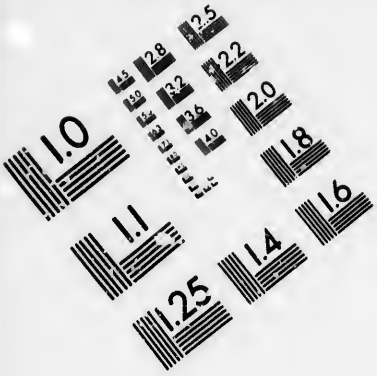

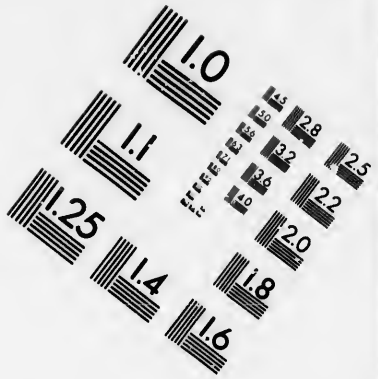

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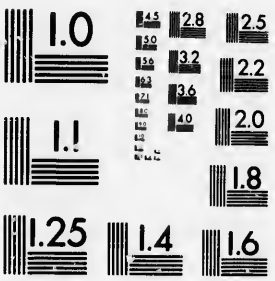

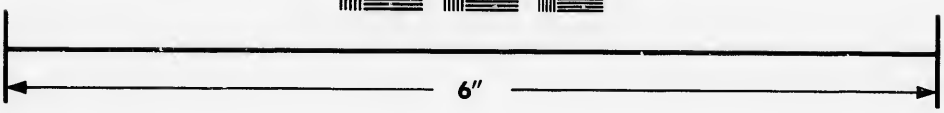

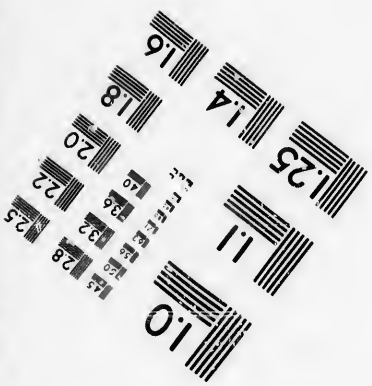

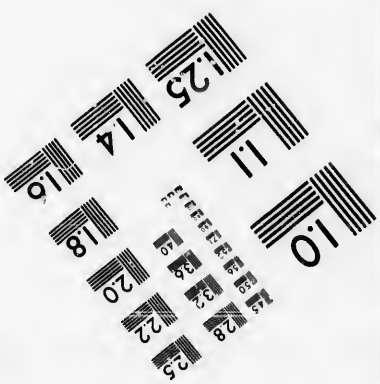

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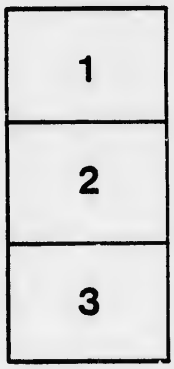

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THE

SUMMUM BONUM.

BY

LEVI S. PARMLY,

AND

Medical Electrician;

No. 2, Palace Street, Quebec,

August 29th, A. D. 1815.

PRINTED BY J. NEILSON, MOUNTAIN STREET.

INTRODUCTION.

THE improvements in Dentistry since the revival of learning have by no means kept pace with those of the other arts. The following will account for it. If I am severe, it is because I wish to impress your minds with such a sense of your neglect as will effect your amendment, as respects cleanliness to the teeth, &c. I wish to heighten your ideas of its utility, and to point out farther methods of increasing its benefits. Though many think it doubtful whether Dentists are beneficial or hurtful to the teeth, yet all will allow the necessity and importance of these useful and attracting ornaments. The united observations of all the ingenious

and sensible part of mankind would do more in a few days towards the improvement of of Dentistry, than those who make it their profession, in an age. I am sorry to observe, that jealousies and fears of many persons have been the source of their misfortunes: I need not point out the aggravating mischiefs of using pernicious articles for the teeth, or trusting to Nature's preservation; but so it is, the unhappy people are a nuisance to themselves and disgust the nose and eye of the observer; but charity to themselves and society in general, such customs should be obliterated. Whenever this shall be the case, that curse the tooth ache and its miserable consequences will be no more, but sound even teeth will substitute in their stead.

SUMMUM BONUM.

THE utility of a Treatise on a subject of such universal importance, respecting the management of the Teeth, whatever may be the fate of this publication, it will be a cause of gratification, if it do but lead to a more finished production from some abler hand.

I shall, therefore, only give descriptions, which to be generally understood, will need neither the aid of technical phraseology, nor the prior acquaintance with any preliminary science.

The teeth are so important, in dividing our food, as well as in conversation, and are so highly ornamental, as to ren-

der it a positive duty, with every one, to study the causes which lead to their premature destruction.

When through negligence, many of them have decayed, and the remainder are rapidly falling into the same condition, it is pleasant to learn, that the disease may be stayed, that the places of the absent teeth may be supplied with others, both useful and ornamental; and those, which have become partially diseased, may be rendered of service to us, as long as we continue our attentions.

The hollow cheek, the putrid saliva, which contaminates the whole system, the foul breath, days and nights of our agony, are not the worst consequences of our neglect. Are

we not all links in the great chain of society, some more, some less important, but each upheld by others throughout the confederate whole? In whatever situation we are placed, our greater or less degree of happiness must be derived from ourselves.

The veil of mystery which still hangs over Dentistry, renders it not only conjectural, but even a suspicious art. This has been long ago removed from the other sciences, which induces many to believe that Dentistry is a mere trick, and that it will not bear a fair and candid examination. Dentistry, however, needs only to be better known, in order to secure the general esteem of mankind. Its precepts are such

as every wise person would choose to observe, and confidence would render it replete with happiness.

CLEANLINESS.

The first and most important object from Childhood, is the cleanliness of the Teeth: without attention to this necessary duty, it is useless to think of preventing disease, or rendering themselves beautiful or lovely. One of the first truths to be impressed upon the minds of young people is, that beauty cannot exist without cleanliness, and that the one is absolutely unattainable by any practices inconsistent with the other.

The tops of the teeth, as well as their inner surfaces require the visitation of the brush.

Though we should be careful to clean the teeth after every meal, it is more particularly necessary before retiring to rest; the foulness which has been all day accumulating, is thus prevented from committing its ravages during the night. A hard open brush with a composition made into a paste, is preferable to any powders yet known; it should be used at night, after which a waxed thread should be passed between all of the teeth, for the purpose of cleaning them, a particular experience is our best instructor.

When the gums are spungy, and liable to bleed from the slightest touch, persevere, tho' apt to occasion much bleeding at first, eventually gives them

much firmness, and in a short time effects a cure.

IRREGULARITY OF THE TEETH.

The milk teeth are seldom subject to any irregularity with proper attention paid to the removal of the first set of teeth, the regularity of the second may be anticipated; and this attention must be kept up, until the first set are wholly supplanted by the permanent teeth; an event, which, as before mentioned, does not complete itself until the child has attained his twelfth or fourteenth year.

We are oftener called upon to cure irregularity, than to prevent it; I shall therefore make a few remarks on those modes of proceeding, which

appear best suited to our purpose.

When the permanent teeth have displaced the first set, the former are often observed to be so much crowded and deranged, as to produce the appearance of unnecessary profusion in their number. The deformity thus occasioned, and the greater aptness of the teeth to decay, from the collection of foul matters in their numerous interstices, render it necessary to restore them as nearly to a state of perfect regularity as possible.

The jaw of a young person is so soft and yielding, that a tooth taken out at a considerable distance from a deranged tooth makes room for it; the teeth on each side of the one

extracted will soon fill up the vacancy; in this way many have secured to themselves a set of handsome, useful, and lasting teeth. Compression of the finger will usually bring teeth into their proper places if room be made for them, and if attended to before age has given too much firmness to the jaw. This operation is extremely easy in children; quite difficult in those who have all their teeth, (thirty-two in number;) and not at all practicable with those whose ages are far advanced.

CARIOUS TEETH MENDED.

If people were more acquainted with this excellent mode of stopping decay, but few teeth would require extraction. The first appearance of

disease is a brown, or yellow ish discoloration of the enamel. Teeth in this state should be repaired, which prevents their getting worse, and cures the fetor of the breath, which invariably arises from foul teeth. Roots may be cut or filed down to the gum, and mended as to be useful lasting and free from pain as sound teeth, and likewise prevents the deformity of the jaw. Our task will be performed, if we do but convince our readers how absurd it is, whenever they are in pain, to run to the first person who will take out their teeth without asking a question. Some of the most pernicious practices, with regard to the treatment of the teeth, have already given place to a more rati-

onal conduct: and many of the most hurtful prejudices, which seemed to be quite insurmountable have, in a great measure, yielded to better information.

ARTIFICIAL TEETH.

The more correct reasoning of the present day justifies the use of them. Divines, Lawyers, and Statesmen, whose sedentary habits have made them more subject to decayed teeth are not now ashamed to wear these auxilliaries to their elocution, and the Ladies are no longer averse to call to their assistance these ornamental aids to conversation. And indeed nothing is necessary but cleanliness to render the artificial teeth as sweet and as durable as any others.

EVENING AND SEPA..ATING TEETH.

The greatest part of those who have occasion for artificial teeth, owe their misfortune to neglect, usually arising from ignorance, and which might have been prevented by very little trouble in the commencement of the disease, who ever suffers many days to pass without removing the foulness from the gums and teeth, harbours a powerful enemy in his mouth, a mass of putrifying matter, which lies undisturbed until it has effected breaches in the enamel, which is often discovered too late. When disease has happened from this cāuse, it is generally near the gum, and affects the corresponding sides of the two teeth at the same time.

To prevent the disease from proceeding further, we make an immediate separation of the two crowns by a thin flat file; thus removing the parts already affected, and preventing injury from future collections. The teeth should be even and left thick on their edges, to prevent breaking, cracking, &c. By this process, the best of teeth are improved, and the worst saved from further injury.

TARTAR.

To explain the process by which tartar is formed, would be as difficult as it is uninteresting. It is sufficient that we know how to obviate its effects when it adheres to the teeth, and how to prevent its doing any further injury the longer it is suffered to remain disco-

bring the enamel, and forcing itself between the teeth and gums, and in the end producing pain and inflamation, ulcers and recessions of the gums, foul breath, caries and looseness of the teeth until they are entirely destroyed. Tartar should not be removed by powders, lotions, &c. &c. for whatever dissolves or grinds it away will injure the teeth and gums. Quackery has so many charms that there is but one direction in this case that may be considered as generally applicable, which is the skill of the Dentist. I mean not those self-syled Dentists, who have destroyed the confidence of many people by their mistaken quackery for the teeth and gums.

SHEDDING OF THE TEETH.

Some Authors, as if fearful that the Dentists may not have sufficient employment, endeavor to encourage inattention to the teeth; instead of acknowledging that diseases arise from external means, they impute its origin to internal causes, and thereby inculcate a theory which bears the same relation to our teeth, that the doctrine of election does to our souls; for if every thing go by predestination, of what consequence is it to one or the other, to soul or body, whether we give them a moment's attention or carelessly let them shift for themselves.

The teeth which are intended by nature to be permanent, having made their appearance, require the assiduous attenti-

on of the parent, until the faculties of the child are sufficiently matured to be enabled to attend to the task itself; the importance of attention to the teeth, should be inculcated with their earliest lessons, and an impression thereby made that will not be forgotten in manhood, and which will secure to themselves a sound, even set of teeth until with their body they decay in the grave.

EXTRACTING OF THE TEETH.

The extracting of teeth is considered by some as a simple operation. To extract with the least possible injury, (for every extraction is an act of violence) it is indispensibly necessary, that the operator should be perfectly acquaint-

ed with the anatomy of the jaw and contiguous parts. A deficiency of anatomical knowledge often leads to serious injuries: how is it possible for those who are ignorant of the existence of the large cavities of the upper jaw, toward which the roots of some of the grinders approach so nearly, to know how to avoid breaking open their thin floorings or external walls? The quackery of those who pretend to draw teeth with such sudden dispatch as to give the patient no time for pain, and before he knows where he is, is too ridiculous to deserve a serious notice. These evil consequences as well as those of a more serious nature eventually make many of the advocates of jerking, become proselytes to correct practice.

OCCASIONAL DEFECTS OF DISEASED TEETH.

It may appear strange to most persons, to hear it asserted, that any condition of the teeth may contribute to the production of fatal diseases which occasion nearly one half of the deaths recorded in the bills of mortality. When disorders have become so common, we are compelled to suspect a cause of their production, even in our pleasures and necessary enjoyments. It is, however, more rational to place its prevalence to the account of irregularity and neglect. And I shall endeavor to ascertain, whether it may not be considered as one of the miserable consequences of bad teeth, which admits of no excuse in a place where Dentists reside.

It is neither climate nor constitution which first occasions bad teeth. It is surely in the power of parents to prevent this difficulty, where brushes, &c. &c. can be had for almost nothing; experience will teach the utility, habit will become natural, and parents will be amply rewarded for their trouble.

A FEW REMARKS ON THE COMPOSITION OF THE TEETH.

I have examined the several specimens of the human teeth, as the enamel and the bone, and roots, the teeth of adults and the shedding teeth of children, it may not be uninteresting to notice the action of some of the articles of the Materia Chemica on the teeth. Sulphuric acid, of the specific gravity 1. 8. 3. appears at first

to have no action; in the course of one hour small bubbles are perceived, the roots become blackened, and in twelve hours the enamelled part bursts, cracks and separates, accompanied with an evident formation of selenite, by the action of the acid on the lime which enters into the composition of the teeth.

Nitric and muriatic acids of the specific gravity 1. 12 act instantly on the tooth, accompained with an evolution of a quantity of small air bubbles from the whole of the surface; about eight times their weight of these acids are sufficient for the solution of the solidifying principles of the teeth.
The mass left undissolved has nearly the original form of the tooth, is flexible, semi-transpa-

rent and easily divided by the nail. The dilute acetous acid, distilled vinegar, has a very trifling action, but when concentrated acts both on the phosphate and carbonate of lime. Boiling nitric acids act strongly on a tooth with the evolution of carbonic acid, and a considerable quantity of ozotic gas. The gelantine and solid substance are dissolved as the surfaces present themselves; but the operation being stopped at any part of the process, the residuum is firm and hard, but reduced in size proportioned to the time the tooth has been acted upon.

TRANSPLANTING.

The transplanting of teeth from one head to another, is an operation, the success of which

is very doubtful. Teeth which have been drawn by mistake, do not always become firm, when replaced in the jaw; how much less should we expect a tooth belonging to another person to become firm, when crowded into a socket of unsuitable dimentions. The uncertainty of success is a strong argument against transplanting; besides, we must pay dear for the experiment, and procure several persons to have teeth extracted from corresponding parts of their jaws, until we can get one that will fit; or, the transplanted tooth must be cut and filed very much, to make it answer at all. When we have succeeded in fixing it tolerably well in the jaw, it is tied as we wish it

to adhere; and upon most examinations afterwards, we have the mortification to see the borrowed tooth as loose as our worst enemies could wish. In unsuccessful transplanting, there is not only a sufferance of pain, a loss of time and money, but there is a further loss to our patient of a valuable root, on which might be fixed a handsome, firm and durable artificial tooth. If transplanting were successful oftener than it is, the communication and production of disease, which frequently ensue from this practice, render it a troublesome and hazardous operation. The deluded patient being as ignorant as the person employed.—May this serve as a beacon, to warn the public of the dangerous tendency,

and destructive consequences of Parents' neglect.

A SKETCH OF THE ENTRAILS OF THE HUMAN BODY.

The primary agent in the circulation of the blood is the heart, a large muscle situated in the left side of the breast, (thorax or chest,) and endowed with great irritability. In the first rudiments of animal life, even before the brain is formed, the punctum saliens, as it is called, points out the embryo heart in miniature, & marks its primaeval irritability as a sure presage of its future importance in supporting the vital motions. As this singular organ exhibits irritability the first, so it never relinquishes it until the last; whence

it has been called the primum mobile, and ultimum moriens, that is, "the first part that moves, and the last that dies," of the animal machine. It is observable, that the motion of the heart not only survives that of the organs of voluntary motion, but continues a considerable time even after it is separated from the body of many animals.

Hence in drowning or suffocation, though the pulse be imperceptible, and apparently extinguished, yet the heart still preserves this latent power or susceptibility of motion, and wants only to be gently excited by suitable means, to renew its action. This organ is surrounded by the pericardium or heart purse, an exceeding strong membrane,

which covers the heart even to its basis. Its uses are to keep the heart from having any friction with the lungs, and to contain a fluid to lubricate or moisten its surface; from the right ventricle or cavity of the heart, the irritability of which is excited into action by the circulating fluid, the blood is propelled through the lungs, which are situated on the right and left side of the heart, from which they differ on appearing to be void of irritability. They are divided into two lobes, and these into more divisions, three on the right side and two on the left; the trochal or wind pipe descends into the lungs, and forms innumerable cells, which have a communication with each

other, and give the whole the appearance of a honey comb or sponge. The blood, after passing through the lungs, arrives again at the heart, and from the left ventricle is expelled into the aorta or great artery, which dividing into two branches, one upwards, and the other downwards, distributes through the whole body, from the extremities of which it returns by various veins to the ascending and descending cava, and is transmitted again to the heart. The heart is the grand organ which actuates the vital functions, and to this purpose it is admirably fitted by its own irritability, but it is necessarily supported in its action by the powerful influence of the nerves, which are the ultimate instru-

ments both of motion and sensation, and have their origin in the brain. The diaphragm or midriff, is a large broad muscle, which divides the thorax from the abdomen: in its natural state it is concave or vaulted towards the abdomen, and convex towards the thorax, and, like the latter, it is in constant action; at the time of inspiration, it approaches towards the plain. Besides being a muscle of inspiration, it assists in vomiting, and the expulsion of the faeces; from the exertion of this muscle likewise proceed sighing, yawning, coughing and laughing, it is affected by spasms as in the hickups, &c. it is both a muscle of voluntary and involuntary action; we may observe

in this muscle strong characters of admirable contrivance. It separates posterially into two slips, between which the descending aorta passes a little, above this, and towards the left side, in the most fleshy part of the midriff, there is a direct opening for the passage of the aesophagus; there is also on the right side a large triangular hole for the passage of the ascending cava. The aesophagus is composed both of longitudinal and circular fibres, but chiefly circular, much more so than the intestines, which renders the passage of the aliment or food easy. The stomach lies across the upper part of the abdomen, and is covered by the liver when distended; it presses on the spleen; it nearly resembles in

figure the pouch of a bag pipe, its upper side being concave, and the lower convex. Its left end is the most capacious. On the left side is the entrance from the gullet, on the right is the opeing called piloras, by which the chyle passes into the intestines; here is a circular valve or sphincter muscle, which prevents a regurgitation of the aliment. The stomach has circular and longitudinal fibres, and its inner membrane is covered with a strong visid mucus. The liver, the largest gland in the body, is situated immediately under the vaulted cavity of the midriff, chiefly on the right side, and somewhat on the left, over the stomach: exteriorly or anteriorly it is convex; inward-

ly it is concave, very thick in its superior part, and thin in its inferior. The upper side adheres to the midriff, and it is fixed to this and the sternum by a broad ligament; it is also tied to the naval by a ligamentous band, which is the umbilical vein of the unborn infant, degenerated into a ligament; both these bands serve to suspend it while lying on the back, from bearing too much on the subjacent cava, otherwise it might press on this important returning vessel, stop the circulation, and put a period to life. The liver is the viscus or bowel which performs the secrteion of the bile.

The gall bladder is situated under the great lobe of the liver, a little to the right, in a

standing posture; it lies forwards and downwards; its bottom is raised by a fullness, & depressed by the emptying of the stomach. The use of the gall bladder is to serve as a receptacle for the bile. The intestines are destined to receive food from the stomach, and after exposing the useful part of it to the lacteals, a set of extremely small vessels, to convey the remainder out of the body; the intestinal canal is usually five times the length of the individual, it is curiously convoluted in the abdomen, and is extremely irritable. In the small intestines there are numerous plates to detain the food, and allow a larger surface for its absorption; these are larger and far

more numerous near the stomach, where the food is thinner, than they are towards the other extremity; at the entrance of the ilium into the colon there are two very large valves which prevent the regress of the faeces into the ilium. The caecum and colon of the intestines towards the lower extremity of the sides, having stronger muscular coats than the smaller intestines, are furnished with three ligamentus bands running lengthwise on their outside, dividing their surfaces into three portions, nearly equal. Though appearing externally like ligaments, they are composed in a structure of true muscular fibres; the ligament like bands which in the caecum and colon are collected into three portions,

are spread equally over the surface of the rectum or lower extremity of the intestines, they are furnished with muscular fibres both circular and longitudinal. The spleen or milt is situated immediately under the edge of the midriff, above the left kidney, and between the stomach and ribs, in figure it resembles a depressed oval, near twice as long as broad, and almost twice as broad as thick. The pancrease or sweet bread is situated transversely, under the stomach, its shape resembles a dog's tongue: the pancreatic juice resembles the saliva, but is less vicid or slimy, and contains a larger proportion of the salts of the blood, it is probably intended for the solution of our aliment. The

kidnies are two oval bodies situated in the loins, contiguous to the two last short ribs, the right under the liver, and the left under the spleen.

Over the upper part of the abdomen is spread the omentum or caul, consisting of two broad, thin and transparent membranes joined together by a cellular texture, in the cells of which a quantity of fat is deposited, the uses of it are, to interpose between the peritonaeum or lining, the intestines and the stomach, to keep all these parts, moist, warm, slippery, and to prevent their adhesion to the peritonaeum, a strong membrane which confines, as in an enclosure, the intestines and contents of the abdomen.

Another essential cavity with

its dependent system, to the primary influence of which, all the other parts of the body are indebted for their action and energy, the Brain, is divided into two portions, namely, cerebum and cerebellum, the former situated in the upper part of the skull, and the latter under it; in the hind part of the brain is a soft pulpy substance, surrounded by two membranes, one called dura, and the other pia matter; it has also a third called a rachnoid from its fineness, as being similar to a spider's web. It contains some sinews, which are nothing more than large veins, or receptacles for blood, and four cavities called venticles. Moistened in a healthful state like other parts of the body, it has a variety of arte-

rial branches from the heart, which diffuses through its substance and on the membranes. These are white, firm and solid cords which arise from the brain and spinal marrow, which is only an elongation of the brain, and spread over every part of the body endowed with sensibility, by innumerable filaments; ten pair of nerves issue from the brain itself, and thirty from the spinal marrow; those that go to the organs of sense, are considerably larger than the rest, and are in part divested of their outer covering.

OF DIGESTION.

The aliment being received into the mouth, the first operation it undergoes is to be masticated by the action of the teeth and several muscles;

this mastication is of greater moment than is generally imagined, and the good effects of it are further promoted from the firmness of the food, and by mixing with the aliment a quantity of saliva discharged from the glands of the mouth, and which is greatly conducive to digestion; during its continuance in the stomach it experiences the effects of heat and muscular action from the coats of that organ, and the motion and warmth of the surrounding parts; it thence passes out gradually by the right orifice of the stomach, and there meets with an additional quantity of bile from the gall bladder and liver, besides the pancreatic juice or that of the sweet bread, of a nature similar to the saliva,

but rather more thick, and the fluids separated by the intestines; it then receives the action of the bowels. A fluid is now produced called chyle, which is separated from the grosser materials, and taken up by a set of extremely small absorbent vessels called lacteals, these have their origin in the thinner coat of the intestines, and passing thence, discharge themselves into a duct, named the receptacle of the chyle, whence this fluid proceeds along the thoracic duct, which terminates in the left subclavian vein. In the passage to the receptacle, there is a number of glands, which separate a watery liquid, for the purpose of giving the chyle a thinner consistence. To prevent the chyle from falling

back in its progress through the lacteals, the construction of these vessels is admirably contrived: they are furnished with a number of valves which open only forwards, and are shut by any fluid pressing backwards. From the subclavian vein, the chyle is poured into the blood, and thence immediately thrown into the right auricle and ventricle of the heart, from which now mixed with the blood, it passes into the lungs; it undergoes in that organ a considerable change from the act of respiration. From the lungs it proceeds through the pulmonary vein to the left auricle of the heart, and then into the left ventricle, whence at last, endowed with all the qualities of blood, it passes in-

to the aanta, and is diffused universally through the frame, the wants of which it is fitted to supply, by the addition of nourishing particles.

AVOID SOLITUDE.

Grief is the most destructive of all the passions. Its effects are permanent; and when it sinks deep into the mind, it generally proves fatal. Anger and fear, being of a more violent nature, seldom last long; but grief often changes into a settled melancholy which preys upon the spirits, and wastes the constitution. This passion ought not to be indulged. It may generally be conquered at the beginning, but when it has gained strength, all attempts to remove it are vain. No person can prevent misfor-

tunes in life, but it shows true greatness of mind to bear them with sincerity. Many persons make a merit of indulging grief, and when misfortunes happen, they obstinately refuse all consolation, till the mind, overwhelmed with melancholy, sinks under the load. Such conduct is not only destructive to health, but inconsistent with reason, religion & common sense. Change of ideas is as necessary for health as changes of posture; when the mind dwells long upon one subject, especially of a disagreeable nature, it hurts the whole functions of the body. Hence grief indulged, spoils the digestion and destroys the appetite, by which means the spirits are depressed, the nerves relaxed, the bowels inflated

with wind, and the humours for want of fresh supplies of chyle viciated.

Thus many an excellent constitution has been ruined by a family misfortune, or any thing that occasions excessive grief. It is utterly impossible, that any person of a dejected mind should enjoy health. Life indeed may be dragged out for a few years, but whoever would live to a good old age, must be good humored and cheerful. This indeed, is not altogether in our power, yet our temper of mind, as well as our actions, depend greatly upon ourselves. We can either associate with cheerful or melancholy company, mingle in the amusements and offices in life, or sit still and brood over our calamities as we choose; these, &

many such things are certainly in our power, and from these the mind generally takes its cast. The variety of scenes which present themselves to the senses, were certainly designed to prevent our attention from being too long fixed upon any one object. Nature abounds with variety, and the mind, unless fixed down by habit, delights in contemplating new objects. This at once points out the method of relieving the mind in distress. Turn the attention frequently to new objects, examine them for some time; when the mind begins to recoil, shift the scene. By this means, a constant succession of new ideas may be kept up, till the disagreeable ones entirely disappear. Thus travelling, the study of any

art or science, reading or writing, or such subjects as deeply engage the attention, will sooner expel grief than the most sprightly amusements.

It has already been observed, that the body cannot be healthy, unless it be exercised, neither can the mind. Indolence nourishes grief. When the mind has nothing else to think on but calamities, no wonder it dwells there. Few people who pursue business with attention are hurt by grief. Instead therefore, of abstracting ourselves from the world or business when misfortunes happen, we ought to engage in it with more than usual attention, to discharge with double diligence, the functions of our station, and to mix with friends of a cheer-

ful and social temper. Innocent amusements are by no means to be neglected; these by leading the mind insensibly to the contemplation of agreeable objects, help to dispel the gloom which misfortunes cast over it. They make time seem less tedious, and have many other happy effects. Some persons, when overwhelmed with grief, betake themselves to drinking; this is making the cure worse than the disease. It seldom fails to end in the ruin of fortune, character and constitution.

TECHNICAL PHRASES.

Acute, any disease which is violent.

Adult, of mature age.

Abdomen, the belly.

Aphthae, small whitish ulcers appearing in the mouth.

Aesophagus, the gullet.

Bile or Gall, a fluid which is secreted by the liver into the gall bladder, and from thence pass into the intestines in order to promote digestion.

Cirebellum, the brain of animals.

Cava, a large vein which conveys the refluent blood to the heart.

Caries, rottenness of the bone.

Circulation, the motion of the blood.

Comatose, sleepy.
Cutis, the skin.
Chronic, a disease in opposition to accute.
Debility, weakness.
Delirium, a disorder of the mental faculties.
Diaphragm, a membrane separating the cavity of the chest from that of the belly.
Exacerbation, the increase of any disease.
Foeces, excrements or settlings after distillation.
Faetid, emitting an offensive smell.
Flatulent, producing wind.
Fungus, proud flesh.
Faetus, a child before birth.
Gangrene, mortification.
Ganglia, venerial excrescences.
Hypochondriacism, low spirits.

Haeomrhoids, the piles.
Hemorhage, discharge of blood.
Ichor, thin bad matter.
Ligature, bandage.
Mucus, the matter discharged from the nose, lungs, &c.
Nausea, an inclination to vomit.
Phlogiston, unwholesome air.
Pus, bad matter.
Pericardium, membrane containing the heart.
Perspiration, the matter discharged from the pores of the skin.
Respiration, the act of breathing.
Regimen, regulation of diet.
Saliva, spittle.
Spine, the back bone.
Thorax, the breast.
Tabes, a species of consumption.

Ulcer, an ill conditioned sore.
Urethra, the canal which conveys the urine from the bladder.
Vertigo, giddiness.

SELF KNOWLEDGE,

That most important of all sciences, is to be studied in all situations through life. It is an accomplishment very much neglected. The calls of Nature ought never to be postponed. Observe with diligence which way nature points, and endeavor to assist her operations. Our bodies are so framed as to have a constant tendency to expel or throw off whatever is injurious: sleep, as well as diet, ought to be regular. Too much sleep renders the mind dull, the body gross, and not enough weakens the nerves, exhausts the spirits, and occasions diseases. The sexes are much the same, allowing for their different dispositions, age, and constitutions. One great source of

the diseases of Children, is the unhealthiness of Parents; it would be as reasonable to expect a rich crop from a barren soil, as that strong, healthy children should be born of parents whose constitutions have been worn out with intemperance and disease. Few things prove more destructive to health than confined or unwholesome air. Many people are not aware of the danger arising from it. Mankind generally pay some attention to what they eat or drink, but seldom regard what goes into the lungs. The passions have great influence both in the cause and cure of diseases. The temper of mind ought to be carefully attended to in diseases. In vain do we apply

medicines to the body to remove maladies which proceed from the mind. When it is affected, the best medicine is to soothe the passions, to divert the mind from anxious thought and keep it as easy and cheerful as possible.

A FEW OBSERVATIONS,

Will, I hope, make a suitable and abiding impression upon your minds, teach you the fading nature where neglect is indulged, and the little dependence which is to be placed upon quackery, which becomes every day more alarming, and threatens the public with the most fatal effects by which they are actuated. I write warmly on the subject, for it is a subject in which I think the honor and

happiness of Society concerned. Pursue the system which is adopted, and convince your friends of their mistaken ideas, that they may consider their nature and effects, and renounce them. We do not always consider the value of a blessing until too late: this is strictly verified in almost eve-family through the country. It is the ignorance and credulity of the multitude, with regard to the management of the teeth, which renders them such an easy prey to quackery. 1, 2, 3, and so on, are prescribed for curing maladies of the teeth and gums. Some for whitening, the effects at first surpassed their most sanguine expectations. Many have the mortifying conviction, that

neither art nor time can ever remove the filty discoloration which neglect or improper advice has accomplished. A thread passed between the teeth after every meal, will save more teeth from decay, than all the brushes and powders that can be used where the waxed thread is neglected. It is advisable, whenever the teeth are discolored on any part or spec't between, to have it removed with instruments; let it offend whom it may, for the longer they remain in a foul state, its bad effects are progressing in a greater or lesser degree. The unbelievers will please to dispense with the absurdity of a custom which has pernicious effects on society, for no other reason than a compliance with

fashion. Such customs are to be treated in a manner which the laws of humanity forbid.

Any Advice given GRATIS.

Prices for the following are as circumstances present themselves:

A full set of Teeth, with gold springs, not to exceed one hundred dollars.

A single tooth not to exceed ten dollars.

Evening the teeth not to exceed one dollar.

Separating of the teeth not to exceed one dollar.

For mending a tooth with foil one dollar, gold, &c.

Teeth made white and polished, price depends on the state and number of the teeth; from one to five dol-

lars—not the least pain under the operation.

Tooth paste, &c. &c. for keeping the breath, teeth and gums agreeable.

Deranged and ulcer teeth extracted gratis, with as great care and ease as any operator.

My first wish is a continuance of the public's patronage—my highest ambition to deserve it.

NEVER TOO LATE TO DO GOOD.

It is certain, that life when to all appearance lost, may often, by due care, be restored. Accidents frequently prove fatal, merely because proper means are not u sed to counteract their effects. No person ought to be looked upon

as killed by any accident, unless where the structure of the heart, brain, or some organ necessary to life is evidently destroyed. The action of these organs may be so far impaired, as even to be for some time imperceptible, when life is by no means gone. In this case, however, if the fluids be suffered to grow cold, it will be impossible to put them again in motion, even though the solids should recover their power of acting. Thus, when the motion of the lungs has been stopt by unwholesome vapour, the action of the heart by a stroke on the breast, or the functions of the brain by a blow on the head, if the person be suffered to grow cold, he will in all probability continue so; but if the body be

kept warm, as soon as the injured part has recovered its power of acting, the fluids will again begin to move, and all the vital functions will be restored. It is particularly necessary to avoid all violent exercise, and should carefully guard against catching cold.

Exercise thy Judgment.

Among the various tribes of animals, I cannot find any irregularity of the teeth, or discover any instances of decayed teeth, except by fracture. Nature has left it to rational beings, to judge for themselves, and the person would be blind and utterly void of understanding, who could not trace through the destruction of the teeth. It matters not what we

eat or drink provided the teeth be cleansed directly after. It is what lodges between the teeth that operats their ruin. A single instance will infallibly correct the error, and shew the absurdity of neglecting them. Dentistry with some, is hardly considered as a popular science: but, surely, no sufficient reason can be assigned for this omission. It must soon, however, appear, upon a more strict examination, that no science better deserves the attention, or is more capable of being rendered generally useful. There are various improper practices, which bring on decay of the teeth, and consequent tooth-ache; such as raising heavy weights with them, cracking nuts, using mettal tooth-picks, &c. &c.

That kind of tooth-ache which happens in sound teeth, is often aggravated by extraction. When a tooth is painful, and does not appear to be deffective we have many circumstances to take into consideration: we should learn whether it arises from sympathy, from cold, from tartar, or other causes.

OF ELECTRICITY.

To describe all the maladies in which Electricity is servicable, would extend this far beyond the limits allotted:—in short, it is proper in all inflamations of the eyes, throat, &c. likewise in asthma sciatic pains, coughs, head-ache, strains, rheumatisms, apoplexy, epilepsy, bruses, burns, scalds, and any empoverished state of the blood, jaundice, gout,

dropsy, cancers, ulcers, or eruptions on any part of the body, &c. the bites of poisonous animals, that most obstinate malady, will sooner yield to electricity than all the boasted remedies of the shops. A similar treatment to wounds, &c. it stimulates the parts in such a condition as is the most favorable to nature's efforts. As human life has many diseases which require medicines, are we not right in selecting the most agreeable and palatable. No discovery can be of general utility, while the practice of it is neglected. Electricity, Chemistry, Anatomy, and Materia Medica, are all branches of Natural History, and are fraught with such amusement and utility that the person who entirely neglects them, has but

a sorry claim either to taste or learning. Convinced of the utility, I shall spare no pains; determined that neither interest nor prejudice shall ever deter me from exerting my best endeavors to render Electricity more generally beneficial to mankind. An ounce of peventitive is worth a pound of cure.

DELAYS ARE DANGEROUS.

Make the practice of this work fashionable, and all objections will soon vanish. It is fashion alone that has led the multitude since the begining of the world and will lead them to the end. We are a misjudging people, and ought not to sacrifice our blessings and enjoyments to the contrast of opinions. We must, therefore

call upon the more enlightened part of mankind to set a pattern for the rest. Their example, though it may for some time meet with opposition, will at length prevail. Time, which effaces every occasional impression, I find gradually dispelling, which gives me pleasing anticipations of future felicity. It is the task of friendship to write on facts, and an insult upon our understanding to neglect them. Whenever the public are convinced of the justice of my conduct, and become converts to my advice, I shall be happy to hear it. That we may have wisdom to keep from falling, and conduct us safely through this state of trial, to the regions of immortal bliss!

is the fervent prayer of your sincere friend and obedient servant.

Levi Spear Parmly.