

tifully of warm diluents, take a warm bath, and employ most assiduously, after coming out of it, frictions with a coarse towel, over the whole surface of the body. These means will bring about reaction or excitement of the system; but they need not be employed unless the symptoms I have mentioned are present. If you feel your head to ache violently, and your temples to throb; your eyes and face flushed; your pulse hard and full; your skin hot and dry, or even perspiring,—you should then undergo one large blood-letting, which may be repeated in a smaller quantity, if these symptoms remain or return. Your bowels ought to be fully opened by cathartics, and cold water continually applied to your head, so as to keep that organ constantly cool: the surface of your body may be sponged with cold water.

If vomiting should supervene, and be of

a bad appearance, a large blister ought to be applied over the situation of the stomach, or the warm bath be frequently had recourse to; and frictions with the recently bruised pods of cayenne pepper ought to be applied over the surface of the body, until some degree of eruption makes its appearance; this last means should be assiduously employed if the energy of the system be very much diminished by the disease. Thirst may be quenched with spruce beer, or with water made agreeable with lime-juice, and somewhat hot with cayenne pepper: both the lime-juice and the pepper may be taken in large quantities, if the vomiting assume a bad appearance, or if the strength sink; and the hot bath, with the frictions already described, ought to be rigidly employed. Spruce beer is an excellent drink, in the same state of the

system (when its energies are considerably exhausted),—as also is brisk bottled stout. When the matters discharged from the stomach become black, and the skin assumes a yellow tinge, doses of the oil of turpentine, varying from a quarter of an ounce to one ounce, taken occasionally but not frequently, furnish a reasonable prospect of relief.

*Dysentery.*—If you should be attacked with dysentery, and if you should have violent pain and much fever, you ought to be bled freely, and a blister should be applied over the abdomen.

You ought also to take small doses of opium, (either solid or in tincture,) with lime-juice, every hour or two. The warm bath and frictions, as before recommended, will be also serviceable. Opium with lime-juice is an excellent remedy, but it should

be employed without other medicines being taken by the mouth about the same time.

Cream of tartar, reduced to a fine powder, taken in the dose of three drachms in a consistent fluid, and repeated every six hours, is also an excellent medicine, but it ought to be taken uncombined with other remedies, unless with opium; opium, either in a solid or fluid form, is the best remedy that can be given with the cream of tartar, in this disease, when it is attempted to be combated under circumstances which preclude the special care and direction of a medical man capable of ascertaining the operation of compound remedies. Under proper medical care, it may be advantageously combined with small doses of rhubarb, or of ipecacuanha, in addition to the opium.

*Diarrhæa* ought not to be suddenly

checked, unless it has exhausted the strength of the sufferer. If it have, or if it have become chronic, it may be then restrained by gentle means, such as small and repeated doses of rhubarb, combined with a grain of calomel, and, at bed-time, with half a grain or a grain of solid opium.

*Cholera* must be differently dealt with.— You ought to restrain it immediately by means of a very large dose of opium (about two or three grains); and after the violent vomiting and purging have subsided, take repeated but small doses of calomel and rhubarb, until bilious evacuations are procured. If these means fail, and if your strength be very much exhausted, take Madeira wine, or brandy and water, with very large quantities of cayenne pepper.

If you are near an English medical man, take his advice, and show him these in-

structions,—they will be more appropriately applied under his directions.

By observing them I expect you to return to England as well as when you went. Wishing you every success,

I am, yours, &c.

JAMES COPLAND.

1, Bulstrode Street, Dec. 3, 1822.

THE END.