

RBS.100
Ladies

Meth's Trick

—PRESENTED TO ¹⁰⁰ Ladies



The New York Academy of Medicine

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B. D. STEED
BOOKSELLER
NEWCASTLE-ON-

THE
LADIES Physical Directory :
OR,
A T R E A T I S E

Of all the

Weaknesses, Indispositions, and Diseases peculiar to the *Female Sex*, from Eleven Years of Age to Fifty or upwards.

B Y W H I C H

WOMEN and MAIDS of the meanest Capacity may perfectly understand the *Symptoms, Nature, and true Cause* of their own ILLNESSES, and readily know how to manage themselves under all their INFIRMITIES.

W I T H

Proper REMEDIES in *English* prescribed for the *Green-sickness, Obstructions, Immoderate Fluxes, Hysterick Affections, the Piles,* and every other *Disorder or Distemper* the FAIR SEX are particularly liable to ; whereby they may certainly and quickly Cure themselves, without Trouble, the Advice, or Knowledge of any other Person.

To which is Annex'd,

A Practical Discourse on BARRENNESS in WOMEN, and IMPOTENCY, INFERTILITY, and SEMINAL WEAKNESSES in MEN.

DIRECTING

How they may be infallibly cured, and those Women render'd fruitful, who have been deem'd incurably Barren for many Years ; and such Men become able to propagate their Species, who through Imbecility, *Seminal Disorders, &c.* have for several Years thought impossible.

W I T H

A Clear and very particular ACCOUNT of GENERATION and CONCEPTION ; and a *Digression* concerning the Method of Begetting SONS rather than DAUGHTERS, or of DAUGHTERS rather than SONS.

A L S O

Of MISCARRIAGE in WOMEN, and how it may be assuredly prevented, even in those who have miscarried nine or ten Times before ; with Directions to Ladies how to conduct themselves during their PREGNANCY and in CHILD-BED, and how to cause a SAFE and EASY DELIVERY.

L I K E W I S E

AMPLE Instructions to Midwives and Nurses, how to treat their Child-bed Women with Safety and Success, and several Remedies proper to be administer'd, communicated without Reserve ; as also Directions for the better Management of new-born INFANTS, so as more certainly to preserve their Lives ; with a Dissertation concerning Suckling of Children, and Bringing them up by Hand.

The Whole Illustrated

With various Cases of Persons cured, proper Hints, useful Cautions, Observations, and Instructions, the like for General Benefit to both SEXES never before Published ; and highly necessary for every Family in the Nation.

By a PHYSICIAN.

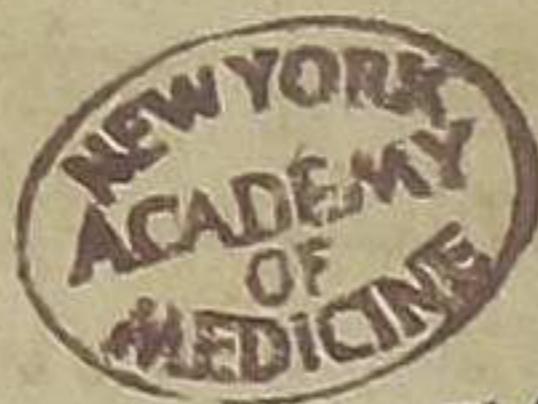
The Seventh Edition, with large Additions, Alterations, and Amendments.

LONDON printed : And Sold, by the AUTHOR's Appointment, at the Gentlewoman's at the Two Blue Posts in Haydon-Yard in the Minories, 1739.
Price Bound in Calves-Leather, 2 s. 6 d.

ALL the Medicines prescribed and recommended in this Book (except a few Remedies which Ladies are directed how to get made in their own Families, or are advis'd to send for to an Apothecary's) are to be had faithfully prepared, by the Author's Appointment, at the Gentlewoman's at the Two Blue Posts in Haydon-Yard in the Minories, London, at the moderate Rate set down in the Catalogue of them, printed at the End of the Book.

NOTE, Those who think fit to send Letters for the Author, at the Place above-mentioned, are desired not to expect Answers, unless they send Fees with them; for he has not Leisure to read Letters, consider particular Cases, and return Answers, without suitable Gratifications for his Time and Trouble. They are desired also to mention in their Letters what Fees they send.

NOTE WELL, Those Persons who send Letters from the Country, directed for the Gentlewoman at the Two Blue Posts in Haydon-Yard in the Minories, London, are desired to send them Post paid.



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T H E

P R E F A C E,

Necessary to be first Read.

TH E Usefulness of a Treatise of this kind is so evident, that it requires little or no Apology in its Behalf: The slender Knowledge the Fair Sex have of their own Infirmitie's and Disorders, is the Reason they seldom call for Assistance, till their Illnesses are arrived at too great a Height, for the Management of those they commonly apply to for Help; and by that Means many of them are ruined in their Constitution, become incurably Barren, and oftentimes lose their Lives, almost before they apprehend they are in Danger.

AND what is much to be lamented, those who chiefly undertake the Cure of the Secret Indispositions of the Female Sex, and who are generally, or for the most Part, only advis'd with on those Occasions, are notoriously ignorant of them; I mean Midwives, Nurses, and other good Women, who, however well they may mean, are so little acquainted with the Nature and various Causes of the Weaknesses and Diseases I have treated of, or of any rational Method of curing them, that what they commonly advise to, are mere insignificant Trifles, and those frequently wrong-timed.

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ISINGLASS boil'd in Milk, Turpentine Pills, Clary fry'd with Eggs, Archangel Flowers, Armenian Bole, vulgarly call'd Bole Armonick, Sperma Ceti, Confection of Alkermes, Penny-Royal Water, Dr. Stephens's Water, and compound Bryony Water, commonly call'd Hysterick Water, are in a manner their whole Magazine of Remedies; and while the Patients are amus'd and drill'd on by such kind of Practice, their Distempers gain Ground, and too often become deplorable.

THESE Considerations loudly call for such a Treatise as this, by the careful Perusal of which, Women and Maids themselves, of any tolerable Capacity, may perfectly understand

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their own Disorders, and remedy them if they please, almost as soon as they happen.

MIDWIVES, Nurses, and other well-meaning good Women also, may by reading it often, really know the Nature of those Illnesses they often undertake to Cure, and by directing to the Medicines prescribed in it, may accomplish that, which they would never otherwise be able to perform.

APOTHECARIES, Surgeons, and young Physicians likewise, may herein find the Symptoms, Causes, and proper Indications of Cure of every Secret Malady, Women and Maids are liable to, in such a distinct and concise Manner, as is not elsewhere to be met with.

AND should any of these think fit openly to declaim against, or publickly seem to contemn this Work, at the same Time that they give it Place in their Closets, and have recourse to it privately for Instruction, whenever they have Female Patients under their Care, I understand this good-natur'd World so well, as to be very far from being uneasy at it.

AS to the Medicines directed to, they are such as all the really Ingenious, Candid, and well Experienced Gentlemen of the Profession, will easily see, are, without any pompous Apparatus, properly suited to the several Indications, and are truly replete with Power and Energy, to accomplish the Cure of the respective Weaknesses and Diseases they are appropriated to; which very long Experience, and a Series of Success in private Practice, fully demonstrate.

AND that the Remedies are absolutely Effectual for the several Illnesses they are mentioned to cure, farther appears, by the great Service they have done to vast Numbers of the Fair Sex, since they were made Publick by means of the six former Editions of this Treatise, which were soon sold off: Insomuch that abundance of the Female Sex, who for some Years had suffer'd under deplorable Sickness, and were just on the Brink of the Grave, have been retrieved from it, and perfectly cured by them; and many Ladies of the best Note, who through Illness afflicting them were reduced to meer Skeletons, and so weak as scarcely able to stand, have been restored by them to perfect Health and Strength, so as to become more brisk and well than ever, and to conceive and bear Children to the Admiration of all who knew them.

I have indeed conceal'd One of the most material Ingredients in each Prescription, and on which the Success of the Medicine chiefly depends: Had I communicated that also, the Female Sex could not have prepared the Medicines themselves, but must have

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have apply'd to their Apothecaries for them ; and how often their Servants make Mistakes in the Proportions of Compositions, and sometimes put in one Thing instead of another to the utter spoiling of many Remedies, is but too well known.

I have therefore appointed all the Medicines, faithfully prepared and carefully made up, to be sold by the Gentlewoman at the Two Blue Posts in Haydon-Yard in the Minories London, at as moderate Prices as any Apothecary would make them up for, with the best Ingredients in small Quantities, were the concealed Part of each Composition discovered.

AND by this means, I have an Opportunity of doing some small Service to the Person who sells them, at the same time that all who think fit to send for the Remedies there, may be sure of having what is right and well prepared, and on which they may absolutely depend for the Cure of the Illnesses they are severally recommended for.

At the End of the Book the Reader will find a Catalogue of all the Medicines prescribed in it, with the Price of each Remedy affixed to it ; so that all Ladies and others by only sending a Servant, or other Person to the Place aforesaid, to ask for such or such a Medicine by its Name, and paying so much for it as in the Catalogue is set down to be th^e Price, may be always sure of having the true Preparation they have occasion for, which will ever prove Effectual, and that at an easy Rate, without further Trouble.

THOSE who live in the Country, may also order any Friend in London, or Carrier who comes to Town, to buy at the same Place any of the Remedies they think proper to have, and so be supply'd with them with ease.

IT is necessary here to Advertise the Reader, that should the Medicines be made up without the conceal'd Ingredient in each Prescription (which has a most extraordinary Influence upon all the other Ingredients) they must not be expected to prove effectual for the Illnesses they are design'd to Cure. I mention this to prevent Patients from being impos'd upon ; I having been inform'd by some Persons who sent Letters from the Country, directed to the Gentlewoman at the Two Blue Posts in Haydon-Yard in the Minories, for the true Preparations, that they having been persuaded by their Apothecaries that they could make up the Medicines for them without the conceal'd Ingredient in each, and put in something of their own instead of it, which would Answer the End as well, had after taking such Medicines, without being duly prepar'd with the said conceal'd Ingredient, for some time, found themselves fatigued to no purpose,

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pose, and disappointed of Cure; and therefore sent to her for those Medicines that were right and truly prepared: And which having been sent down to them accordingly, always accomplish'd the Cure; and perfectly restor'd them to Health, to their intire Satisfaction.

To make this Treatise as truly useful to the Fair Sex as I thought was absolutely necessary, I have been forced, tho' with some Reluctance, to write in a very plain Manner of all their Secret Illnesses; and yet I hope with so much Caution, as not to give Offence to the chaste Female Reader, or sully the Mind of any one.

THERE are no ludicrous Expressions in it, or double Entenders, to excite Levity, or occasion indecent Ideas, to be met with; but the whole will I hope be found to be wrote with that Seriousness and inartful Truth, that above all is proper for a Work of this Kind, and suitable to the innate MODESTY so eminently conspicuous in the Fair Sex of this Island, who in that Respect, as well as in BEAUTY, and every other Grace and Perfection, are indeed the Glory of the whole Female World.

AND yet, could I have made the Book intelligible to them by writing more obscurely, I should have been much better pleas'd; but that being impossible, I hope no one will make an ill Use of it, or in the least blame me on that Account.

In the former Sixth, and this Seventh Edition, I have been a little more particular than I was in the former Editions, in my Advice and Directions for the Cure of the Hysterick Disease, commonly call'd Vapours, with which such vast Numbers of the Fair Sex are cruelly harrassed, and most miserably tortured; which Advice and Directions the Reader will meet with in the first Chapter, Page 7. And which, tho' short, as is there mentioned, if punctually followed, will not fail of being attended with all the desired Success imaginable; for I have known the very Method and Medicines there directed to, and them only, accomplish a perfect Cure of that Distemper in its highest Degree, in many Persons in a Month's Time, who for Years before had spent Hundreds of Pounds in Vain: Nor did I ever know them fail of compleating a Cure of the Hysterick Disease in any Person whatever, if the Directions were duly observed, and the Medicines regularly taken as advised.

And as in the last or sixth Edition, I made several very material Alterations, and added many useful Notes and Instructions to the Ladies Physical Directory; so now in this Seventh Edition, the Reader will find very considerable Alterations and Additions in the annexed Practical Discourse on Barrenness, &c.

and

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and particularly relating to the Management of Child-Bed Women, I have added almost a whole Chapter, as in the Preface to the said annexed Discourse is also mentioned; and have given such Instructions, and directed to such Medicines, as will make the Book exceedingly useful, not only to the Fair Sex in general in their private Capacity, but also to Midwives and Nurses in their publick one.

Not doubting therefore but that this Seventh Edition, with the Additions, Alterations, and Amendments I have made, will meet with as kind a Reception as the former Editions, suitable to my good Intention in Writing this Treatise, and leaving the Fair Sex to judge of it themselves, I shall conclude with subscribing myself, what I really am,

Their Faithful F R I E N D,

Sept. 23. 1738.

And humble S E R V A N T.



E R R A T A.

PAGE 45. Line 37. instead of p. 75. read p. 77. p. *ibid.* l. the last, instead of p. 84. r. 86. p. 63. l. 21. instead of *Woman's*, r. *Women's*. p. 80. l. 40. instead of *relax*, r. *relent*.

What other small Errors may have escaped the Correction of the Press, the Reader is desired to excuse.

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