

upon his Case ; telling him that he had taken Abundance of Physick in vain ; and that the only Thing he had found, which gave him Ease, was *Opium* ; of which he took a little, Morning and Night. His Saying, that *Opium*, so taken, gave him some Ease, put *Benratb* upon an Attempt to cure him by a Method which he had never thought of before. *Benratb* told him, that, if he would submit to it, he would attempt his Cure by a Clyster of *Opium*. My Friend readily yielding, *Benratb* immediately prepar'd the Clyster (in which he put 6 Ounces of Crude *Opium*) and administer'd it that Night. My Friend desiring me to sit up with him that Night, I did so. As soon as the Clyster was given, the Patient fell into a Doze ; and, soon after, he fell a raving very extravagantly. He fell not into a sound Sleep till the next Morning ; But, from that Morning to the following Evening, he slept very soundly, not once awaking or stirring. That Evening he awoke and sat up, but found such a Drowsiness upon him as oblig'd him to lye down again. He compos'd himself for Sleep, and slept or doz'd away all the next Night ; and, in the Morning, found himself brisk and well. His Drowsiness had quite left him ; and so likewise had his Distemper. He rose with a remarkable Activity and Chearfulness, and no longer complain'd of any Ailment. Soon after, he sail'd for *Holland* ; and having resided there some Time, he wrote me Word to the *Cape*, that he had not had the least Touch of his Distemper from the Time he parted with me ; but that, on the Contrary, he was very whole and hearty, and had got a jolly Countenance and a pretty jolly Corporation. This Matter, perhaps, is worthy the Attention of the Physicians in *Europe*.

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Another Surgeon at the *Cape*, of some Ability and Reputation (one *Carnock* a *German*) made several Experiments, while I was there, in order to discover a New Remedy for the Bloody Flux; and at Length pitch'd upon the powder'd Bark of *Cripple-Wood* as an effectual one. He administer'd it in the *Cape*, I know; but whether with the desir'd Success, I cannot say. But This I can say, that after *Carnock* was return'd to *Europe*, which he did a considerable Time before me, the *Cape*-Surgeons did not at all regard this Remedy; nor did Any body, that I could hear of, make Use of it.

The Bark of the *Cripple-Wood* is about Half an Inch thick, with a rough, dark-grey Outside. When 'tis dried in the Sun, it becomes very porous, and not unlike Spunge. When you champ it between your Teeth, you hardly perceive any Taste it has; but it has, when so champ'd, a cohæsive Quality, which makes the Tongue stick pretty closely to the Palate. And it was from this Quality, I suppose, that Mr *Carnock* took the Hint of its being a Remedy for the Bloody-Flux.

Numbers of Sea-faring People come to the *Cape* with the Scurvy upon 'em. But the *Cape*-Settlers, living in a wholesome Air, and upon good Victuals and Drink, and keeping themselves much in Action about one Thing or another, are entirely free from that Distemper. The Sea-faring People, who arrive at the *Cape* after long Voyages, are frequently afflicted with it very grievously. A poor scanty unwholesome Diet aboard, I am of Opinion, is the Cause of it. These thus diseas'd People are, immediately on their Arrival, convey'd to the Hospital; from whence they ordinarily come out very hearty in about a Fortnight. Those, who are not cur'd in
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that Time, have generally some other Distemper upon 'em : And Those, who have a concomitant Distemper, sometimes miss of a Cure, and die in the Hospital.

Scorbutick Persons are treated at the Hospital with a great Deal of Care and Tenderness. They are immediately provided with fresh wholesome Diet ; as Flesh, Rice, Greens &c. and are allow'd to drink of the delicious *Cape*-Spring Waters as freely as they please. They are frequently refresh'd with a Glass of Wine ; and frequently walk out for the Benefit of the Air ; but are oblig'd to return at an appointed Time.

The Hospital Surgeons, or Physicians (call 'em which you will ; for, as I have already said, the Professions are united at the *Cape*) give these Patients Scorbutick Powders, and sweat 'em well in a Bagnio belonging to the Hospital ; which Powders and Sweating contribute largely to the Cure. They bathe 'em likewise in a Bath of bright fresh-Water ; in which several odoriferous Herbs and Leaves are infus'd ; as Rosemary, Sage, Marum, Pimpernel, Sweet-Marjoram, Citron-Leaves, Laurel - Leaves, and the Like. The Scent of the Herbs and Leaves is very reviving ; and the Bath is so strengthening, and has so many other happy Effects, that the Patient comes out of it *all alive*, as we say, and rejoices under an imagin'd Renovation of his Faculties.

Persons, who are seiz'd with the Scurvy, and by Reason of their tender Constitutions, or present Weakness of Body, are not able to go through a Sweating in the Bagnio, are sweat in their Beds by inward Medicines. People in Years, who are seiz'd with this Distemper, run a great Deal more Risque than young Persons in this Case ; and frequently die of it in the Hospital. If

If the Scorbutick have Sores or Batches upon their Bodies, they are not cur'd without a great Deal more than ordinary Attendance and Difficulty. As soon as these Patients enter the Hospital, their Sores are cover'd with healing Plasters; notwithstanding which, the Scurvy does not a little widen and enflame 'em. And the Cure of those Sores (which is likewise perform'd in the Hospital) generally takes up a considerable Time after the Scurvy is got out. Such Persons cannot receive the Benefit of the Bagno in the ordinary Way. If they have a Sweat there, 'tis what is call'd a *Dry* one, from Peoples' undergoing it with dry Covering upon 'em. I have, more than once, seen above a Hundred Scorbutick Persons carried to the Hospital at a Time.

A Distemper, with which the *CAPE-Europeans*, both Old and Young, Male and Female, are extremely afflicted, is Sore Eyes. Under this Distemper their Slaves likewise, of whatever Country originally, or from whatever Part imported, suffer equally with 'em. The Eyes of Numbers of the *CAPE-Europeans*, and of their Slaves, are much inflam'd throughout the Year. But vastly more Sufferers this Way, of both Classes, are seen in the Summer- than in the Winter-Season. And the Distemper, in the Summer-Season, is always much fiercer and more painful. The White of the Eyes of Numbers of *Europeans* and *Negroes* at the *Cape* take, in that Season, a very fiery Red; and the *Irides* and Apples of their Eyes receive a pretty strong Tincture of the same Colour, from a scalding Rheum which issues abundantly from about their Eyes, and causes a great Deal of Pain and Trouble. The hot and furious South-East Winds, in the Summer-Season; the Rage of the Sun in that Season; and the

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then strong Refractions of the Sun-Beams from the Hills and Cliffs in and about the Colonies, together with the Air's being frequently pester'd in that Season with Swarms of stinging and other very pernicious Insects, are, without Doubt, the Causes of this Distemper in the *Cape-Colonies*. All the Persons at the *Cape*, who are afflicted with it in the Summer Season, keep, when they are abroad, their Eyes nearly clos'd, and look downward, verifying, in a literal Sense, the *Latin Proverb*, *Lippus oculus non fert radios Solis*. i. e. *The blear'd Eye endures not the Sun-Beams*.

The Old People in the Colonies suffer the least from this Distemper; and for this Reason (I apprehend) that the Temperament of Old Age is mostly dry. Persons of moist Constitutions (of which are all young People, a very few excepted) are severely handled by it. But its greatest Rage falls on the Children in the Colonies. It sets the young Boys and Girls a roaring and bellowing, as if they were stark mad; and they give not over till they are put to Bed, and have roar'd themselves fast asleep. For this Reason, not a little Care is taken, in the Summer-Season, to keep 'em out of the Sun; but 'tis so often ineffectual, that great Numbers of 'em labour sorely under this Distemper every Summer-Season: And not a few of 'em are troubled with it likewise in the Winter. Many Persons at the *Cape* are, in the Summer, so severely afflicted with Sore Eyes, that they cannot, for sometimes a Month together, endure the Light, tho' the Sun be quite hid. Those Persons therefore, while they are thus severely handled, keep much at Home, in a close Room [the Window-Shutters barr'd up] only admitting, in the Day-Time, through a Crevice or Two, so much of

of a faint Light as is necessary to their seeing, and being seen by, Those who enter ; and not once suffering a Candle to be brought near 'em.

This Distemper bids Defiance to the Art Medicinal at the *Cape*. At least, it did so when I left the *Cape*. A great many Experiments were made by the Gentlemen of the Faculty there, while I resided among 'em, in order to discover a Remedy for it, but without any Success. The Settlers had once great Hopes of a Remedy for it from the Skill and Industry of one *Matthew Grave* (a Contemporary with me at the *Cape*) who was a very good Oculist, and perform'd at the *Cape* several remarkable Cures upon the Eye in other Cases. He took away the Web from the Eye, in the Space of a Week, by Juices which he extracted from certain of the *Cape*-Herbs and Flowers. But, with all his Ingenuity and Industry, he could not discover any Thing that was of any Benefit in the Case we are upon ; but being himself a very sore Sufferer in it every Summer, had frequently Recourse to a dark Room, as the best Relief in the Case he knew.

I represented this Case, by Letter from the *Cape*, to a learned and ingenious Physician of my Acquaintance in *Germany*, and desir'd his Opinion of it ; flattering my self, that I should receive some Prescription from him that would be of Service in it ; and thereby be enabled to leave the *CAPE-Europeans*, as a Testimony of my Affection for 'em, a Jewel of a Remedy they are ready to give almost any Price for, but know not where to purchase in the World. But it was so long ere the Letter reach'd him, that I was at Sea, on my Return to *Europe*, when his Answer arriv'd at the *Cape*. But his Answer was sent after me and reach'd me. And so much of it as relates

to the Case, a great many Persons, perhaps, will be very well pleas'd to see here.

“ We had had”, says he, “ a hard Winter,
 “ The following Summer was very hot, and very
 “ hurtful to Peoples' Eyes. The Eyes of Num-
 “ bers were sorely inflam'd by sharp scalding Hu-
 “ mours. The Eyes of Some were of a fiery Red.
 “ I gave, at that Time, to Such of those Sufferers as
 “ put themselves into my Hands, some Relief by
 “ Cupping, Bleeding and Purging. And the nitrous
 “ Preparations were of Benefit in the Case. But
 “ I could not hit upon a Cure for this Distemper
 “ till it visited my self; which it did that very Sum-
 “ mer. My Eyes were so sore, that I could not
 “ endure the Light. I confin'd my self therefore,
 “ for the Space of Three Weeks, to a darken'd
 “ Room; and frequently suffer'd, in that Time,
 “ sharp Pains in my Eyes. At the End of that
 “ Time I bethought my self of a Prescription *Mat-*
 “ *thioli* has left for Sore Eyes, and resolv'd to try it
 “ upon my self. I took, according to his Prescrip-
 “ tion, a Bit of Frankincense; which having set on
 “ Fire with a Wax-Candle, I quench'd it, the Mo-
 “ ment it was in Flames, in Two Spoonfuls of Rose-
 “ Water. This I did for Thirty Times together;
 “ for so *Matthioli* directs. This done, I added to
 “ the Rose-Water a Spoonful of Woman's Milk;
 “ and then had made up *Matthioli's* Prescription.
 “ At Night, immediately before I went into Bed,
 “ I caus'd not a Little of this Water to be dropt in
 “ upon my Eyes. The next Morning, the Pain
 “ which had tormented me in my Eyes, was quite
 “ gone, and all the Redness of 'em along with it;
 “ and the sharp Humour about 'em was dried up.
 “ My Sight was restor'd to its native Strength and
 “ Ac-

“ Activity ; and I look’d as well about the Eyes as
“ if Nothing had ail’d me. But apprehending, that
“ I had not already made sure Work, I caus’d some
“ more of the same Water to be dropt in upon my
“ Eyes the Night following. After which, I made
“ no more Use of it upon my self, for I was per-
“ fectly cur’d. I communicated the Prescription to
“ Two or Three of my Acquaintance, who were
“ grievously afflicted with Sore Eyes. They follow’d
“ it ; and were, by that Means, as speedily and
“ perfectly cur’d as I was. The Prescription was
“ afterwards handed about to All in the Neighbour-
“ hood who labour’d under this Affliction ; and,
“ where it could be follow’d, fail’d not to remove
“ it. But the Number was so great of Such as were
“ afflicted with this Malady, and Womens’ Milk
“ was so scarce, that Many of ’em could not come
“ at it, till the Remedy was needless ; that is, till
“ Winter came on, which was it self a Remedy”.

My Friend clos’d this Part of his Letter with
Advising the same Remedy for the Sore Eyes of the
CAPE-*Europeans*. I heartily wish, I had receiv’d
his Advice upon this Head, before I left ’em ; for I
assure my self, from his Skill and Integrity, that it
hits their Case. As soon as I receiv’d it, I translated
it into *Low Dutch*, and sent it to the *Cape* ; but have
not since receiv’d any Answer concerning it. The
European Women in the *Cape-Colonies* yield Milk
so plentifully, that, if the Prescription is found to
answer, I question not but all the *Europeans* there,
who are afflicted with Sore Eyes, will readily be
help’d to the Quantity necessary for the Cure.

The *Europeans* at the *Cape*, both Old and Young,
Male and Female, are very subject to take Cold
there ; and this throughout the Year. You meet,

in all the Parts of the Year, up and down the Colonies, with great Numbers of Men, Women and Children, who are afflicted with Stoppages in their Heads, occasion'd by Colds. This Stoppage of the Head frequently sets the Children a fretting and crying. But it is, with Respect to this Distemper at the *Cape*, just the same as it is in *Europe*: The Men and Women who are tender of Themselves, and the Children that are tenderly us'd, in the Points of Dress and the Weather, are the ofteneft attack'd and the most harrass'd by it. Those who keep but little within Doors, and keep, the Year round, pretty nearly to the same Kind and Quantity of Rigging, are the least injur'd by it. It fails not to attack the open-breasted, unless they have gone always so. And it attacks mostly in the Cool of the Evening, when the South-East Wind blows; or when the Evening is cloudy, and stands in for Rain.

The *Hottentots* never take Cold. The Reason of which is, They keep their Bodies continually besmear'd with Fat or Butter; and go always in the same Trim.

Another Distemper, to which the *Europeans* at the *Cape* are very subject, is Soreness of Throat. At most Times, Abundance of 'em, of both Sexes, have Sore Throats. Their Remedy for this Distemper is, to wash the Throat with Water, in which *Privy-Leaves* have been boil'd; and 'tis, indeed, an excellent one. The *Privy-Shrub* at the *Cape* is an Exotick; being first carried thither from *Europe*.

The *Europeans* at the *Cape* are not a little harrass'd with the *Dry Gripes*; which frequently cause 'em excessive Anguish. A rousing F—, is, as Every one knows, a noble Relief in this Case; but the Settlers are for the most Part such Voracious to Decency,

gency, that if they are seiz'd with this Distemper in Company, and a F— offers it self immediately for the Sally, they chuse rather, to the Aggravation of their Grief, to send it back to the Region it came from, than give the least Offence to the Company by letting it out. This, I think, is Sacrificing too much to Decency. But neither Captains of Ships nor Common Sailors at the *Cape* pay it any such Regard. In almost any Company, and with this Distemper upon 'em or without it, these People let flie with all their Fury; loving (in their own Phrase) to hear their Guns rattle; and hating to balk the Wind abaft. And, indeed, in the Case of the *Dry Gripes* I cannot but commend 'em. The *CAPE-European* Remedy for this Distemper, is a Glafs of Anniseed-Water, or a Dram of Brandy, in which some Orange- or other Blossoms have been infus'd.

The *Europeans* at the *Cape*, to cleanse a foul Stomach, get a Leaf or Two of the Aloe-Tree. Aloe-Trees are to be met with in almost every Part in and about the Colonies. From these Leaves they squeeze about Fifty Drops of Juice into a Glafs of Wine, and then drink it. This is an infallible Remedy for a foul Stomach.

The *Negroes* at the *Cape*, for Foulnesses and other Disorders of the Stomach, swallow a great Deal of whole or beaten Pepper with their Victuals. Sometimes they follow the Example of their Masters in the Case, and take Aloe-Juice. But as they are a heady unthinking Race, they generally, when they are under their own Management in the Case, and have Recourse to Aloe-Juice, take a great Deal too much of it, and thereby do themselves a great Deal of Mischief. The Settlers therefore, when they hear, that any of their Slaves complain of Disorders

in the Stomach, generally provide 'em the proper Dose themselves.

Numbers of *Europeans* at the *Cape*, of the Male Sex, are frequently and very grievously afflicted with the Pleurisie. It frequently attacks there so furiously, that you would think the Patient could not live a Minute. Yet, in all my Time at the *Cape*, I could never hear of so much as One who had died of it there. The Surgeons are always at Hand, with Remedies which I know not, but which neyer fail to cure that Distemper at the *Cape*. I take the frequent Excesses of the Men in Eating and Drinking, at their Merry-makings and Entertainments of One another, to be the chief Causes of this Distemper among 'em.

There liv'd not long ago at the *Cape* a very worthy Man, who was my intimate Acquaintance and particular Friend there, and who, upon a certain Occasion, was so 'frighted, that the Blood rush'd, in a strong Stream, out at his Nose; and, not finding Vent enough that Way, gush'd likewise out, at his Mouth and Ears. Several Means were immediately tried in order to stop it; but he had almost bled to Death before one could be found that was effectual. This Bleeding return'd upon him several Times; and the Consequence of it was the total Loss of his Sight; which, tho' he us'd all the Means he could procure in that Part of the World, he could neyer recover.

There was, when I left the *Cape*, another Case there of this Kind, which had befallen a Settler, who was likewise my great Acquaintance and Friend, and a very worthy Man. He was frequently taken with such a vigorous Bleeding at the Nose and Mouth, that it seem'd as if a Vein was burst; and he rarely
lost

lost less than a Quart of Blood at a Time: The Bleeding constantly gave him Warning of its Approach by his Spittle; which, a little before the Bleeding seiz'd him, was bloody. And it was constantly his Way, immediately upon his Receiving this Warning, to get blooded, in order to break the Fury of the approaching Misfortune. No other Relief could be procur'd him for the Case. But what Cause to assign for this Misfortune neither himself nor Any one else knew. All he could say himself on that Head, was, that he had drank immoderately in his Youth of the rich *Cape-Wine* (for he was pretty old when this Bleeding first seiz'd him). Whether that is to be assign'd as any Cause, I leave to be determin'd by our Physicians. When I left the *Cape*, he had liv'd for some Time in the most temperate Manner; eating and drinking but very little, and abstaining wholly from Wine, and all strong Liquors; and was in Hopes, by that Means, to get rid of his Disorder.

The Venereal Distemper crept long ago into the *Cape-Colonies*; and had, according to all Accounts, some Footing there when I left 'em. The *Cape-Surgeons* cure it sometimes by Stool and sometimes by Salivation, by Mercurial Medicines, prepar'd in the ordinary Way. A Woman, as I have already said, was cur'd of this filthy Distemper by the Use of the Hot Bath at the *Black Hill*.

Though the *Cape-Settlers* live upon rich Wines and generous Viands, and set not often (I speak of the Men only) any Bounds to their Appetites, but frequently eat and drink up to Gluttony and Debauch; yet, in all my Time at the *Cape*, I knew but of Three of 'em that were troubled with the Gout; and those Persons had it so favourably, that
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it never confin'd 'em ; but, on the Contrary, in its severest Fits, they hobbled about readily enough, and rarely made a wry Face upon the Matter. They us'd the *Black Hill Bath* for Relief ; and that Bath reliev'd 'em considerably ; and had certainly cur'd 'em, had they but assisted it with Temperance, on their own Side. But they, like most other Arthriticks, were such Slaves to their Appetites, that they could not think of Laying 'em under any Restraint. They abhorr'd not their Distemper, so much as they did the Thoughts of a Regimen, and so were content to carry their Affliction home again.

No *European* at the *Cape* has been yet afflicted there with the Stone. This is look'd upon at the *Cape* as a Happiness that has Somewhat surprising in it ; since the Stone is a Distemper that infects all or most other Wine-Countries ; and since the *Cape* *Europeans* drink immoderately of the *Cape*-Wines ; and are no Flinchers from any other Strong Liquors, of which they have Plenty of many Sorts. They have Beer, or Ale, which they brew themselves, and with the finest Malt. But 'tis nothing near so good as the Ale, or Beer, that is brew'd in *Europe*. 'Tis flatulent, and frequently causes the Strangury. Its ill Qualities, or Defects, can be owing to Nothing, I think, but the Hops with which it is brew'd, which are brought from *Europe*, and lose, perhaps, of their good Properties under the *Line* ; or to the Ignorance of the *Cape*-Brewers ; or to Both ; for there is no Want at the *Cape* of either good Malt or good Water. They have likewise *Zerbster*-Beer, *Bremet*-Beer, and several other Sorts of Beer from *Europe*, together with *Branswick* Mum. But These bear so high a Price among 'em, that they run not much after 'em, and rarely make a Debauch with 'em ;
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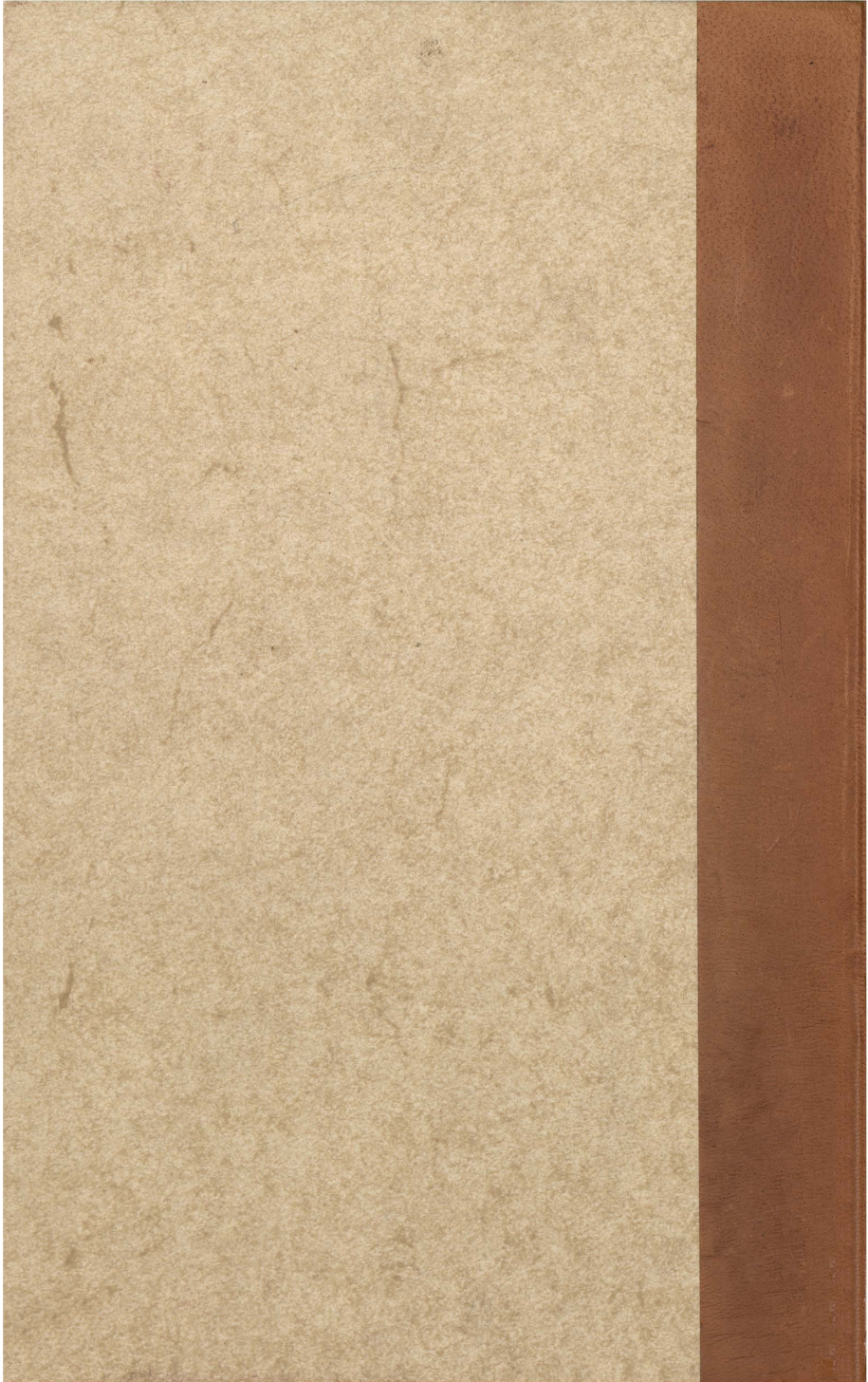
Whereas at their own Wine they frequently sit the Night round, drinking till all Things turn round with 'em. But Something must be said here, by Way of Abatement, for my good Friends the CAPE-Europeans. They frequently drink to Excess, 'tis true ; but only at their own Houses, at their Entertainments of One another ; never in a publick, abandon'd, rake-helly Way, as do most of our own Drunkards. Nor are their Excesses, perhaps, so much the Effect of their Passion for the Wine, as of their Passion for their Friends about 'em, and for the Charm of Appearing upon no Reserve with 'em. They neither swear nor quarrel, are neither lewd nor mischievous, in their Liquor. They sacrifice wholly to Mirth and good Neighbourhood ; and have no ill Consequence attending these Libations but the Head-Ach ; which is rarely so grievous as to make 'em look awry, or so obstinate as not to be remov'd by a Dish or Two of Tea. A Rake, or common Tavern-Drunkard, is in great Disgrace with 'em.

For the Distempers which carry the CAPE-Europeans off, they mostly pass among 'em under the Name of Fevers. But of These I shall not give any Account. All I have to say farther here, is, that an Ague, or Intermitting Fever, was never known among 'em. And that be the Sickness, that attacks an *European* at the *Cape*, what it may, the Contest is never long. In a few Days he is dead or recover'd. And with This I close my *Natural History* of the *Cape of Good Hope*.

F I N I S.

ERRATUM.

For, *See my Present State of the Cape* (a Reference in several Parts of this Work) read, *See Vol. I.*



THE
PRESENT
STATE
OF THE
CAPE
OF GOOD
HOPE

MEDLEY

VOL. I

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