to all internal Remedies, \textit{viz.} a large confirm'd \textit{Stone}: Or that Friendly Depuration of the Blood from its vitiated Salts, which returns as necessarily as Grass in the Spring, and no wise Person will attempt to take off before the usual Time of its extermination by the Pores; \textit{i.e.} The \textit{Gout}: Nothing can come amiss, or withstand the mighty Force of their wonderful \textit{Arcana}; but they'll warrant both a present Cure and a future Immunity. The best that can be suppos'd of 'em, is That they are insignificant Things cunningly disguis'd; that the Benefit accruing from 'em is chiefly in trivial Cases, from the strength of the Imagination; and that otherwise, as they are of no Efficacy to do Good, so they can do no further Hurt than to the Pocket: But if they have any kind of Altering or Evacuating Force
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Force, they must needs be hurtful to many Constitutions, or in many complicated Maladies. What Corner of the City can escape their audacious Bills; or what Part of the Country, their unwearied Noise and Non-sense, either from Stages or on Horsback, to amuse and entrap the giddy Rabble of unthinking Spectators? And who is there that has not seen Persons, before enjoying a good measure of Health, upon taking their applauded Doses, fallen into acute Fevers, or universally swollen; and paying dearly for their rash Tampering, at the best, by a difficult and chargeable Recovery? Doubtless, this is none of the least Plagues that can befall a Kingdom or Common-wealth; and tends more effectually to the dispeopling of 'em, than all the Foreign Wars that they are or can be engag'd in. When any Person
Person comes to an untimely End, either by his own or other violent Hands, or merely by some kind of Accident, we have that laudable Custom of the Coroner's Inquest; that the Loss of a Subject may not be clandestinely hush'd up: But if never so many, who were before possess'd of a good State or at least a competence of Health, are cajol'd, by the empty Flourish of a ridiculous Harrangue, or Rhodomontade of Printed Bills, into the use of any Quackish Medicines; and thereupon evidently appear to have been no less certainly dispatch'd than if stabb'd to the Heart; all the notice taken of it, is a few Days Wonder and Talk among the Neighbours. If any should extenuate the Matter, by urging the Cheapness of such Advice or Medicines, as a Convenience to the Poor: The Argument is of no Force, unless
unless it can be thought a Privilege
to have the Chance of being kill'd
for Six Pence. Yet, even in respect
of Charge, the daily instances of se-
vere Extortions from those who have
no less need of Food than Physick,
when unhappily fallen into such
merciless Hands, are sufficient to
quash the Apology. As to Others of
better Substance: Not a Few, for
want of cautionary Stipulation, have
soon found their Frugal Aims de-
feated, and suffer'd much deeper
Wounds in that tenderest Part, the
Pocket, than would have accru'd
both from the Physician and Apo-
thecary: and perhaps have had too
much Reason to esteem that as the
best Part of their Usage. 'Twere
heartily to be wish'd therefore that
in the best of Governments, where
Civil and Religious Properties are so
happily secur'd, some speedy and
powerful
powerful Expedient might be found to extirpate or, at least, restrain this growing Evil, so highly destructive to its true Interest and Safety. Not that Physicians have any Reason to be more concern'd than others on a Private Account: For the connivance at such exorbitant Practice is so far from lessening, that it really increases their Business. But, knowing that a Man can never be too well grounded in the Rational Part of Physick before he engages in the Practical; and that both ought to be esteem'd as indispensible Qualifications: it cannot but affect 'em, if they have a due Sense of Honour and Humanity, to see not a few, who have no other Foundation than Ignorance and Impudence, bubble fo many Thousands out of their Money and Lives.
XXII. As the most Proper and Soveraign Remedy in this deplorable Case, 'twere happy if Those who, by Heaven's Propitious Care and Providence, fit at the Helm of our incomparable Government, would think fit to renew and enlarge the Royal Charter granted in the 10th, and confirm'd with Additions in the 14th of Hen. VIII.*; and also further confirm'd with Enlargements 1° Mariae, to the College of Physicians: By which they are made a perpetual Corporation, invested with certain Privileges, and authoriz'd to enquire strictly into and punish all such Practitioners in Physick within the Liberties of London, as are not sufficiently Qualify'd; and all others who shall be fairly convicted of dangerous or unwarrantable Practice. But though nothing can be more highly reasonable,
reasonable, or better directed to a Publick Good, than this great and Princely Design: 'Tis yet capable of much further improvements, whensoever the indubitable Wisdom of our Superiors shall incline 'em to take it into their Consideration; the want whereof has hitherto render'd it in a great measure ineffectual for the answering of its excellent Ends. Thereby the late unhappy Differences between the College and Apothecaries, tending very much to the Disadvantage of both, and not a little improv'd to the encouragement of the most ignorant Quacks, might be amicably adjusted; the proper Business, or distinct Spheres, of those three Parts of the Healing Faculty, Physicians, Apothecaries and Surgeons, specify'd and limited; the Qualifications of all Practitioners, both in City and Country, either in respect of Learning or Skill,
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Skill, strictly prov'd, and due measures taken accordingly; all instances of ill Practice carefully redress'd and punish'd; and where there is any appearance of just Grounds to suspect it, the Physician might be oblig'd to make Proof of every thing given or order'd for the Patient; to be consider'd of by the President and Two or more of the Censors for the Time being. More effectual Precautions than any heretofore, might be easily taken for regulating the Press in Matters of Phyfick; whereof none can be reasonably thought so proper Judges [Which were also to be earnestly wish'd both on a Civil and Religious account; that neither the Government nor Fundamentals of our Sacred Religion might lie expos'd to the bold Attacks of every virulent Pen]: And that pernicious Custom of abusing, mangling and perverting the Sense of such
such Worthy Learned Authors as have deny'd themselves the more immediate Pursuit of their Private Interests, by indefatigable Endeavours to serve the Faculty; might be very happily restrain'd. For what greater injustice can be offer'd to the Memory of These, or Discouragement to Others; tho' it be varnish'd with the Title of Translation, Abridgment, Correction, &c, and backt with Pretences of Publick Good? To see the Three large Tomes of Sennertus, the most compleat Body of Physick in the World, crowded into a small Tract in 8vo (Tho' a Task as impracticable as to put Homer's Iliads into a Nutshell); or the more modern Works of the accurate and most judicious Ettemuller, not only contracted into the like Compass, but miserably defac'd in the Performance*; must needs raise a just indignation
indignation in every generous Mind: And what Usage the immortal Willis, Sydenham, &c, have met with, needs not to be insisted on. In short; The Benefits pretended, must accrue either to Those of the Faculty or Others. If the Former; Too many by taking thence their Estimate of the Original, are not only very apt to do injury to the Author, but often cramp their own Genius; and instead of making the best Enquiries, sink into an habitual Laziness: Whilst the Latter, being but little conversant in such Studies, are prone to fancy the very Distempers or Symptoms they read of; and, by unnecessary Practising on themselves, to Spoil a good Constitution, or further impair an infirm one. Provision might also be made for those of the Poorer Sort to have their Share in the best Advice; by obliging every One to set apart
certain Times for their Admittance, and to visit 'em likewise on the more urgent Occasions: From which the greatest Physician in the World can neither reasonably plead, nor honourably endeavour, an Exemption. For, if These, by the great Clemency of our Legislators, are permitted to sue gratis, in Defence or for the Recovery of their common Right, in all Courts of Justice; it seems highly reasonable that in Point of Life, which is of far greater Concern, they should be equally privilege'd. 'Tis not to be doubted but that if the Business of Physick were once brought to this Regularity, a great deal of rash Practice would be prevented, and Thousands of Lives sav'd. Not only the numerous Quacks, lurking in every Corner of the City and Country, would be deter'd from doing their wonted Mischiefs; but such as are too
too apt to allow themselves the Liberty of the Bottle, tho' their Qualifications be otherwise beyond Exception, would be very cautious of Prescribing for their Patients at any Time whilst their Thoughts are cloudy, and unfit to judge of the Indications; because a greater Mischief might follow than barely to shake their Heads at the next Morning's Review. Also the less Qualify'd Practitioners would be more generally cautious of acting alone through all the most advantageous Seasons of such Distempers as are either Essentially or accidentally Dangerous; and readily call in further Advice, whilst there's Room to be truly serviceable: instead of deferring it (as hath been too commonly observ'd) till the very Close of the Melancholy Scene, when it can be no further useful than for a Blind, the better to pal-
liate their own Neglects or Mis-management.

Thus to restore *Physick* to its proper Dignity and Reputation, by redressing the many Abuses that have so unhappily crept into it, would not a little tend to the general Encouragement of Learning; and especially of that particular Study, so highly useful and necessary for the common welfare Mankind: from which many have been diverted by the boundless Growth and Progress of *Empiricism*. 'Twould also animate Those who have already enter'd the Lists, to search farther, with an augmented Diligence, into the rich Storehouse of Nature, for the Discovery of more certain and accomplish'd Medicines than the most of what have been handed down to us from former Times, or produc'd in our own. For which Discoveries, having
having first undergone the reasonable Test and Approbation of the College, either Provision might be made for a suitable Gratuity to the Explorer, if the Arcanum be order'd to be divulg'd for universal Benefit; or else the said President and Censors oblig'd to Secrecy, that the Author be not hindered from making any honest advantages thereby. But since 'tis natural, or at least common, for most Men to be very fond of their own Hypotheses, and too partial in examining what they so much value themselves for the Discovery of; it's scarce reasonable that any thing of this nature should be obtruded on the World upon their single Authority, or without passing through such kind of Test as before-hinted. Befide what has already been or might further be urg'd from the Publick Safety (tho' nothing can be more cogent) the ne-

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ecessary Rules of Order and Decency observ'd in all Regular Societies, require that there should be a Supreme Jurisdiction upheld in Matters of Physick, to punish Offences and redress Grievances; as well as in Theology, Law, Equity, or Civil Government: And the rather because it must be acknowledg'd That the common Interests of all These are inseparably connected.