John De Sequeyra's Notes on diseases

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Preface

I began this project wishing to study colonial women healers. When I approached Pat Gibbs of the Colonial Williamsburg Foundation, however, she warned me that little information is available on this subject, and strongly advised me to choose a different topic in American medical history. Ms. Gibbs suggested that I research Dr. John de Sequeyra, and explained that his documents are located in Swem Library at the College of William and Mary. When I discovered that Sequeyra's *Notes on Diseases* had never been transcribed or published, I was thrilled at the chance to do so.

Sequeyra organized *Notes* into three sections: diseases of children, women, and "both sexes". At the end of the manuscript is his essay on rattlesnake root, and then an index. In addition to other entries, Sequeyra indexes his essay "Diseases of Virginia", a separate work which he probably intended to include in *Notes*. This essay has already been transcribed by Harold B. Gill ("Dr. De Sequeyra's 'Diseases of Virginia'", *Virginia Magazine of History and Biography*, 86, 1978, pp. 295-298). *Notes*, though damaged on the outside covers, is for the most part legible and well-preserved.

Of the Colonial Williamsburg Foundation, I wish to thank Pat Gibbs for suggesting the topic of this paper, as well as Gail Greve for allowing me to view Foundation documents while the Rockefellar library was closed this spring. I also wish to thank Blanton McLean, Library Director of Eastern State Hospital, who proved to be a wealth of knowledge of local history, for his willingness to show me hospital records. To Margaret Cook, as well as the other librarians of Special Collections at Swem Library, I am much indebted, both for their patience and their enthusiasm for my topic. Finally, I owe many thanks to my advisors; to Professor Chandos Brown for clearing up some of my confusion about the history of medicine, Professor Ruth Beck for advising me on such short notice, and finally, my primary advisor, Professor John Selby, for his kindness, patience, and extraordinary knowledge of Virginia history.
Editorial Notes

As a general guide to editing this manuscript, I have employed many of the same editorial devices as Julian P. Boyd, editor of The Papers of Thomas Jefferson, primarily his "Textual Devices".¹ I have also developed some of my own editorial devices. In incorporating both of these sources I have employed the following notations:

 [...] The word is illegible.
 ap[pl]e The letters outside of the brackets are legible; those inside are conjectural.
 ap[...]e The letters outside of the brackets are legible; those inside (of indeterminable number) are illegible.
 [apple?] Conjectural reading for the word with a question mark if doubtful.
 <a> Uncertain capitalization for a letter.
 [sic] An incorrect or unusual usage by the author, such as a misspelling or unusual abbreviation.
 [italic] Editorial comment inserted in the text.² &C Symbol for et cetera, approximately the symbol used by the author.

Several abbreviations throughout this manuscript, which were standard for the time, may not be readily identifiable by the modern reader. The abbreviation "y.e." for example, stands for the word "the", and the abbreviation "w.th" for "with". "S.q. probably stands for "a sufficient quantity, and "m.f. for "make a mixture".³ Abbreviation of numbers, usually by placing the last letter in superscript, should be self-evident. Other abbreviations that may not be easily recognizable are identified in the notes.
The modern reader may also have difficulty understanding the system of measurement used for medicines throughout the manuscript. It followed the standard English apothecary system of weights (called Troy), which had its beginnings in weighing ancient Roman coins and was the same system used by goldsmiths, whose pound was divided into twelve ounces. The apothecary measurement system is as follows:

- The pound = twelve ounces
- The ounce = eight drams
- The dram = three scruples
- The scruple = twenty grains

I have attempted to adhere to the exact content and appearance of the manuscript, making as few alterations as possible. In some instances, however, I have made minor omissions to enhance the continuity of the text. For example, Sequeyra often used a period and a dash between sentences. In these instances the dash has been omitted. In numbering each entry, I have placed the page number, which in the original manuscript is at the top outside corner of the page, next to the title of each entry (or "chapter" in the author's terminology), so as not to confuse the author's numbers with the page numbers of this transcription. I refer to each "chapter" or page of the manuscript as an "entry", so as not to confuse it with a page of this transcription.

I have also attempted to adhere to the indentations and margins used by Sequeyra, but only in instances when these are important to the reading of the text. For example, in listing ingredients for a medicine, the author often omitted punctuation at the ends of lines. Listing ingredients, using reverse indentation, often with little or no punctuation, was the standard format for medical literature in colonial times, such in pharmacopeias. I have not indicated other line breaks that are superfluous and might prove disruptive to the reading of the manuscript. But I have indicated a line break.
(such as punctuation or capitalization), when it affects the reading of the text. When the author placed a dash in the middle of a word to continue it to the next line, the dash has been omitted. No broken word ends a line in the transcription unless indicated.

Finally, I have attempted to identify the diseases discussed by Sequeyra. Although I would certainly wish to investigate these ailments further, to do so would involve extensive research beyond the scope of an honors essay. My hope is that the simple identifications of ailments included will be sufficient to an understanding of each entry.

The outer front cover of this manuscript, as well as the inner front and back covers, and the outer back cover, have been well-worn by time, and the ink has either worn off the covers or portions of the covers have been torn away. The handwriting, though most of it is illegible, appears to belong to numerous authors. Much of it appears to be Sequeyra's, based upon a comparison to his signature. John Minson Galt, who evidently possessed this manuscript after Sequeyra, has also signed his name in numerous places. But it is impossible to determine the authors of the remaining (barely legible) words. Words are also written haphazardly across a cover or page, as well as sideways, rendering exact transcription difficult.


2 Ibid., p. xxxix.


Doctor John de Sequeyra was born in London in 1712. Around the year 1745, he emigrated to the colony of Virginia, where he remained until his death in 1795. Although he earned respect and popularity throughout his extensive medical career, little information remains about his life. There is no indication, for example, whether he ever married or ever returned to his homeland during the five decades in which he lived in Virginia. Nevertheless, the information which does exist indicates that Dr. Sequeyra was successful in both his private and public practice, and his unique heritage and training renders him a most noteworthy historical figure.

Although almost no record of Sequeyra's life before his emigration to the colonies remains, we do know something of his family. His father was probably Abraham de Sequeira, (1665-1747), and "according to the records of the Spanish and Portuguese (Bevis Marks) Synagogue in London, a Dr. Abraham de Sequeyra was a member of the congregation in the 1730's..."1 Abraham de Sequeira had three sons, John (the subject of this paper), Joseph Henrique (who "married a woman named Leah" and to whom John would later dedicate his dissertation), and a third son whose name is unrecorded, but who "married into the de la Cour family of medical fame".2

In tracing John de Sequeyra's ancestry, it is clear that he came from a long line of famous Portuguese-Jewish physicians, who settled in London in the eighteenth century. His grandfather was probably Abraham Israel de Sequeira, who died in 1679, and was mentioned in "an undated clipping from the Jewish Chronicle [a prominent Jewish newspaper founded in England in 1841], as 'one of the oldest and most respected member of the community...’", but may or may not have been a physician.3 Another of Sequeyra's ancestors may have been physician Simão Lopes Samuda, who was the son of Rodrigo de Sequeira. Samuda was a Cristão Novo, and in 1704, he "fell into the hands" of the Inquisition in Lisbon.4 Historian Harry Friedenwald notes that biographical sketches of numerous eighteenth-century Jewish physicians, including de
Leon Sequeira and Sequeyra Semuda, can be found in the Roll of the (English) Royal College of Physicians.\textsuperscript{5}

Isaac de Sequeyra Samuda "of Portugal" was probably Abraham de Sequeyra's brother and John de Sequeyra's uncle. According to Friedenwald, he was the first member of the de Sequeyra family to settle in England, and was both physician and scientist, whose contributions were mostly astronomical.\textsuperscript{6} In 1720, he earned his degree in medicine from Coimbra, Portugal. By 1721, he had presumably already moved to England, because in that year, his name is found as Licentiate of the Royal College of Physicians of London.\textsuperscript{7} In 1728, he delivered the funeral oration for Hakam David Nieto, apparently another prominent Jew in the community.\textsuperscript{8} He was probably the same Dr. Isaac de Sequeyra Semuda who died at the Bevis Marks Synagogue in London in 1730.\textsuperscript{9}

According to historian Robert Shosteck, another John de Sequeyra, also a physician, who died in London in 1816, was probably John de Sequeyra of Virginia's nephew, son of his brother whose name is unknown. This nephew "was a licentiate of the Royal College of Physicians in 1771, [and] attended the Portuguese Ambassador".\textsuperscript{10} Friedenwald, however, identifies this nephew as Isaac Henrique Sequeira, who was born at Lisbon in 1738, and died in London in November 1816.\textsuperscript{11} Friedenwald also notes that Isaac Henrique studied at the University of Bordeaux in France, and then took his medical degree from the University of Leyden in 1758. Soon after, he probably settled in London, because in 1771 he was (listed as) a Licentiate of the College of Physicians, and "practiced with Dr. de la Cour, his uncle" (a member of the family into which the older John de Sequeyra's unknown brother married).\textsuperscript{12} Isaac Henrique (like Shosteck's younger John de Sequeyra) also "held the honorary appointment of physician extraordinary to the Prince Regent of Portugal, and physician to the Portuguese Embassy at the Court of St. James".\textsuperscript{13} When he died (in 1816), he was the oldest Licentiate of the Royal College of Physicians.\textsuperscript{14}
Indeed, Isaac Henrique was an eminent physician: "The great physician of his day was Dr. Sequeyra, of Fenchurch Street. He was a tall, thin man with white hair and a very pompous manner. He was always dressed in a snuff-coloured cutaway coat and white stockings and carried a goldheaded cane. He married money and kept his carriage".15 And mourning the death of the physician, one poet wrote: "Even the great Dr. Sequira, pompous in white stockings, physician extraordinary to the Prince Regent of Portugal, lies vanquished by his lifelong adversary (death)".16 Clearly, the (younger) John de Sequeyra identified by Shosteck, and the Isaac Henrique de Sequeyra identified by Friedenwald, (both physicians extraordinary to the Prince Regent of Portugal, etc.) are undoubtedly the same person.

In September 1736, John de Sequeyra of Virginia went to Holland where he was admitted to the medical school of the University of Leyden and studied "under the great [Hermann] Boerhaave".17 While Sequeyra was presumably following in the footsteps of his prominent medical family by attending the university, he probably chose to attend Leyden because it was known for its tolerance of Jews and other non-Protestants. Sequeyra’s admission was noted in the University Inscriptiones (which recorded enrollment): "11 September 1736. Johannes de Sigueyra, Anglo-Britannus, 24 (annorum), M(edicinae)".18 And "[a]ccording to the Recensiones (the record of examinations), a student known as Iohannes Disiqueyra boarded with Martin Muller in February 1737, and later, from February 1738, through February 1739, with Dr. Jacob de Knyff".19

Sequeyra is believed to have studied under Hermann Boerhaave, who was teaching at Leyden during this time. At the start of the eighteenth century, Boerhaave was "the leading physician", and eventually became "the most famous man of science of his age".20 But according to historian Norman Dain, "[s]ince Boerhaave reduced his workload in 1731 and died in 1738, it is likely that Sequeyra also attended lectures
given by his substitutes, Jerome David Gaub, who taught chemistry, and Adrianus van Royen, who taught botany". 

Sequeyra received his medical degree in February 1739. His dissertation was recorded by the University: "3 February 1739. Johannes de Siqueyra, Portugalensis, de Peripneumonia vera, in Sen. Med." And according to Shosteck, "[t]he dissertation was dedicated (in Latin) 'with the greatest esteem to that most gifted and learned man, my brother Joseph Henry de Siqueyra, M.D., head doctor of the Portuguese in East India and Chief Physician of the Vice Regent of Goa". Sequeyra apparently decided to stay in Holland for at least another year, because according to the Recensiones, he boarded with Walter Cloak in February 1740.

Sometime in the next five years Sequeyra came to Virginia. His decision to come to the colonies was certainly not unusual for the time, especially if his brother was associated with Portuguese overseas possessions. Indeed, many British subjects (as well as individuals from other parts of the world) saw the New World as an opportunity for growth and a new way of life. As Shosteck points out, however, "we can only speculate as to the reasons which impelled [Sequeyra] to sail for Virginia..." Perhaps he was motivated by "a spirit of adventure", and his desire to travel and go to a place where he had never been before. We know that Sequeyra was indeed fascinated with the world. During the years 1764-1766, for example, he purchased from the printer of the Virginia Gazette the following books, although it is difficult to determine their exact titles: "Interleaved Almanack" (on December 17, 1764), "The Adventures", 4 volumes (on January 9, 1765), and "The World", 4 volumes (on March 28, 1764).

It is uncertain, however, how Sequeyra viewed his position as a member of a minority in the Virginia colony. Few Jews lived in Virginia in the eighteenth century and were not permitted to worship openly. But Sequeyra was not a practicing Jew, and "paid his tithe and property tax which supported both the local government and the
established Anglican Church." Although their legal rights were somewhat amorphous, and they were not permitted to hold public office, Jews by the mid-eighteenth century were generally tolerated in the British colonies. In 1740, an Act of Parliament offered naturalization to Jews and non-Anglican Protestants settling in the British North American Colonies. There is no evidence, however, that Sequeyra took advantage of this law.

Regardless of Sequeyra's reason for venturing to Virginia, he was fascinated with the new diseases he observed upon his arrival. In 1745, for example, he began keeping a brief annual account of the diseases most prevalent in Virginia, in which he described the symptoms of these diseases, as well as the therapeutics he employed. As historian Harold B. Gill has noted, these therapeutics were "typical of the period...[and included] bleeding, purging, and vomiting". Gill goes on to say that "[s]ome of the diseases described by Dr. Sequeyra are familiar to most people today, such as mumps, measles, chicken pox, whooping cough, and scarlet fever. Others are not so easy to recognize". Sequeyra kept this valuable account until 1781, although it is uncertain why he did not continue to do so after this time.

Again, little information is available on Sequeyra when he first arrived in Virginia, but we do know he lived in Middlesex County sometime during his first few years in the colony. Sometime between 1745 and 1752, according to Middlesex County records for this time, it was "'[o]rdered that Dr. John de Sequeyra be added to the General List of Tithables, taken by Philip Gyrm[e]s, Esq.'" This record also indicates that Sequeyra was either an indentured servant (although there is no other evidence supporting this fact) or an employee of Grimes. According to Philip Grimes's great-grandson, E. Randolph Braxton, Sequeyra was indeed a family employee:

An oil painting recently discovered between Williamsburg and Richmond has written on its back: 'Dr. Seccari, an Italian, was family physician to my grandfather Philip Ludwell Grimes [1746-1805, son of Philip Grimes]. He introduced into Williamsburg the custom of eating
tomatoes. Until then considered more of a flower than a vegetable. Signed E. Randolph Braxton.' Allowing for the informal methods of spelling proper names in that day, it seems almost certain that the Dr. Seccari of the portrait was also the Dr. de Sequeyra- his name also appears as Sequeyra, de Siqueyra, Sequeeya, de Sequera- of the Lunatic Hospital;...Philip Ludwell Grimes was a student at William and Mary in 1759.33

E. Randolph Braxton Shosteck believes that this painting, now in the possession of the Winterthur Museum in Delaware, was completed sometime between 1750 and 1770, probably because this is when Sequeyra was first acquainted with Grimes.34 Former Eastern State Hospital Superintendent Granville L. Jones, however, cited a (much later) time in which the painting could have been completed as a result of the connection between Sequeyra and the Grymes family:

The Minutes of the Court of Directors for May, 1795 show that a Benjamin Grymes was admitted to the hospital as 'a person of disordered mind'. On February 22, 1796 Benjamin Grymes was judged 'restored to his right mind' and was discharged. If, as was often true in Colonial days, this patient dabbled in paints, it is quite possible that some painting he may have made of Dr. de Siqueyra while he was a patient in the hospital may eventually have come into the possession of a later member of the Grymes family.35

Jones also noted that "Dr. [W. B.] Blanton...quotes Bishop Meade's account of the Grymes genealogy to show the possible line of inheritance" (if indeed the painting was completed before Benjamin Grymes was admitted, such as between 1750 and 1770 as postulated by Shosteck).36

And Blanton also noted that on the back of this portrait was a reference to Sequeyra's introduction of the tomato to Virginia. Sequeyra probably did not actually introduce the tomato, which was indigenous to the Western hemisphere, but assured Virginians that the tomato is not poisonous, a traditional belief of among colonists. Numerous other sources mention this fact as well. Historian John Thacher, for example, mentioned Thomas Jefferson as the source of this information:
Dr. Siccary, a practitioner of medicine, was, it is believed, a Portuguese Jew. It is said by Mr. Jefferson, that we are indebted to him for the introduction of that admirable vegetable, the tomato. He was of opinion that a person who should eat a sufficient abundance of these apples, would never die. Whether he followed his own prescription, is not known; but he certainly attained to a very old age, and particularly for the climate in which he lived.37

Jones, however, was unable to find any evidence that Jefferson ever said such information. He wrote:

We, at the [Eastern State Mental] hospital, have not searched through the original [sic] Jefferson Manuscripts - time would hardly permit that, but we have consulted all available indices of various works of Jefferson and have not been able to find such a comment. In Jefferson's Garden Notes there are many references to tomatas [sic], Spanish and local being grown at his place at Monticello. He even mentions that the Spanish are larger than the local fruit, but we were unable to find any mention of Dr. de Siqueyra's introduction of the tomato. Philip Mazzei, an Italian who set sail for Virginia in 1773 and by 1774 was at work on his own experimental farm adjacent to Monticello, had sent to this country and sent from here seeds of many grains, vegetables, and fruits. He might have brought in or had sent in the seeds of Spanish or Italian tomatoes and their origin been attributed to Dr. John de Siqueyra, who may have been looked upon as Spanish or Italian.38

Jones' discussion of Mazzei, of course, is a result of information provided by Blanton, who notes that Sequeyra is "reputed to have been one of the educated Italians who came to this country with Philip Mazzei, but since Mazzei did not come until 1773 and since Sequeyra's name appears in the Journals of the House of Burgesses of 1767 this connection seems doubtful.39

Despite confusion surrounding Sequeyra's first years in Virginia, however, we know that he arrived in Virginia well before Mazzei. First, of course, we know about his annual account of Virginia diseases which he began in 1745. And in 1749, four years after Sequeyra had established himself in Williamsburg, Virginia, Dr. Sequeyra wrote to the University of Leyden, requesting a duplicate diploma. He had lost the
original during his voyage to Virginia when a French vessel captured the ship on which he was traveling and "confiscated his belongings".40 "The ship, it is clear, was a victim of the War of the Austrian Succession [which began in 1740], an eight-year struggle in which England, Austria, and Holland were opposed by France, Spain, and Prussia. A number of land and sea engagements were fought until the peace of Aix-la-Chapelle was signed in 1748".41

Sequeyra's request for a duplicate diploma was recorded on August 29, 1749, with Leiden's Acta Senatus Academica:

The Rector Magnificus explained in the [academic] Senate that John Sequeyra, a Portuguese, had sent a letter from Virginia...in which he had made known that in traveling to Virginia in the recent war, the ship [on which he found himself] was captured and that together with his belongings he also lost his graduation diploma; therefore he, in a very special way, requested that the Senate deign to grant him a new one. The Senate was of the opinion that such a reasonable request was not to be denied and that consequently arrangements should be made that a new diploma be issued with the same contents as the former one, with the addition, however, of the following:

'This diploma, to which the Rector, the Professors of Medicine, and the Secretary of the Academic Senate have affixed their signatures in accordance with law and custom, has been granted to John Sequeyra. Since the latter informed the Rector and the Senate by letter that his previous diploma had been lost together with his personal effects on a captured ship headed for America, and requested that a new one be sent to him, we have seen to it that the present one be issued in place of the one that was lost.'42

Sequeyra probably waited four years before requesting a duplicate diploma because the War of the Austrian Succession, or King George's War, did not end until 1748. Although the Netherlands and England fought on the same side of the war, and Sequeyra would not have been viewed as an enemy, he realized, presumably, that overseas transportation of a duplicate diploma would have been virtually impossible. Nevertheless, it is clear that after he obtained a new copy of his diploma, Sequeyra
established a private practice, and soon gained prominence in the Williamsburg community.

Unfortunately, there is no record of Sequeyra's activities for the decades which followed his request to Leyden. But in 1767 Sequeyra was mentioned in the *Journals of the House of Burgesses*. The House of Burgesses ordered him and surgeon William Pasteur to go to York to examine James Pride. Apparently Pride had been unable to attend the House because of an illness. The physicians, however, found Pride (who "had been declared by Dr. Matthew Pope of York too sick to attend a hearing") to be of good health, except that "he was much troubled with nervous Disorders". As a result of their examination, the House ordered the sergeant-at-arms to bring Pride to Williamsburg. "For their services, the physician and the surgeon received £3-4s.-6d. and £2, respectively".

Sequeyra also gained such considerable prominence that he was asked by George Washington to treat his step-daughter "Patsy", when Martha Park Custis was besieged by epilepsy. According to Washington family records, for example, Sequeyra was first called upon on May 9, 1769, when he "Received of Col. Washington a Pistole [a gold coin worth about $4.00] for prescribing for Miss Custis". And later that year, on November 14, it is recorded that he "[v]isited and prescribed for Miss Custis £3-4-6; and again November 24, 25, 26 and 28; December 1, 12 and 14, do. £7-10-6". The last entry reads: 'Received on 16th Dec'r. 1769 of Col. George Washington the above sum [£10-5-10]...John de Sequeyra".

Although it is unclear as to where Sequeyra treated Washington and his step-daughter, he probably treated them in both Williamsburg and at their home at Mount Vernon. In November of 1769, for example, Martha and Patsy joined Washington in Williamsburg for festivities, and "in Williamsburg, also, there would be opportunity to have Patsy examined by the Colony's leading physicians" and "on the twenty-eighth [of November] the Colonel and Martha and Patsy were back at Mount Vernon". This
information implies that at least for November and December of 1769, Sequeyra treated Washington and his family both in Williamsburg and Mount Vernon.

In 1770, Sequeyra had perhaps attained his greatest popularity in the Williamsburg community, when he was asked to treat the Governor, the Baron de Botetourt, during his fatal illness. In a letter dated October 9, 1770, Robert Carter wrote to the Duke of Beaufort, giving him an account of Sequeyra's treatment:

'My Lord Duke:

On Sunday, the 23rd of last month, your uncle Lord Botetourt was at my house here, who complained of being a little indisposed. The next morning his Lordship took a dose of salts and went to the college chapel immediately after it, but did not stay the service out. Tuesday, the third day, John de Sequayra, physician, and Pestore [William Pasteur] surgeon and apothecary, attended him. They say that his Lordship's complaint is two-fold, a bilious fever and Anthony's fire, that the first is not dangerous, and that the medicines given for the latter have had no visible operation, which is a circumstance very alarming to them. I shall write your Grace from time to time, stating the condition of my noble, worthy, and near neighbor who has effectually obtained the love and affection of every person residing in his government, all of whom are now praying to the Almighty for his recovery. I am, with great respect, my Lord Duke, Your Grace's most obedient servant,

R. CARTER'\cite{49}

Although there is evidence that Sequeyra frequently treated important public officials, we know little about his treatment of everyday people. We do know, however, that on numerous occasions between February 27, 1775 and November of 1786, Nathaniel Burwell, owner of Carter's Grove Plantation in Williamsburg, (with whom Sequeyra would often associate on the Court of Directors of the mental hospital) paid him for his (presumably medical) services, in such forms as cash, corn, fodder, and wood.\cite{50} And in 1781, (although Sequeyra was by this time quite old), Mary Blair Braxton Burwell (also a Williamsburg resident) considered calling upon him for treatment, although she realized that because of his prominence it would be difficult for
him to find the time. In a letter to "Betsy" (Elizabeth Braxton Whiting) dated December 30, she wrote:

Poll & myself have both had bad colds by the great Rains, & Warmth of the season. My Cough is yet bad, but a sore throat, the worst I almost ever had, is going off. Pol's throat has been much swelled, but it is better, or I should have Called in Sequery, as [James] McClurg was not here. I have thought to write him, but I had rather see him, which there some chance of doing so here, as he is often call'd in to those that are very Ill.\textsuperscript{51}

Presumably Sequeyra would not have been readily available to private patients by this time (1781) because he would have been immersed in his responsibilities to his public practice, as first visiting physician to (what was then called) the "Hospital for the Reception of Idiots, Lunatics, and Persons of Insane or Disordered Minds".\textsuperscript{52} The hospital was completed in 1773 and was reported in the \textit{Virginia Gazette} for September 16 and 23 of that year. The \textit{Gazette} also reported that the Court of Directors would meet on October 12 to receive patients, and would be permitted to spend "the respectable sum of £25 a year for each patient".\textsuperscript{53} (Two patients were indeed admitted on October 12: Zachariah Mallory from Hanover County, and Catherine Harvey from New Kent County).\textsuperscript{54} Nevertheless, the Court requested that those sending patients specify whether or not they could pay for any or all of their maintenance.\textsuperscript{55}

Before receiving patients, the Court of Directors needed to appoint both a keeper and a visiting physician. In September of 1773, they appointed James Galt to be keeper, and his wife they appointed matron, to look after the female patients. As keeper, Galt's responsibilities included caring for the hospital building, as well as looking after the patients and the other staff members.\textsuperscript{56} And to complete the staff, Galt would later hire several slaves to work as servants in the hospital.\textsuperscript{57} The Court also decided that Galt would be given an annual salary of £100 plus £25 for his wife.\textsuperscript{58}
It is interesting to note, however, that although Galt served as keeper until 1800, he was by no means a physician, and neither was his son who succeeded him, William T. Galt.\textsuperscript{59}

Dr. Sequeyra, of course, was appointed visiting physician. In the Minutes for the October 12 meeting of the Court of Directors (the day on which patients were first admitted), it is recorded that James Galt (already appointed keeper) "called on Dr. John D. DeSiqueyra to visit such persons as shall be brought to the hospital on their first reception and at such times as may be necessary".\textsuperscript{60} Sequeyra, in essence, would be required to examine new patients when they were first admitted, and examine previously admitted patients at least once a week. He was also obviously permitted to prescribe medicine and other treatments for patients as he saw necessary. According to historian Shomer S. Zwelling, however, this was never a demanding job for Sequeyra; the hospital was never full during his lifetime, with no more than fifteen patients staying there at any one time.\textsuperscript{61} "Consequently, de Sequeyra- like some of his successors- maintained a private practice in Williamsburg during his tenure".\textsuperscript{62}

Sequeyra continued to work at the hospital his death in 1795. Beginning in 1791, however, his old age unquestionably had began to take its toll. At this time Dr. John Minson Galt, who had served as Surgeon-General of the 15th Virginia Regiment during the Revolution, and Dr. Philip Barraud, (also a prominent Williamsburg physician) began to assist Sequeyra with his duties at the mental hospital.\textsuperscript{63} Sequeyra was apparently so fond of Galt (the two had been "closely associated" before this time), that some years before, when Galt was leaving Virginia to study medicine in England, "Sequeyra presented him with a copy of Physical Essays on the Parts of the Human Body and Animal Oeconomy (London, 1734)" and "[l]ater, Dr. Pasteur wrote Thomas Welling in London that de Sequeyra wished to be remembered to Galt, who was still in England".\textsuperscript{64}
In addition to his public and private medical practices, Sequeyra (as visiting physician) also had administrative duties. These consisted primarily of advising the directors on who should admitted to the hospital, as well as which patients should be discharged. His recommendations were (as a rule) accepted by the directors, and on January 24, 1774, they appointed Dr. Sequeyra a director, just months after the hospital had opened.65 On June 9, 1774, Sequeyra his first meeting as a director.66 And on June 26, 1790, in the absence of James Madison, he even presided at a meeting of the Court of Directors.67 With the exception of the brief period in which the hospital was closed, Sequeyra served on the Court of Directors until his death in 1795.

Despite Sequeyra's considerable authority, he often had difficulty obtaining his salary because of a shortage of hospital funds, particularly during and after the Revolutionary War. This problem began in 1778. When Galt (the keeper) successfully "petitioned the General Assembly for an increase in salary, which had not changed since 1775", Sequeyra, who had not received a salary increase since 1773 (when he was appointed), also made the same petition.68 Although the House did indeed grant him £150, "inflation ate up the increases even before they were received".69

Nearly a year later, on October 26, 1779, Sequeyra made a second petition (to the House of Delegates) requesting a salary increase:

PETITION OF DR. JOHN SEQUEYRA
To the honorable the Speaker and Gentleman of the House of Delegates
The Petition of Doctor John de Sequary humbly sheweth, that your Petitioner hath for one Year attended as Physician the Hospital for the Maintenance of Lunatics, Idiots and Persons of insane Mind, for which he hath had no compensation made him. He therefore prays that you will take his Case unto consideration, and grant him such Allowance for his Services as you shall think proper, and he as in duty bound will ever pray.
[Endorsed:]
Petition of Doctor Sequeyra. October 26, 1779, ref'd to trade reasonable, allowed £250 for the year past, reported.70
Although Sequeyra again successfully obtained a salary increase, he continued to have trouble procuring money owed to him for his services to the hospital. Again, this was a direct result of a general shortage of funds during the Revolutionary War. The shortage of funds also affected the operations of the hospital, and in June of 1780, the Court of Directors told the assembly that "the fourfold increase in appropriations previously voted...did not meet the competition with prices that rose fifty and sixty times- and even more for imported items- so that they had to spend more money than allotted in order to keep the hospital going."

"Soon afterward", the problem intensified, when "British troops began maneuvering in the tidewater area and effectively cut the hospital off from immediate contact with those who could assist it financially."

The governor granted £10,000 to the Court of Directors to keep the hospital opened, but it may also have been forced to close sometime in 1781. A subsequent letter (dated January 15, 1784) from Sequeyra to Governor Benjamin Harrison, requesting the money owed to him, stated: 'that from the October Session of Assembly in 1769 to Nov: 1781, the Hospital for Lunaticks being then broke up, I have not received my salary of fifty pounds a Year as Physician to the said Hospital, & a hundred pounds is due to me as it will appear by the Auditor's Books.'

The hospital remained closed for four years, until late in 1786, when legislature in 1785 allocated £600 for its restoration. The same act also declared that the directors had "lost their right of self-perpetuation and would be elected instead, as vacancies occurred, by both houses of the General Assembly; they would from January 1, 1787 be officially known as 'the directors of the hospital for the maintenance and cure of persons of unsound minds'." Shortly thereafter, the hospital rehired Sequeyra as visiting physician and Galt and his wife as keeper and matron.

Sequeyra also felt great sympathy for his patients, who likewise suffered from the lack of hospital funds as a result of the war. In July (of) 1781, he joined John Blair,
Nathaniel Burwell, John de Siqueyra, James Madison and "J. Prentis" in a letter to Governor Nelson, telling him of the terrible state of the mental hospital:

'Sir,

We think it a Duty incumbent upon us, to lay before you ye present state of ye Hospital for Lunatics-It is destitute of every necessary for its support-The unhappy objects which are now here, have been without cloathes for some time past-they are now also without Provisions-The Keeper, previous to ye Arrival of ye British Army at this Place, obtained Provisions from ye Commissaries by means of an order from Gov'r [Thomas] Jefferson for that Purpose-But at present there is no such office here, and therefore that Resource is at an end- We submit this state to your Excellency, because we doubt not, if it be possible, that you will make such Provision for ye unhappy sufferers as is absolutely requisite, by supplying them with proper cloathing and by enabling ye Keeper to draw Provisions from such Commissaries as may be appointed at this Place, or at any Place convenient to it.

We have enclosed a List of ye Persons now in ye Hospital and have added the Counties from whence they were sent, in Hopes that your Excellency will order ye means of returning them to their respective Counties provided no method can be adopted for their support.77

On February 3, 1784, the same signatories endorsed a letter to Governor Harrison from Dudley Digges, President of the Hospital's Board of Directors, requesting a "further sum of fifty pounds for the immediate relief of such lunatics as are now in town." These amounts to be credited to the late appropriations made by the General Assembly".78

Indeed, funds were often so scarce during the early 1780s that Sequeyra and the hospital's Court of Directors often had to refuse admission to patients in need of care. At the director's meeting on January 8, 1787, for example, Digges wrote to Governor Edmund Randolph that, although the directors considered John Torner of Princess Anne County: "a fit object to be received into the said Hospital...the finances of the said Hospital being, at present, in such a situation as not to enable the Keeper to support any such objects, it is ordered that the said John Torner be returned to the county of Princess Anne..."79
Sequeyra, in addition, was responsible for his patients' diet and general living conditions as well as their medical care. He seems to have attended to this duty well, for "[i]n 1787 the directors listed the standard menu, which the physician could change if necessary for the health of an individual inmate - breakfast: water-gruel, mush and molasses or rice, with bread, butter, and salt, or milk; dinner: four days a week, one pound of fresh meat with bread, or half a pound of bacon occasionally, and broth, vegetables, and one quart of small beer each day; the remaining three days: rice, mush, milk-pottage, with molasses or butter, or bread and cheese; supper: any of the foods given at breakfast".80

Despite Sequeyra's clear sympathy and consideration for his patients, however, he still utilized some forms of treatment that appear inhumane by today's standards, but were widely used by Sequeyra's contemporaries. Although a recent historian of the hospital could not determine whether or not the hospital whipped patients, as was the case in Bethlehem and Philadelphia, the records of a prominent Williamsburg blacksmith in 1789 and 1790 indicate that leg irons and chains were in use in Williamsburg.81

We have little information about Sequeyra's medical treatment for his mental patients. Although he often bled patients, he seems to have bled them far less than other eighteenth-century physicians who held that bloodletting is the most effective therapy for mental disorders.82 There also is no evidence that Sequeyra was concerned with the psychological aspects of mental illness.83 Like most other physicians of the day, he did not specialize in a specific field but had a smattering of a wide range of ailments like today's general practitioner.

Sequeyra's twenty or so years as visiting physician to the mental hospital clearly enhanced the prominence he had enjoyed in his private practice before this appointment. The few clues we have about his economic and social status in the later part of his life make clear that he was a member of elite Virginia society. He was one
of eighty-four Virginians who annually advanced over an eight-year period funds for a prize to encourage the production of wine in the colony. And we know that in 1771, Sequeyra probably changed his place of residence, perhaps as a result of an increase in his income (due to the prominence he gained in treating Governor Botetourt in 1770). An advertisement in the Gazette for October 17, 1771, for example, stated the following: "To be Rented, And may be entered upon immediately, The LODGINGS where Doctor John De Siqueyra now lives...For Terms inquire of Mr. John Carter, Merchant in Williamsburg".

Likewise, on June 18, 1772, Sequeyra signed a seven-year lease to rent living quarters at a large dwelling house. He co-signed this lease with prominent Williamsburg merchant William Goodson, and rent for both men was thirty pounds a year. Sequeyra and his two slaves occupied three rooms at the east end of the house, and also had access to the adjoining yard, kitchens, well, and half of the garden. And from 1783 to 1790, "he was taxed on the basis of two adult slaves, two horses, and a 4-wheel post chaise, which he had disposed of by 1793, perhaps due to the infirmities of age".

Sequeyra did indeed live to old age, and after his death, Galt and Barraud succeeded him as visiting physician, as noted in the Minutes of the meeting of the Court of Directors for March 31, 1795. On December 1, 1796, the Minutes record the appointment of new directors to fill "recent" vacancies on the Court:

'A communication from the Executive was laid before the Court whereby it appears that James Henson, Littleton Taxwell, Richard Randolph, James Semple and William Finnie, Gent., are appointed directors of the hospital to supply the vacancies occasioned by the death of Dr. John de Sequeyra, ...the removal of James Ruffin and the resignation of Benjamin Carter Waller, Robert Hall Waller and John Byrd, Gent."
Sequeyra's death notice read the following: 'On the 30th ult.[sic] in Williamsburg, Doct. John de Sequira, in the 83rd year of his age, 50 of which he lived in the above place. He was born in London, and studied physic at Leyden...and was reputed to be an eminent famous physician. This eulogy certainly attests to the great distinction Sequeyra received repeatedly throughout his career. But though we have much evidence of his popularity and status in colonial Virginia's society, we know little about his actual medical practice.

Although relatively little information remains about the life of John de Sequeyra- surprisingly in view of the fact that he lived for eighty-three years- it is sufficient to give us an adequate outline of his medical career, but little insight into the nature of his approach to medicine or how his medical ideas compared to those of others of the eighteenth century. Sequeyra's Notes on Diseases, as well as his other works, provide us with a number of clues about his theories, as well as the names of individuals and references to sources that may have shaped or influenced his approach to medicine. By understanding both theoretical and therapeutic aspects of eighteenth-century medicine and identifying the individuals with whom he was acquainted, and ideas to which he may have been exposed one can best obtain a sense of Sequeyra's medical practice and how his Notes on Diseases may be a valuable resource for the history of eighteenth-century Virginia.

Medicine in the eighteenth century was the product of nearly three centuries of developing theories. Throughout the Middle Ages, until the early sixteenth century, few new additions to medicinal knowledge occurred, and most physicians depended largely upon the works of the ancients, such as Hippocrates and Aristotle. Galen in the first century A.D., had supplemented the works of the ancients with his theory of
humors, which formed a major component of eighteenth-century medicine. Galen believed that all things are composed of four elements: air, fire, earth, and water. These elements, he theorized, were responsible for basic qualities of dryness, heat, cold, and wetness (or moisture). In the human body, each of these four qualities corresponded with a humor: blood was warm and moist, yellow bile was warm and dry, phlegm was cool and moist, and black bile was cool and dry. Finally, Galen believed, there are different proportions of humors present in each person, and depending upon which humor dominates, each person possesses distinct physical and emotional characteristics. One might be choleric (with yellow bile prevailing), melancholy (black bile), sanguine (blood), or phlegmatic (water).

Consequently, Galen theorized, when an individual's usual balance of humors was altered, either because humors are impure, out of place, or of excessive or deficient quantities, that individual becomes ill. If humors were excessive, Galen recommended depleting those humors through bleeding, purging, or sweating. To treat a deficiency of humors in a patient, Galen advised using certain drugs or adjusting the diet. Galen also believed that because each humor has its own distinctive color, the color of the patient's eyes, urine, and skin indicate which humor has upset the normal balance in the body. Finally, Galen classified medicines as hot, cold, moist, or dry, depending upon the qualities they possessed. He favored vegetable drugs because he believed they are the safest and most effective. His teaching formed the basis for eighteenth-century physicians' widespread study and use of materia medica. Galen's prescriptions were elaborate, sometimes composed of hundreds of ingredients for a single prescription.

In the sixteenth century, the Swiss physician Theophrastus Bombastus von Hohenheim (1493-1541), otherwise known as Paracelsus, attacked Galen's theories. Paracelsus believed in a more interactive approach to medicine, based on the idea that the human body is like a chemical laboratory, composed of salt, sulphur, and mercury.
The study and use of chemistry, therefore, is crucial in the practice of medicine.\textsuperscript{101} Paracelsus opposed bleeding and instead favored a "chemiatric" system of therapy.\textsuperscript{102} He also introduced new drugs, many of which were produced in a lab environment, including compounds of iron, lead, mercury (or calomel), sulfur, zinc, copper, antimony, and arsenic, as well as alcoholic extracts (or tinctures), and mineral baths.\textsuperscript{103} But perhaps Paracelsus's most significant contribution to medicine was his attempt to simplify the complex prescriptions of Galen by determining their active ingredient. Finally, he introduced the doctrine of signatures, including the idea that herbs, minerals, and other objects will best cure a disease they resemble in characteristics, such as color or shape. Toads covered with warts, for example, were often prescribed for the lesions of smallpox and syphilis, and yellow-colored plants and minerals such as saffron and topaz for jaundice.\textsuperscript{104} In other words, Paracelsus believed, "like cures like".\textsuperscript{105}

Most progress in the seventeenth century was made in the discoveries of new pharmaceuticals. This advance was largely a result of Paracelsus's introduction of chemistry. Mercury gained much popularity as a cure among physicians, as did other metals.\textsuperscript{106} Practitioners also valued opium for its ability to relieve pain.\textsuperscript{107} But perhaps the most significant discovery of the seventeenth century was Jesuit's bark, also called cinchona bark,\textsuperscript{108} which contained quinine. The effectiveness of this drug proved that purgatives were not always necessary in the treatment of diseases, a popular belief of the Galenists.\textsuperscript{109} In fact, Galenists opposed the use of Jesuit's bark, arguing that it was irrational because the therapy did not adjust the body's humors.\textsuperscript{110} But the bark, as it was often called, was so effective in the treatment of a wide number of diseases, that it soon became one of the most popular drugs in the seventeenth century and was used widely throughout the eighteenth century.

Two other significant contributions of the seventeenth century were by William Harvey and Thomas Sydenham. Harvey discovered the circulation of the blood. In
1628 he published his book entitled, *De motu corporis et sanguinis*, which spawned heated debate on the truth of his theory of circulation. Sydenham (1624-1689), like Paracelsus, stressed the importance of experimentation in medicine and believed that observation, bedside notes, and planned treatment are crucial. Disease, he theorized, is caused by an accumulation of morbific or peccant matter in the body. Such accumulation can have a number of causes, such as air entering the body, mixing with the blood, and tainting the frame, or humors fermenting and putrifying. Consequently, Sydenham argued, disease can be recognized by various signs and symptoms as the body attempts to expel this morbific matter. To treat the disease, therefore, Sydenham believed that one must allow the morbific matter to be discharged, whether by sweat, stools, or cutaneous (skin) eruptions.

During the eighteenth century the theories of Hermann Boerhaave (1668-1738), who taught at the University of Leyden, prevailed. He based his system of medicine on the most effective aspects of already existing theories. He agreed with humoral theory, for example, and that disease is the result of an imbalance of humors, or "natural activities": "fever was nature's effort to ward off death". He also agreed with solidistic theory: that the body is composed of both solid and fluid parts, and that there can be diseases of both. With a number of his predecessors, Boerhaave agreed that mechanical principles explained the processes of circulation and digestion.

But Boerhaave also introduced new theories. He held, for example, that various conditions including salty, putrid, and oily temperaments, predispose one to disease. As a result, he favored bleeding and purges, with the intent of sweetening the acid, purifying the stomach, and abolishing impurities. Boerhaave also paid much attention to diet and prescribed easily digestible foods for patients, including meat broths, tea, Rhenish or Moselle wine, and milk. Finally, Boerhaave prescribed exercise, probably because he believed disease is disturbed movement and exercise can restore the regularity of the body's functions. "For example, the Count of Neiberg
was advised to play games in the afternoon...[and] gentlemen were often advised to cultivate riding".121

William Cullen (1710 to 1790), professor of the theory of medicine at the University of Edinburgh, was perhaps the leading British physician of the eighteenth century.122 In fact, his theories gradually replaced those of Boerhaave.123 Cullen believed that many elements of Boerhaave's system of medicine should be retained, and unlike Boerhaave he opposed bleeding as therapy for disease (although this certainly put him in the minority) in the early stages of fever.124 He admitted, however, that bleeding and purging may prove valuable if used with discretion.125 But because many new theories and discoveries in medicine had been made in the latter half of the eighteenth century, Cullen, as well as other physicians, believed that Boerhaave's system of medicine needed to be updated. American Samuel Stearns, for example, author of a popular herbal in the latter part of the century, agreed with Cullen that "Dr. Boerhaave's works have become old; numerous discoveries have been made since his time, an account of which his books do not contain".126

Cullen's system was the system of solidism, which stressed the solid parts of the body, especially the nerves. He believed that "simple solids" are hereditary, change slowly, and are affected by diet, exercise, and climate.127 He also believed that the body operates under a "vital principle", which is only present in living things, and is accompanied by a "nervous power", including both sensibility and irritability.128 Therefore, Cullen argued, because all nerves are connected, medicine applied to one part of the body affects other parts of the body.129 But although Cullen was quick to criticize his predecessors, he made few original contributions to medicine, a quality many eighteenth-century physicians recognized. Stearns, for example, in the introduction to his book, criticized the contributions of Cullen: "Dr. Cullen has mentioned 1387 diseases in his nosology; and but a few in his first lines upon the theory
and practice of physic, which leaves us in the dark concerning the cure of many disorders".130

John Brown, also of Edinburgh, whose theories emerged around the same time as Cullen's, believed that all living tissue is excitable and that debility is the basic disease state.131 Furthermore, Brown concluded that there are two states of debility: direct, or asthenic, and indirect, or sthenic.132 Direct debility results, he theorized, when stimuli, such as heat, contagion, and emotions, are too weak to balance the innate reaction, or "excitability" of the body.133 In these cases, therefore, Brown recommended stimulants to strengthen the stimuli. If stimuli are too strong, thereby overexciting the body, Brown argued, the body is in a state of indirect debility.134 As a result, to depress the stimuli, Brown recommended opiates, cold, and depletion as therapy.135 Brown certainly popularized the use of opium and alcohol as effective therapeutics.

It is difficult to determine to which of these theories Sequeyra was exposed. But because most of them built on preceding theories, he was likely eclectic. It is less likely that Sequeyra was directly influenced by Cullen, who employed clinical and practical medicine, but did not teach at the University of Edinburgh until the latter half of the century.136 Courses in London and Paris, on the other hand, emphasized surgery.137 Sequeyra attended the University of Leyden, where Boerhaave taught from 1709 to 1738.138 Among other things, Boerhaave was known for his bedside observation of patients, a practice that Sequeyra's Notes on Diseases demonstrates he followed.

Sequeyra, who graduated from the University of Leyden in 1734, may have attended lectures by Boerhaave, or at least lectures of Boerhaave's students. There are many similarities between the two men and their approach to medicine. In Notes on Diseases, Sequeyra often recommended bleeding and purges, and for "Fluor Albus" he recommended both: "Bleed to seven Ounces; give a Vomit of Ipecacoanha, & a gentle purge".139 Sequeyra, unlike Boerhaave, but like Cullen, seems to have used bleeding
sparingly. Many entries in his *Notes on Diseases* (particularly those concerning children) make no recommendation of bleeding.

But also like Boerhaave, Sequeyra prescribed easily digestible foods, and for "Fluor Albus" he recommended that the patient "avoid eating any thing salted, smoaked [sic.], or any-ways [sic.] hard of Digestion." Also, for cases of lues venerea, or syphilis, he advised: "Drink plentifully of Barley water, or gruel, or broth: Live upon the white Meats". Sequeyra also often prescribed wine, such as the Rhenish wine so favored by Boerhaave. For dropsy, Sequeyra recommended using "a Quart of Rhenish Wine; philtrate [sic.] it, & give a common Wine Glass three times a day". There is even evidence that Sequeyra favored the use of a milk diet, so favored by Boerhaave. For apththous fever, for example, Sequeyra advised that the patient "[u]se a cooling Diet of Gruel, milk, & water skimmed in the fire". Finally, like Boerhaave, Sequeyra paid much attention to exercise, and for haemoptoe he advised that "[r]iding on Horse-back in the morning is of service".

But Sequeyra may also have been influenced by works he read after graduating, as well as by other physicians practicing in colonial Virginia. In *Notes on Diseases*, for example, Sequeyra repeatedly recommends "Thompson's [or Thomson's] Styptic Powder", a substance which cannot be found in any of the standard pharmacopeias of the day. No prominent physician by the name of Thompson or Thomson was practicing in Virginia during the eighteenth century. However, *The Family Physician; or Domestic Medical Friend...* by Dr. Alexander Thomson (1767-1801) was published posthumously in 1802, and another work by Samuel Thomson, *New Guide to Health; or Botanic Family Physician*, was published in 1835. Unfortunately, neither Thomson lists a "styptic powder". Possibly, before publication, one of these men marketed a "styptic powder" which Sequeyra could have purchased and used on a regular basis, but there is no direct evidence that Sequeyra did so.
Alexander Thomson agreed with Brown's theories of the excitability of the body and emphasized the importance of experimentation in medicine, which Thomson called "Utility in Practice". Nevertheless, he realized that experimentation is "so liable to indecision" and that it is therefore often problematical. Thomson agreed with humoral and solidistic theory that heat, cold, dryness, and moisture affect health and that these qualities are found in the air, especially in winds. He also believed that moist air accompanied by heat is the most dangerous, causing "a proportionable degree of the laxity of the solids and disposing one to "putrefactive disease". Sequeyra seems to have employed Thomson's view of the air, and in his essay "Diseases of Virginia", advised that "the Time of the Year, the then reigning temperature of the Air, the various symptoms attending it, & lastly the particular constitution of the Patient, give generally a clear indication how to proceed in the method of treating them".

American Samuel Thomson, born in 1769, practiced medicine in New Hampshire and Vermont primarily during the early nineteenth century. He agreed with humoral theory, and favored the use of opium and mercury. But like Cullen, he opposed bleeding, and wrote: "The practice of bleeding for the purpose of curing disease, I consider most unnatural and injurious...to take away part of the blood...is taking just so much of the life..." He also favored the use of "vegetable medicine": "There are very few vegetable productions of our country, that I have not a tolerable good knowledge of, it having been my principle study for above forty years".

John Tennent, also a medical writer of the eighteenth century, gained much notoriety for his promotion of the Seneca rattlesnake root and undoubtedly influenced Sequeyra's approach towards it. Tennent came to Virginia around 1725, and, although he did not possess a medical degree, in 1736 William Parks, editor of the *Virginia Gazette* in Williamsburg, published his *Essay on the Pleurisy*, in which Tennent explained the efficacy of rattlesnake root in treating the disease. The publication immediately spawned a debate on the true effectiveness of the drug. Although many
practitioners opposed its use, Tennent gained endorsement of the plant from such prominent citizens as Governor William Gooch and William Byrd in Virginia, and also sought support for use of the plant by sending free samples to Sir Hans Sloane and Dr. Richard Mead of London. Despite the notoriety Tennent received from this essay, he was never able to obtain money or win respect from the public. He failed to obtain a medical degree from the University of Edinburgh in 1737, despite endorsements from a number of physicians.153 Tennent spent the remainder of his career defending his legitimacy as a medical professional and in 1743, published *The Case of John Tennent*.154 He sank deeper and deeper in to debt, and perhaps lost all respect from the public when he sold the root to an infamous quack, Dr. Joshua Ward.155

Despite Tennent's failures, he has had more medical works attributed to him than any other colonial Virginia physician.156 In 1734, William Parks published the second edition of *Every Man His Own Doctor; or the Poor Planter's Physician*, which had originally been published anonymously, but is generally attributed to Tennent.157 It was widely read throughout the colonies. In 1736, *An Essay on the Pleurisy* was published, and in 1738 Tennent's *An Epistle Concerning the Epidemical Disease of Virginia, Particularly, a Pleurisy, and Peripneumony* appeared in Edinburgh. In each Tennent attributed respective ailments to the Virginia climate, which he said caused the coagulation of the blood and for which he recommended rattlesnake root as a cure.158 (Tennent also discussed the idea that Virginia weather causes certain diseases, in his work, *A Brief Account*).159 In July 1738, Tennent proposed to publish by subscription "A Treatise on the Diseases of Virginia and Neighboring Colonies" but as far as is known, he could not raise the necessary number of subscriptions, and the work never appeared.160 What happened to Tennent after the 1730s is uncertain, but in a letter to Sir Hans Sloane dated April 1740, he expressed his intention of going to Jamaica.161

Sequeyra was undoubtedly influenced by Tennent, to whom he was probably exposed just as he was arriving in Virginia sometime between 1740 and 1745.
Sequeyra clearly favored the use of rattlesnake root for numerous ailments, including pleurisy and peripneumony, the diseases for which Tennent most strongly advised using the root. For pleurisy Sequeyra recommended that one "[t]ake of Rattle-Snake-Root a little bruised an Ounce" and for peripneumony he wrote: "give every four hours two spoonfuls of the Decoction of Rattle-Snake Root as in the Pleurisy". Indeed, Sequeyra admired the root so much he wrote an essay (found at the end of his Notes on Diseases) explaining its properties and the ailments for which it is most effective in curing. In addition to pleurisy and peripneumony, he explained the root's effectiveness for worm fevers in children, and in his annual account in 1762 wrote: "[i]n the Fevers of Children, being complicated with Worms, was prescribed a Decoction of Rattle-Snake-Root & Pome-Granate-peels..." Sequeyra's annual account reveals his repeated employment of the root, especially for these three ailments. Sequeyra's Notes on Diseases may have been modeled after Tennent's Every Man His Own Doctor; or, the Poor Planter's Physician, his essay on rattlesnake root on Tennent's Essay on the Pleurisy, and his "Diseases of Virginia" on Tennent's An Epistle Concerning the Epidemical Disease of Virginia, Particularly, a Pleurisy, and Peripneumony. Similarly Sequeyra's annual account of the diseases of Virginia is strikingly similar to a work Tennent proposed but apparently was never able to finish, "A Treatise on the Diseases of Virginia and Neighboring Colonies". Nevertheless, it is unlikely that Sequeyra ever met Tennent, who was probably not in Virginia after 1740 at the latest.

Of the physicians with whom we do know Sequeyra was acquainted, and with whom he probably shared many of his views on medicine, Dr. William Pasteur was an exact contemporary of Sequeyra's in Williamsburg. Pasteur, whose father was a Swiss barber-surgeon, was born in Williamsburg around 1737. In 1752, he was apprenticed to Dr. George Gilmer and, in 1759, began practicing medicine in his own apothecary shop in Williamsburg. An active member of the community, Pasteur served as mayor of Williamsburg in 1775. He also entered into a partnership with
Dr. John Minson Galt in that year, agreeing to advise Galt on difficult surgical cases. During the Revolutionary War, Pasteur served as surgeon, "probably in the Williamsburg hospitals". In 1790, he became a director of the mental hospital in Williamsburg, but resigned after only one year, probably on account of his bad health. He died the following year.

John Minson Galt also practiced in Williamsburg during Sequeyra's lifetime, and in fact, the two men were good friends. Born in 1744, Galt became an apprentice to a Williamsburg physician in 1758, and shortly thereafter attended the College of William and Mary. He then attended the University of Edinburgh for medicine, but left for Paris around 1767 without a medical degree, and probably served as a surgeon for the Hudson Bay Company. He returned to Williamsburg in 1769, when he apparently opened a drug shop and began his medical practice with William Pasteur in 1775 (at which time he probably abandoned his drug shop). During the war he served as a surgeon to the Continental Hospital at Williamsburg, and later, to the Fifteenth Virginia Regiment. From 1795 until his death in 1808, he served as visiting physician to the mental hospital along with Philip Barraud. He also served on the mental hospital's Board of Directors from 1799 to 1808.

Dr. James McClurg was another Williamsburg contemporary of Sequeyra. McClurg was born in 1747 at Hampton, where his father was a physician at the Hampton smallpox hospital. In 1762, McClurg went to the College of William and Mary and then attended the University of Edinburgh, where he studied under Cullen. He graduated with his medical degree in 1770 and then pursued studies in Paris and England, finally settling in London. In 1772, he published an eloquent essay entitled *Experiments Upon the Human Bile and Reflections on the Biliary Secretion*. This much celebrated work presented his theory that bile is formed from blood in the liver, and is constantly advancing toward putrefying as a result of heat. Therefore, he argued, liver disease is caused by the climate of the tropics, and the
diseases prevalent there, such as malaria. Soon after the publication, McClurg returned to Virginia, and in 1779, was appointed Professor of Anatomy and Medicine at the College of William and Mary. From the beginning of the war in 1776, he served as surgeon to the garrison at Hampton and in 1780 was appointed surgeon to Hampton’s marine hospital. McClurg also took part in the Constitutional Convention that met in Philadelphia in 1787 and shortly thereafter moved to Richmond.

Philip Barraud's Williamsburg practice overlapped Sequeyra’s for only a short time. Nevertheless, because Barraud (though he held no appointment as visiting physician) worked with Sequeyra at the mental hospital for the last few years of Sequeyra's life, and because Barraud's name appears on the cover of Notes on Diseases, it is probable that the two men developed a close relationship. Barraud was born in 1757 and joined the Revolutionary Army as a youth. After the war, he attended the University of Edinburgh, hoping to supplement his medical knowledge, which he had presumably acquired as a surgeon during the war. He returned to Virginia around 1780, but for some reason had not earned a medical degree. Shortly after his return to Virginia, he set up practice in Williamsburg and, after the death of Sequeyra, served as visiting physician to the mental hospital, along with John M. Galt, from 1795 to 1799. He also served on the Board of Directors for the mental hospital from 1798 to 1800. In 1799, he moved to Norfolk, where he opened a medicine shop and practiced for nearly thirty years until his death in 1830.

Sequeyra also mentions in his entry on shingles: "Dr. Russel is of Opinion that Purges should not be given till y.e Pustules are ripe." The reference is most likely to Dr. James Russell who practiced medicine both in Williamsburg and Richmond and in 1771, ran Dr. James Carter's apothecary shop in Williamsburg. During the war, he served as a surgeon to the navy. There were two other "Dr. Russels" in colonial Virginia at the time of the Revolution: Philip M. Russell, surgeon's mate (who probably did not have an M.D.), and Dr. William Russell, surgeon. Little is known about
them. There also does not appear to have been any prominent Russel or Russell teaching or writing about medicine abroad at this time. In 1794, Dr. James Russell and Dr. John K. Read were appointed as health officers during a severe smallpox epidemic in Richmond. The two physicians became so occupied with the epidemic that they lost their general practices, for which they jointly solicited the governor for compensation. From the nature of the appointment and the outcome, it is obvious that Russell had experience with the treatment of smallpox before this time and may even have had a reputation as a specialist in this disease. Nevertheless, despite the fact that Sequeyra does not mention a "Dr. Russel" until the entry for smallpox, Russell's residence in Williamsburg assures that Sequeyra was acquainted with him.

In addition to the physicians contemporary with Sequeyra in Williamsburg who may have influenced his practice of physic, in his annual account, he refers to events (usually epidemics and deaths) occurring around the tidewater: in Hanover, York, the "Northern-Neck", "Glocester", Norfolk, and Charles City. Sequeyra lived in Middlesex County for a while upon his arrival in Virginia, and he may well have traveled around eastern Virginia, observing many of these events first-hand. It is clear, too, that he had sources of information he considered reliable, either correspondence with others or the newspapers. In 1763, he wrote, "There was, as I am informed, a contagious Fever in Charles City & on the other side of the River, of which many People died. I suppose it was the same Fever that had reigned in Glocester & other parts of the Country in the year 1759". In Notes on Diseases, Sequeyra placed "X" marks in certain passages of the manuscript, which are probably quotation marks, indicating either passages copied from written sources or oral reports.

It is possible that the entire manuscript is copied from another source and that Sequeyra is not the original author of Notes on Diseases. Many physicians (as well as non-physicians) often copied and recopied the works of other practitioners. But because Sequeyra does employ quotation marks, he seems to distinguish between
copied and original passages. In many passages without quotation marks Sequeyra often uses the pronoun "I", seemingly drawing upon his own experiences.\textsuperscript{197} In the entry on the "Stopage of the Lochia", for example, in a passage without quotation marks, Sequeyra wrote: "I have several times given with good success the Rattle-Snake -Root mixed with Opiates".\textsuperscript{198} For these reasons a fair supposition is that the document is largely Sequeyra's work.

Finally, Sequeyra's medical theories and practice were undoubtedly influenced by his experiences in colonial Virginia. In many ways, Virginia was a far different place from London, the University of Leyden, and other places in Europe where Sequeyra may have traveled. Indeed, Sequeyra's own curiosity and fascination with the New World, rather than the influences of Tennent and other practitioners, may have impelled him to write his essay on "Diseases of Virginia". Virginia's dependence on convict, slave, and indentured labor, and then the Revolutionary War, which brought British prisoners, as well as prisoners of other nationalities, to the town jail, produced medical consequences upon which Sequeyra often commented as different from those affecting longer-term residents of Virginia.

In his annual account in 1769, Sequeyra noticed that: "This Winter & spring brought on a Remittent Fever mixed with an Inflammation of the Breast; it killed a great number of Negroes at Colo Walk [probably he meant "Colonel Walker's"], & at Norfolk: it was not so epidemic in the White People".\textsuperscript{199} Sequeyra also often remarked on the prevalence among convict servants of typhus or jail fever (which Sequeyra usually referred to as jail distemper). His entry for "Jail Distemper"stated that "The jail Distemper is brought into this Country by the Convict Servants".\textsuperscript{200} Sequeyra also noted that other diseases were common among certain prisoners. In 1748, his annual account recorded that "in Summer about the month of June the Dysentery broke out among the spanish Prisoners at Williamsburg, & afterwards became epidemic all over the Country".\textsuperscript{201} During the Revolutionary War in 1781, he reported that "in the
Sumer [sic] the British Army having many people with the small-Pox, our people were taken with it, in this Town many dies with it, tho' they were inoculated, chiefly owing to the Violent heat of the season, of those that were not inoculated hardly any survived".202

It is difficult to estimate to what extent Sequeyra's experiences at the mental hospital were an influence. Likely, he augmented his already existing medical knowledge with new experiences of disease. Although he apparently spent a great deal of time at the hospital after he his appointment in 1773 and was required to examine his patients at least once a week, he never was responsible for more than fifteen at any one time. Furthermore, Sequeyra was not a specialist in mental disorders. Although some colonial physicians, such as Philadelphia physician Benjamin Rush, may have taken a special interest in diseases of the mind, physicians of the day were trained as general practitioners. Only occasionally does Sequeyra mention mental disorders that he may have considered psychological. One is "Nervous Cholick", about which he wrote, "Hysterick Women & Hypochondriac Men are generally subject to this Distemper".203 He also mentions "Mania", but unfortunately does not describe the symptoms of this disorder.204

These clues from John de Sequeyra's Notes on Diseases, "Diseases of Virginia", and annual account give us a sense of the possible influences on his medical philosophy: Leyden, Boerhaave, Tennent, Sequeyra's own experience in Virginia, but it is impossible to be precise. The evidence does limn a portrait of a dedicated physician, committed to the well-being of his patients and the advance of his profession. In an age when the communication of knowledge was limited and slow, his diligent effort to keep an ongoing record of his own experiences and those reported to him is remarkable.
2 Ibid., p. 2.
3 Ibid., p. 2.
5 Ibid., p. 631.
7 Ibid., p. 757.
8 Ibid., p. 757.
10 Ibid., p. 2.
12 Ibid., p. 760.
13 Ibid., p. 760.
14 Ibid., p. 760.
15 Ibid., p. 760.
16 Ibid., p. 760.
17 Shosteck, *Notes*, p. 15.
19 Ibid., p. 2.
23 Ibid., p. 2.
24 Ibid., p. 2.
25 Ibid., p. 2.
26 Ibid., p. 2.

39


32 Shosteck, *Notes*, p. 5. (Note: Shosteck does not specify the exact date of this entry).


34 Shosteck, *Notes*, p. 5.

35 Granville L. Jones to Elinor Betts, December 1, 1956, Eastern State Hospital Papers, Swem Library, Williamsburg, Va., p. 2.

36 Ibid., p. 2. (Note: This reference is found in Blanton, *Medicine*, p. 321).


38 Jones to Betts, December 1, 1956, p. 2.

39 Ibid., p. 2.

40 Shosteck, *Notes*, p. 4.

41 Ibid., p. 4.

42 Ibid., p. 4.


44 Ibid., p. 321.


46 Ibid., p. 13.


49 Ibid., p. 10.


51 Mary Blair Braxton Burwell to "Betsy" [Elizabeth Braxton Whiting], December 30, 1781, (Blair, Banister Papers, Swem Library, Williamsburg, Va.), p. 2.

52 Jones to Betts, December 1, 1956, p. 1.


55 Dain, *Disordered Minds*, p. 16.

56 Ibid., p. 17.


58 Dain, *Disordered Minds*, p. 17.


60 Jones, "History", *American Journal*, p. 647.

61 Zwelling, *Quest*, p. 10.

62 Ibid., p. 10.


64 Shosteck, *Notes*, p. 10.


66 Jones to Betts, December 1, 1956.

67 Ibid., p. 1.

68 Dain, *Disordered Minds*, p. 20.

69 Ibid., p. 20.


71 Dain, *Disordered Minds*, p. 21.

72 Ibid., p. 22.

73 Ibid., p. 22.


76 Ibid., p. 24.


80 Dain, *Disordered Minds*, p. 35.

81 Ibid., p. 35.
82Ibid., p. 34.
83Ibid., p. 32.
84Shosteck, Notes, p. 14.
85*Virginia Gazette*, Purdie and Dixon, October 17, 1771, p. 3, col. 1.
86Shosteck, Notes, p. 15.
87Ibid., p. 15.
88Ibid., p. 15.
89Jones to Betts, December 1, 1956, p. 1.
90Ibid., p. 1.
91Shosteck, Notes, p. 15.
97Palmer, *Admirable Secrets*, p. 3.
101Ibid., p. 4.
102Ibid., p. 4.
104Palmer, *Admirable Secrets*, p.3.
105Ibid., p. 5.
106Gill, *The Apothecary*, p. 3.
107Ibid., p. 3.
108Ibid., p. 3.
109Ibid., p. 4.
110Ibid., p. 5.
111Ibid., p. 4.
113Ditto.


Ibid., p. 278.

Ibid., p. 298.


Ibid., p. 5.


William Cullen, *Professor Cullen's Treatise of the Materia Medica...In Two Volumes*, (Philadelphia: Brown for Parker, 1812), p. 41.


Ibid., p. 39.


Ibid., p. 69.

Ibid., p. 69.

Ibid., p. 69.


Ibid., p. 84.

Lindeboom, *Boerhaave*, p. 356

Sequeyra, *Notes on Diseases*, entry 28.

Ibid., entry 28.

Ibid., entry 65.

Ibid., entry 57.

Ibid., entry 83.

Ibid., entry 99.

146 Ibid., p. 24.
151 Ibid., p. 37.
153 Ibid., p. 122.
154 Ibid., p. 126.
155 Ibid., p. 126.
156 Ibid., p. 127.
157 Ibid., p. 127.
158 Ibid., p. 128.
159 Ibid., p. 129.
160 Ibid., p. 128.
161 Ibid., 127.
162 Sequeyra, *Notes*, entry 74.
163 Ibid., entry 75.
164 Ibid., entry 107.
167 Ibid., p. 36.
168 Ibid., p. 321.
169 Ibid., p. 322.
170 Ibid., p. 322.
171 Ibid., p. 321.
172 Ibid., p. 321.
173 Ibid., p. 80, Blanton does not list the name of the physician.
174 Ibid., p. 319.
175 Ibid., p. 36.
176 Ibid., p. 319.
177 Ibid., p. 295.
178 Ibid., p. 328.
179 Ibid., p. 329.
180 Ibid., p. 329.
181 Ibid., p. 329.
182 Ibid., p. 330.
183 Ibid., p. 280.
184 Ibid., p. 330.
185 Ibid., p. 344.
186 Ibid., p. 403.
187 Ibid., p. 86.
188 Ibid., p. 295.
189 Ibid., pp. 290 and 344.
190 Sequeyra, Notes on Diseases, entry 86.
191 Blanton, Medicine, p. 339.
192 Ibid., pp. 339 and 408.
193 Blanton, Medicine, p. 406.
194 Ibid., p. 444.
195 Ibid., p. 65.
196 Gill, The Apothecary, p. 106.
197 These passages indicated in notes of transcription.
198 Sequeyra, Notes, entry 24.
200 Sequeyra, Notes, entry 55.
201 Gill, The Apothecary, p. 98.
202 Ibid., p. 115.
203 Sequeyra, Notes, entry 37.
204 Ibid., entry 68.
Front Cover

[top] Barraud [probably Philip Barraud, successor to Sequeyra as visiting physician to the mental hospital in Williamsburg.]

[sideways] John [written in John de Sequeyra's hand; "de Sequary" probably followed but this portion of the page has been rubbed away]

[sideways] Archibald, the rest has been torn away

Inside Front Cover [The following words are scrawled haphazardly down the page, but I have to replicate the positioning]

[sideways] John [Sal...] [The rest has been torn away]

James D[The rest has been torn away] John De Sequary
Doct John De Sequary
John [T]aliaferro e[r]go
John [T]aliaferro Richmond
Virginia Benjamin [T]aliaferro
North America James City County
Virginia
Benjamin [T]aliaferro
James City County

Inside Back Cover [In the top right corner of the page, "By Doct John de [...]"; the last word is illegible but is presumably "Sequary"; not written in Sequeyra's hand.]

[sideways] Doct JMGalt [Not Sequeyra's hand; presumably John Minson Galt's]

L D [In cursive; these letters may be initials, or simply scribbles]

Doctor
Back Cover

[top] Robert Armistead Williamsburg

[sideways] John Minson Galt Physician & Surgeon to the Army of the USA

John De Sequeary [sic] [In Sequeyra's hand]
John [followed by an unidentifiable character]
1 Diseases of Children

Retention of the Meconium

Children, soon after they are born, commonly expell [sic] a black matter called Meconium; which, if it does n't [sic] come off in time, greatly disorders them.

On this occasion give Syrup of Violets, or Honey with Wine, or let it be repeated till th[ ]1 matter is expelled.

2 Gripings2

To a Child eight days old3 with Gripings give two grains of soap three different times, & afterwards give six grains of prepared Coral with two grains of Rhubarb in a spoonful of mint-water with a small quantity of Syrup of Violets. A small spoonful of Oxymel scillitii[cu]m 4 now & then will likewise be of service.

R[e]peat5 the said medicines occasionally. [I]ncrease6 the quantity of the Ingredients according to the age of the <c>hild.7

Ipecaco[ ]8 Clysters are also of benefit.

3 Gallings & Incoriations

Let the parts affected be often washed with a Decoction of Marsh-Mallows, & sprinkled with powdered starch or burnt harts-horn. If there be an Ulceration, use the Unguentum album camphoratum. If the internal part of the Ear be excoriated, instill a few drops of Oil of sweet almonds; if it has turned into an Ulcer inject a Decoction of Barley with Oil of Roses & a few drops of the Tincture of Myrrh.

4 Convulsions9

Convulsions may be owing to the bad constitution of the Nurse; to the Milk curdled in the stomach & Bowels of the Child; to Worms;10 Dentition &C.
If to the bad Milk of the Nurse, it will be necessary to get another; if this can't be obtained, she is to be strictly kept to a regular Diet. If it is owing to the milk being turned aerid [sic], give the Child the following powder three times a day.

Take of Pulvis ad Guttetam eight grains
Castor, or Musk, two grains; mix it. Now & then in the Intervals of the powder, give five grains of Rhubarb, four drops of Spirit of Hart's-horn in a spoonful of Mint-Water with a little Syrup of Violets. A Tea-Spoonful of Oxymel scilliticum may now & then be given instead of the Rhubarb. Let the Child's common drink be calcined harts-horn boiled in water to a sufficient thickness.

A Clyster of the Smoak [sic] of Tobacco [sic] has been of great benefit; as also putting the Child's Feet in hot water. Opiats [sic] & Musk, when the convulsions come often, have been given with success; fomentations, & afterwards the parts affected ought to be anointed [sic] with equal parts of y. Soap, & Volatile, liniment.

5 Dentition

Children, in cutting their Teeth, are often troubled with Fevers, convulsions, Purgings &C. Give a Tea Spoonful of the following mixture every two hours.

Take of Rhubarb, ten grains
Pulv. ad Guttetam, twenty grains
Spirit of Harts-horn, fifteen drops
Mint-Water an Ounce & a half
Syrup of Violets two drams.

If after using the mixture, the symptoms should continue troublesome; apply a Blister to the Neck, & repeat the same mixture with a larger quantity of y. Spirit of hart's horn. Rub the Gums with Oil of sweet - almonds & a little purified nitre. Cutting the Gums with a proper instrument is often of service.
6 Worms

To children with Worms give the following purging Powder which ought to be made stronger or weaker according to their age.

Take of Rhubarb twelve grains

Oil of Wormwood two drops. mix\textsuperscript{14} it into a Powder to be taken with Molosses [sic].

Next day in the morning & evening give a Dose of the following Powder, & continue it every day till they have taken it all.

Take of Cinnabar of Antimony a dram

Santonic wormwood seeds two drams

Oil of Wormwood twenty four drops. mix\textsuperscript{15} it into a Powder to be divided into twelve Doses.

After they have taken the Powder, the same purge is to be repeated. Let the Children drink constantly of Water, wherein mercury has been boiled. Let their Bellies be rubbed with Oil of Wormwood every night when they go to Bed: a Cataplasm of Wormwood applied to ye Belly is of Service. Mercury extinguished with sugar by Trituration from three to eight grains according to the Child's age is very useful; as also Aloes mixed with Jalap or Rhubarb. Two or three small Spoonfuls of common sweet Oil with ten drops of Spiritus volatilis aromaticus is good against the Worms; as also a Decoction of Rattle-Snake-Root. Take a Grain of Cyprus-Vitriol, divide it in a Quart of Water; let the Child drink of this Water now & then, & when it is finished, give a Gentle purge.

7 Thrush

Give some prepared Coral in a little milk four times a day, then purge with Syrup of Rhubarb or Violets: after the purge, give from five to ten grains of Jesuits'- bark in a
little honey three times a day; continue it till the Child be well. Let the Child drink constantly of the Decoction of Turneps [sic] with a little sugar. The mouth ought to be cleansed with the Decoction of Turneps [sic] mixed with the Yolk of an Egg & a little sugar. The Ulcers should be touched with honey acidulated with sweet spirit of Nitre. Spirit of Scurvy-Grass mixed with Syrup of Mulberrys [sic] adding a sufficient quantity of sweet-spirit of nitre: or a Decoction of Barley with honey of Roses & lime-water may likewise be used.

Vid. pag [sic] 83.16

8 Hooping Cough

Begin with bleeding, & repeat it occasionally. Give a Vomit of Ipecacoanha with Oxymel of Squills. The following day purge with Rhubarb & sweet sublimate Mercury; this purge is to be repeated twice a Week. In the Intervals of the Purge give three times a day a small quantity of equal parts of Cinnabar of Antimony and chamomile Flowers finely powdered; as also now & then a Tea Spoonful of Oxymel of Squills in small cinnamon water. An Expulsion of Wood-lie in Wine & water with a small quantity of Nut-meg & sugar will be of benefit. In care of restless Nights give the Elixir paregoricum. Let them drink plentifully of the Decoction of Colt's-foot, or any other pectoral herb, sweetned [sic] with sugar candid. The Tincture of Glass of Antimony from 10 to 30 drops in a spoonful of the Decoction of Jesuits-Bark will be of great service. To the powder, above mentioned, I have sometimes added a small quantity of Castor or Musk- it is best given in a decoction of the Bark.17

The following prescription has been of great service.

Take an ounce & half of the Tincture of y. Barks,
half Ounce of Elixir paregoricum, & a drahm of the Tincture of Cantharides. M.18 & give small Doses three or four times a day.

51
9 Putrid sore Throat

To a Child of three years of age give eight grains of Jalap or twenty of Rhubarb: increase or diminish the Dose according to their age. Apply a Cataplasm of Venice-Treacle round the Neck & have it now & then renewed. Wash the Mouth & Throat in the day & also in y. e night with the following Medicine.

Take of Tincture of Roses three Ounces
Tincture of Myrrh an Ounce & a half
Honey of Roses half Ounce.
Sweet Spirit of Nitre a sufficient quantity
to make it agreeably acid.

Give four grains of Jesuits-bark four times a day, & continue till they be well: if the Fever should run high, which however seldom happens, mix two grains of salt Prunell in every dose of the Bark. Let the Fumes of red Roses Leaves chamomile Flowers, Myrrh & camphire boiled in vinegar be often received into the Throat as hot as they can bear. Finish the Cure with the same Purge. In case of a purging, to which they are often subject, give two Doses of twelve grains of toasted Rhubarb the same day; & afterwards a Spoonful of the Decoction of Diascordium, till the Diarrhea is conquered. The above Purge is to be given only to constive constitutions; otherwise it is better to let it alone, for all Evacuations are bad in this Disorder.

10 Crusta Lactea

It is a whitish or milky Crust, sometimes of a grey or blackish colour, affecting only sucking children: it is more commonly seen in the Head & Face than elsewhere. It is dangerous to repell this Evil. Purge now & then with Rhubarb; in the Intervals of the Purges give the Child a few grains of Pulvis è Chel. C. C. with a small quantity of Cinnabar of Antimony. Change the Nurse for one newly delivered. Foment the part
affected with a decoction of Barley & mallow\textsuperscript{27} Roots. If the Ulcer under the scab spreads, apply a Pomatum made by beating up the Oil of Sweet almonds with water, to which add a little Tutty or litharge finely powdered. Lead Water in fomentations, & preparations made of the Extract of Lead are of great Service in all Erruptions \textit{sic} of Children.

11 Tinea\textsuperscript{28}

The Tinea always affects the hairy scalp. It rarely affects children before the 3.\textsuperscript{d} 4.\textsuperscript{th} or 5.\textsuperscript{th} year, & such only as are very thin or ill-fed. Begin with bleeding, & purging; then give a few grains of Salt of Steel & Cinnabar of Antimony. A Milk Diet is necessary. Let the Patient’s head be shaved, then rub it w.\textsuperscript{th} a Pomatum made of Mustard-seed boiled in fresh lard, or w.\textsuperscript{th} soap boiled in water. After the scab falls, wash the Ulcer with oil of Tartar per deliquium or phagedenick water: after the Ulcer is thus mundified, red flesh will soon rise, which ought to be dressed with linimentum Arcaeii. If the proceeding remedies don’t answer, anoint \textit{sic} the part affected w.\textsuperscript{th} the following Pomatum.

\vspace{0.5cm}

Take of Common Vitriol, \textit{[rock?]\textsuperscript{29}} alum & sulphur, of each equal parts, boil them in fresh lard to the consistence of a Pomatum.

The Ulcer being heated purge the Patient three times at proper Intervals.

12 Impetigo.

The Impetigo or Ignis volaticus begins to appear by small red vesicles, which afterwards degenerate, having a whitish spot in the center of each vesicle; at length these Tumours \textit{sic} emit a viscid matter, which dryes \textit{sic} and turns to a scab on their surface; this frequently falls off & the Disorder disappears without leaving any cicatrice. This Disorder commonly appears on the Chin or thereabout; it is void of
danger. A Purge or two with a cooling Diet is useful; if Topics are necessary, use the following, viz a Decoction of sharp-pointed Dock in Vinegar; or the Oil of paper or Corn; but the strongest remedy is a grain of red precipitate mixed with twenty grains of common Pomatum.

13 Tumified Glands

Children are often subject to the Tumours of the Glands of the Neck, Groins &C. Let the Parts be rubbed with Oil of Chamomile & kept warm: if these Tumours should be too obstinate, bleed & apply the Mucilage-Plaister. If these Medicines don't answer, give three times a day a Dose of Jesuits'-Bark. & adapt y.° quantity to the age of the Child. See pag. Cataplasms of Lead-water with crumbs of bread applied to the Parts have been of Service; as also fomentations w. th the said Water-

14 Lientery

Children often labour with a violent purging of undigested Food; their Bellies are swelled, the rest of their Bodies is extenuated; & have commonly a great appetite.

Give daily a small quantity of soap & Rhubarb with two drops of Oil of Wormwood in a little Wine. Continue it till there be a perfect Recovery.

15 Atrophy

The Belly swells & grows hard, the rest of the Body is consumed in this Disorder. Give the same Medicines as in the Lientery. Apply the Soap plaister to the Belly. A small quantity of Rad. Trid. Florentin. vitriolated Tartar & sugar will likewise be of benefit.

16 St. Vitus's Dance
Let the Patient use the Cold Bath every morning, & take four of the following Pills three times a day.

Take of Wild Valerian Root two drams.
   Cinnabar of Antimony a dram
   Balsam of Peru a sufficient quantity
to make Pills.

If the Patient won't swallow Pills, give the Valerian Root & Cinnabar in powder.

17 Chilblains.
Foment the part affected with red wine, or Spirit of Wine with camphire; or apply a liniment made of equal parts of wax, oil & venice Turpentine. If there be any ulcers, the Plaister of Diapalma or of y." Mucilages will be of service. Let the Patient walk as little as possible, wear no shoes, & industriously avoid the Cold. Fomentations & cataplasms of Lead Water are of great service in this complaint-

18 Itch-
Take an Ounce of the Extract of Lead & the same quantity of Rum, put them to a quart of water: use it three times a day for four or five days; & when the Erruption [sic] is compleat [sic], add to every quart of the same water an Ounce of Salt & the same quantity of Allum [sic] in powder: use it as above & continue it, till the Cure is performed.

19 Diseases of Women
Suppression of the Menstrua

Bleed to eight Ounces; give a Vomit of Ipecacoanha; Give likewise a gentle Purge of Rhubarb or Manna: After these Evacuations give three times a day three of the following Pills.

Take of compound Powder of Myrrh

Cinnabar of Antimony, of each two drams

Flowers of Steel, a dram,

Syrup of Ginger a sufficient quantity to make Pills.

At night going to Bed, give twenty five drops of compound Elixir of Myrrh with twelve drops of the Lixivium Martis in a Cup of Tea.\textsuperscript{36} The Tincture of Black-Hellebore is also of great service; as likewise drinking plentifully of Penny-royal Tea.\textsuperscript{37} The [...]\textsuperscript{38} Tincture is to be given to 40 or 50 drops twice a Day. Vapours [sic] of Hot Water to the parts, or also fomentations to the Legs & Feet & Ligatures to the Thighs have been found to be of use.\textsuperscript{39}

20 Great Flux of the Menstrua.

Bleed to eight Ounces two days before the expected Time. After a sufficient discharge give every three hours three of the following Pills,

Take of Thompson's Styptic Powder two drams,

make Pills with a sufficient quantity of Lucatelli's Balsam.

Drink plentifully of the following Tincture

Take of Tincture of Roses a Pint,

Tincture of Japan-Earth\textsuperscript{40} an Ounce,

mix it together.

XX\textsuperscript{41} Two or three Doses of the Bark a day will also be of service. If the Discharge proves painful, give a grain of Opium at night going to Bed, & repeat it occasionally.
After the Flux is over, continue the Pills twice a day & drink sometimes of the Tincture. Instead of Thomson's Powder, I have sometimes used the same quantity of Pulvis Testaceus Ceratus with subjects; sometimes I have also prescribed both Powders together. Elixir Vitrioli acidum given in small quantities & often repeated has been of great service; it may be mixed with the Tincture of Roses.

21 Abortion
To prevent Abortion, bleed to eight Ounces, & repeat it once or twice more according to the strength of the Patient. Give four of the same Pills made of Thompson's Powder every hour, till there is a stopage of the Hemorrhage, & drink plentifully of the Tincture of Roses with the Tincture of Japan-Earth. A grain of Opium immediately after the first bleeding is also of great benefit, & if necessity requires it, repeat it every five or six hours. If the Symptoms don't abate soon, it is but to trust to the Opiates only; for the more you prevent its coming away, the more you increase the Hemorrhage, & you put the Patient in more danger of her life.

22 Expulsion of the Fetus
In order to bring on powerful & vigorous Throes to promote the Expulsion of the Fetus, give twenty drops of Liquid Laudanum, twenty five drops of Tincture of Castor & the same quantity of Spiritus volatilis aromaticus in a spoonful or two of any distilled Water. Repeat it occasionally.

23 After-Pains.
Nothing will so easily remove the After-Pains as a grain of Opium; which ought to be repeated every six or eight hours, according to their violence.

24 Stopage of the Lochia.
When the Lochia stop suddenly [sic] or not flow sufficiently, give the same drops as in the Chapter of the Expulsion of the Fetus;\textsuperscript{49} repeat them once or twice more every six or eight hours; afterwards continue the same drops without Laudanum every four hours, till the stopage [sic] be removed. Apply a Blister to the Back, & drink plentifully of Penny-royal Tea.\textsuperscript{50} The same drops as in the Suppression of the Menstrua may also be given. I have\textsuperscript{51} several times given with good success the Rattle-Snake-Root mixed with Opiates. The following fomentation is of service\textsuperscript{52} Boil some Rosemary & Chamomile Flowers with saffron in Milk & water, strain it, & add a small quantity of Rum.

25 Great Flow of the Lochia.

If the Lochia flow in so great a quantity as to bring on a great Faintness or any other dangerous symptom; give four of the Pills prescribed in the Chapters of Abortion,\textsuperscript{53} drinking plentifully of the same Tincture made stronger by adding a larger quantity of the Tincture of Japan-Earth to the Tincture of Roses. Opiates sometimes are of service.

26 Inflammation of the Breasts.

In order to disperse an inflammation of the Breasts, give a gentle Purge or two; apply the Sperma Ceti plaster, or the simple Diachilon either alone, or mixed with the Sperma Ceti Plaster. A Cataplasm of Lead Water & Crums [sic] of Bread has been of Service. Hard Tumors of the Breast have been cured by a Liniment made of Gum ammoniacum dissolved in Vinegar of Squills, an emollient cataplasm is to be applied [twice] a day, & gentle Purges by Intervals. When the Nipples are chapped, use a mixture of Oil & wax; or sprinkle Gum Arabic, or apply Hungary-water.\textsuperscript{54}

27 Tumified Ovarium.
Before there is any suppuration, the Tumour [*sic*] should be resolved, by fomenting it with a decoction of Chamomile Flowers & marsh-mallow leaves: after the fomentation use the ointment of marsh-mallows. Give three times a day the Gum-Pills with Gintian & a small quantity of Aloes. Let the Diet be light & easy of Digestion. Drink Whey, barley Water, or Wine & Water. XX

If the Symptoms of a Suppuration appear, it ought to be forwarded as much as Art can. XX Fomentations & Cataplasm of Lead-Water are also to be used two or three times a day, & perhaps with better success then [*sic*] the above-

28 Fluor Albus.

Bleed to seven Ounces; give a Vomit of Ipecacoanha, & a gentle Purge. Repeat the Vomit twice more at six days's [*sic*] distance: In the Intervals give four of the following Pills in the morning & at night going to rest.

Take of Thomson's Styptic Powder

Gum olibanum, of each equal Parts

Locatelli's Balsam [*sic*] a sufficient quantity
to make Pills.

At noon give a Tea Spoonful of Tincture of the Bark & the same Quantity of the Tincture of Japan Earth in a cup of Tea made of Red Roses. Let the Parts affected be washed twice a day with Tea made of red Roses, with a small quantity of Alum in it, or with Lime-water; or with equal parts of Vinegar & water. Use proper nourishing Diet, avoid eating any thing salted, smoaked [*sic*], or any-ways [*sic*] hard of Digestion. Drink constantly of Claret & water, as also of a Decoction made of Guaiacum & Sassafras Wood. A solution of white Vitriol in water used as injection to the parts has been of Service-

29 Pain on the Stomach

59
Women are subject to this complaint, particularly after their Repast: it is generally owing to their drinking large draughts of Cold water. Give three of the following Pills three times a day.

Take of Cinnabar of Antimony,

Species aromatical, of each two drams,

Castor

Vitriolated Tartar, of each 80 grains,

make Pills with a sufficient quantity of any Syrup.

Avoid eating any thing that is hard of Digestion. Drink plentifully of Sassafras Tea.

30 [This page was left blank.]

31 Diseases of both Sexes.

Cosiveness

Cosiveness is often natural to some Constitutions; in this case give now & then a gentle laxative Medicine such as manna dissolved in Hyson Tea. When this complaint is not natural, it is generally accompanied with a Foulness of the Stomach & Bowels, & then it brings with it a Pain on the Head, bitter taste on the Mouth, sickness at the Stomach, want of appetite &C. Give three of the following Pills at night going to Bed; & if they don't move sufficiently, give three more next day a little before Dinner.

Take of Chamomile Flowers powdered,

Vitriolated Tartar, of each 40 grains,
Soccotorine Aloes, 30 grains.
Balsam Peru, a sufficient quantity to make Pills.

Repeat these Pills occasionally. People subject to bleeding from the Nose, Hemorrhoids &C. should avoid taking these Pills; instead of them give Manna with Glauber's Salts.

32 Dysentery

Bleed at first & repeat it according to the Violence of the Fever. Give a Vomit of Ipecacoanha & a Purge of Rhubarb. Then use constantly the following mixture.

Take a simple Cinnamon Water six Ounces,
Spirituous Cinnamon Water an Ounce & a half,
Confection of Alkermes half Ounce,
Ipecacoanha twelve grains,
Liquid Laudanum thirty drops,
Syrup of Quinces half Ounce: mix & give two Spoonfuls every two hours.

Give now and then Clysters of Chamomile Flowers Tea with twenty four grains of Ipecacoanha. After the Humour is sufficiently discharged, then give Theriaca Andromachi; Tincture of Japan Earth with Tea made of Red Roses, a decoction of Lignum campechense, or Sweet-Gum-Bark. Clysters of the Decoction of Diascordium will be of benefit, as also of Starch. As to Diet, Barley Water, milk & water boiled together & skimmed, thin Chicken Broth, hart's-horn drink, Rice-Gruel &C. At the latter End of this Distemper, when obstinate, Lime-water will be of great Service; it ought to be softened [sic.] with a half of the quantity of Milk. Clysters of starch will also be of benefit.
33 Purging.
In a simple Purging without Gripes; a Vomit of Ipecacoanha & a Purge of Rhubarb will be sufficient; Afterwards, Confection of Alkermes, Decoction of Diascordium; & if it be very obstinate, Thomson's Styptic Powder will compleat [sic] the Cure. As to Diet, the same as in the Dysentery.

34 Cholera Morbus.\(^64\)

The Cholera Morbus is a violent Evacuation upwards & downwards with great Pain in the Stomach & Bowels. Give to drink, as also inject by way of Clysters, large quantities of Chicken-water.\(^65\) or a Decoction of toasted Bread; afterwards an Opiate in strong cinnamon Water. For fear of a Relapse continue to give small Doses of Opiates & the same Decoction with a third part of Claret in small quantities for a few days longer. Take care not eat\(^66\) any solid Food, till the Bowels be intirely [sic.] recovered.

35 Bilious Cholick. [sic]\(^67\)

Bleed in strong Constitutions; then give a grain of Opium & three grains of Castor, made up into a Pill with a sufficient quantity of Balsam Peru: repeat it according to the Violence of the Pain. After the Pain is removed give the following Purge,

Take of Manna an Ounce

Vitriolated Tartar thirty grains,

Dissolve it in two Ounces of Barley-Water.

Repeat this Purge every six hours till there be a sufficient discharge: give likewise Clysters of Salt water with Sweet Oyl [sic]. A Spoonful of Oyl [sic] of sweet -almonds dissolved in a small quantity of y.\(^e\) Yolk of an egg in some distilled water is to be given in the intervals of the Purge two or three times. A Warm Bath or fomentations with the Decoction of Chamomile Flowers & Roman Wormwood will be useful. As to Diet,
Barley Water & thin chicken broth will be sufficient at first; after there be a sufficient passage; any other sort of Spoon-Victuals may be indulged.

36 Cholick [sic] of Poictiers[sic]

In the Dry-Gripes give a grain & a half or two grains of Opium, four grains of Castor, made into Pills with a sufficient quantity of Balsam Peru: repeat it according to the Violence of the Pain: Give likewise fifteen drops of y[e] said Balsam Peru in a little Sugar; repeat it every three or four hours. Use a Bath or a fomentation made with Chamomile Flowers, Rosemary & Roman Wormwood; repeat it often. As soon as the Pain is conquered, in the Intervals of the Opiates, (which are only to be given in the morning & Evening & in smaller quantities) give two Ounces of Manna & a dram of Cremor Tartari dissolved in Barley Water: give also twice a day a Clyster made of the Decoction of Chamomile Flowers twenty grains of Ipecacoanha & half an Ounce of Sweet Oyl [sic]. This method ought to be pursued till there be an easy & plentiful passage: Then give morning & Evening three of the following Pills.

Take of Myrrh, Castor, Galbanum, of each 40 grains
Salt of Amber, Castile Soap, of each 50 grains,
Make Pills; which ought to be continued till there is a perfect Recovery.

As to Diet, the same as in the Bilious Colick [sic].

37 Nervous Cholick [sic].

Hysterick [sic] Women & Hypochondriac Men are generally subject to this Distemper. To remove the fit, give a grain of Opium & three grains of Castor made up into a Pill with a sufficient quantity of Balsam Peru; repeat it according to y[e].
Violence of the Pain: In the intervals of the Opiates give thirty grains of Wild Valerian Root, & repeat it three times a day. Give a Clyster of Warm Water with 40 drops of liquid Laudanum. Avoid giving any purging Medicine tho' [sic] ever so gentle; for, it will bring the Pain again. After the Fit is over, continue the Wild Valerian Root in the Morning & Evening for several Days.

72XX Iliac Passion

Bleed often, give stimulating Clysters, as also Laxative purges mixed with Opiats [sic]; use bathing & Fomentations, as also cuping [sic] with Incisions about the Navel.

38 Jaundice

Give three times a day three of the following Pills; if they move too much, lessen the quantity.

Take of Soap of Sweet Almonds,
Rhubarb,
Species aromaticae,
Soccotorine Aloes, of each equal parts,
Vitriolated Tartar, a sufficient quantity to make Pills.

Aloetick [sic] Medicines often produce Hemorrhages; if this should happen, forbear the use of the Pills; & give four times a day a Spoonful of Spiritus Mindereri in two Spoonfuls of Spring water; give likewise Emulsions made of Barley water, the Cold seeds [sic] & sugar. Let the Patient drink plentifully of the Tincture of Roses strongly acidulated with Sweet Spirit of Nitre. After the Bleeding is stopped, repeat the Pills, beginning with a small Dose & increasing it by Degrees.

39 Spleen
In Obstruction of the Spleen, give the same number of Pills as in the Jaundice, in the morning & at night going to rest. About noon & at six o'clock in the Evening give thirty grains of Sal Diereticus in a Glass of Wine & water. In case of any Hemorrhage, observe the same Rules as in the Jaundice.

40 Cutaneous Erruptions [sic]

Give three mercurial Purges; In the Intervals of the Purges give in the Morning & Evening thirty grains of Salt Prunell; about noon & at night going to rest let the patient take thirty grains of the Bark. Abstain from salted & smoked [sic] Meat, also from all sorts of Fish: drink plentifully of Sassafras Tea, & be very moderate in the use of spirituous liquors. Drinking constantly of sea Water has removed the most obstinate Erruptions [sic], when other medicines have failed.

41 Pain on the Head.

When this Pain doesn't proceed from foulness of the Stomach (which may be easily known from what said in the Chapters of Co[stive]ness) It ought to be looked upon as a Nervous Pain; in which case give twenty four grains of Wild Valerian Root & six grains of Cinnabar of Antimony three times a day: let it be continued till the Pain be conquered. If this Pain should come periodically, which sometimes happens, give a Vomit of Ipecacoanha, & afterwards thirty grains of the Bark, till it be conquered, three or four times a day.

42 Pain on the Back.

When Pain on the Back comes without any feverish symptoms after Lingering Distemper, it proceeds from a Weakness of the Nerves. Give three times a day three of the following Pills.

Take of Wild Valerian Root, eighty grains
Martial Flowers, 40 grains
Balsam Peru, a sufficient quantity to
make Pills.

Drink now & then a draught of Chamomile-Flower-Tea with 40 drops of compound
Spirit of Lavender.

43 Pain on the Eye.
There happens sometimes a periodical Pain on the Eye, which daily comes at the same
hour, & goes off regularly without any critical Discharge. Give in the Interval of the
Pain a Vomit of Ipecacoanha, & as soon as the Vomit has done working give a brisk
Purge: if after these Evacuations the Pain should return, give thirty grains of the Bark
four times a day, till it be conquered. If the Bark does n't [sic] remove it, give three
times a day three Pills as were prescribed in the Pain on the Back\textsuperscript{80} or the following.

Take of Wild Valerian Root
Cinnabar of Antimony of each eq.\textsuperscript{L81} parts.
Bals. Peru. s.q.\textsuperscript{82} to make Pills of which take four every two hours.

44 Rheumatism.
If it be the first time of attacking bleed plentifully three or four times: give thirty grains
of Salt Prunell in the morning & at night going to rest; continue it for a considerable
time. Avoid eating any thing hard of Digestion, & drink plentifully of Whey. But if the
Patient has had this Distemper before, & should be plethoric, then once bleeding will be
sufficient; & give three times a day three Spoonfuls of the following Decoction.

Take of Rattle-Snake-Root a little bruised an Ounce
& a half, boil it in a Pint & a half of Water
to a half, strain it & add two drams of
Salt Prunell.
Drink also now & then Sassafras Tea. The following Medicines have been of great Service in this Distemper- Take half grain of Corrosive Mercury in a Spoonful of Brandy diluted in a draught of Barley water every night going to Bed: drink plentifully of y e Decoction of Sassafras. or Take 30 drops of the Tincture of Glass of Antimony & the same quantity of Balsamum Guaiacinum in a cup of barley water twice a day; drink plentifully of the same Decoction to promote a Sweat.

45 Gout.

There is no possibility to remove an hereditary Gout; & even if acquired by Irregularities of living can hardly be conquered by any method yet known, excepting a Milk diet. The following Rules may be of Service. Take every month a sufficient quantity of the Tincture [saera] to produce four or five motions. The three following days after the Purge take ten grains of Chamomile Flowers & four grains of Flores martiales in the morning & evening. XX Cupp [sic] the Bottom of the Feet twice a Year. Use the Fresh-Brush in the morning & at night: Exercise gently on Horse-back. Drink plentifully of the Infusion of Guaiacum or Sassafras. Eat sparingly of any solid Food, & let it be easy of Digestion. Eat no suppers. Drink every day a half a Pint of any generous Wine; sometimes increase your Dose, but never let it exceed a Pint. Go to Bed soon & rise early in the morning. Thirty grains of Jesuit's Bark twice a day has been of great service to Gouty-People.

Vid. pag. [sic] 97.

46 Sciatica.

The sciatica or Pain on the Hip-joint generally proves very troublesome. Give three times a day the following Bolus.

Take of Gum Guaiacum twenty grains
Camphire 8 grains

67
Conserve of [...] a sufficient quantity. Drink plentifully of Whey, & now & then Sassafras Tea. Continue the Bolus till there be a perfect Recovery. If the Patient can't take a Bolus, let him drink the following draught every six hours, drinking upon it sufficiently of the said Whey.

Take of Baulm-Water an Ounce & a half,
         nut-meg-Water half Ounce,
         Balsamum Guaiacinum thirty drops,
         Salt of Hart's-horn ten grains
         Salt Prunell the same quantity. <m>ix.

The following Drops I have several times prescribed w.th success, viz. Thirty drops of Balsam Guaiacinum & twenty drops of the Tincture of Glass of Antimony in a Cup of Sage or Baulm Tea in the morning & at night after going to Bed, drinking upon it plentifully of Whey. Very small Doses of Calomel have also been of Service together with Antimonial Wine & Tinetum Huberica.

47 Gravel & Stone.

A Fit of the Gravel may be removed in the following manner. Bleed to six Ounces; then give eight drops of Balsam Copaiba in a little sugar, & use immediately the warm Bath; after the Patient comes out of the said Bath let the following Clyster be injected.

Take of the Decoction of marsh-mallows six
         Ounces, Venice Turpentine half Ounce
         liquid Laudanum, forty drops.
Repeat the Balsam every two hours. If the Patient be sick at the Stomach & inclinable to vomit, Let him drink plentifully of Chamomile-Flower-Tea. Drink constantly of the Decoction of marsh-mallows with some Gum Arabic & sweetened with syrup of marsh-mallows. After the Fit be over, purge with manna & cremor Tartari, & repeat it whenever a motion be wanting. Continue for several days the Balsam Copaiba every
eight hours. Riding on Horse back with discretion will be useful. Eat any thing that is light & easy of Digestion. Drink of marsh-mallows's [sic] Decoction sweetened with Honey & now & then Wine and Water. Out of the Fit, use the following Medicine.

Take of Salt of Tartar eight Ounces, Oyster-shell-lime four Ounces, mix & put them into a glazed

48 Bloody Water.

The Stone or large Gravel in the Kidney is generally the Cause of Bloody-Water. Give a Purge of two Ounces & a half of Manna dissolved in Barley Water. Let it be repeated two or three times more as occasion requires it.

Gravel & Stone.

glazed Earthen Vessel, then pour upon them a Quart of boiling Spring water; let the Infusion remain 24 hours, stirring it now & then, & filtrate it for use. In the Gravel give 30 or 40 drops in half Pint of weak Veal-broth, or any other soft mucilaginous vehicle, two or three times a day - in a small Calculus a Tea Spoonful or two twice or thrice a day. In a large Stone the Dose must be augmented by slow degrees - an Ounce was given for a considerable time without any bad effects. When the stone is obstructed in the narrow passages leading to y[e] Bladder avoid giving this Medicine, instead of it pursue the above method.

49 Suppression of Urine.

There happens sometimes a suppression of Urine without any Stone or Gravel in the Kidneys or Bladder: in this case give a large quantity of Acids in a proper vehicle; Green Tea with Lemon juice will easily remove it. If the suppression is owing to the
Patient labouring [sic] also with any species of the Cholick [sic], which often happens; as soon as the latter Distemper is conquered, the former will go off without using any particular Medicines.

50 White Swellings on the Knees.
Give a murcurial [sic] Purge every fourth day for a fortnight; the Days free from purging give twice a day three of the following Pills.

Take of Cinnabar of Antimony
Salt Prunell
Gum Guaiacum, of each equal parts,
make Pills w. th a sufficient quantity
of Balsam Peru.
Wash several times a day the part affected w. th Soap & Water, & immediately expose it to the vapour [sic] of warm water; then dry it & anoint it with three parts of Oleum Lumbricorum & one part of Hungary-Water; moving gently the Joint every time you use the Liniment. An artificial mud made with powder of Coal & water is good for this Disorder.

51 Mumps.
If the Patient be strong, bleed first; afterwards give two or three Purges of Jalap Root & a few grains of sweet sublimate <m>ercury. If the Patient can n't [sic] bear bleeding, give only the Purges.

52 Inflammation of the Eyes.
Bleed first, then apply a Blister to the Neck & keep it opened for a considerable time. Give a large Purge of Jalap & sweet sublimate Mercury; repeat it once more. Give
thirty grains of Salt Prunell twice a day & continue it for several days. Use four times a
day the following fomentation

Take of White-Poppies-Heads two Ounces, boil them
in two Quarts of Water to a Quart; strain it &
add two Ounces of Vinegar.

The following ointment is also of great benefit

Stir the White of an Egg with a piece of Alum
in a deep pewter-plate, till it acquires the con-
sistence of an Ointment, spread it over a linnen [sic.]
Rag, & apply it warm to the Eyes for an hour
or two.

Take 10 drops of the Extract of Lead, & put them in a common glass of Spring-Water;
increase the quantity of Drops in proportion as the Inflammation abates. use it three
or four times a day-

53 Asthma

People of week [sic] Lungs are subject to a dry Asthma in cold clear weather. Bleed to
eight or ten Ounces & repeat it according to the Strength of the Patient, then give two
drams of Oxymel of Squills in a small quantity of Cinnamon water four times a day;
give also ten or twelve drops of Balsam Peru now & then; Let the patient drink
plentifully of Tea made of Ground Ivy, or Hyssop or Coalts [sic] foot sweetened with
Honey, & a little Lime-juice to make it agreeably acid. People of pituitous & humid
Constitutions are subject to another sort of an Asthma called Humoral. To these give
small Doses of Ipecacoanha, & now & then purges of Jalap & sweet sublimate
Mercury: apply a Blister to y.e Neck. Afterwards give two Spoonfuls of the following
Decoction every eight hours.

Take of Rattle-Snake-Root an Ounce, boil it in a
Quart of Water to a Pint, strain it, & add two drams of Sperma Ceti dissolved in a little Mucilage of Gum arabic. Wood-Lice with a small quantity of nutmeg & sugar bruised in wine & water, strained; will be of service. Let them drink of the forementioned [sic] Pectoral Teas.

54 Asthma

There is another Sort of Asthma called Nervous, that Hysteric & Hypochondriacal People are subject to. Give three times a day three of ye following Pills

Take of Cinnabar of Antimony

Wild Valerian Root powdered

Castor, of each a dram.

Make it into Pills with a sufficient quantity of Balsam Peru.

Two or three grains of Ipecacoanha given daily has also been of very great Service in this kind of Asthma, even after Opiates had been tryed [sic]. In the Fit of all kinds of Asthma, it is proper to put the Feet in hot water & to have them well rubbed [sic]; afterwards warm Cataplasms to the soles of the feet. Clysters are also of great service, & ought to be repeated- Vomits have proved of benefit after the other Evacuations.

55 Jail Distemper.

The jail Distemper is brought into this Country by the Convict Servants. As soon as they are taken sick, if of a strong constitution bleed to seven Ounces, otherwise the bleeding must be omitted: Give a Vomit & work it with Chamomile-Flowers: as soon as the Vomit has done working, give every six hours the following powder

Take of Compound Contrayerva-powder 15 grains

Common Snake-Root, 8 grains

purified nitre seven grains
Camphire 5 grains.

If the Patient has been sick for any time, the bleeding & Vomit must be omitted, & is to begin directly with the Powder: as the Decline of y. Fever give every four hours four Spoonfuls of the following Decoction.

   Take of Common Serpentary Root\textsuperscript{104} bruised,
   Jesuits' Bark coarsely powdered, of each three
   drams, boil it in a Pint of Water to a half,
   strain it & add of strong Cinnamon Water
   an Ounce & two drams of any agreeable
   Syrup.

If at his time there should be any purging\textsuperscript{105}

   56 Jail Distemper

add six drops of liquid Laudanum to each Dose of the Decoction. The patient is to drink plentifully of any sort of Gruel or Tea acidulated w.\textsuperscript{th} Lemon-juice or Vinegar, & at the Decline give Panada with Wine, & wine & Water. Let the Room be sprinkled with Vinegar, & fresh air get into it, but not to blow upon the Patient.

   57 Dropsy

In this Disorder give strong Purges such as Jalap & Calomel; but if the Patient be weak & unable to bear them, use the following Medicines.

   Take of Broom-ashes 3 Ounces
   Diuretic Salt an Ounce
   [Winters] Bark two drams
   Gentian half a dram

   Infuse for three or four days in a Quart of Rhenish Wine; philtrate \textit{sic} it, & give a common Wine Glass three times a day.
At night going to Bed give five grains of Powder of Squills & ten grains of purified nitre. Forbear drinking as much as possible; & at Meals use old Hock; or the following medicated Wine.

Take of Salt of Wormwood a dram
do double-refined Sugar two drams
Chemical oil of nut-megs 6 drops White Wine a Pint.

Instead of this Medicated Wine, Cyder prepared the same way, but with less quantity of Sugar, will answer the same Intention.

58 Erysipelas.
This Distemper is commonly called St. Anthony's Fire; Bleed in the beginning, then purge w. Rhubarb or Manna & Glauber's Salt: this purge is to be often repeated; give, in the Intervals of the Purges, twenty grains of the compound Contrayerva-powder & ten grains of nitre every six hours: a few grains of Camphire & sugar dissolved in Vinegar now & then will be of great service.

59 Diabetes.
Give six spoonfuls of the following Tincture every four Hours.

Take of Rhubarb half Ounce
Yellow Saunders two drams
[lesser?] Cardomome [sic] - Seeds half dram Canary-Wine a Pint. Make a Tincture with a gentle Fire. Take two Quarts of Milk a little boiled & with three drams of Alum make Whey, of which give y. e fourth part of a Pint three times a day. Steel-Waters acidulated w. th Spirit of Vitriol are of Service.

60 Hiccup
When it happens from any matter irritating ye Stomach, give a Vomit of Ipecacoanha. If it comes in the Declension of a Fever, give 12 grains of Musk or Castor, & sometimes anodynes. If it follows immoderate Evacuations, the use of rich wines & nourishing Diet will be of service. If from an internal excoriation by any corrosive Poison, warm milk & Oil ought to be drunk in large quantities, & also plentifully injected by Clysters.

61 Yaws

This Distemper is infectious, & therefore the Patient ought to be by himself. If it is of a mild sort & recent give for 3 nights following, going to Bed, eight grains of Calomel & purge it off the fourth morning with 30 grains of Jalap: continue alternately the Mercury & Jalap eight times: if the Patient is young, lessen the Quantities. Let him drink plentifully of the Decoction of Guaiacum & Sassafras. If the Distemper has been long in the Body & is come to its Height, give morning & Evening from one Spoonful to two of the Solution of Corrosive sublimate Mercury in Rum: the same solution, made stronger, dabbed on ye Yaws will clear the skin in two days time. If the Master Yaw remains, use a caustic made of equal parts of red Precipitate & burnt Alum; & afterwards treat it as a common Ulcer.

62 Gonnorrhea [sic] Virulenta.

If the Patient is strong, bleed to ten Ounces, & repeat it occasionally in case of any great Inflammation on the Parts. -Purge every other day with Glaubers-salt- If it should prove troublesom [sic], give a Pill of two grains of Calomel three nights [running], & purge it off ye fourth morning with ye same Salts. Avoid drinking spirituous liquors, & live chiefly upon the white Meats. An Injection of Linseed Tea is proper

63 Gleet.
Give morning & Evening sixty drops of the following Tincture in a draught of hot water.

Take of Rhubarb half Ounce

Gum Guaiacum two drams

the same quantity of Spanish-Flies bruised

Cochineel 30 grains

Rectified Spirit of Wine [...] 

Infuse it for two or three days & strain it.

Thirty grains of Thomson’s Styptic Powder three times a day will be of Service. The Cold Bath is of the greatest efficacy in this Complaint. The following injection is of great benefit,

Take of Gum Arabic a dram, dissolve in four Ounces of Spring Water, strain it, & add half a dram of sweet Sublimate, & a scruple of the Compound powder of Ceruss.

64 Hernia Humoralis.

To a swelling of the scrotum, occasioned by a sudden stopage [sic] of a Gonorrhea, Bleed frequently, Live upon a thin & spare Diet, give often Laxative Clysters, & apply to y. Part affected the mercurial Ointment; if it does nt [sic] give way to this method, give the following Medicine & repeat it at proper Intervals.

Take of Ipecacoanha 20 grains

Turpeth mineral 3 grains

conserve of Roses a Sufficient quantity to make an emetic Bolus.

Sometimes it is owing to a [latentsPox], & then nothing but Mercury can be of service.

The present Method of curing this Disorder is by giving one or two Spoonfuls of the following Medicine morning & evening in a draught of Barley-water.

Take of Corrosive sublimate mercury 16 grains
infuse it in a Quart of Rum for a few days
shaking the Bottle now & then.

Let your Patient drink daily a Quart of the Decoction of Sarsparilla [sic] made fresh, otherwise it loses its virtue: continue it for some time after ye mercury is left off.

Drink plentifully of Barley water, or gruel, or broth: Live upon the white Meats. X Take two Ounces of Sarsparilla [sic], boil it in two Quarts of Water to a Quart, strain it; & let the Patient drink a Pint in the morning & Evening. Lime-water & calomel is a good Lotion in Chirurgical cases; a dram to an Ounce. In case of Warts the knife & Lunar Caustic. The following Lotion is to be used two or three times a day for shankers, ulcers, or excoriations. Take of sweet Mercury finely livigated a dram, compound powder of Ceruss 40 grains & of Lime Water four Ounces. This same Lotion is likewise of use in the Phimosis, & lint with Mercurial Ointment, when you can get to the Part affected. The Lunar Caustic for Wart, very foul sores & fungous

[Excreacenees]-

66 Bite of a mad Dog.

Bleed to twelve Ounces & repeat it very often; use the Cold Bath; keep the wound opened as much as possible, & apply to it the Mercurial Ointment. Give the following Medicine

Take of Musk 20 grains
Opium a grain
native Cinnabar levigated 30 grains
Bals. Peru a sufficient quantity to
make a Bolus, or Pills to be taken
in the Morning & at night going
to Bed drinking upon them half
a pint of the infusion of wild Valerien [sic] & the Bark of Sassafras. Drink plentifully of sage Tea or whey to promote sweating The Musk & Cinnabar may be given every three hours, & the Opium by itself as the occasion require. Apply a Blister of Galbarium with half Ounce of Opium to the Throat & Neck-

67 Bite of the Viper.
The part affected is to be rubbed with hot Oil of Olives.

68 Mania.
Bleed to ten Ounces & repeat it two or three times according to y.e strength. Give a Tea spoonful of the Tincture of black Hellebore, morning & Evening, diluted with a Cup of Hysson-Tea; & at bed-time a Tea-spoonful of y.e Tinct. of a [Assafaetisa]. Keep the Patient in a very low Diet. I have prescribed the following Pills with good success. RX Flor. sulphur.

G. Guaiae.
Nitr. dysur.
Mercur. subl. dule. inig. [...]
Bals. Peruv. q.s. [...]Pil. XXX
quar. Cap. j. nocte hor. somn.

69 Calenture.
This Disorder is a violent Phrensy, & the Patients, that Labour with it, commonly call out for the green Fields: It generally attacks Sailors on board the Ships more at night than by Day. Bleed to a great degree, even from different Orifices at the same time; afterwards give an Ounce of Syrup of Meconicum dissolved in Barley Water.
70 Scurvy.

Inhabit a dry pure air, & use a moderate exercise. Live upon Food easy of Digestion, such as Broths made of fresh Meats with vegetables; & saleds [sic] of sorrel, Letuce [sic], scurvy-Grass, Grasses &C. Eat all sorts of Summer- Fruits, particularly Oranges & Lemons. Drink new Spruce-Beer, Cyder, Rhenish or Old Hock; as also one part of Milk, & two parts of Water boiled & skimmed. Drink several times a day the juices of the scorbutic Plants clarified with whey. Sweat twice a Week with the same juices mixed with Sack-whey. In case of Constiveness, take two Ounces of Manna & 30 grains of Sal Diureticus now & then. Wash the Mouth with the Tincture of y. Bark in Brandy with a little Alum in it; or Brandy-Water. Elixir of Vitriol, specially when the Gums are in a great degree of Putrefaction.

71 Scurvy.

In dangerous Hemorrhages from the Gums, Nose & C Elixir of Vitriol is to be given & often repeated in small quantities; as also the Cortex Peruviances. In scorbutic Diarrheas give Rhubarb with confection alkerme[s]; repeat it occasionally: In the intervals, give two spoonfuls of the following Mixture every four hours.

Take of simple Cinnamon Water five Ounces

- Spirituous [...] an Ounce
- Mi[...]derer's Spirit an Ounce & a half
- Conf. alkermes half Ounce
- common Snake Root a dram
- Syrup of Orange-Peels half Ounce.

Afterwards give fifteen grains of Thomson's powder three or four times a day, drinking plentifully of the Tincture of Roses. Scorbutic Dysenteries ought to be treated in the manner mentioned in its proper chapter. Greens austere & acid Fruits are to be
permitted; & in order to perfect a Recovery give a Decoction or Tincture of the Bark
with Elixir of Vitriol. 127

72 Scurvy.
In substantial pectoral Disorders, Riding on Horse-Back is necessary: Live entirely upon
a milk & vegetable Diet; use also the following Expectorants, Oxymell [sic] of Squills,
Lae ammoniacum & Balsam of Capaiba. The following drink is good in this Disorder
in general-

Turn a Pint of Cows milk into Whey with four Ounces of the juice of Water-
Cresses; drink a half in the morning & the other half at Bed-time.

73 Quinsey. 128
In the Inflammatory Quinsey bleed plentifully, give a gentle Purge & repeat it again,
apply a Blister between the shoulders: receive constantly into y.e Lungs when breathing
the hot vapour [sic] of a Decoction of marsh-mallow or any other emollient Herb:
Apply a piece of thick Flannel moistened w\th equal parts of sweet Oil & spirit of Harts-
horn to the Throat, & renew it every four hours; or a Cataplasm of Theriaca
Andromachi. Swallow leisurely a small quantity of a fresh Jelly made of black
currants; a decoction of [...] in Milk is a good gargle, or of Figs in Milk & water with a
small quantity of Spirit of Hart's-horn; as also a Gargle of Agua Saturni.

74 Pleurisy. 129
There are two sorts of Pleurisy; the first is inflammatory; the second is owing to putrid
humours [sic] lodged in the stomach & Bowels & sometimes to Worms. In the first
bleeding plentifully is necessary & it ought to be repeated according to the Violence of
the Pain: afterwards give every four hours two spoonfuls of the following Decoction to
a grown Person.
Take of Rattle-Snake-Root a little bruised an Ounce\textsuperscript{130} boil it in a Pint of Water to ten Ounces, strain it; add to it, two drams of Sperma Ceti dissolved with a small quantity of the Mucilage of Gum arabic, & four scruples of purified Nitre. Towards the End leave off the Nitre. Blisters to the Leggs \textit{sic} are of great service when the Distemper is violent. Use only very thin Spoon-Victuals; whatever you drink let it be very hot, & small quantities at a time. In the 2.\textsuperscript{d} Sort of y\textsuperscript{e} Pleurisy, frequent purging & also worm Medicines will be beneficial, afterwards Bitters w.\textsuperscript{th} a few drops of Elixir of Vitriol, & riding on Horse-back will finish the Cure.

75 Peripneumony.\textsuperscript{131}

In the Inflammation of the Lungs, bleed plentifully according to the Strength of the Patient: afterwards give every four hours two spoonfuls of the Decoction of Rattle-Snake-Root as in the Pleurisy.

76 \textit{[This page was left blank]}

77 Intermittent Fevers.\textsuperscript{132}

In a Regular Intermittent Fever, give a Vomit of Ipecacoanha to 6 or 8 grains, & repeat it, afterwards give the Bark; if the Stomach can n't \textit{sic} bear it in Substance, give the following Tincture.

Take of Bark coarsely powder'd \textit{sic} an Ounce

Common Snake Root

Orange Peels of each a dram

Rhenish Wine a Pint

Let it stand in a hot place for three days, & \textit{philtre} \textit{sic} it carefully. A Wine glass of this Tincture is to be taken every two hours or oftener \textit{sic}, during the absence of the
Paroxysm. When People are subject to frequent Relapses give the following Electric or Pills.


Take the quantity of a large nut-meg every two hours.

RX Cinnab. of Antimony, common Serpentine Root powdered of each a dram, Chamomile Flowers powdered two drams

Make Pills w. th a sufficient quantity of balsam Peru, & give three every two or three hours.

78 Intermittent Fevers.

In Children the Bark is to be apply'd [sic] externally in the following Manner. Make a Waistcoat without Sleeves, line it with a kind of Calico of an open texture known to the Ladies by the name of Callico [sic] wrapper; between these quilt four Ounces of powdered Bark; it ought to be renewed now & then.

79 Remittent Putrid Fevers.

Bleeding in strong Patients is at first necessary, then a Vomit of ten grains of Ipecacoanha, which is to be repeated the following day, according to the strength of the Patient, give a Purge of Rhubarb & vitriolated Tartar. The time free from these Evacuations give three spoonfuls of the following Mixture every four hours.

Take of Baulm Water seven Ounces

Salt of Wormwood saturated with a sufficient quantity of Lemon-juice eighty grains
Vitriolated Tartar twenty grains
Compound Spirit of Lavender a Tea spoonful
Syrup of Orange-Peels half ounce.

If your Patient\textsuperscript{140} should be much troubled with Wind give 40 or 50 drops of equal parts of compound spirit of Lavender, sweet Spirit of Nitre & Tincture of Cardamome-seeds in a draught of Baulm or Mint Tea. On the 10.\textsuperscript{th} or [11].\textsuperscript{th} day of the Fever after being properly evacuated, instead of the Saline Mixture, give the following & continue it.

\begin{align*}
\text{Take of Baulm & Mint Water of each 4 Ounces} \\
\text{Compound Contrayerva powder a dram} \\
\text{Confection of Alkermes half Ounce} \\
\text{Syrup of Orange-Peels six drams.}
\end{align*}

Mix & give two Spoonfuls every three hours.

80 Remittent Putrid fevers

The Hiccup\textsuperscript{141} is very often troublesome; in which case give now & then a large quantity of Castor, or Musk. If there is an Intermittent or a considerable Remission, give the Tincture of the Bark in Rhenish Wine whenever the Fever is gone off, or very Low. After the Fever is gone off, give twice a day some Blisters with a few drops of Elixir of Vitriol.

81 Putrid bilious Fever.

This Fever is commonly called the Yellow Fever. It is necessary to bleed in the first or second day of this Fever; the quantity must be in proportion to the Strength of y.\textsuperscript{e} Patient; after the 2.\textsuperscript{d} day, bleeding is attended with the worst consequences. Give warm Water to make the Vomiting easier, after vomiting plentifully with the Warm Water, give a grain or a grain & a half of opium, avoid taking any thing into the Stomach for
two hours after; when the Patient has rested six or eight hours give the following purge, which is to be repeated every other day or oftener [sic] according to the Violence of the Symptoms.

Take of Manna two Ounces, preserved Tamerinds [sic] an Ounce, Vitriolated Tartar twelve grains.  
Between the Purges give every two or three hours, three Spoonfuls of a Decoction made of Bark & Serpentary Root, of each half Ounce, boiled in a Pint of Water a little time & strain'd [sic], adding to it a small quantity of Madeira Wine & a sufficient quantity of the acid Elixir of Vitriol to make it agreeable [sic]; & (if palatable to the Patient) you are to put some double refined sugar. If this Decoction does n't [sic] stay on the Stomach you

are 142

82 Putrid bilious Fever.

are to give every two or three hours a Wine-glass of the following Tincture. Take of Bark & Serpentary Root, of each half Ounce, Orange Peels a dram, infuse in a Pint of Rhenish Wine & strain it, adding to each Dose a sufficient quantity of the Elixir of Vitriol to make it more agreeable. When the Pulse sinks, & the extreme Parts become cold, you must add to ye said Medicines the Cardiae Confection. The Diet ought to be of the antiseptic kind, as Panada made with Wine, Nutmeg & lime-juice; or Pearl Barley boiled & mixed in the same manner. They are to drink whey or wine & water, & now & then a glass of wine without being mixed with water. After the Fever is off, they are to drink three times a day a Tea made of Snake Root & Mint acidulated with Elixir of Vitriol.

83 Aphthous Fever.
This Fever is not only accompanied with the Thrush, from whence it takes its name, but also with a purging & some uneasiness in the Bowels, tho' [sic] not so troublesome as in the Dysentery. It attacks Children in hot & rainy weather. Give small Doses of Rhubarb & repeat them according to the strength of the child; give at night small Doses of liquid Laudanum or Syrup of Poppies. Their Mouths are to be washed with a weak decoction of Bark & Rose-Leaves, & after straining it, add some honey & vinegar. Use a cooling Diet of Gruel, milk & water skimmed in the fire; thin Chicken-broth &C.

84 [This page was left blank.]

85 Stones in the Gall-Bladder.

In the Fit, let the Patient drink plentifully of the Decoction of Marsh-mallow-Roots, in a Quart of which dissolve a dram of Diuretic Salt; as also Emulsions of sweet almonds or the cold seeds. At night going to Bed give six grains of Calomel & three grains of aromatic species made up into Pills with a sufficient quantity of Balsam Peru; & the following morning give an ounce & a half of Manna & two drams of Glauber's Salt dissolved in hot water. This Purge is to be repeated occasionally. Fomentations ought to be applied [sic] very often. Out of the Fit give the same Decoction of Marshmallows with the Salt; give also morning & evening three Pills made of equal quantities of Soap, Jalap, & Rhubarb with a sufficient quantity of Balsam Peru; so as to produce a very gentle purging. Two Drams of the Root of Parreira Brava gently boiled in a Pint of Water, & drank at three times at three hours distance between each draught, is good in this Disorder; as also the Expression of Wood-lice in wine & water.
Give strong purges of Pilul[e] ex [duobus] with Calomel, till the sca[b]es\textsuperscript{147} fall off; afterwards give daily the scorbutic juices to bring on a gentle purging. Externally apply the White Ointment. Doctor Russel\textsuperscript{148} is of Opinion that Purges should not be given till y.\textsuperscript{e} Pustules are ripe.

87 Small Pox.

The common way of Inoculating is at present\textsuperscript{149} the following, observing strictly the Regimen till all the symptoms have left the Patients, which, from the preparation to the recovery, is generally about three weeks. In the preparation of the Body, it is necessary to prohibit eating Flesh, Fish, Butter, cheese &C as also spirituous, vinous & malt liquors. The Patients must live on Vegetables & Roots, farinaceous foods such as puddings & tarts, skimmed Milk, fruits of all sorts excepting on the purging days. For common drink, thro' [sic] all the stages of the Disease, cold water, toast & water, milk & water\textsuperscript{150} They are to be exposed to the air as mush as possible throughout the Distemper, & at the same time using moderate Exercise. Seven days are sufficient for their preparation of Diet.

Afterwards give to a grown person ten grains of Calomel in a small quantity of conserve of Roses at night going to Bed & the following morning an Ounce of Glauber's Salt dissolved in a small quantity of boiling water, working it with gruel or Tea;\textsuperscript{151} if this does n't [sic] give eight motions in six hours time, give more of the salt in order to\textsuperscript{152}

88 Small Pox

to produce the desired Effect. This is to be repeated twice more at three nights distance from each other. To a Child of six years old give the fourth part of the Dose: from eight years old to twelve, half a Dose. In children from two to five years old, instead of the Calomel & salts, give a Dram of Manna dissolved in Milk or Water every day for a
Week or ten days. After taking the three Purges it is fit to inoculate, which is done by making a small incision on the arm between the Elbow & the Shoulders & apply with the Point of the Lancet the Matter out of a ripe pock: in about four or five days, the inoculated part will grow a little red; in a few days more it will rise to a kind of postule, having matter in it; after which it decreases & goes away of itself. In about six or seven days after the Inoculation, the Patient sometimes feels a slight pain in the inoculated arm, in his back & head, which symptoms soon go off. About five days after the Inoculation a strong Patient must take, at night going to Bed, one of the following Pills; if it operates but little he is to take another

89 Small Pox

the morning; if that should have no considerable effect, he is to take two more Pills again at night; on the contrary he is to take only one & the remainder the next morning.

Take ten grains of Kernus mineral

twenty grains of the best socotrine aloes, ten grains of Camphire.

make 4 Pills by first pounding the Camphire with a few drops of Spirit of Wine, then mix the other Ingredients.

Some few have a slight Fever at the time of breeding the Pock, those are desired to drink plentifully of the following Decoction

Take a handful of unground [sic] Oats, boil them for some time in a Quart of Spring Water, strain it, & add to it a half an Ounce of antimoniated Nitre, half Ounce of lemon juice & an Ounce & a half of Syrup of Violets. About six or seven days after inoculation this liquor should be drank very plentifully in order to carry off the Fever.

90 [This page was left blank.]
91 Measles.

The way of inoculating is the following. Dip a little lint in the watery humour [sic.] that hangs in the corners of the Eyes of one ill of the Measles, about the time of the Crisis; & having made a slight scratch, apply with the point of a lancet in each arm above the elbow; apply the wetted pledget upon the incisions, & over them a piece of sticking plaster. The way of treating the Measles Bleed in the beginning, give a Vomit of Ipecacoanha, & now & then gentle Clysters if there be a Co[stive]ness: if they are of a Mild sort, they don't require any thing else than a gentle Purge or two after they disapear [sic]. But if they don't come out kindly, give a few grains of common-Snake-Root & the same quantity of nitre every three or four hours till y.e Erruption [sic] is out. If the Cough is very troublesome, repeat the bleeding; & give plentifully of the Pectoral Decoction. If there is a mild purging, do n't [sic] stop it, but if it proves violent, bleed, give a Dose of Rhubarb, & afterwards give the Species è Scordio cum Opio & confection of Alkermes every two or three hours.

92 Measles.

& sometimes it is necessary to add a few drops of the tincture Japonica & also of liquid Laudanum to every Dose; these Medicines can easily be administred [sic] in the Form of a Mixture with Cinnamon-Water & syrup of Quinces, the Dose must be adapted to the age of the Patient; if the Pulse sinks, [Sinapisms] apply'd [sic] to the Feet will be of Service. If the Purging should turn into a Flux with Bloody stools, fever &C It must be treated as it is described in page 32.

93 Gutta Rosacea
This Disorder is a breaking out of Pimples over the Face, which inflame & in a few
days suppurate partially: & one crop is generally succeeding\textsuperscript{161} \textit{sic} another. Taking
the Bark in substance from 30 to 60 grains twice a day will easily remove this Disorder.

94 Scrofula\textsuperscript{162}

This Disease is a swelling of the Glands, chiefly owing to an impoverished Mass of
Blood & lax solids. The Bark given twice a day has been of greater efficacy in this
Disorder than any other Medicine yet known. Inveterate Ophthalmies \textit{sic} owing to a
strumous habit, swelled lips & cutaneous blotches arising from the like cause, have
been cured by taking the Bark.

95 Convulsions\textsuperscript{163}

This is a Distemper common in warm climates; It is first owing to a Puncture or Wound
&\text{C}; & then it appears between the [1]0.\text{th} & 14.\text{th} day, very rarely sooner than the 10.\text{th}
day. It proceeds secondly from suddenly taking cold; it brings on at first the common
symptoms of catching cold, & afterwards an inflammatory Fever: this appears sooner
than the first sort: As to Convulsions of Children, I spoke already pag. \textit{sic} 4.\textsuperscript{164} The
Locked Jaw is here included also. When owing to a Puncture wound &\text{C}, the nerve is
to be cut in two, & the wound dressed with a mild digestive mixed with a little Opium.
Then give 12 grains of Musk & two or three grains of solid Opium; repeat it every 4.\text{th}
6.\text{th} or 8.\text{th} hour according to the Violence of the Spasms. The parts affected are to be
fomented & afterwards anointed with equal parts of the Soap & volatile linament \textit{sic}.
The warm Bath has also been used with good success. An emollient relaxing Clyster
must be injected now & then. As to Diet, it is proper to put Wine in all their Spoon-
Victuals; & when they can n't \textit{sic} swallow, nourishing Clysters are to be given.

96 Convulsions.\textsuperscript{165}
When this Distemper proceeds from catching cold, bleeding is sometimes indicated, tho' not to any large quantity. The same method of proceeding as in the 1.\textsuperscript{st} case is to be pursued, adding sometimes a small quantity of nitre to y.\textsuperscript{o} Opium & Musk.

97 Gout on the Stomach & Head

The Gout on the Stomach requires the following method; take three grains of Ipecacoanha & five grains of the aromatic Species, repeat it two or three times at proper distances: afterwards give six grains of Martial Flowers, the same of aromatic Species & eight grains of Castor or Musk, made up into Pills with a sufficient quantity of Balsam Peru; repeat it two or three times a day. For the Gout on the Head give thirty or thirty five grains of the Pilul[e] Colocynthide cum Aloe; repeat it occasionally; & between the Purges give three times a day the same Pills of Martial Flowers &C. Put the Feet in warm water very often. Let the Patient drink now & then a glass of sack & use a light Diet in both cases. Cinnabar & musk has also been of service when the Gout is on the Stomach. Half an Ounce of the Volatil \textsuperscript{sic} Tincture of Guaiacum in two Ounces of Water is proper in the Violence of the Pain-

98 \textit{This page was left blank.}

99 Haemoptoe \textsuperscript{167}

Nitre in small quantities given early in spitting of Blood has been of great service; & if the Cough is very troublesome, a small opiate frequently given is also necessary. Bleeding to small quantities & often has been of benefit. A cool regimen, & quiet of Body & Mind are of great use- An Electary may be made of four Ounces of Conserve of Roses & half Ounce of nitre- or the nitre may be given with Pulvis è Tragasantha compositus, or with Sperma Ceti. Riding on Horse-back in the morning is of service; but in the afternoon rather of prejudice. \textsuperscript{168} A spare Diet of Milk & Vegetables will also
be necessary, & now & then a small quantity of the white meats. Milk & water boiled & skimmed will be their best & constant drink-

100-106 [These pages were left blank.]

107 Rattle-Snake-Root

This Root operates different ways. In Order to hinder it from proving emetic or purgative, a small quantity of Cinnamon must be boiled with it; by these means it will enter into the Mass of Blood, & will prove Expectorant sudorific or Diuretic, having the power of attenuating the Lentor of the Blood, & likewise to stimulate y.è Vessels: it may be given in different Forms, but I generally prescribe the following.\(^\text{169}\)

\[
\text{RX } \text{Rad. Senek. Serp. Virg. [...]170}
\]

\[
\text{Cinnam. fract.[...]}171
\]

\[
\text{Coque in172 s. q. fontan.ad Colatur.173 [...]
\]

Sometimes I add Sperma Ceti & nitre to it. Give two Spoonfuls every four hours to an Adult: to Children it must be made weaker & given in lesser quantity. In a Pleurisy, after bleeding plentifully\(^\text{174}\) generally brings about a plentiful Sweat, which in a short-time leaves the Patient free from all Complaints. In the Peripneumony, if given soon, brings on a plentiful Expectoration; but when the Inflammation begins to change to a Suppuration, is of no service, but rather of Detriment: after the Abcesce \(\text{sic}\) is broke, it will help to expectorate the purulent Matter; however in this stage of the Distemper I don't depend so much upon it as at first; the Pus generally falls into the cavity of the Thorax, & there forms an Empyema.

108 Rattle-Snake-Root

In asthmas either from weak & infirm Lungs, or from pituitous & humid constitutions; after bleeding in the former, & gentle emetics in the latter, it will produce extraordinary
good Effects. In inveterate Rheumatisms I have used it often with success; but it ought to be taken constantly, till the Distemper is entirely [sic] eradicated [sic]. In Contusions after bleeding, is of very great benefit. In irregular intermittent Fevers, when the Fits are so complicated, & the Apyrexia so short, that there is no safe opportunity of prescribing the Bark, this Root is of service; for, it will either carry the Fever off, or produce regular & long intermissions, & the Bark may be then administered [sic]. In Fevers of Children, owing chiefly to Worms, I have many times prescribed it with success. This Medicine in Obstructions of Catamenia is of very great benefit; as also in suppressions of the Lochia, but in this last case it ought to be mixed with Opiates at first. This Root has been used in a Dropsy & in a Fit of the Gravel in small quantities with good effect. I have used this Root to about eight grains in powder & also in Decoction in a Hemiplegia together with Blisters with good success—When y. & Bark fails in intermittent Fevers, I [gave] this Root with y. & desired effect.

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By Doct

1. This part of the manuscript has been torn off; the missing letter is presumably an "e".
2. During the colonial period, gripings or gripes referred to intestinal pain; this aliment was probably infant colic.
3. It is unclear the age of the child is specified.
4. This part of the manuscript is torn, but the missing letters are presumably "cu", as scilliticum is mentioned repeatedly throughout, as in entry 4.
5. The manuscript is torn but this word is obviously "repeat".
6. The first letter is torn, obviously an "i".
7. The first letter is torn but is undoubtedly a "c"; capitalization is uncertain.
8. The remainder of this word is torn, presumably "ipecaoanha", used repeatedly by Sequeyra.
9. Sequeyra also discusses "Convulsions" in adults (see entry 95), the cause of which he seems to consider to be far different than those found in children, whether "owing to a Puncture or Wound" or "from suddenly taking a cold").
10. According to John Tennent, in Poor Planter's Physician (1736), p. 37, worms are often accompanied with "Symptoms of the Flux, and even Convulsions".
11. This comma appears unnecessary. Generally, "volatile" is used to describe "liniment".
12. Probably teething.
13. "Pulvis" is the Latin abbreviation for powder.
14. Lower case in the original.
15 Ditto.

16 This last line appears in the lower right corner of the page. The entry for aphthous fever, which accompanies thrush, is on page (or entry) 83.

17 The "I" here is most likely Sequeyra, drawing on his own experiences.

18 Probably "Mix".

19 Lower case in original.

20 Probably diphtheria, a disease which usually affects young children and is characterized by a sore throat and often bleeding at the nostrils. See John Duffy, *Epidemics in Colonial America*, (Baton Rouge, La: Louisiana State University Press, 1953), p. 114.

21 These "X"s are probably editorial marks, perhaps quotation marks to indicate material copied from another source. They are found in several entries throughout the text.

22 Probably also an editorial mark. It appears to have been added at a later time since the ink is lighter than that in the rest of the manuscript. It is possible that John Minson Galt, or another possessor of the manuscript, wished to note this section out of interest.

23 Sequeyra does not include a comma here, nor is it the point at which the line breaks.

24 See note 22.

25 See note 22.

26 The Latin abbreviation for powder of burnt hart's horn, which was actually deer's horn, believed to restore health and promote longevity.

27 Undoubtedly Sequeyra means marsh-mallow.


29 Although word is difficult to read, it is probably "rock", as alum is an artificially-produced salt (not naturally occurring, but produced in a laboratory environment), and probably occurs in a rock form.

30 Reference unclear in any of my sources.

31 "Having tumors"; see note 32.

32 Author's reference to entry 94, for scrofula, tuberculosis of the lymph nodes of the neck.

33 Probably digestive problems associated with worms, (for which wormwood was usually prescribed) primarily in children. According to John Tennent (Poor Planter's Physician, p. 37), the symptoms often were "a swell'd Belly, a tainted Breath, or a greedy Appetite".

34 Some sort of root.

35 Known today as chorea, a nervous disorder associated with rheumatic heart disease, characterized by uncontrollable movements of the face, arms, and legs. See C.D.

36 Possibly dark tea.

37 Both black hellebore and pennyroyal are poisonous herbs, and in administering these to a patient, the doctor would have poisoned both the fetus (if indeed this was the cause of the suppression of the menstrua) as well as the mother. It would have been unlikely for Sequeyra to have been unaware of the properties of these herbs, but he would not have been alone among colonial physicians in prescribing them as abortifacients.

38 Probably "second", referring to the pennyroyal.

39 It is unclear to whom this has been "of use"; or, whether or not this is Sequeyra's treatment or one which he obtained from another source.

40 This fruit of the areca palm tree, good for coughs, is a misnomer.

41 Probably quotation marks, citing a passage copied from another source.

42 This is probably Thompson's (Thomson's) Styptic Powder.

43 Again, Sequeyra seems to draw upon his own experience and treatment, suggesting the text is perhaps partially an original work.

44 The author uses no punctuation here but this is a line break.

45 Sequeyra may have meant a miscarriage.

46 The author probably places a colon here because there is a line break.

47 This is one of the few times in the document in which Sequeyra expresses personal concern for his patients.

48 Presumably during childbirth.

49 See entry 22. The fact that Sequeyra calls each entry a "chapter" is an indication that this manuscript was planned as a book instead of, for example, a haphazard medical journal.

50 See note 37.

51 Again, Sequeyra draws on his personal experiences.

52 The author probably uses no punctuation because this is a line break.

53 See entry 21.

54 A simple water containing rosemary and wine.

55 See note 41.

56 Presumably the medical art.

57 This dash probably indicates a line break.

58 Probably Lucatelli's Balsam.

59 This is the author's repetition.

60 Probably hyssop.

61 The author may mean "fullness".

98
62Sequeyra is probably referring to hemophiliacs.
63Presumably any drink to which some form of hart's horn has been added.
64Probably cholera.
65Presumably chicken broth.
66"To" appears to have omitted.
67The aliment described is uncertain.
68See entry 35.
69 Probably copied from an unknown West Indian source.
70 Probably influenza, often described as a "nervous" disease.
71 Probably a mental disorder.
72Second entry probably added later, from another source.
73Also called the dry-gripes, or "stomach ache. (See Wyndham B. Blanton, Medicine in Virginia in the Eighteenth Century (Richmond: Garrett & Massie, Incorporated, 1931), p. 209 and entry 36.
74Possibly "fall apart".
75Probably cucumber.
76See entry 38. Another indication that this manuscript was pre-organized.
77Possibly "fullness". See note 61.
78Further evidence that this is Sequeyra's original work.
79No punctuation or a line break. Reference is to entry 31.
80See entry 42.
81Presumably the abbreviation for "equal".
82Abbreviation for Balsam of Peru.
83A line break occurs here. This may be why "take" is capitalized, but does not explain why "or" is lower case.
84Also guaiacum, the correct spelling.
85It is unclear what Sequeyra refers to.
86No punctuation, perhaps because quotation marks, though a line occurs.
87The author's reference placed at the lower right corner of the page.
88A line break, perhaps explaining the absence of punctuation.
89Author's capitalization, probably because of line break.
90The leading word to the following page indicates that an addition was made to entry 47, for which there was insufficient space on the page.
91Line entered to continue addition to entry 47.
92Unclear whether reference is to author's experience or someone else's.
Reference is to treatment described in entry 47.

No punctuation, probably because of line break.

Ditto.

Significance of pewter is unclear.

Dash retained to show format used to list ingredients.

Lower case probably because of line break.

No line break at this point.

Apparently nervous asthma, rather than dry or humoral asthma discussed in entry 53. Index does not distinguish.

Possibly hyperventilation.


Rattlesnake root.

Continued to the next entry without note.

Possibly heartburn, described by John Tennent as "THE HEART-BURN is an uneasy Heat at the Mouth of the Stomach, accompany'd with four Belchings, and sometimes a Hiccup" (*The Poor Planter's Physician*, p. 26).

Often confused with syphilis because both diseases are characterized by skin eruptions. See Blanton, *Medicine*, p. 156.

"caustic".


Probably quotation marks.

"Surgical".

Also spelled "livigated".

Balsam of Peru.

No punctuation though at the end of the line.

Abbreviation for "tincture".

Sequeyra's reference to his own experiences.


Abbreviation for gum guaiacum.

Some form of nitre.

Sweet sublimate mercury.

Words abbreviated uncertain.

Balsam of Peru.

In pill form.
Words abbreviated uncertain.

Disease unclear.

Abbreviation for confection of alkermes.

Entry continued to the next entry, without note.

Possibly any ailment characterized by a sore throat, including strep throat.

Pleurisy or "an inflammation of or affecting the pleura- the membrane lining of the lungs" (Duffy, *Epidemics*, p. 185) may have included any number of respiratory ailments.

No punctuation or line break.

Probably pneumonia, an inflammation of the lungs, but may have been any one of several respiratory diseases.


Conserve of cynasbati, or rose hips.

Powdered Jesuit's bark.

Filings of iron.

Some sort of syrup.

Probably "electary".

Abbreviation for cinnabar.

Entry continued to the next entry, without note.

Indicates that Sequeyra may have written this manuscript for another physician.

See entry 60.

Word leading to next page, a standard eighteenth century practice.

See entry 7.

See entry 32.

Unclear why this ailment is not under "Diseases of Children". Perhaps Sequeyra added it later.

Probably simple chicken pox. In modern terminology the name shingles is reserved for a nervous disorder that may result from extreme cases of chicken pox.

Presumably chicken pox scabs.

Probably Doctor James Russell of Williamsburg.

Inoculation was not legalized in Virginia until 1777. See Blanton, *Eighteenth*, p. 62.

"Lemonade &C" crossed out, leaving comma.

Probably dark tea.

See note 139.

Ditto.
Lower case despite line break.
Inoculation on both arms in contrast to that of smallpox on only one arm.
Probably lint.
Probably no punctuation because of line break.
See note 139.
See entry 32.
Probably acne.
Probably "succeeding”.
Tuberculosis of the lymph nodes of the neck, also known as the King's Evil because of the belief that it could be cured by the royal touch. See Haagensen and Lloyd, *A Hundred Years*, p. 146.
"Puncture or Wound" and "Locked Jaw" implies reference is to tetanus.
See entry 4.
Continued from preceding entry without note.
Probably compound extract of colocynth; aloes were one of several ingredients of this cathartic compound. See J. Worth Estes, *Dictionary of Protopharmacology: Therapeutics Practices, 1700-1850*, (Canton, Ma: Science History Publications, 1990), p. 52.
Probably hemoptysis, a condition accompanying tuberculosis and characterized by spitting up blood from the lungs or bronchial tubes. See Haagensen and Lloyd, *A Hundred Years*, p. 135 and *American Heritage Dictionary*, p. 605.
Perhaps because afternoon heat would be too taxing for the patient.
Again, the author draws on his own experiences.
Rattlesnake root of Virginia.
Probably cinnamon.
Words abbreviated uncertain.
Word abbreviated uncertain.
The author's use.
Index untitled in original. Sequeyra folded pages of index into quarters, placing a letter in each, with letters progressing across the page.
Includes both "i" and "j", letters interchangeable in colonial times.
In lower right corner of last page and in Doctor Sequeyra's hand.
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