

THE  
N A T U R A L H I S T O R Y  
O F  
A L E P P O .

C O N T A I N I N G  
A DESCRIPTION OF THE CITY, AND THE PRINCIPAL NATURAL  
PRODUCTIONS IN ITS NEIGHBOURHOOD.

T O G E T H E R W I T H  
AN ACCOUNT OF THE CLIMATE, INHABITANTS AND DISEASES;  
PARTICULARLY OF THE PLAGUE.

By ALEX. RUSSELL, M. D.



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T H E S E C O N D E D I T I O N .  
REVISED, ENLARGED, AND ILLUSTRATED WITH NOTES.

By PAT. RUSSELL, M. D. & F. R. S.

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V O L . II .

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1794.

THE  
NATURAL HISTORY OF ALEPPO.

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B O O K V.

OF THE WEATHER, AND EPIDEMIC DISEASES.

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C H A P. I.

INSTRUMENTS DESCRIBED.—ABSTRACT ACCOUNT OF THE WEATHER IN THE RESPECTIVE MONTHS OF THE YEAR.—COMPARATIVE TABLES.—OBSERVATIONS, &c.

THE correspondent seasons in different years being very much alike, I purpose, first to give an abstract general account of the weather of each month, drawn up from a comparative review of the Meteorological Register, for nine years; and afterwards in the account of the weather of particular years, previously to that of the epidemic diseases, to point out the most remarkable deviations of the seasons from their ordinary course.

The register, a few interruptions excepted, was kept regularly for ten years; but as the situation of the instruments

**BOOK**  
 V. } instruments was not constantly the same during all that time, and different Thermometers were employed, (several having been accidentally broken,) it may be proper to premise a few explanatory remarks on these circumstances.

All the Thermometers were mercurial; graduated according to Fahrenheits scale, and most of them made by the accurate Mr. Bird, in London. Those employed the first eight years were small portable Thermometers, but in the years 1752 and 1753, one of thirteen inches was used. The Barometer used the whole time was an excellent one of Birds. The instruments were inspected twice in the twenty-four hours: at seven in the morning, and three in the afternoon, in the summer; but an hour later, in the winter.

During the years 1743<sup>1</sup>, 1744, 1745, and 1752 and 1753, the instruments were suspended in a small wooden

Part of the year 1743, the instruments were placed in a room facing the West to which the sun had free access in the afternoon, the windows, (except in the winter), remaining constantly open. But the Thermometer that year being broken in the month of May, and it appearing that the Mercury during the winter months, remained nearly at the same height as when the Thermometer was placed in the wooden Kiosk, it was not thought necessary to distinguish the different positions. It appears however from the Journal, that though during the frost of January 1743, the Thermometer in the West room, was never lower than 34, and that even in the Kiosk, during the frost of 1746, it stood at 38; yet the West room, from its exposition to the afternoon sun, was always hotter than the Kiosk, in the spring and summer months.

Kiosk

Kiosk<sup>a</sup> facing the East, which projected over a narrow street running North and South, and bounded by high buildings. The Kiosk had four windows, two in front, and one on each side, which generally remained open from April to the end of October; but the Sun, on account of the height of the buildings, had access only for about an hour in the day by the small window. The room whence the Kiosk projected communicated with an antichamber looking to the West, the doors and windows of which stood open in the day time. As by this disposition a free circulation of air was constantly maintained, the Kiosk was considered as a preferable situation for the instruments, and to that the monthly abstract of the register principally refers.

The position of the instruments, was different in other years; for being prevented by business from regularly inspecting the instruments at fixed hours, I was obliged to a friend, residing at the Consular house, who took that task upon himself. The Thermometer was then removed to a vaulted room which had a single window facing the South, and communicated by doors with other chambers on each side. Opposite to the window a door opened upon a great Hall with a large cupola, from the lantern of which it received its only light. The window of the chamber in the summer, was seldom shut, and at that season an open latticed door was sub-

<sup>a</sup> A description of a Kiosk may be seen, vol. i. p. 28.

**BOOK** <sup>V.</sup> substituted for the ordinary one: besides which, it being the entrance to the Consular apartments, the door commonly stood open most of the forenoon. The rooms situated in the manner now described, are remarkably warm in winter and cool in summer; and in this position, it is to be understood that the Thermometer was kept from July 1746 to July 1750<sup>3</sup>.

Both situations of the Thermometer were some degrees warmer than the external air, in winter, as appears from the Mercury never falling so low as the freezing point, even at such times as the frost continued for several days<sup>4</sup>; and that both, in summer, especially the one at the

<sup>3</sup> From April 1750 till August 1751 there is a chasm in the Register.

<sup>4</sup> That the Thermometer in a series of ten years, should have never fallen so low as the freezing point, is a circumstance differing so remarkably from subsequent observation, that it becomes of some consequence to discover the cause of it; and the inquiry, while it leads to other matters respecting the Syrian climate, may not only throw light on the Thermometrical observations from the year 1742 to the year 1754, but, in attempting to adjust the various instruments employed, it may serve to connect these observations with those made in continuation after that period.

The Kiosk above described, though a situation in several respects preferable to that at the Consular house, was no doubt, in the summer, considerably affected by the sun's reflection from the stone walls near it; hence the Mercury in this position rose higher in the afternoon, and at all times was more sensible of alterations in the temperature of the air: on the other hand, in the winter, it sunk several degrees lower in the morning, than at the Consular house; but when the sky was clear, being then subject to the influence of reflection, it rose higher in the afternoon, or in other words, the variation in the same day was several degrees greater.

Besides

the Consular house, were cooler, was a fact sufficiently ascertained by repeated trials. CHAP.  
I.

I now

Besides this difference arising from the position of the Thermometer, some allowance must be made for the discordance of different instruments employed in making the observations.

Various accidents, (the disadvantages of a distant residence) prevented for a long while the comparing different Thermometers suspended together in the same place, and marking their respective variations when placed afterwards in different positions. It was not till the year 1755 that an attempt of this kind was first made in the Kiosk, and then in order to adjust as nearly as could be, the difference of the Thermometers formerly employed, and which had been accidentally broken, a remaining very small Thermometer, made by Bewe, that had been used at the same time with them, was employed as a comparative standard, and though less accurately graduated than Bird's instruments, answered the purpose very well.

The instruments now compared, consisted of one large, and two eight inch Thermometers of Bird's, and that of Bewe's, or the small one. The first and last were from that time constantly kept in the Kiosk; the others after being properly compared were removed to the Consular house, where one of them was placed in the South vaulted room, which had formerly contained the Thermometer from the year 1745 to 1750.

The three Thermometers which in the winter were suspended in the Kiosk, for the most part agreed together, or only differed one degree, and were always, three, four, or five degrees higher than the small Thermometer; but from the end of April to the end of October, the difference was found to be very inconsiderable, except when the Mercury in Bird's stood above ninety, and then the small Thermometer rose four or five degrees higher: but during the other six months of the year, Bewe's instrument, as observed before, was lower than Bird's, and, it may be added, in proportion to the increase of cold, so that in hard frost it was sometimes found eight or nine degrees lower.

Bird's Thermometer in the Kiosk, during the months of January, February, November and December, was four, six, eight, ten, and sometimes twelve degrees lower than that in the Consular house; during the other months

**BOOK** I now proceed, agreeably to the method proposed,  
**V.** to give an abstract account of the weather of each month  
 separately,

months it was rather higher particularly in the afternoons, but the difference was inconsiderable. The difference between the morning and afternoon height of the Thermometer was constantly greatest in the Kiosk.

These facts being premised I have, in order to show in one view the discordance of the instruments, and the effect of different positions, drawn up the following Tables, but have selected for that purpose some days of the most extraordinary cold weather ever known at Aleppo. A is Bird's Thermometer kept in the South room in the Consular house. B Bird's great Thermometer in the Kiosk, and C Bewe's Thermometer in the same position. The hours of observation were eight in the morning and three in the afternoon.

1756.	Hours		A	B	C	
December	8	—	55	53	49	} rainy
	3	—	55	53	49	
2	8	—	54	50	46	} gloomy
	3	—	54	50	46	
3	8	—	53	46		} clear
	3	—	54	48	44	
4	8	—	52	44	40	} smart frost
	3	—	53			
5	8	—	50	43	38	} id
	3	—	51	46	40	
6	8	—	50	41	35	} hard-frost
	3	—	51			
11	8	—	47	38	33	} id
	3	—	48	32	36	
12	8	—	47	38	33	} snow
	3	—	48	42	36	
13	8	—	46	38	31	} id
	3	—	46			
14	8	—	44	35	29	} serene
	3	—	44	35	29	
15	8	—	45	35	28	} id
	3	—	45	36	29	
16	8	—	43	32	24	} id
	3	—	44			

It

separately, together with the extreme heights of the Thermometer, and the usual morning height throughout

CHAP.  
I.

It appears from this table, that during the two first days, which were gloomy, and wet; A and B differed only two or three degrees, but the frost increasing through the four succeeding days, the difference between the two Thermometers increased likewise, so that in the morning of the 6th it came to be eleven degrees. From the 10th to the 17th, the Mercury still sinking, the three Thermometers maintained the same reciprocal differences in height as before, or varied only one or two degrees.

On the 17th, the small or Bewe's Thermometer C was removed from the Kiosk, and suspended in a shady place in the open air. A and B remained in their former positions. The remarkable sinking of the Thermometer will appear from the following table, to which I have added three more columns for three other Thermometers D, E, F. The two former were of the same size with A, and both kept at the Consular house by Mr. Drummond, from a fragment of whose diary I have been enabled to give his observations for a few days. D was suspended on the outside of a West window, and E on the outside of a South window; as to F it was a large spirit Thermometer which hung in the Kiosk, but being inaccurately graduated was not regularly observed, and is only produced here to show its proportional height to B which hung in the same place.

1756.	Hours	A B		Weather	C	D	E	F.
December								
17	8	41	31	Serene, intense	4	20	25	16
	3	43	33	Frost	16	63	65	17
18	8	38	27		0	0	18	12
	3	41	30	id.	12	49	50	14
19	8	37	27		2	0	19	12
	3	38	30	id.	17	65	56	14
20	8	37	26		5	0	25	11
	3	38	30	id.	17	65	60	14
21	8	37	26		3	0	22	10
	3	38	29	id.	14	50	60	13
22	8	35	24		0	0	16	8
	3	37		id.		59	60	69

It

**BOOK** out the month, distinguishing the first and second fortnight, in order to show the gradual transition of the seasons.

It may be remarked from these tables :

1st. That during the three first days of the frost, A stood at 52, and 50, B at 44, 41, and D which was so apt to sink lower than either, at 40, 38 and 35.

2nd. From the 10th to the 17th, the Thermometer at the Consular house falling gradually, got no lower than 43, while B in the Kiosk sunk only to the freezing point ; at that time indeed C, in the same position with B, fell to 24.

3rd. As at this period, the cold may be considered to have been extreme, relatively to the climate, by attending to the circumstances just remarked, it will readily be perceived why the old register should make no mention of the Mercury sinking so low as 32. That it should not when the Thermometer was kept at the Consular house, will not appear strange, after it has been found to have remained at 43 during very hard frost ; and that it did not fall to the freezing point when the instrument hung in the Kiosk, till after the year 1753, was owing partly to the mildness of the winters, and partly to the want of a Thermometer for determining precisely the degree of cold, where the season happened to be more rigorous : circumstances which will be noted occasionally hereafter under the respective years.

4th. The degree of cold on the 18th of December was so extraordinary, that I should have been apt to have suspected some mistake, had not so many different Thermometers conjoined in ascertaining the fact. A from 41, fell to 38 ; B from 30 to 27 ; and F from 16 to 12. The Thermometers suspended without doors, indicated a much more surprizing degree of cold. C and D fell under 0 ; while E which though likewise exposed to the open air was more subject to the influence of the morning sun, sunk to 18. But the cold on the 22nd became more intense than ever. A fell to 35 ; B to 24 ; E to 16 ; and F to 8. The fragment of Mr. Drummond's diary breaking off at the 22nd the comparison could be carried on no further ; but it appears from my own diary, that on the 26th of December, B fell to 23, and F to 6, though both hung within doors.

5th. The

sons. With regard to the Barometer, the variations were <sup>C H A P.</sup> so small that it was judged requisite only to mark the <sup>I.</sup> greatest and least heights of the Mercury. A more minute account may be found in the register at length, for the years 1752 and 1753.

5th. The difference between the morning and afternoon height of the Thermometers in the open air, is also deserving of notice. C rose from 0 to 12, D from 0 to 57 or 65, and E from 19 to 56; but in regard to the two latter, it must be remembered that they were exposed freely to the sun, whereas C remaining constantly in the shade, was sheltered from his rays.

The winter of 1762 was the most severe during my residence at Aleppo, after that of 1756; but it will appear from the table annexed that the cold was not near so intense. C except on the 22nd, was suspended without doors in the same position as in 1756; B and F remained as before within the Kiosk.

1762. December	Hours		B	C	F	
22	8	—	38	30	26	Serene Frost
	3	—				
23	8	—	37	14	25	id.
	3	—	38	34	26	
24	8	—	37	14	24	id.
	3	—				
1763. January						
3	8	—	39	23	26	id.
	3	—	40	36	28	
4	8	—	36	16	23	id.
	3	—	39	32	27	
7	8	—	34	14	21	id.
	3	—				
9	8	—	35	32	22	Snowing
	3	—	36	29	23	hard
15	8	—	36	20	23	
	3	—				

It may be remarked that B never sunk to the freezing point; and that C fell only to 14 in the open air, which, in 1756, was its common afternoon's height.

## JANUARY.

The weather in January is commonly either frosty or rainy. The snow that falls at Aleppo falls chiefly in this month; but is seldom in any considerable quantity, and in the streets does not remain long unmelted: the middle of the month is the most usual time of it's snowing; after which the weather often continues frosty to the end.

Rain generally descends in the night, and in very heavy showers. The winds blow moderately, and for the most part from the Northern or Eastern quarter.

Thermometer

Barometer

Greatest height	57	Greatest	29, 3	} Greatest variation of the Ther-
Least	34	Least	28, 6	

The morning station of the Mercury at eight or nine o'clock fluctuates between 40 and 46 when the weather is not frosty, in frost the Mercury sinks a good deal lower. At three in the afternoon, the Mercury is commonly found 3 or 4 degrees higher than in the morning, except in dark rainy weather, when the difference is either scarcely perceptible, or at most seldom exceeds 1 or 2 degrees.

## FEBRUARY.

The weather in this month is more variable than in the former. It sometime snows a little, and there are commonly a few frosty days; but it is more usually a wet month, a good deal of rain falling in the first fortnight. The sky in fair weather, especially in the afternoons, is often loaded with large white clouds, at which times it is moderately warm without doors; at other times it lowers and threatens, without raining.

The winds are much the same as in the preceding month, till towards the end, and then it sometimes blows hard Westerly.

Thermometer

Barometer

Greatest height	55	Greatest	29, 3	} Greatest difference of the Ther-
Least	40	Least	28, 4	

The morning station of the Thermometer, in the first fortnight varies from 42 to 47; the difference in the afternoon is 1, 2, or 3 degrees. In the last fortnight, the Mercury, except in frost, rises gradually to about 50; and the difference in the afternoon is commonly 4 or 5 degrees.

## MARCH.

OF THE WEATHER.

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MARCH.

CHAP.  
I.

A good deal of rain falls in March; but it is generally in short, hard showers, and often accompanied with thunder, at which times the weather is dark and gloomy: but, for the most part, the sky is clear, or only variegated with light white clouds. It begins in this month to be hot in the open air.

The winds blow fresher than in January and February, and are oftener Westerly.

Thermometer	Barometer	}	Greatest difference of the Ther-	
Greatest height 67	Greatest 29			} mometer in one day 9 deg.
Least 44	Least 28, 6			

The morning station of the Thermometer in the beginning of the month, is 49; about the middle of the month 52; and towards the end 58 or 59. In dark, wet weather, the difference of the morning and evening stations is very little.

A P R I L.

The sky in April is generally clear, though sometimes in the afternoons, variegated with light, white clouds; it is seldom overcast or gloomy; except when it rains, which it does in hard thunder showers as in the last month, but not so often. There are commonly a few days of close, hazy weather; accompanied with light, Northerly or Easterly breezes; but the winds, in general are fresh Westerly. The mornings and evenings hitherto remain cool; but the weather in the day begins to grow hot.

Thermometer	Barometer	}	Greatest difference of the Ther-	
Greatest height 82	Greatest 29 1			} mometer in one day 10 degrees.
Least 56	Least 28 5			

The morning station of the Mercury increases gradually from 60 to 66, as the month advances. The difference of height between the morning and afternoon is usually 8 or 10 degrees.

M A Y.

The sky in May is sometimes variegated with transient white clouds, but generally is quite serene. There are commonly a few hard showers of rain, often accompanied with thunder, and sometimes intermixed with hail. The

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weather

BOOK  
V. weather becomes very hot in this month, especially in calms, or when the wind is either Northerly or Easterly, but the winds for the most part are Westerly.

It may be remarked here, that, during the whole of the summer, the Westerly winds have great influence on the weather. When they blow weakly the heat increases; when they cease it becomes extreme. These alterations however of the West wind, are more sensibly felt by the human body than they are indicated by the Thermometer; whereas during the North, and the East winds, the air is not only most oppressively hot to the senses, but the Mercury also is raised several degrees.

Thermometer		Barometer		} Greatest difference of the Ther- mometer in one day 10 deg.
Greatest height	92	Greatest	29	
Least	67	Least	28, 6	

The morning station of the Mercury, at the beginning of the month. is 70, and as the month advances it rises to 76 and 80. The difference in the afternoon increases gradually from 6 to 9.

### J U N E.

The sky in this month, a few white flying clouds excepted, is constantly serene, it is very uncommon to see so much as one short shower of rain. The heats which now become very troublesome, are somewhat mitigated by the Westerly winds predominant at this season, and which freshening regularly towards noon, often continue throughout the night.

Thermometer		Barometer		} Greatest difference of the Ther- mometer in one day 12 degrees.
Greatest height	96	Greatest	29	
Least	76	Least	28, 5	

The morning station of the Mercury is 76 or 80, as in the preceding month. The difference of height in the afternoon, varies from 8 to 12 degrees.

### J U L Y.

The weather in July is rather hotter, the sky remaining almost invariably serene, but in other respects, it differs very little from that of June.

The Westerly winds blow fresh. When they fail, the weather becomes excessively hot.

Ther-

Thermometer		Barometer		} Greatest variation of the Thermometer in one day 18 degrees.
Greatest height	101 <sup>5</sup>	Greatest	28, 9	
Least	77	Least	28, 5	

The morning station of the Mercury at the beginning of the month is 80 and towards the end 85, or 86. The difference in the afternoon varies from 8 to 10 deg.

AUGUST.

The weather for some time continues exactly like that of the two preceding months, but after the 20th a number of clouds usually pass, larger and more dense than those seen transient in the summer months, and are by the Europeans, called the Nile clouds. From that time, dews, which are hardly ever observed in the summer, begin to fall in the nights, but are not yet considerable.

Thermometer		Barometer		} Greatest variation of the Thermometer in one day 10 degrees.
Greatest height	97	Greatest	29	
Least	74	Least	28, 4	

The morning station of the Mercury before the appearance of the white clouds, is pretty much the same as in the former month; but as soon as these appear, it falls 4 or 5 degrees. The difference in the afternoon observations throughout the month is about 8 or 10 degrees.

SEPTEMBER.

The weather in the first fortnight is much the same as in the latter part of August, or rather more sultry. When no rain falls, the whole month continues clear and sultry; but commonly between the 15th and 25th heavy, black clouds arise, and hard squalls, blowing like whirlwinds from the West, cover the whole city with dust. This phenomenon forebodes rain; for within a day or two, some heavy showers fall either in town, or in the neighbourhood, called the first rains, by which, though for the most part not considerable in quantity, the air being much refreshed, the remainder of the month is rendered very pleasant.

Lightning, without thunder, is seen almost every night flashing from the edge of heavy clouds, in the North West quarter; but when it appears in

<sup>5</sup> It is very seldom that the Mercury rises so high. No former instance of its rising to 100, is met with in the Register, except in July 1745.

the

**B O O K** the West, or South West it is a sure sign of the approaching rains, which  
<sup>v.</sup> are often accompanied with loud thunder.

The Westerly wind in this month, seldom rises above a light breeze : and it is very often perfectly calm.

Thermometer		Barometer		} Greatest difference of the Ther- mometer in one day 12 degrees.
Greatest height	92	Greatest	29	
Least	62	Least	28, 6	

The morning station of the Mercury, at the beginning of the month, is 78 ; the difference in the afternoon is rather greater than in August. Upon the fall of rain the Mercury immediately sinks 3 or 4 degrees, and usually continues descending till it gets to 65. After this the difference of the morning and afternoon height of the Thermometer, seldom exceeds 3 or 4, and during the rain is perhaps only 1 or 2 degrees.

### O C T O B E R.

Till the fall of the second rains, in this month, the weather is serene, cool, and rather more pleasant than at any other time of the year. These second rains are in some measure regulated by those of September, the usual interval between them being from twenty to thirty days ; like those also the quantity varies considerably in different years : but the second rains are more copious than the first, and descend in heavy interrupted showers, for three or four days successively.

The winds are commonly variable, and seldom blow fresh.

Thermometer		Barometer		} Greatest difference of the Ther- mometer in one day 10 degrees.
Greatest height	84	Greatest	29	
Least	51	Least	28, 6	

The morning station of the Thermometer till the fall of the second rains (being higher than in the end of September) is usually about 72 ; the common difference in the afternoon is 5 or 6 ; after the rains, the Mercury gradually sinks in the morning to 60 ; the difference in the afternoon is seldom more than 3 or 4, but still less when it rains.

### N O V E M B E R.

November may be reckoned one of the rainy months, though with frequent intervals of very fine weather. The rain usually descends in heavy showers ; and when one or more such showers fall in the day, it is in the Register denomi-

denominated rainy: it would appear that the number of rainy days in November rarely exceeds seven. It is very uncommon to see snow; but, after the middle of the month, when the weather is serene, the mornings are generally frosty. C H A P.  
I.

The winds, which are variable and seldom strong, hang mostly about the Northerly or Easterly quarters.

Thermometer	Barometer	
Greatest height 65	Greatest 29, 1	} Greatest variation of the Thermometer in one day 8 degrees.
Least 44	Least 28, 4	

The Mercury, throughout the month, falls gradually from 60 to 50. The difference in the same day varies from 5 to 2; in rainy weather 0.

### D E C E M B E R,

This is also a rainy month; but the weather in the intervals, being often cloudy or foggy, is not near so pleasant as in November. The greatest number of rainy days mentioned in the Register is 16; the smallest 6: but the ordinary number is 8 or 9. There is always more or less of frosty weather in December, and sometimes a little snow falls towards the middle of the month, which is the time that the cold weather generally commences.

The winds, as in the preceding month are for the most part Easterly or Northerly.

Thermometer	Barometer	
Greatest height 55	Greatest 29, 1	} Greatest difference of the Thermometer in one day 5 degrees.
Least 40 <sup>6</sup>	Least 28, 4	

The usual morning station of the Mercury in December is 46: the difference in the afternoon, when it does not rain, is commonly 3 degrees.

<sup>6</sup> The Register furnished no example of the Thermometer sinking lower than 40 in the month of December, a circumstance which has been accounted for in another place.

## C H A P. II.

OF THE WEATHER, FROM THE YEAR 1741 TO THE YEAR 1751.

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A. D. 1742.

**BOOK**  
**V.** **T**HE winter of this year was unusually severe and there was much less rain in March and April than commonly falls in those months. The weather becoming very warm towards the end of April, continued so till the 20th of May; from which time till the 22nd of June, the air being refreshed by strong Easterly breezes, was rather cool for the season: but these, on the 22nd of June, giving place to light breezes at North West, it became exceedingly hot, and continued so till the 11th of July. The weather during the remainder of the season afforded nothing remarkable. There were none of the hot Easterly winds this year.

Some hard showers fell on the 25th of September which were the first rains. The weather, in the interval between these and the second rains, which fell on several days successively towards the end of October, was extremely pleasant. From that time it was fair, serene weather, till the 14th of December, when a hard frost set in, and continued all that month. A slight shock of an earthquake was felt the same day that the frost commenced.

The changes of heat and cold, this year, are represented merely as they appeared to the senses; owing to the want of a Thermometer<sup>\*</sup>.

\* It is probable that this year would have furnished an example of the Mercury falling below 40, in December, had there been a Thermometer to measure it; for the frost continued a fortnight, and in the following month, when a Thermometer was procured, the Mercury was found to sink to 34.

The

A. D. 1743.

C H A P.  
II.

In the first fortnight of January, a great deal of snow fell<sup>2</sup>; the frost which had begun last month continued, and the air was exceeding cold. The morning station of the Mercury being usually 36, (once 34) and that of the afternoon only once higher than 40. To the frost succeeded a few days of fair pleasant weather; after which violent rains set in that continued almost constantly till the 20th of the following month: the latter part of February was fair and pleasant.

March set in with variable spring weather somewhat cooler than usual, which continued till the 23rd, and between the 23rd and the end of the month there was much rain, hail and thunder. After this it was constantly fair (one thunder shower excepted) till the 19th of April, the weather being rather warm, accompanied with a certain haziness in the air. On the 20th and 21st hard gales from the South West, with much rain, upon which the weather became remarkably cool; the Mercury, which had before commonly rose to 74 in the afternoon, seldom rising so high as 66. In the remainder of the month, there was a good deal of rain and thunder, and some hail; the wind in general blowing fresh Westerly.

Some hard thunder showers fell on the 13th and 23rd of May, but these excepted, the weather was constantly fair, pleasant, and much cooler than usual<sup>3</sup>.

The weather remained cool till the 10th of June, but the rest of that month was hot, notwithstanding strong Westerly winds, and the frequent interposition of transient clouds. Two slight shocks of an earthquake were felt on the 12th about eight in the evening: the sky at the time being serene, and the wind blowing fresh.

In the night of the first of July some severe thunder showers fell: an extraordinary phenomenon at that season of the year. The weather was

<sup>2</sup> It snowed a great deal the first day of the year, and again on the 8th. These two are the only snowy days mentioned in the Register: the expression above is therefore to be understood as relative to the climate.

<sup>3</sup> The Thermometer being unfortunately broken at this time, it was the May following before another was procured from England. In that interval recourse was had to a large spirit Thermometer which showed distinctly the changes of heat and cold, but was graduated in a manner different from both Fahrenheit and Reaumur's scales.

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V.

remarkably cool all the month; a fresh Westerly wind blowing constantly both day and night: but early in August, that wind diminishing in the day and ceasing altogether soon after sunset, the rest of the month appeared uncommonly warm, a circumstance owing perhaps in some measure to the coolness of the preceding month; for the Thermometer did not indicate an increase of heat remarkably different from that of other years. On the 19th half an hour after eleven o'clock at night, a slight shock of an earthquake; the sky being serene, and little or no wind stirring.

The weather continued hot till the 10th of September, after which till the 18th it was uncommonly sultry, particularly in the night. The first rains began to fall in the night of the 18th, and though moderate in quantity, rendered the month quite cool. It rained again a little on the 8th of October, but the second rains did not begin properly till the 23rd, when they fell plentifully for three successive days. The weather in the remainder of the year afforded nothing remarkable.

A. D. 1744.

An unusual quantity of snow fell in January<sup>\*</sup>, and in places shaded from the sun, remained unmelted several days, which is rather uncommon in that country. The weather in February and March was as usual in other years, but April was remarkably rainy. Two pretty smart shocks of an earthquake were felt, at half after one in the morning, and a third at six in the evening of the 28th of April.

The weather in May and July was like that of moderate summers in Syria; but in June, Northerly winds being frequent, it was hotter than usual, the afternoon's height of the Thermometer being commonly 95.

After the first week of August, the air was rendered remarkably hot by Easterly winds which reigned for several days. On the 30th a shower of rain fell, which is very extraordinary in that month, and, though inconsiderable in quantity, produced a sudden coolness; the Mercury in the Thermometer falling from 92 to 83.

In the night of the 4th of September, the first rains were ushered in by the usual squall of wind, and were violent for a few hours; but little alter-

\* Four snowy days are marked in the Register, and on the 5th, particularly it snowed remarkably. There was no proper Thermometer to determine the degree of cold.

ation

ation was produced in the temperature of the air till the fall of some more rain after the 20th. On the 23rd and 24th a great deal more rain fell, after which the weather grew cool. C H A P.  
II.

The second rains fell in the night of the 16th of October accompanied with much thunder; and it rained again on the 19th. The rest of the year afforded nothing remarkable.

## A. D. 1745.

There was nothing uncommon in the weather of this year till the 12th of March, when a few days of frost attended with a North East wind, nipped most of the blossoms on the trees. The Thermometer which before had stood at 62 in the afternoon, seldom during the frost, rising higher than 54.

April was remarkably dry; one shower on the 6th, being all the rain which fell in that month. The weather in May and June was as usual.

July, a few days towards the latter end excepted, and the whole of August, were extremely hot, both from the want of refreshing Westerly breezes, and the frequent return of Easterly winds. About the middle of August the heat became excessive: the Thermometer in the afternoon often rising to 100, and twice to 101.

The first rains, which were very moderate, fell the 10th of September, being preceded, as usual, by a squall of wind. The second rains fell heavy and seasonably about the middle of October. Nothing further remarkable in the weather this year.

## A. D. 1746.

It snowed almost continually from the 3rd to the 7th of January, and the snow lay above a foot deep in the streets; which is very uncommon at Aleppo. It was not all thawed within the city till after several days, and in the fields abroad, in such places as the sun beams did not reach, it remained unmelted on the 13th. The weather during the rest of the winter and in the spring was as usual.

It blew very hard Westerly on the 13th of June, the wind bringing along with it many clouds, which on the 14th let fall two small showers of rain, and sunk the Thermometer from 84, its usual station P M, to 77.

BOOK V. There was nothing else remarkable in the summer, only that the Nile clouds did not as usual make their appearance in the month of August.

Though it was cloudy for several days from the 4th of September, and sometimes even thundered, yet, no rain fell till the afternoon of the 11th, when it rained gently for about an hour, and the Thermometer from 82½ P M, fell to 77. The Mercury however soon rose again, and from the 20th to the end of the month, the wind being Easterly or Northerly, the weather was unusually warm; the afternoon station of the Thermometer being 85, or 86. In the month of October, only one shower of rain fell (25th P M) so that the Thermometer kept high all that month, and the weather was extremely pleasant<sup>3</sup>.

On the 2nd and 3rd of November, the rains fell plentifully, and from that time to the end of the year, it was remarkably wet and cloudy, a short interval of fair, frosty weather, from the 9th to the 13th of December, excepted.

#### A. D. 1747.

There was no frost this winter, except a few days in December; and the rainy weather, in an uncommon degree, continued throughout January and February; the winds also were unusually high to the end of March, so that the season was very bleak and unpleasant. The remainder of the spring, as well as the summer, were as usual in temperate years.

Some large clouds passed about the 4th of September; and about the 26th, some dark heavy clouds with flashes of lightning, threatned rain: but none fell at Aleppo, and as light airs Northerly or Easterly were predominant, the weather throughout the month was hot, the Mercury to the end keeping up at 82°.

There was a thunder shower on the 13th of October, a small shower on the 22nd, and a gentle rain the whole day of the 24th; those excepted, the weather was constantly clear and settled.

<sup>3</sup> The Thermometer at this time was kept in the South room at the Consular house, where the Mercury never rose so high as in its former position in the wooden Kiosk.

<sup>6</sup> It may be remarked that this was not so high as in the preceding year.

From

From the 7th to the 11th of November, a good deal of rain fell ; after which, the weather was as usual in open winters without frost ; only that December was uncommonly foggy. C H A P  
II.

A. D. 1748<sup>7</sup>.

The weather in January and February was remarkably wet and cloudy. On the 16th of January, and the 2nd of February, it snowed, but in a very inconsiderable quantity, and mixed with rain.

From the 17th to the 28th of January continual frost, with a serene sky.

The first ten days of March were wet and bleak, the Easterly winds blowing fiercely. The rest of that month was temperate, and, except two thunder storms about the 26th, without rain. April was uncommonly dry ; the Register only containing two showery days. May was hot throughout, although several thunder showers fell in the evenings of the 12th, 13th and 14th<sup>8</sup>.

The heats in June, July and greater part of August were moderated by strong Westerly winds. On the 23rd of June there was a heavy shower of rain, and what is still more extraordinary another shower on the 26th of July. In the interval between the 9th and 13th of August, several heavy clouds passed.

September was serene, calm, and as usual hot, till the middle of the month ; after which the Sky was often cloudy. The first rain that fell

<sup>7</sup> The description of the weather in the years 1748, 1749, 1750, and 1751, was omitted in the former Edition, the Author judging it unnecessary, as he had been prevented from keeping a journal of the Epidemical Diseases of those years, in the same regular manner he had done before. In order, however, to render the history of the weather at Aleppo as complete as possible, I have endeavoured to fill up the chasm, by inserting the best account I was able to extract from the Register of the weather, which my Brother's Friend beforementioned, continued to keep at the Consular house, till I took the Instruments under my own care in the year 1751. This Register I found in some parts imperfect ; and it takes no notice of the Barometer. The table of the Thermometer at the end of Mr. Drummond's Travels, seems to be a copy of the same Register.

<sup>8</sup> Some hail stones that fell in the storm on the 14th, measured above half an inch in Diameter.

was

**BOOK** was a small shower on the 29th, but from that time till the 11th of October the weather was uncommonly wet and cloudy. The rain came down in very heavy showers often attended with thunder. The first rains did not however produce an immediate alteration in the temperature of the air; it being the 7th of October before the Mercury sunk considerably: a circumstance owing probably at first to strong East winds, and afterwards to light breezes Southerly. The rest of October from the 11th, was fair and clear, except thunder showers on the 20th, and on the two last days of the month.

The second rains, which had begun the 30th of October, were completed the 2nd of November. It was afterwards fair for several days, and, in the mornings, frosty. On the 8th it begun to rain again, and from that time to the end of the year there was much cloudy wet weather, with some short intervals of frost. It snowed on the 21th of December.

A. D. 1749.

To the 20th of February, this year, much cloudy, rainy weather, but with a few short fair intervals, which in January, were commonly frosty: the 8th, 9th, 17th, and 18th of that month are marked in the Register hard frost. Towards the end of January, the weather became vernal and some Almond trees were in blossom. On the 20th of February it rained hard, with loud claps of thunder. The day following was tempestuous, and in the night, snow fell, and lay about two inches thick. This was immediately followed by a hard frost which continued to the 5th of March.

Little or no rain fell in March, but the Easterly winds being less frequent than in the preceding year, the weather was cool and the Mercury in general stood lower. April was refreshed by several showers.

• The Thermometer, during these frosts, sunk no lower than 51: but its position in the South room must be recollected.

10 “ On the 30th of April, about eight in the evening, a very large ball of fire was observed in the North, streaming to the Westward, which as it passed, dropped lumps like burning metal, till it sunk below the horizon. Its size was twenty times bigger than any Meteor I ever saw before, and caused a gleam of light, much stronger and longer than is produced by any lightning. The sky was very clear, and the wind blew fresh from the North East.” (Register.)

May

May was cooler than usual. A good deal of rain accompanied with C H A P.  
II. thunder, fell on the 6th and 7th; it rained also the 8th, and again in thunder showers, on the 17th and 18th. There were three or four slight shocks of an earthquake about three o'clock in the afternoon of the 23rd.

June, except a few close days towards the end, was fresh; as likewise July, after the first week: the West winds being generally constant in both months.

August was calm and hot. On the 14th some heavy clouds arose in the West and North West and remained hovering over the city all night, darting from their edges frequent flashes of lightning, unattended by thunder.

The weather, in the first ten days of September, was extremely close and hot. On the 13th, it rained very hard for an hour about noon, and again in the evening, both times accompanied with thunder: next day also there were several showers. The Mercury sunk immediately from 80 to 75, and after some more rain on the 21st and 22nd, to 71. From that time to the 10th of October, except a heavy shower on the 6th, the Weather was constantly fair. The rest of October was often cloudy, and from the 17th to the 23rd the second rains fell plentifully; after which to the 4th of November, a clear, cloudless sky.

From the 4th to the 17th of November, much cloudy weather with some rain; from that to the 20th hard frost: it then rained for two or three days, after which the frost returning, continued without interruption to the 16th of the following month. The last fortnight of the year was very wet.

#### A. D. 1750.

This year was remarkable for the long continuance of frost in January and February, and the small quantity of rain; so little falling in those two months, that in the former there were only four rainy days, and in the latter one. It snowed from morning to night of the 29th of January.

The frost setting in the beginning of January, continued to the 21st, when it rained for several days; on the 26th it cleared up, and the frost returning more intense than ever, continued to the 19th of February: the sky (one snowy day excepted) being constantly clear, and the Northerly, or Easterly winds rather fresh. From the 19th to the 23rd the weather  
was

BOOK<sup>v.</sup> was cloudy, and on the 21st it rained: but the frost returning on the 23rd, continued to the end of the month<sup>11</sup>.

March was moderately wet, and rather cold, which continued with the preceding frost to render the spring extremely backward, in so much that the Apricot trees were not in bud till the 8th of March. It is remarked that on the 20th of the Month, upon opening the window of the chamber where the Thermometer was placed, the Mercury immediately rose five degrees.

It would appear that the first rains fell the 11th of September. But there is a chasm in the Register at this place, that is, from March 1750 till August in the following year.

A. D. 1751.

The Register which had been interrupted since April 1750, began again to be kept regularly in August this year.

The heats of August, during a few days at the beginning, were moderated by fresh Westerly winds; but calms, or light breezes at West or North West becoming frequent after the 5th, the weather was very hot. Dews fell sometimes in the night. Upon the winds freshening about the 23rd, the weather grew cooler, and continued so for some days in September, when the winds again lulled. On the night of the 8th of that month many heavy dark clouds were observed hovering about, and for several succeeding days, light white clouds frequently passed in the day time. In the third week of September it was often cloudy, and from that time though no rain fell, the weather became remarkably fresh, in so much that between the first and latter fortnight, there was a difference of 8 or 10 degrees in the morning station of the Thermometer.

<sup>11</sup> This winter seems to have been the most remarkable for frost, of any mentioned in the Register; not only on account of its early commencement in November, but also of its intenseness, and long continuance in January and February. But from the position of the instrument, the Mercury never indicated the real temperature of the external air. In December it sunk no lower than 52. In January, it was commonly (to the 21st) 50 in the morning, but during the rainy weather it sunk to 48. Upon the return of the frost it fell from 47 to 44, at which, or at 45, it remained till the 8th of February. From that time rising gradually, it on the 14th resumed its old station 50, and retained it the remainder of the month.

October

October was serene and pleasant to the 6th, it then became cloudy, and from the 8th to the 12th, several showers fell, which though not heavy, might be reckoned the first rains. From this to the 20th it was for the most part fair and clear, except some inconsiderable showers on the 16th and 17th. Between the 20th and 25th, a good deal of rain fell, after which to the 8th of November, fair, fresh weather, the Mercury falling 8 or 10 degrees. To this succeeded three or four cloudy, wet days, and the air growing sensibly cooler, the Mercury descended from 56 to 50. From the 17th to the 21st, frosty, and on the 18th it snowed. The Mercury fell to 43. The frost was followed by three rainy days, but the sky clearing up on the 25th, the weather continued fair and temperate to the 15th of the next month. The latter fortnight of December was rainy at its beginning and towards the end, but from the 18th to the 26th, the weather was fine and fair. In the night of the 11th of December, a slight earthquake was felt.

As the alteration in the style, that took place in the British Dominions in the year 1752, might produce some confusion respecting the account of the weather, which was drawn up according to the Julian Calendar, I have, in order to facilitate a comparison of these observations with those made in other parts of the world, inserted in the Appendix, an abstract of the Meteorological Register for the years 1752 and 1753, together with a comparative table of the seasons from the year 1742, to 1753, inclusive.

### C H A P. III.

#### OF EPIDEMIC DISEASES, AT ALEPPO, IN GENERAL.

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**T**HE Epidemical Diseases most prevalent in Aleppo are the following; Continual Fevers, Intermittent, and Remittent Fevers, regular and anomalous; Erratic Fevers, to which children are peculiarly subject, and which commonly are attended with a diarrhœa; the Dysentery, Quinsy, Pleurisy, Peripneumony, Rheumatism, and Inflammations of the eyes. All these return annually, as regularly almost as the seasons; but in different years vary in their degree of frequency, as well as in the severity of their symptoms.

The Continual, and the Intermittent Fevers of the spring, sometimes appear as early as the beginning of the year, but more frequently towards the vernal equinox; and they disappear in June. The autumnal Fevers, and the Dysentery, sometimes succeed immediately, but more commonly not till July, and arriving at their height of frequency about the equinox, generally disappear about the beginning of December.

The

The Erratic Fevers peculiar to children, commence in the spring, but rage with most violence during the summer heats. The Ophthalmia, to which children are likewise subject, is met with in all seasons, but constantly becomes so rife in the months of August and September, that there are few years in which at least one sixth of the inhabitants are not more or less afflicted with it<sup>1</sup>. The Effere is common all the summer.

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General Inflammatory fevers, and those termed Catarrhal; Rheumatism, Quinsy, Pleurisy, and Peripneumony are most prevalent from December to March, or even April; but they are rarely of a bad kind, and as they seldom spread much, can hardly be called Epidemics.

The diseases hitherto mentioned, do not in their symptoms differ materially from the same diseases in Britain; in their course they are not more rapid, nor can I say they are more frequent than in the Northern climates. But in this general remark the Ophthalmia must be ex-

<sup>1</sup> This is usually ascribed to the nocturnal dews which in small quantity sometimes fall at that season, and from which the Natives, who sleep in the open air, have no canopy to shelter them. As the Europeans, who sleep in field beds, protected by a thick covering at top, besides curtains, are exempt from this malady, but have been seized with it upon lying exposed in the manner of the Natives, the vulgar opinion seems to have some foundation in experience.

The Ophthalmia is by the Natives termed Rummed *لوم*. All are subject to it, but more especially children and young persons. In some years it rages with destructive malignancy.

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cepted;

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 } cepted; nor are certain malignant intermitting or remitting fevers included, which being peculiar to particular years or situations, do not properly belong to the annual Epidemics, and will be mentioned hereafter.

In the great Lent preceding Easter, the Christian Natives are peculiarly subject to a feverish disorder, accompanied with a wheezing in breathing, and a hard dry cough; and in which the skin universally feels hot and parched, more especially the palms of the hand, and soles of the feet. It is chiefly to be ascribed to their constant use of oil at that season, and as frying is a favorite mode of cooking Lent victuals, the oil is rendered by the fire more pernicious than it is found to be in its pure crude state. The disorder is soon removed by bleeding, purging gently, and by the plentiful use of pectoral diluents, prohibiting at the same time dressed oil: but it is often necessary in tender constitutions, to forbid the use of oil all together, and to procure a dispensation for breaking Lent.

Besides the diseases which from their recurrence with the seasons have been termed annual, there are other Epidemics which make their appearance at more distant and irregular periods, and being all, more or less, contagious, sometimes rage with most fatal violence. Amongst these may be reckoned the Small Pox, Measles, Chincough, Putrid Fevers, Petechial, and Scarlet Fevers, and Malignant Remittents, and Intermittents. Eminent  
 above

above all in this class, stands the Plague, which is reserved as the subject of a subsequent Book.

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The continual fevers, and indeed almost all other acute diseases in that country, are subject to exacerbations once or twice in the twenty-four hours, which are usually accompanied by a flushing in one or both cheeks: but the continual fevers of the spring, though often attended with symptoms seemingly worse than those of the autumnal fevers, are in general not so dangerous.

The symptoms and progress of the disease are indiscriminately the same in all the sick, whether Turk, Jew, Native Christian, or European; and it deserves to be remarked that the course and critical periods in all acute diseases, agrees much more exactly with the descriptions of the Greek physicians, and their doctrine of critical days and evacuations, than according to modern observation, they are found to do in Britain<sup>2</sup>.

But

<sup>2</sup> It may be proper at this place to take notice of an anonymous remark in the Philosophical Transactions (Vol. viii. p. 6018.) “that fevers at  
“and about Aleppo, though they have the same type as in England, yet  
“there are two things peculiar to them; one is that in acute fevers cold  
“sweat commonly signifies recovery, but hot sweat portends death. The  
“other, that in such acute fevers, even an intermittent pulse denounces  
“no danger.

Such circumstances might have been peculiar perhaps to some prevailing Epidemic at the time; but I am certain that during my residence there, both symptoms were not less dangerous than in other countries. It is probable that the mistake might have arose from the common mode of  
expression

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**V.** But though the course of diseases varies immaterially in the different classes of inhabitants, some regard in-treating the sick, must be had to their different modes of living; for those who are accustomed to drink nothing stronger than water or coffee, will not bear so warm a regimen as those who daily use fermented and Spirituous Liquors.

Tertian fevers, in the spring and winter months, for the most part either assume a regular form, or have such remissions as admit of the bark, and thus are easily cured; but in the autumn they are more treacherous and obstinate; they are apt to change their type, and if the bark be not speedily administered, they become extremely dangerous. Intermittent or remittent fevers of the more malignant kind are indeed seldom seen at Aleppo, unless when imported by persons who have contracted them in other places: they are the produce of Scanderoon, or other situations naturally marshy; or of villages where the adjoining grounds are occasionally laid under water, for the purposes of agriculture; and such fevers, in certain years, rage with dreadful violence.

expression among the Natives, who term a cold sweat (Arak bared) such a critical sweat as, after having carried off the fever, leaves the body cool, whereas a hot sweat (Arak Suhan) according to them, is such as often happens in fevers without any abatement of the symptoms, so that both the body and the sweat remain hot, and such in reality is a bad symptom as often in other places as at Aleppo.

European

European strangers who have made any stay at Scan-  
 deroon, as well as the Native inhabitants of that and of  
 other maritime, marshy situations, though they may have  
 set out on their journey in good health, and though in-  
 intermittents at the time are not common at Aleppo, are  
 liable to Tertian agues soon after their arrival in that  
 city; in like manner Convalescents from the same places,  
 often have a return of their fever. In respect to inter-  
 mittents it may further be remarked, that the ingenious  
 Mr. Cleghorn's description of the Tertian fevers of Mi-  
 norca, answers, in their more anomalous forms, to those  
 that prevail in certain years at Aleppo; but exactly and  
 more extensively to the fevers endemial in marshy situ-  
 ations on the coast of Syria, as well as in the island of  
 Cyprus: and I may add at the same time, that a long  
 course of experience has convinced me, that the method  
 of cure recommended in his excellent treatise, is the  
 safest as well as the most successful.

The Sporadic and Chronic diseases, a few exceptions  
 admitted, are nearly the same as in Britain: I shall men-  
 tion such as are most common at Aleppo. Pulmonary  
 complaints, Spitting of blood, and Consumptions; to all  
 which the Aleppo air is reckoned peculiarly prejudicial.  
 Obstructions of the abdominal Viscera, Cachexy, Jaun-  
 dice, Dropsy, Inguinal Ruptures, and the Hemorrhoids.  
 To these may be added Worms, to which all ranks and  
 ages are subject; and most of the diseases incident to the  
 eye,

<sup>v.</sup>  
BOOK eye, which are often the consequence of the Epidemical  
Ophthalmia formerly mentioned, or of the Small Pox.

Scorbutic eruptions attended with putrid gums, are sometimes met with, but the confirmed Scurvy is almost unknown. The Tinea is extremely common, the children of all ranks being subject to it; and as it is with the utmost reluctance the Natives consent to shave the heads of their girls, they suffer in this respect more than the boys: indeed when the disease is not removed before puberty, it often harasses them for life. This is still more prevalent among the children of the lower class, who suffer moreover very frequently from the Itch; a disease universally in abhorrence, and of which the contagion is more dreaded than that of the plague.

Besides these, there are various other Cutaneous Diseases: among which, certain eruptions of a leprous nature are often met with; but the true or confirmed Leprosy is now become a rare, though not obsolete disease in Syria, and the real leprous cases which offer at Aleppo consist chiefly of peasants, or others from some distance, who repair to the city for the benefit of advice.

Of the Sporadic diseases now enumerated, some are obviously produced by, or consequences of, preceding distempers, more especially of long protracted Tertians; while others may in part be ascribed to the diet of the  
Natives,

Natives, the neglect of exercise, their mode of sitting, and to the broad belts, or Cinctures, worn by the men.

As to the Tinea and the Itch, both may in some measure be owing to neglect in point of cleanliness; for many go only once a week, or fortnight, to the Bagnio, and it is there chiefly that the body and hair are cleansed: the Jews of all others suffer remarkably from both eruptions, and in respect to nastiness, they hold unrivalled pre-eminence.

The Gravel, and the Stone, are diseases not unfrequent among the Turks; but the Gout is very rare, and for the most part is found to be hereditary<sup>3</sup>.

The Venereal Disease is very common in Syria. As the Turks have no other idea of a Gonorrhœa than what is derived from the writings of the Arab Physicians, they neither apprehend its being contagious, nor conceive it liable to degenerate into a worse disease: the consequence of which is that it spreads unsuspected, and is often negligently permitted to terminate in a Pox. In this state it acquires the name of the Frank Disease<sup>4</sup>, (probably from its being first imported from Europe) and is then universally regarded as formidable, and highly contagious: but they are more inclined to believe that the contagion is propagated by smoking the pipe, eating out of the spoon, or wearing the clothes of an infected

<sup>3</sup> The Gout is also a rare distemper among the Jews and Christians, though less so than among the Mohammedans. So far as my observation went, it appeared with them also to be hereditary.

<sup>4</sup> Frank Zahmety. فرنك زحمتي

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person, than in the commerce of the sexes. This popular error unhappily contributes to multiply the disease; and the use of Mercury being but imperfectly known to the modern practitioners of medicine at Aleppo, many are left for the remainder of life to struggle with the distemper, with little or no assistance from medicinal art. But it is remarkable, how inconsiderably many under such circumstances suffer from the distemper; which is perhaps checked in its progress, and its symptoms mitigated, by the warmth of the climate, the frequent use of the Bagnio, and by temperance<sup>s</sup>.

It was remarked on another occasion that the European inhabitants, those excepted who have adopted the national mode of living, are seldom affected by the Epidemic Diseases at Aleppo; and some probable causes were at the same time assigned for this exemption\*. But soon after their arrival, (more especially the English) they are subject to a fever which is regarded as a kind of seasoning to the climate; and at a later but more uncertain period they are liable, in common with the Natives and all strangers whatever, to a singular kind of blotch called the Mal of Aleppo: of both which some account will be given in the following Chapter.

\* Something perhaps may be allowed for idiosyncrasy; for instances are often met with, wherein the distemper advances rapidly.

\* See page 26.

CHAP.

## C H A P. IV.

OF THE EPHEMERA,—TERMED THE OCA; AND OF THE MALD'ALEPPO.

**T**HE Europeans soon after their arrival at Aleppo, are subject to a fever, which, I know not for what reason, they have by common consent distinguished by the name of L'Oca or Goose. The disease attacks but once; and the English are rather more liable to it than the Provençals and Italians<sup>1</sup>.

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The disease, at its invasion, is attended with the usual symptoms of an Inflammatory Fever. The pulse soon rises, the head-ach, heat, and thirst, become excessive, and the patient continues restless in this state, till relieved by a sweat. This Fever though very violent while it lasts, seldom continues more than twenty-four hours, and is not reckoned dangerous.

Though some escape without any other remedy than rest and dilution, yet it is in general necessary to bleed largely at the beginning, and afterwards when the Fever is gone, to give one or two doses of lenient physic.

<sup>1</sup> The Dutch, and other Europeans from the Northern climates, are not less subject to this fever than the English.

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The Natives of Aleppo, as well as the European and other strangers who have resided any time in that city, are all, or with very few exceptions, subject to a singular kind of Eruption, which from the supposed time of its duration, is named by the Natives Hebt al Sinne<sup>2</sup>, or Botch of a year; but by the Europeans and Turks, as if it were peculiar to that place, Il Mal d'Aleppo, the Aleppo Evil, and Haleb Chiban<sup>3</sup>, the Aleppo Ulcer. It is not however confined to that city; being common almost in the same degree at Aintab, and the villages situated on the banks of the rivers Sejour and Kowick: whence the vulgar opinion of its being produced by the water.

No part whatever of the body or limbs is exempt from this Eruption; but the time of its appearance, is various and uncertain. The Natives commonly have it whilst children, and very often on the face. It commonly attacks strangers soon after their arrival, though sometimes not till after many months: and there have been instances of some, who having resided only a short while at Aleppo, have been attacked with the Mal, in their own country, at the distance of several years. Strangers have the Eruption on the face more seldom than the Natives; but very few escape having it on one place or other.

<sup>2</sup> Heb al Sinne. حبه السنه

<sup>3</sup> Haleb Chibani. حلب چباني

The

The number of Eruptions in the same subject is various; sometimes two, three, or more: a single Eruption is rather extraordinary, and the number has rarely been known to exceed ten. It is seldom, or never, that the same person is attacked more than once.

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Dogs and Cats are subject to this Eruption, as well as the human species, and in those animals it commonly breaks out on the nose.

The Natives distinguish two species of the Eruption, the male and the female: but there is a third kind of Eruption which though commonly said to be occasioned by the bite of the Wood-louse, seems likewise to belong to the Mal.

What is called the Male Eruption, makes its appearance in the shape of a small, red, hard Tubercle, which as it gives little or no uneasiness for some weeks, commonly passes unregarded. It then begins to be prurient, and by degrees increasing to the size of a sixpence, becomes a little scurfy on the top. After two or three months, it discharges a little moisture, which drying as it oozes from the surface, forms a thick crusty scab. This if left undisturbed, remains till the parts beneath are healed, and then falls off, leaving a very inconsiderable, but indelible mark. Its duration is various, but seldom exceeds eight months.

The female species begins nearly in the manner above described, but sooner grows troublesome, giving more or less pain according to its situation. In two  
or

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 or three months it grows to twice the size of the male, discharging a good deal of ichorous matter from under the scab, and by degrees casting off the scab, it assumes the appearance of an undigested scorbutic ulcer, surrounded with a narrow, reddish, or lived circle. In this state it is often less painful than might be expected from its appearance, and continues running freely, though without spreading, for several months.

Though in general, twelve months elapse from the first appearance of the Eruption to the perfect healing of the ulcer, yet its duration is subject to variation in different patients, some getting free several months sooner than others, owing perhaps in a great measure to difference in constitutions. When the Ulcers are situated on the joints of the fingers, or toes, on the elbow, or other parts exposed to external injury, they create a great deal of uneasiness in spite of all precautions; the same may be said, when they are irritated by improper applications: but in situations less exposed, and left undisturbed by officious surgery, the pain they occasion is not considerable. The circumstance most distressing of all others to the fair sex, is the ugly scar the Ulcer leaves behind, and which remains for ever.

The third kind of Mal begins in the same manner as the others, but seldom grows larger than a pepper corn; in which state it remains invariably for many months, without giving pain, or yielding any visible moisture. It usually

usually casts off a few scurfy scales before it disappears; but it sometimes remains for several years.

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In respect to the method of treating the Mal of Aleppo, almost every old woman in the country pretends to know some infallible remedy, not only to cure it speedily, but, (what to many is of much greater consequence,) to prevent the deformity of a scar; yet the number of fine faces disfigured by it, which are so often met with among the female children, are too evident proofs, of the inefficacy of the so much boasted Noftrums<sup>4</sup>. In truth, from what I have observed, it is infinitely better simply to keep the Ulcer clean, and trust the rest to nature, than to apply any of the numberless remedies which are employed, and with such confidence recommended by the Natives.

Of several external remedies which I tried upon myself and some others, I found a Mercurial Plaster the most efficacious<sup>5</sup>; but in the preparation of the plaster a little deviation

<sup>4</sup> The unseemly scar left by the Mal of Aleppo, and the frequent application from the ladies for a remedy to remove it from the face, induced me to try whether it might not be possible by inoculation, to excite the eruption on some part less exposed than the face. The few trials I made did not succeed. The incisions were made on the legs or arms, in the same places where the Natives usually open issues; but the application of fresh matter, was attended with no consequence, the wound, hardly inflaming, immediately healed up. The operation should, perhaps have been repeated more than once.

<sup>5</sup> The Natives are so prejudiced in favour of their own topical remedies in this case, and so addicted to try a variety of them in the course of

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deviation was made from the form in the London  
Dispensatory: the proportion of Mercury, was di-  
minished,

two or three months, that the cases wherein I had an opportunity of giving the Mercurial Plaster a fair trial, were proportionally few; and then though it sometimes seemed to be of use, it as often failed.

Some of the more adventurous practitioners among the Natives, on the first appearance of the eruption, or soon after, apply the actual cautery, and as they pretend with success: but I can say nothing of this remedy from my own experience.

I sometimes have tried Red Precipitate, and mild caustic applications, but always without success: and indeed all irritating remedies seemed only to give unnecessary pain, without producing any benefit. Accident afforded an opportunity when least expected, of observing the effects of the most powerful remedies, internal as well as external, upon the Aleppo Mal.

The slave of a Bashaw of Aleppo, soon after her arrival in the Harem, was alarmed by a hard, roundish Tubercle, on the under lip. The Bashaw, who occasionally read books of Medicine, conceiving this tumor to be a Scirrhus which might in time turn into a Cancer, proposed to his Hakeem Bashi (a Greek) to have it either cut out, or extirpated by Caustic: but desired I might be consulted before the operation was performed. On examining the lip I found no reason for thinking the tumor Scirrhus, and therefore proposed some more lenient methods should be attempted, previously to any manual operation; but I must confess at the same time, that having never before met with the Mal of Aleppo in the same situation, I had not the least suspicion of the present tumor being of that kind.

After proper evacuations, the young lady was put into a course of alterative medicines and a strict regimen; the part after fomentation twice or thrice a day, being rubbed with Mercurial Ointment. Under this treatment matters grew worse, the tumor increased, began to give pain, but had less and less the appearance of a Scirrhus.

The Bashaw who all along superintended our proceedings, insisted upon our administering Mercury internally, on a supposition that she might have contracted the Venereal Disease by eating out of some impure utensil.

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minished, and that of the balsam of Sulphur somewhat increased. C H A P.  
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Though this did not to us appear at all probable, we gave our consent to the Mercury, which was given in small doses, with a decoction of the woods, gentle purges being ordered at intervals. In two or three weeks, the tumor, which had increased in size, discharged an ichorous matter, and grew much more painful; the surface was excoriated, and discovered a crude undigested ulcer. I then mentioned my suspicion of the case, and proposed laying aside all medicines, only washing the part simply with milk and water, till we should see what effect the Mercury she had taken might have in eight or ten days. But in this, though my colleague inclined to the same opinion, we were both over-ruled, and the unfortunate girl was obliged to suffer the excruciating pain occasioned by the successive application of different Caustic remedies, made with a view of detaching the scabs, or of extirpating the roots of the tumor.

During these operations, of which I was obliged to be from time to time a spectator for more than a fortnight, an Alleppeen attendant on the Harem took upon her to pronounce the ulcer to be no other than the Hebt al Sinne, and to declare that the Doctors deserved condign punishment, either for their ignorance, or their inhumanity in putting the poor girl to such torture, when every body knew the sore might have been cured in three months.

Supported by the respectable authority of this old lady, I obtained a respite to all proceedings, and indeed such a pause was become highly necessary, for the surrounding parts were not only considerably swelled by the rough treatment of the ulcer, but the mouth and gums were likewise affected by the Mercury.

At the end of a fortnight the accessory swellings were gone, the bottom of the ulcer looked sordid as usual, but the lips were less inflamed, and the patient suffered not the fourth of the pain she had done for many weeks before.

But notwithstanding the nature of the tumor was now acknowledged, and consequently the expediency visible of letting matters remain as they were; yet an idea of accelerating the cure, by destroying the roots of the

When the plaster was applied at the beginning, it frequently prevented the Tubercle's making any further progress. If, before the application, it had already begun to run, the plaster hindered the Ulcer's spreading so much as it probably might have done, and generally shortened the cure. This is to be understood of the Female Mal; for the other two kinds seldom required any medicinal application whatever.

tumor, remained powerful enough to introduce once more the application of Caustics: but the experiment was repeated only twice or thrice, for the lips and cheeks swelling immediately, and all appearances growing worse than before, external applications (fomentation and washing excepted) were laid aside.

This happened in the 7th or 8th month; from which time the Mal run its course in the usual manner. Towards the end of the year, the ulcer was nearly healed, but had the appearance of leaving a much worse scar, than it probably would have left under more lenient treatment.

I have given this case at greater length, as it affords an example of more powerful remedies being employed than I ever before knew used in the Aleppo Mal, and showed strongly the inefficacy of such rough treatment in shortning the ordinary course of this eruption.

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## C H A P. V.

OF THE EPIDEMICS, AT ALEPPO, FROM THE YEAR 1741 TO THE YEAR  
1754.

A. D. 1742.

**T**HE season was healthy till about the beginning of March, when an acute Fever attended with a pain in the right Hypochondre, became very frequent, but seldom attacked children under ten years of age. C H A P.  
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Copious bleeding, Antiphlogistic Medicines given internally, Clysters, lenient purges, and emollient fomentations to the part affected, in general mitigated the symptoms, and brought on a favorable crisis by a plentiful sweat on the seventh or ninth day in adults, but the crisis in children was commonly by a Diarrhæa.

Sometimes this treatment, though it removed the pain, and relieved the other symptoms, did not remove the fever, which, changing from a continual form, assumed that of a regular intermittent, and was soon and safely cured by the Bark: but such patients were under the necessity of observing a strict regimen for some time, being very subject to relapses if guilty of any irregularity.

Where evacuations were not used in due time, the disease often proved fatal; at best the Fever run out to thirty, or even forty days; and some few of the sick died hectic.

This Fever though it did not disappear till Autumn, attacked so few after the middle of June that it could scarcely after that period be called epidemical.

Inflammatory Quinsies were also frequent in the Spring and part of the Summer; but they were not violent, and quickly yielded to the common method of cure.

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The city, in this and the two following years, was visited by the plague; but as a particular account of its rise, progress and decline, will be given in another place, it may be sufficient here to remark, in connection with the other Epidemics, that it continued without spreading much, from the month of May to the end of July, when it ceased for several months.

About the middle of July, Diarrhæas and Dysenteries became very frequent, and were Epidemic all the Autumn. The stools at first were bilious; the gripes severe; and a very high Fever, often accompanied with Petechiæ and other bad symptoms, was a constant concomitant.

Copious bleeding, and an Ipecacuanha vomit, were always necessary at the beginning; after which a few doses of Rhubarb, found most effectual when some grains of Calomel were added, prepared the way for Anodynes, and gentle Astringents; and these with a soft mucilaginous diet in most instances completed the cure. But it sometimes happened that the distemper, changing unexpectedly its promising appearance, terminated suddenly in death: a circumstance not peculiar to this distemper, but observed also in some of the intermitting Fevers which were Epidemic at the same time: and indeed this unexpected mortality happened now and then in all acute diseases during the time of the plague, where the sick, not being shut up, had been exposed to infection: but in such cases buboes, or other characteristic marks of that distemper, were seen but seldom.

About the beginning of September the Small Pox made their appearance, and being of a mild distinct kind, required very little assistance from medicine; but in the following month they spread rapidly, and became more formidable. Most of the infected now had a confluent pock, accompanied with Hemorrhages, Petechiæ, Phlyctænæ, and other symptoms of the worst kind. When convulsions happened on the first seizure, they were always violent, and predicted that the pock would be confluent and prove fatal.

The Pustules were often discovered on the extremities, as soon as the child was visibly disordered, and the Eruption never was later than the end of the second day. In the ordinary course of the disease, left as usual in that country to the sole conduct of nature, the fatal day was in general the 11th from seizure; and if the sick survived that period, few of them escaped corrosive ulcers with carious bones; or hard swellings in the glandular parts, which with difficulty could be brought either to discussion

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or suppuration: to these sometimes were joined coughs, and fluxes, which helped to put a speedier end to the complicated misery of the young sufferers. This malignant Small Pox, prevailed in a remarkable degree among the Jews. C H A P.  
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When bleeding was practised at the beginning; Antiphlogistic medicines, with diluent drinks administered through the course of the disease; and the extremities, previously to the Eruption, bathed frequently in warm water, fatal consequences were often prevented. The Native practitioners neither give purges in the secondary Fever, nor in the decline of the disease, to which neglect the frequency of Ulcers and other disorders consequent to the Small Pox might in some degree be owing: but such disorders often happened also in cases wherein all possible means had been used to prevent them.

Inoculation in that country is practised only by the Christians\*, and has not hitherto, even amongst them, been universally received; but it seems daily to gain ground, while their injudicious mode of practice seems to deprive it of several advantages. They pay no regard to the condition of the subject to be inoculated, nor to the quality of the variolous matter, or the constitution of the patient from whom it is taken: and they use no preparation. The child is at once carried into the chamber of the infected, where an old woman opens one of the pustules with a needle, and then immediately with the envenomed point of that needle, she pricks the fleshy part between the thumb and fore finger of the child's hand, taking

\* That inoculation was only practised at Aleppo, by the Christians, is a circumstance in which the Author happened to be mistaken, and I remained in the same error for several years after he left the country. It was not till the year 1757, and then by mere accident, that I discovered the practice was not only common among the Arabs who dwell in the city, but also among the Bidoween in the neighbourhood.

At the time of this discovery, considering it as a matter of which my Brother could not be ignorant, I took no notice of it to him till several years after, when some pamphlets freshly received from England, revived in my mind the subject of Inoculation. I then transmitted a circumstantial account of it to my Brother who thought proper to present the paper to the Royal Society, and it was published in the fiftieth Volume of the Transactions. In my Brother's Letter to the President, inclosing my paper, he mentions having heard, about the time of his leaving Aleppo, that the Bidoween Arabs had a practice of buying the Small Pox.

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BOOK up a little fresh matter after every two or three punctures. A bit of cotton  
 V. is then applied to the wound, and secured by a bandage.

Pleurisies and Rheumatisms began to be sporadic in December.

A. D. 1743.

The Small Pox, now of the distinct kind, decreased considerably in January, and disappeared entirely towards the end of the following month.

Pleurisies and Rheumatisms, which had grown more frequent in January, continued through the greatest part of February. The Fever in both was attended with head ach, thirst, and other usual symptoms, but the pulse was low, quick, and hard, and the urine was not so high coloured as usual in those inflammatory Fevers, nor did it deposite any sediment. The Rheumatic pains were not in general, very intense, but they were very apt to fix in the knees, where they occasioned a considerable swelling, and often left a weakness in the joint, which remained long after the pain and the Fever were removed.

The method of treatment was in both diseases the same; though in general, the sick could not bear such large bleeding, as usual in other seasons: and yet the blood when drawn was always fizy. Two, or at most, three moderate bleedings, cooling purges, emollient fomentations to the parts in pain, together with a free use of Antiphlogistic, Saponaceous Diluents, to which towards the decline of the disease were added Volatiles, for the most part effected a cure in a short while.

In the Winter months, a continual Fever was sporadic. It resembled in many circumstances the Fever of the preceding March, but was not so commonly attended with the pain in the right Hypochondre.

The Spring Intermittents were common, but afforded nothing remarkable in their symptoms.

The plague, this year, raged with great violence. It began to increase fast, early in April, so that the Europeans shut up the 11th (O. S.) of that month. They were released from confinement about the 18th of July, but the distemper did not disappear till the middle of August.

The Autumnal Intermittents became frequent about the beginning of August. They were at their height in September; but from that time, they

they continued gradually decreasing till their total disappearance towards the close of the year. C H A P.  
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These Fevers at the beginning, often assumed, for a few days, a continual form, under which they were accompanied with violent and irregular symptoms, not unlike those of the plague. But after the evacuations of bleeding and purging (emetics being in less common use) and a free use of Nitrous medicines, they reassumed their genuine form of Tertians, double Tertians, or Quotidians, and were speedily cured by the Bark. It was remarkable this year that the Europeans were more subject to the autumnal Intermittents, than they usually are to the Epidemical Distempers of the country.

Diarrhæas, which were frequent also in the Autumn, but with no extraordinary symptoms, continued to the end of the year.

## A. D. 1744.

In the months of January and February, a few Pleurifies and Peripneumonies were met with, which readily yielded to the common method of treatment.

About the middle of February, the Chincough<sup>1</sup> became Epidemic among children, but few were attacked after the beginning of April. The Cough was frequently attended with a pain in the side, and a smart Fever, which required copious bleedings; the rest of the treatment consisted of cooling purges, and Pectoral, Antiphlogistic remedies in various forms. Blisters were sometimes applied in the decline of the Fever, and were found of most service when applied to the part where the pain was fixed: but a popular prejudice proved often an insurmountable obstacle to the application of blisters, the parents refusing absolutely to admit a painful remedy which on several accounts is held in aversion<sup>2</sup>.

<sup>1</sup> The Chincough seems to visit at longer intervals than the Small Pox, no mention is made of them again till the year 1752.

<sup>2</sup> The aversion of the Natives to blisters, does not proceed merely from the dread of the pain occasioned by them; but they regard them as one of the violent remedies used by the Franks in desperate cases only, and which if it does not cure must infallibly kill the patient.

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By the above treatment the symptoms were mitigated, but the disease was not soon removed; the Fever, and often the pain also, continued fourteen days; and the Cough, though the fits were less severe, and their return at longer intervals, ran out two or three weeks more.

An inflammatory Fever, not attended with any topical pain, was also frequent among children, at the same time with the Chincough, and was commonly removed in a few days, by bleeding, purging, and Nitrous Medicines combined with the Testacea. But from the neglect of proper bleeding, this, as well as the Chincough, proved fatal to many. Children are hardly ever bled with the lancet in that country, the Native practitioners instead of Phlebotomy substituting a few slight Scarifications on the lob of the ears, or the calves of the legs, from which they seldom procure more than a few drops of blood.

The plague, this year, began to increase in March, as in the preceding year, and pursued nearly the same course; but was all along in so slight a degree, that some only of the Europeans judged it necessary to shut up about the middle of May, and their confinement was of short duration. It disappeared in August, and since that period ten years have elapsed in which the city has been free from the contagion\*.

Intermittents made their appearance about the middle of March, and continued till the beginning of May. It was remarked that those who had laboured under Intermitting Fevers in the preceding Autumn, were now peculiarly liable to be attacked by them a second time. These Fevers appearing for the most part under the form of regular Tertians, were removed by the Bark, which was usually given after a vomit, or a purge; but by way of security against a relapse, the Bark, and warm Bitters conjoined with Elixir of Vitriol, were continued for some time.

In June, July, August and part of September, a malignant Fever prevailed, attended with much the same symptoms as the plague, Buboes and Carbuncles excepted. The vomiting, which commonly came on at the beginning, continued for several days. The Fever terminated at soonest about, the fourteenth day, but often run out longer: sometimes; after the 14th, it came to have regular intermissions.

\* 1755. The plague did not again revisit Aleppo till the year 1760.

The method of cure was much the same with that pursued in the plague; only that the sick bore a second bleeding and nitrous medicines better than I usually found them do in that distemper. When the Fever intermitted, the Bark was given with success.

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From the month of June, till December, Autumnal Intermittents were very frequent. These did not at first, as in the year before, take on the appearance of continual Fevers; but if not speedily stopped by the Bark, they were apt, after the fourth paroxysm (the 7th day) to intermit no more, but to run out under a continual form to the 14th day, or, more frequently to the 21st: that is where they did not prove fatal at an earlier period, which was often the case during the warm weather.

Between August and January, Diarrhoeas, Pleurifies, and Quinsies were sporadic, as usual in those seasons.

A. D. 1745.

The Spring Intermittents were uncommonly frequent this year, and indeed the only Epidemic till June. They began in January, which was earlier than usual, and continued till the beginning of May.

The Summer Fevers of children began in June, and in general were accompanied with a Diarrœcha.

Autumnal Intermittents made also their appearance in June, and prevailed till December. They were not of a bad or dangerous kind; but relapses were very common.

The Dyfentery was sporadic in the Autumn.

The Small Pox, of a mild, distinct kind, appeared in September, and the children who were attacked recovered favorably; but about the middle of the following month, the disease spreading, changed to a bad confluent kind which proved fatal to many on the 11th day. Of such as were treated after Sydenham's method, few in proportion died; but in whatever method the sick were treated, most of those who recovered were subject to inflammatory Tumors on the elbows, which always suppurated, and proved tedious in the cure: though where they had been opened in proper time, the bone was seldom found injured.

A. D. 1746.

The Small Pox, which had raged fatally since October, grew milder in January, and declining rapidly, disappeared about the beginning of February.

January and February afforded some Inflammatory Fevers, which were commonly cured in a few days by bleeding, lenient purges, and the free use of nitrous medicines.

A Putrid Fever attended with Petechiæ, which appeared in June, continued throughout the two following months; but the number of sick was not great. This Fever seldom proving fatal, terminated happily by a critical sweat, on the eleventh, or at furthest, the fourteenth day.

The Autumn and beginning of Winter were remarkably healthy. Very few Intermittents occurred, and none were met with earlier than September, or later than November.

A. D. 1747.

The season continued remarkably healthy till May; the Intermittents which appeared in that interval being few: while the Diarrhœas sometimes met with in January and February, and the Peripneumony which attacked some in April, did not deserve the name of Epidemics.

In the month of May, a Fever of the putrid kind made its appearance, and prevailed till the end of October; after which it declined apace, but did not entirely cease till the end of January 1748.

It began with a shivering and vomiting, which were soon succeeded by violent head ach, pains over the whole body, and, (though the pulse continued full and hard for the first four days) a remarkable loss of strength. The tongue which was at first white, became afterwards brown, hard, and dry. The heat, both internal and external, was intense, but had regular evening exacerbations, preceded by a flushing in the cheeks. Most of the sick grew delirious on the fifth day, and at that period, purple Petechiæ of the size of a flea bite, broke out over the body and limbs: towards the end of the disease the sick commonly became comatous. Signs from the urine were very fallacious.

At the beginning of this Epidemic in May, the Fever usually terminated in a copious sweat on the fourteenth day; but afterwards the 7th and 9th commonly proved critical, and sometimes the 11th. Few of the sick died, in proportion to their number, and the alarming violence of the symptoms.

The method found most effectual in treating the sick, was to bleed freely early in the disease, and to clear the first passages by means of a gentle

gentle laxative. This last became the more requisite, as many worms were commonly voided in the stools. These evacuations premised, small doses of nitrous medicines were administered at short intervals; the drinks were acidulated with Spirit of vitriol, and the body was kept open by cooling Clysters. Towards the end of the disease, warmer medicines were joined with the Nitre, in such proportion as the state of the pulse seemed to require, and blisters, (when permission could be obtained to apply them) were of great service.

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In the months of September and October, several were seized with a Fever different from the one last described, and much more malignant and fatal; carrying off more than one half of the sick.

The patients were at first taken with a slight shivering and Nausea, sometimes a vomiting; which were not succeeded by any violent heat, but by an excessive languor, and exquisite pains over all the body. They had little or no permanent head ach, but, several times in the twenty-four hours, complained of a lancinating pain, which, as they expressed it, run through their head of a sudden, and in a moment went off again. They complained also of giddiness, and of a constant noise, like the rushing of water, in their ears. From the first, they laboured under great dejection of spirits; the eyes appeared muddy; and their countenance had a particular ghastly look, much like that of a person in the plague. In the course of the disease, they would for several hours together remain free from any visible uneasiness, the tongue moist as in health, and with little or no desire for drink; then all of a sudden, they would complain of violent internal heat, and drink greedily large quantities at a time: while neither the pulse nor the tongue suffered any alteration, nor was any remarkable heat to be perceived externally.

The pulse throughout was very little quicker than in health, but about the fifth day, it sunk, and for twelve hours before death, was so low as not to be perceptible. The urine was of a straw colour without cloud or sediment, till the sixth day, when a small cloud appeared suspended about half-way in the glass; but no prognostic could be formed from this, as it was equally observed in the urine of those who died, and of those who recovered.

Through the whole course of the disease, the sick slept very little, or not all; they very seldom were delirious, and never comatous, in general, retaining, their senses perfect to the last moment. The fatal day was

**BOOK** commonly the 7th. Such as recovered had a crisis by a plentiful sweat, on the ninth day.

The blood drawn on the first day, was like that of a person in health; but when drawn after the third day, it was of the colour of Coffee grounds, and appeared quite thin as it run from the vein: when cold it was blewish on the surface, and very loosely coagulated.

None of the sick had Petechiæ, nor did the distemper appear to be contagious. I met with no instance of two persons ill in the same family, nor where the disease could be supposed to have been caught by infection. Indeed the whole of the sick who came within my knowledge did not exceed thirty, twelve only of which were under my own care, and out of that number I lost four: the other eight who recovered, were treated as follows.

They were bled once rather largely at the beginning, after which they took an Ipecacuanha vomit. Small doses, of a medicine composed of stibiated Nitre and the compound powder of Contrayerva, were frequently repeated; gentle Anodynes, with temperate acidulated cordials were given occasionally; and an emollient, cooling Clyster was injected every evening. A warmer regimen became necessary about the fifth day; and blisters, were applied to the back, legs, and arms, according as the sinking of the pulse seemed to require.

The sick were encouraged to drink barley water acidulated, and were nourished with Rice gruel, Panada, and roasted Apples. It is customary with the Natives to add butter to their Rice or Barley gruel; but where they could not be persuaded to omit the butter, I chose in preference to allow weak chicken broth, with crum of bread, or a little Rice boiled in it.

The Autumnal Intermittents were few this year, so that the months of November and December, (the Summer Putrid Fever being then on the decline) were in other respects healthy.

From the year 1748 to 1751, the incessant calls of an extensive practice, joined to an attendance upon the Governor of the Province<sup>s</sup>, which employed

<sup>s</sup> My attendance on the Bashaw, which at first was merely professional, came afterwards to engross a large share of my time; being often led to accompany him in excursions of pleasure, and obliged almost constantly to sup at the Seraglio. This sacrifice of leisure which might have been otherwise employed, was however in some

ployed my evening hours when free from business, prevented my taking notes regularly as before, in a manner requisite for a full account of the Epidemical Diseases: I shall therefore, (writing chiefly from memory) attempt only to give a few of the most remarkable circumstances relative to them, in the course of those four years.

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The Measles made their appearance in the Spring of 1749, and continued to be Epidemic till the Spring following. As they had not visited the city for several years, many adults were attacked as well as children, so that it was no uncommon thing to see the parents, children, and domestic servants in the same family all sick at the same time.

The disease in its symptoms and progress agreed exactly with Sydenham's description of the Measles of the year 1670; and of those who were treated in the manner he recommends, none died; so that no method of cure could have been more successful. On the contrary many perished who were treated in the mode of the Native practitioners, which consists in keeping the sick extremely warm, and in transporting them on the 9th day from their hot chamber to the Bagnio, with a view of preventing an incurable Diarrœha, which they think there is danger of upon the going off of the Eruptions. It appears the more extraordinary that convalescents in the Measles should be carried thus early to the Bagnio, while in the Small Pox, the Bagnio, (supposed to be highly dangerous) is strictly prohibited before the expiration of forty days.

In 1750, the Small Pox broke out about the middle of August; they were of a bad confluent kind, in which state they continued till about the middle of November: they then became more favorable; continued so throughout the Winter, and disappeared early in the Spring of 1751.

The year 1751 was memorable for a dreadful Dysentery that raged with fatal violence from the beginning of June, till the middle of November; and was commonly considered as a consequence of the dearth with which the city had been afflicted for many months<sup>o</sup>.

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some measure compensated, by the opportunity it gave me of seeing more familiarly the manners of the Turks of high rank, than was to be expected in the ordinary course of my profession: not to mention the large presents, and other public marks of distinction, which the Bashaw was pleased to confer on me.

<sup>o</sup> This was the first Epidemical distemper I saw in Syria, having arrived at Aleppo towards the close of the year 1750. I several times examined the bread  
fold

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V.

From a failure of the crop in the preceding year, complaints of a scarcity of corn were made early in the Winter, and in a short time, the lower class of people were reduced to great distress from want of bread. Saad-al-deen Bashaw was about that time appointed to the Bashawlick of Aleppo. He was the son of a family possesser of large territories in the districts of Hamah and Damascus, and happened (unluckily for the city) to have himself a considerable stock of old grain, which had lain for several years hoarded in his granaries. The distressed condition of the inhabitants, appearing to him a favorable opportunity of getting rid of his own corn, he, under pretence of relieving their distress, caused large quantities to be brought from Hamah; but took care at the same time to prohibit importation from other quarters till that should be all disposed of. The Wheat they were thus supplied with, was much damaged by long keeping, and consequently the bread made of it was extremely black, musty, and ill tasted.

Bad however as it was in quality, and dear in price, it was all that the bulk of the people could procure, for some considerable time after the new Corn was gathered in.

The prevailing Dysentery was in general ascribed to this cause, and indeed the lower people were chiefly sufferers; but as many who by their situation in life were not under the necessity of subsisting on the corrupted grain, were attacked likewise by the same distemper, the Epidemic constitution of the air may be allowed to have had some share in its production.

A. D. 1752.

The season was healthy till about the Vernal equinox, when a continual Fever made its appearance, which, spreading rapidly among all ranks, continued highly Epidemic till near the end of July: from that time it declined, and by the middle of September disappeared.

The sick were at first taken with a slight shivering, and often with a Nausea; which were followed by heat, thirst, head ach, and pain in the

fold in the Bazar, which was always very black in colour, and often had a very offensive smell. The grain, in itself extremely bad, was adulterated with trash of various kinds, by the Bakers.

loins.

loins. The head, besides aching, was from the beginning much confused, and a remarkable stupidity appeared in the patient's look. The tongue became immediately white, soon after brown, and towards the end of the disease, was often covered with a black crust. The pulse was quick though seldom hard or full; and it continued throughout in a more equal state than I ever observed in any other Fever, in that country: few or none had either exacerbations or remissions, the heat and other febrile symptoms, as well as the pulse, continuing almost invariably the same, from the beginning to the end: unless where the patient's strength had been exhausted by unseasonable evacuations, or improper management.

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Most of the sick had an Hemorrhage from the nose on the ninth, or the eleventh day. This, in some seemed to mitigate the symptoms, but many grew worse after it, while in others it had no manifest effect either good or bad. The crisis was almost constantly by a copious sweat, which in most cases (during April and part of May) happened on the seventeenth day, and in none earlier than the fourteenth.

Towards the end of May, there was an alteration both in regard to the Hemorrhage and the critical day. The bleeding at the nose happened now most commonly on the 7th day; the sweat, instead of the 17th or 14th, usually broke out on the 11th: but though it greatly relieved the sick, it did not prove perfectly critical, the Fever never leaving them entirely sooner than the 14th.

About the time this alteration happened in respect to the crisis, many of the sick began to have Petechiæ, and these Eruptions were common in the subsequent months.

As the hot season advanced, the critical evacuations came on earlier in the disease, so that by the latter end of June, almost all the sick had the Hemorrhage on the fifth, and the crisis on the seventh day: though sometimes the Hemorrhage retarding, happened on the same day with the critical sweat.

Several had the Fever in so slight a degree as not to be disabled from walking abroad; but it was remarkable that the disease, however mild the symptoms, went regularly through its usual course, and continued the same number of days as in the more severe attacks.

It deserves also to be remarked, that after the beginning of July, none of the Convalescents escaped a relapse, notwithstanding they had been duly purged after the Fever, and had continued to observe the strictest regimen.

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 V. regimen. The relapses began in the same manner as the primary Fever, but the heat was more intense. On the second day came on violent pains in the Hypochondres, bilious vomiting, and very often a Diarrhoea; all which going off on the third day, a smart Fever, with many exacerbations and remissions, continued to the fifth, and then terminated by a critical sweat. This is to be understood of such as had had the crisis of the original Fever on the seventh day; for those in whom the primary disease had been protracted to the fourteenth, did not recover from the relapse before the eleventh.

This Epidemic, though in its self not very dangerous, proved fatal to many in April and May, when the Fever was of longer duration than in the subsequent months; and the number of sick was very great. The increased mortality might probably be owing to the evacuations made in the advanced stages of the Fever; for the Native practitioners were often induced, by the spontaneous Hemorrhages from the nose, to let blood so late as the eleventh day; and they afterwards gave purges, with a view of carrying off the peccant matter (supposed now to be concocted) by the bowels, and thereby to shorten the duration of the Fever. But it seldom happened that any evacuations were made later than the eighth day, without manifest detriment to the sick: either by retarding their recovery, or sinking them irretrievably.

Of several hundred patients treated after the following method two only, died; from which it appears that the Distemper was not naturally attended with much danger.

The patient was bled rather largely, as early as possible in the disease, and next day took a dose of Senna and Manna; a gentle Anodyne being ordered after the operation of the purge. In plethoric constitutions the bleeding was repeated on the third day, but seldom or never later than that period. Nitre combined with the compound powder of Contrayerva, in various proportions, suited to the condition of the pulse, was administered every six hours; and towards the end of the disease, or when the pulse sunk, the Edinburgh Contrayerva powder was substituted for that of the London dispensatory. In cases where the head was much confused, attended with costiveness, (and at the beginning most of the sick were costive) a Clyster of milk, Cassia, or sugar, and a little sweet oil, was injected every evening till the eleventh; but after the month of May, when the disease was more acute, this became unnecessary, as most of the  
 sick

sick had several stools daily. Upon the appearance of Petechiæ, or where the heat was intense, accompanied with great languor; temperate cordials accidulated with spirit of Vitriol, were given occasionally in the intervals between the other medicines. C H A P.  
V

On the second day after the critical sweat, a purge was given, and repeated once or twice at the distance of a few days. But when relapses became so frequent, a decoction of Bark with Elixir of Vitriol was ordered by way of prevention, and often with success.

As to regimen, the ordinary drink was the common Ptisan of that country, composed of Barley, Grass Roots, and Jujubes, sometimes accidulated with Lemon juice. The diet was chiefly chicken broth with a little Rice or crumb of bread, and the cravings of the sick were properly indulged with roasted Apple, Water Melons, or Pomegranate.

In relapses, though the inflammatory symptoms seemed violent, the sick were seldom or never bled. When the vomiting came on, they were ordered to wash the stomach by drinking freely of warm water; Clysters were occasionally injected; and the same medicines given internally as in the first attack.

From the beginning of Summer till the end of September, the Chin-cough was Epidemic among children; but though the young patients suffered much from the violence of the Cough, it much sooner gave way to medicine than I ever knew it. Bleeding once, and that usually with Leeches; a few purges; and a mixture composed of a weak solution of Gum Ammoniac, a little Vinegar of Squills, and Tincture of Castor, either soon removed the disease entirely, or mitigated the fits of coughing, and rendered their return less frequent; after which, in about a fortnight, the distemper commonly ceased.

The Summer Fevers being unusually frequent this year, the children suffered much also from them.

Intermittents were so scarce, that hardly one was met with in the course of the Autumn, and the city continued exceedingly healthy till the middle of November. From that time to the middle of January, a Fever prevailed among children, more particularly among those not under three years of age. It was attended with a Tumor of one, or both Parotids, or of the Maxillary Glands, and sometimes the swelling extended over the whole face.

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Such as had the disorder slightly, recovered without medicine, in five or six days; others required bleeding, gentle purging, and low diet; but did not get well sooner than the usual period of five or six days. I heard of no instance of this disorder proving fatal.

A. D. 1753.

In the month of January, some Apoplexies were met with among elderly people, which for the most part terminated in Hemiplegies; and notwithstanding the advanced age of the patients, several cases occurred wherein the disease gave way to medicine.

A continual Fever made its appearance about the beginning of the year, which for some time was chiefly confined to the Northern suburbs; but it spread afterwards in other parts, till its progress seemed to be suddenly checked by a frost about the beginning of February: in so much that from that time to the 20th of the month, I saw only two persons newly attacked.

The disease began with a shivering and Nausea, but the patient seldom vomited. The pulse during the two or three first days, was strong and quick, and the heat intense; the sick complained less of pain, than of great confusion of the head, and noise in the ears; their aspect was dull and stupid; they suffered sharp pains in the back and limbs, and could hardly bear to move their arms. The tongue was at first white, afterwards yellow, and towards the height of the disease, it generally became black.

About the sixth day, the sick grew delirious. Between the seventh and ninth, the body was covered with Petechiæ, not round, as usual, but of various irregular forms; and when the Petechiæ appeared, the pulse began to sink, and the comatous disposition came on. Between the ninth and eleventh, the sick either sweated moderately, or had a few loose stools; but though both seemed to produce a temporary abatement of the symptoms, the Fever always continued to the seventeenth: after which period, diminishing by degrees, it went off without any other sensible critical discharge.

In cases where the head was much affected, the urine was pale as water, and without sediment; in some it was of a blackish cast, resembling a  
weak

weak tincture of steel. It was remarkable, that where the sick recovered, the urine usually let fall a white sediment on the eleventh day. C H A P.  
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The treatment of this Fever, was precisely the same with that of the Fever of last year, only that Sinapisms to the feet were oftner employed as a substitute for blisters: it was attended likewise with the like success, as all so treated recovered. Such as were bled to any considerable quantity after the seventh day, generally died on the ninth or the eleventh.

In the two cases met with in February, there was joined to the other symptoms, an acute pain in the right Hypochondre which affected the patient's breathing. They bore larger bleeding than could have been safely ventured in the preceding month, and the blood was fizy. In both the crisis happened by a large Hemorrhage from the right nostril, on the seventh day, nearly about the same hour on which the patients had been first taken ill. In one of them the Hemorrhage was accompanied with a Diarrhoea, but after remaining well about a fortnight, that patient was attacked with a regular Tertian.

After the 20th of February, the distemper reviving, spread with increased vigour, and seemed to be propagated by contagion; but it was remarkable, though it seldom entered a house without attacking two thirds of the family, that in general they were taken successively at some distance of time; it was rare to find two of a family sick together, the one being a few days recovered before the other was taken ill.

From the time the disease revived in February, almost all the sick had small, round, purple Petechiæ, which vanished about the twelfth or thirteenth day, without any manifest alteration in the Fever.

The urine for three or four days at the beginning, was of an Orange colour, after which till the eleventh or twelfth, it was pale and clear as water; but from that time, though, when fresh made, it still was colourless and pellucid, yet, after standing till it grew cool, it dropped a sediment resembling fine flower; and retained this appearance till the termination of the Fever, which constantly happened on the seventeenth.

In May, several of the sick had a critical sweat on the seventh day, sometimes preceded by an Hemorrhage from the nose; but all who had the

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Hemorrhage, suffered a return of the Fever within five or six days, more violent than the first, and which continued five days: sometimes these relapses were accompanied with Peripneumonic symptoms which required bleeding.

About the middle of April, the disease spreading fast within the walls of the city, the Jews began to suffer remarkably; and in the following month, children, who hitherto had been exempt, began likewise to suffer; a considerable number from the age of nine years and upwards being seized with it.

The symptoms and progress of the Fever in Children, were much the same as in adults; though in them the predominant complaint was pains in the belly, and most of them voided round worms either by the mouth or by stool.

Worms were not however confined to children, many adults likewise voided them as well in this Fever, as in that of the preceding year; but being an usual concomitant of Fevers in that country, the mention of them was neglected. Another symptom common to both Epidemics, was deafness about the height of the disease. This also, as well as worms, is very common in the Epidemical Fevers at Aleppo.

The method of cure pursued in the Fever of last year, was attended with the same success in this; and evacuations later than the seventh day, were in like manner found to be always prejudicial, and often fatal.

The number of sick in this Epidemic was much diminished by the beginning of June, and it disappeared entirely before July.

Among other Epidemics of this year may be reckoned a kind of Influenza, which raged for a few days about the middle of April, and attacked one fourth of the inhabitants. The chief symptom was a violent cough; but the disorder was of short duration.

In July, a few slight Dysenteries occurred; as also some Intermitents, which for the most part were Quartans: neither could be called Epidemic. The Ophthalmia was very common in the Autumn; but it was remarkable that the inflammation was chiefly external in the eye lids.

Small Biles on different parts of the body were remarkably frequent both in this and the preceding year; and in November and December of this year

year they often appeared in the arm pits; but were not attended with a Fever, or any other suspicious symptoms\*.

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December produced some Pleurifies and several instances of mortal Apoplexies.

\* When the city has been for some considerable time free from the plague, predictions of its approach, drawn from infallible signs celestial and terrestrial, are circulated annually among the populace, for several years before the distemper actually returns; and when Tumors of the kind above mentioned are frequent, they join with superstitious circumstances in raising groundless alarm.

CHAP.



THE  
NATURAL HISTORY OF ALEPPO.

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B O O K VI.  
O F T H E P L A G U E.

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C H A P. I.  
O F T H E P L A G U E A T A L E P P O , I N G E N E R A L .

IT is the common opinion of the inhabitants of Aleppo, C H A P. I. that they are visited with the Plague about once in ten years; and that it is not bred amongst themselves, but brought thither from some other infected place, as from Khillis, Aintab, Marash, or Urfa, on one hand; or from Damascus on the other. It is alledged by some, that the most severe Plagues have generally been imported from Damascus; but by others it is asserted that those which have been brought from the Northward, have always raged at Aleppo with most violence.

As

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As to the supposed periods of the Plague's return, though the years 1733 and 1742 furnish exceptions to the general rule, the popular opinion would seem in some measure to be founded on experience<sup>1</sup>; and it would seem also to be a fact pretty well established, that it never invades Aleppo without having first raged in one or other of the towns above mentioned. But from what I have been able to learn, its first appearance is always in one of the maritime towns of Syria<sup>2</sup>; if in Sidon, Byroot, or Tripoly, Damascus is commonly the Channel through which it comes to Aleppo; but if it shows itself

<sup>1</sup> In a letter written at Aleppo in the year 1719 by an English gentleman who had resided about thirty years in that country, the writer says "that since he had been there, the Plague had never visited them oftner than once in ten or twelve years."

The Plagues of which I have been able to procure the dates, are those of the years 1719, 1729, and 1733. The late Plague began in 1742, and terminated in 1744; since which time ten years are now elapsed, (1755) without any appearance of it, either at Aleppo or on the coast of Syria.

<sup>2</sup> I have been told that the Plague in 1719 came from the Northward; but none of the letters or journals I have perused, make mention of that circumstance, though all of them confirm its raging at Tripoly, Sidon, and other places in that neighbourhood, some months before it appeared at Aleppo.

In the years 1728, the Plague made great havock in Egypt, and in the Summer of the same year, it raged at Byafs and the parts adjacent; but it did not break out at Aleppo till 1729.

In the year 1732, the Plague raged at Tripoly, Sidon, and Damascus: it was not till the year following that it raged at Aleppo.

first

first at Scanderoon, or Byass, its approach is then by way of Khillis, Aintab, or Marash. C H A P.  
I.

The distemper never spreads much during the Winter. It advances with the Spring, arrives at its height in June; declines fast in July, and certainly disappears in August. This seems to be the constant course of the Plague at Aleppo: so that none are ever seized with it in the months of September and October, not even where the distemper returned three years successively, as in the last Plague of 1742<sup>3</sup>.

A remark-

That none are ever seized with the Plague in the months of September and October, is a fact by no means confirmed so absolutely by the experience in the last Plague of 1760; it is certain however that it declines remarkably at that period, and that great pains are taken by the Natives to propagate the notion of its being entirely extinct. In consequence of this, pestilential accidents are concealed from the Europeans with the utmost care, lest fresh alarms should be raised detrimental to commerce.

The dates of the Plagues at Aleppo from 1719 and 1742, and the annexed account of the time when the Europeans, in the respective years, shut themselves up by way of security against infection, were extracted by the author from old journals and letters written at the time. But it may be remarked, and should be remembered, that the conduct of the Europeans, however it may show the increase and decrease of the Plague, does by no means strictly indicate its commencement and termination, the distemper has always spread considerably before they shut up their doors, and they come out from confinement long before its extinction.

In the year 1719, the Plague made terrible havock at Aleppo. It advanced with such rapidity in the Spring, that the Europeans shut up about the middle of March, and remained in confinement till the middle of July.

A remarkable difference is observed in different years, both in respect to the mortality of the disease, and the number of the infected; but it does not appear to have ever at Aleppo, been accompanied with such scenes of

In 1729 the number of sick being small, it was the middle of May before any of the Europeans shut up, and they were not confined above a month.

In 1733, the Plague was not quite so violent as in 1719; but the Europeans were confined from about the middle of March, till the middle of July.

In 1742, the Europeans were confined much about the same time as in 1729.

In 1743, they shut up the 11th of April, and opened their doors about the middle of July. The Plague raged with violence, though not to the same degree as in the year 1733.

In 1744, the progress of the distemper was nearly the same as in the preceding year; but the number of sick being inconsiderable, and the dread of infection lessened from being accustomed to alarm, few of the Europeans shut up.

In order to render this sketch more complete I shall subjoin the periods of shutting up in the late Plague of 1760.

In the year 1760, the English shut up the 30th of June, and were confined nearly one month.

In 1761, they shut up the 28th of May; they rode out the 1st of August; but did not open completely, till the 10th of that month.

In 1762, they were confined from the last week in May, to the first week in August. P. Russell, (Treatise of the Plague, with remarks on Quarantines, &c. London, 1791.)

From 1762, till 1787, Aleppo enjoyed an interval free from the Plague, much longer than usual. From the short account I hitherto have received of the Plague in 1787, it appears to have broke out among the Jews in the month of April, increased in May, and raged violently in June; it terminated about the end of July.

anarchy

anarchy and horror, as have sometimes been known in Europe<sup>4</sup>. C H A P.  
I.

Extreme heat seems to check the progress of the distemper: for though the contagion, and the mortality increased during the first heats in the beginning of the Summer, a few days continuance of the hot weather diminished the number of new infections. July is a hotter month than June, and the season wherein the Plague always ceases at Aleppo, is that in which the heats are most excessive.

Though the Natives in Syria, as well as many medical writers, entertain a belief of the Moon's planetary influence on the Plague; experience, at Aleppo, did not in any respect favour such an opinion.

The having had the distemper once, does not prevent the contracting it again: numbers of people being alive when I left Aleppo, who had had it twice, or oftener; and I have seen instances of the same person being infected three several times in the same season<sup>5</sup>.

\* A concurrence of several circumstances renders the horror of the Plague less terrible in Turkish than in European cities. The markets are constantly supplied with provisions; the dread of contagion is much less prevalent; the sick are less liable to be deserted by their attendants; and the regular, speedy interment of the dead, prevents a spectacle far from uncommon in the European Plagues, and which of all others is the most shocking to humanity.

† P. Ruffell, (Treatise of the Plague, &c. p. 180.)

## C H A P. II.

OF THE PROGRESS OF THE PLAGUE IN THE YEARS 1742, 1743, AND  
1744.

**BOOK**  
**VI.**  
**I**N the Summer of the year 1741, the Plague had raged at Byafs<sup>1</sup>. From that place, according to our best information, it was transported to Khillis, Aintab, Azaz, and to most of the villages in the adjacent mountains, where it continued all the Winter.

It was brought to Aleppo about the middle of April 1742, by the Chinganas and Kurdeens who annually come from those parts to be employed as reapers, and take up their temporary residence in certain districts of the suburbs. To those people, and a few others in the suburbs, the distemper remained confined for sometime; nor till the 18th of May did the Europeans hear any thing of it; when strict enquiry being made, it was discovered to have attacked some persons within the city. In a few days, it increased somewhat among the Jews; and soon

<sup>1</sup> A town in the gulf of Scanderoon, the chief port in that part of Syria for landing goods from Egypt. The Inhabitants of Byafs have a good deal of commerce with the Kurdeens who possess the neighbouring mountains.

spread

spread both in the city and suburbs, though not to any great degree. In this state it continued till the beginning of July, when it was checked by the extreme heat of the weather: some however, were daily carried off by it, till near the end of the month, when it entirely ceased. The Jews in proportion to their number suffered much this season. The Europeans shut up the beginning of June, and were confined one month.

About the middle of November, the Plague began to show itself again in Bankusa, and the other suburbs on that side<sup>2</sup>, and before Christmas, it was discovered in some parts within the walls: but it remained there without spreading<sup>3</sup>.

<sup>1</sup> Among the Author's M. S. papers, I found the Diary he had kept in the Plague years, in which were regularly entered an account of the pestilential accidents and burials, together with various memoranda relative to those times. Some circumstances extracted from that Diary, have been judged deserving a place here, by way of explanatory Notes on the progress of the Plague.

“The Plague (says the Diary) had been strong at Khillis, and the neighbouring villages. Many of the Christians, Natives of Aleppo, as well as others who occasionally reside in those villages on account of trade, fled when too late to Aleppo, and some of those fugitives were among the persons who died in the suburbs, having brought the distemper along with them.”

<sup>2</sup> Again “About Christmas, it was discovered that eleven persons had been buried from one house in the Akabe (one of the hilly districts.) About this time an Armenian servant of Solyman Aga, (in that neighbourhood) was also attacked. He had a bubo, and recovered; but his son died soon after; and from the same house where they dwelt, fifteen persons were buried in the course of the two following months.” (M. S. Diary.)

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The diftemper, which all the month of January 1743, had remained in the Suburbs, without making any considerable progress, began in February to spread among the Jews in the city, and attacked also many of the Christian Inhabitants in the Suburb Jideida; but as it had at that time visibly declined in Bankufa, it might more properly be said to have changed its quarters, than to have augmented its force.

About the beginning of March, the Europeans were alarmed by the sudden death of certain Jews and Turks, of their acquaintance<sup>4</sup>; but the alarm was only transient; for whether owing to a real cessation of the diftemper, or to the industry used in concealing it<sup>5</sup>, no other accidents were heard of for sometime: a circumstance, which joined to the natural credulity of mankind in what

<sup>4</sup> It may be remarked here, that some of those who were attacked with the diftemper in March died very suddenly. The Diary mentions "A daughter of one of the Jews employed in the Custom house, a plump girl of fifteen, who was taken with a vomiting, complained of chilliness and of pain at her heart, and expired in less than five hours. The corpse was covered with black spots, and the arms became quite black. A Jew boy, and two Turks perished much in the same manner. A near relation of the English Consul's Cook (an Armenian) was about this time seized in the Jideida." (M. S. Diary.)

<sup>5</sup> The Diary contains the following passages. "The burials (May 25th 1742) by all accounts, increase very little, and we find it very difficult to get any information of the infected: every one denying the truth of particular instances, though it is in general allowed that the Plague really exists. The brother of a servant of one of the English gentlemen, was seized on the 6th of April (1743) in the Khane, and died on the 9th." The people of the country endeavoured to conceal this as much as possible.

they wish to be true, led most people to flatter themselves with hopes of the Plague being extinct. But on the 20th of March, information being received of the death of two Jews in one house, and that several Turks, and Christians had lately died, while others lay actually ill of the infection, a fresh and more serious alarm took place; and in truth the increase of the distemper soon became too visible, especially among the Armenians, who suffered remarkably this season.

Though the distemper had at intervals in March, appeared within the city, its chief field hitherto had been in the suburbs, and the greater part of the infected was composed of women and children: but about the beginning of April, there was a manifest increase of the funerals in the city; and several persons being attacked with the distemper in some of the Khanes where the Europeans have their houses, most of them shut up, on the 11th of that month<sup>6</sup>.

\* The Turkish funerals seldom exceeded fifty in the day, at the time the Europeans shut up; but what probably hastened their confinement, was the number of Arabgeer Armenians who were infected in the European quarter, and even in the Khanes under their windows. The intercourse of the domestic servants, (who are all Arabgeers) with their countrymen scattered in various parts of the town, cannot by any precaution whatever be prevented while the doors remain open; at such times therefore, the only security against most dangerous communication is to shut up. It appears from the Diary "That several of the porters as well as other persons belonging to the Khanes, continued to suffer in April; and that by the 20th of the month, numbers of Arabgeers had fled from the city."

Through-

Throughout the remaining part of April, the distemper continued to increase in all parts of the town, and among all ranks; but raged with much more violence in May, and according to the reports we received, it arrived at its height about the end of that month. At this period, indeed, the daily mortality was apparently great; but as we had no account of the Turkish burials which could absolutely be relied on, it was impossible to ascertain the number<sup>7</sup>: of the Christians our accounts were  
more

<sup>7</sup> The Diary contains many instances of the difficulty of attaining any certainty in this matter. "Every body agrees (speaking of the Janizaries employed to procure information) that they have not brought an account of half the number of burials. The people of the country (June 8th 1742) seem more and more alarmed, and we hear of more being infected than formerly; yet we do not find the burials increase: which gives just cause to suspect the veracity of the reports made by the Janizaries, and indeed they have almost as good as owned that they dare not bring us a true account.

"I have all along mentioned the accounts of the Janizaries, merely to show how little they are to be depended upon. Our information respecting the Christians and Jews, was somewhat more exact; and the disproportion of the burials was often such as to leave no room for doubt that in general, scarcely half the real number of Turkish burials was reported." (M. S. Diary.)

As it appears, from the foregoing passages, what little confidence my Brother placed in the reports received by the Turkish burials, I thought it would be to no purpose to attempt forming a Bill of Mortality from his Diary; but another account of the burials accidentally falling into my hands at Aleppo, which on the whole seemed more consonant to my Brother's conjectural computation; agreeing, at the same time, in many points with the progress of the distemper as described in the text, and  
varying

more exact; and notwithstanding many had fled from the city, and the rest who had the means were shut up, the daily funerals amounted from twenty to thirty, sometimes thirty-four. Hence it is evident that those of the  
C H A P.  
II.  
 Turks

varying inconsiderably in respect to the Christian burials; I shall subjoin a table extracted from that Diary, of the general amount of the burials in the respective months. The Author of it, as I was told, was a Maronite Priest, and the number is regularly entered each day in columns, but I am too well acquainted, from my own experience, with the obstacles to procuring exact information, to take upon me to warrant the accuracy of his account. I transmitted a copy of this Arabic paper to my brother, but do not know whether it reached him before the publication of his Book. The Diary comprehends the Turkish, Christian, and Jewish burials, from the first of February to the first of August 1743.

1743	Turkish	Christian	Jewish
February	800	84	23
March	1140	124	43
April	1520	260	40
May	3640	380	43
June	6000	630	174
July	3000	209	60
	<hr/>	<hr/>	<hr/>
	16100	1687	383

In the passage cited above from my Brother's Diary, it was observed that the disproportion of the Turkish and Christian burials rendered it probable that not more than half the former were reported by the Janizary. In order to set this in a clearer light, the daily burials as they stand in both Diaries, for a few days of June, are represented in the table annexed, in which the first rank of numbers in the column expresses the burials according to my Brother's Diary, and the second, the burials according to the Arab Diary; but it should be remarked that the variation was not always so considerable as it appears to be, during the few days contained in the table, and that my Brother's Diary expressly asserts the number set down to be far from the real number of burials. On the 19th of June, for example, my Brother's Diary has 150, the Arab 210; but the next day the one has 60, the other 210.

BOOK VI. Turks must have been very considerable; and yet it was asserted by persons who remembered former Plagues at Aleppo, that the mortality was in comparison moderate.

About the beginning of June, the distemper, according to the account brought to us, decreased pretty much among the Turks; though the number of Christian burials (of which we were more exactly informed) diminished but little. Between the 13th and 17th, it again increased, particularly among the Turks, but not to so high a degree as it had been about the end of May. On the 18th it began once more to decline, and, some small interruptions excepted, continued to decrease with surprising rapidity till the end of the month; when the burials universally were reduced to a very few: in which state they continued the greatest part of July; but the city could not be pronounced free from the Plague till about the middle of August. In July however, it was so much abated that the Europeans ventured to come out from confinement about the 18th of that month.

From the middle of November till the end of the year, we now and then heard of a person dying of the

1743	Turkish Burials	Christian	Jewish
June 20th	60 210	21 28	3 8
21st	50 210	15 22	6 8
22nd	45 220	11 25	6
23rd	54 250	20 15	3 6
24th	30 240	12 20	2 6
25th	25 200	11 22	4
	264 1330	90 132	20 32

Plague;

Plague; but such accidents were very rare, and most of them doubtful, hardly more than two being clearly pestilential<sup>s</sup>. C H A P.  
II.

In the months of January and February 1744, the Plague still remained in the city, but without making any sensible progress. In March it began to show itself a little more; and, though all along inconsiderable in degree, compared with the ravage of the preceding year, it pursued exactly the same course in respect to the periods of its increase and decline, and disappeared entirely about the middle of August. The number of infected being small, none of the English gentlemen judged confinement necessary; and some only of the French factory shut up towards the middle of May<sup>9</sup>.

In the two preceding years, I had prescribed for the sick, chiefly from the accounts brought me by a person

\* It appears evidently from the Diary, that till the Europeans actually shut up, great pains were taken to conceal from them the increase of the contagion; and that the like pains were exerted to disguise matters, when the usual period approached of their coming out from confinement. All which was exactly similar to what happened in the years 1760, 1761, and 1762, during that Plague; and may no doubt be considered as the constant practice at Aleppo. See on this subject (Treatise of the Plague, &c. page 61.)

\* This year, two Europeans died of the Plague. The first was a Jesuit Father, who died in three days, in the month of April; the other was M. Roland, a young French merchant, who finding himself indisposed on the 6th of May, was at first rallied by his acquaintance for alarming the Franks by his imaginary illness; but next day, matters became more serious, and he died on the 12th. It was this accident that induced the French Consul and some of the merchants to shut up immediately. (M. S. Diary.)

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**VI.** whom I employed to visit them; for though before shutting up, I was often, in spite of all my precautions, deceived by false representations of the case, and led to visit some of the infected; yet I avoided it to the utmost of my power: but this year, the dread of contagion, (like that of other dangers to which one has been long exposed) being much worn off, I attended the sick in the Plague, in the same manner as those labouring under ordinary Fevers.

**CHAP.**

### C H A P. III.

A MEDICAL DESCRIPTION OF THE PLAGUE, AS IT APPEARED AT  
ALEPPO IN 1742, 1743, AND 1744.

**I**T is no wonder that the very name of Plague should <sup>C H A P.</sup> <sub>III.</sub> strike those with terror who have read, or who have unhappily been spectators, of the complicate distress of all ranks of people during the rage of a pestilence. Scenes of death in its most dreadful forms, and of human sufferings beyond the power of the most active benevolence to relieve, present themselves incessantly on all hands. The distemper in itself is the most lamentable to which mankind are liable. The torments of heat, thirst, and pain, frequently unite in some patients; an unspeakable languor and dejection in others; and even those who escape with life, do not cease to suffer from painful and putrid Ulcers, the loathsome remains of the disease. The desertion of relations, of friends, and of domestic servants; the want often of the common necessaries of life, and the difficulty of procuring medical assistance; are circumstances likewise which aggravate the miseries of the sick, and contribute greatly to augment the general horror.

But

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But as no disease incident to mankind is in its nature more terrible and destructive, so none is more difficult to describe. Its symptoms are scarcely in all respects alike in any two persons, and even vary extremely in the course of an hour in the same subject. The disease attended at the beginning with symptoms not highly alarming, often ends fatally within a few hours; while the most formidable attacks, by a sudden and unexpected alteration, sometimes terminate happily.

The first complaints of those seized with this distemper, were in general a coldness or shivering; sickness; a vomiting of large quantities of porraceous bile, which often had a very offensive smell; anxiety, or an inexpressible uneasiness about the pit of the stomach; pain in the back, or loins; an intense head ach; uncommon giddiness, and a sudden loss of strength. Some were sensible of a sharp, shooting pain, darting at intervals into the parotid, axillary, or inguinal glands.

To these symptoms succeeded a violent Fever, in which, while the sick complained of extreme inward heat, their skin externally to the touch felt little hotter than natural. Sometimes this heat became general and intense; at other times, particular parts only were affected; but it seldom continued long in the same degree, having several unequal remissions and exacerbations in a day. In these exacerbations, the face became florid, but would often from a deep scarlet, change to a livid colour

colour like that of a person almost strangled, and again, suddenly changing, it would assume a cadaverous paleness. C H A P.  
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The eyes soon losing their natural lustre, acquired a kind of muddiness, and the countenance of most of the sick was ghastly and confused beyond description.

The pulse, at the beginning, was somewhat quicker and lower, but in other respects varied little from its natural state. Within a few hours it commonly increased in quickness and strength; but seldom remained the same for an hour, nay scarcely many minutes together; incessantly varying both as to strength and quickness, and without any manifest correspondence with the other febrile symptoms.

In such as complained of pains darting either into the parotids, the armpits, or the groins, a small painful, hard, deep-seated Tumor, without external discoloration of the skin, was discovered by the touch in the part; and these were the incipient pestilential buboes: of which more particularly hereafter.

The appearances now described, were those of the distemper on the first day, till evening, when the sick always suffered a severe exacerbation, in which the heat both internal and external became excessive, and as they generally were by that time delirious, it was often with difficulty they could be kept within doors; they were greatly disposed to talk, but faltered so in their speech that what they said was hardly intelligible; the tongue having shared with the other organs in the universal debility.

The

The exacerbation lasted most part of the night; but the heat, inquietude, and delirium abating towards morning, a manifest remission took place. Some recovered their senses entirely, some partially; and then complained of intense head ach, or of pain from the buboes: it was usually in this interval also that those who had carbuncles began to complain of the burning pain of those fiery Eruptions.

The morning remission was commonly of very short duration: the rigors, anxiety, and delirium, soon returning more violent than before, attended with a strong and frequent Subfultus Tendinum. These febrile symptoms did not increase regularly as the day advanced, but went away, and returned at intervals, leaving short, but alarming Intermissions; for each exacerbation surpassed that which preceded it, either in violence or duration. In the evening, the pulse could hardly be counted, by reason of its depression and quickness; the patient became comatous, and his respiration was quick, laborious, and interrupted. The buboes, which some hours before seemed manifestly to advance, often subsided, and sometimes almost disappeared; the carbuncles, mortifying at the top, resembled a large eschar made by a caustic: and about this period also livid or black spots of various dimensions, often were found scattered universally on the body.

Under these circumstances, dreadful as they seemed, some hope of recovery still remained; for, though many of

of the sick died on the third day, several had a favorable crisis on that day, by a profuse sweat: some struggled to the fifth day, a few to the seventh, and here and there one even to the eleventh, before any critical alteration took place. C H A P.  
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Where a copious sweat happened on the third day, if it did not prove perfectly critical, it, at least, always considerably abated the Fever, which in that case, was in general totally removed by a second, though less profuse sweat, on the fifth: so that besides weakness, the chief remains of the disease was the pain occasioned by the Eruptions.

It has already been remarked that nothing could with confidence be predicted respecting the event of the disease from the manner of its invasion; those who had the most favorable escape having often been attacked at the beginning with as alarming symptoms, as others were who died in a few hours. Sometimes the febrile paroxysm which had set in with such formidable violence, dissolved in a few hours, and left the patient languid indeed and weak in an extreme degree, but free from other complaints, except the pain arising from the Bubo, which from that period increasing in size, and advancing favorably to maturation, was in many cases ready to open in twelve or fifteen days; the patient all the while, except the first day, walking about as usual.

Great numbers happily escaped, not only in the manner just described, but likewise where the Buboes

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never advanced; for these Tumors, so far from coming always to maturation in such as recovered, very often dissolved without any bad consequence. In regard to the Carbuncles, they often began to digest, before the termination of the Fever in a critical sweat.

All the infected had Buboes, except such as expired suddenly, or survived the first attack a few hours only. Instances of this dreadful kind were more particularly met with in March 1743. The sick were seized in the usual manner, but the head ach, vomiting, and pain about the Præcordia increasing every moment, proved suddenly mortal; or terminated within a few hours in fatal convulsions<sup>1</sup>. Of those who perished in this manner, few had any appearance of Buboes; but in general, the armpits and groins, or the inside of the arms and thighs became livid or black, and the rest of the body was covered with confluent Petechiæ, livid pustules being here and there interspersed: but all these appearances were remarked more especially after death<sup>2</sup>.

<sup>1</sup> Instances of sudden death in the Plague, as described above, were very seldom met with in the late Plague years at Aleppo, and then only in the Winter, or early in the Spring. (Treatise of the Plague, &c. p. 97.)

<sup>2</sup> Livid or black spots, and Vibices, were often found on the infected corpse, but not constantly: They were always suspicious in conjunction with other circumstances, but their absence was no proof, though often urged as such, that the distemper of the deceased had not been the Plague. The Vibices sometimes appeared several hours before the patient expired; but the Livid spots seldom or never till after death. (Treatise of the Plague, &c. p. 97, 112, 135.)

The

The tongue, in some of the infected, was quite moist, and continued throughout, in all respects like that of a person in health; in others, it was white at first, but soon became yellow, then black, and was covered with a dry, rough scurf, or fur. C H A P.  
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Some had no thirst, and scarcely could be prevailed upon to drink sufficiently; but in general the sick suffered extreme thirst, and drank eagerly whatever was offered them; yet this thirst never was constant, it returned at irregular intervals, and seldom appeared to correspond with the degree of fever.

The urine, in general was of a deeper yellow than usual in health, and without sediment; but in the prognostic it was as little to be depended upon, as any other symptom of the Plague; it being scarcely alike in the same stage of the disease in any two persons, and varying no less in the same patient every day.

The vomiting commonly ceased after the few first hours, except where the sick were led by their extreme thirst to overcharge the stomach, and then it always returned.

A Diarrhœa attended the Fever, in some patients; in others, perpetual costiveness; but for the most part the discharges were natural. The distemper seemed never to admit of a critical solution by either stool or urine.

Hemorrhages from the nose, as also from the uterus, were met with in a few cases; and if they happened after the second day, were soon followed by a plentiful

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sweat

**BOOK**  
**VI.** sweat which commonly proved critical: a circumstance different from what has usually been remarked in the Plague at other places.

From the preceding account of the Plague, it will readily be conceived that nothing can be more difficult than to form any judgment or prognostic of the event of the disease; in which as it is justly remarked by Morellus, “our senses and our reason deceive us; the Aphorisms of Hippocrates are erroneous; and even Hippocrates, (as I am inclined to think) might himself have erred in his judgment.”

’ Unde fit ut in Peste, fallat nos sensus, fallat ratio, fallant Hippocratis Aphorismi, et ipse, ut puto, in his falleretur Hippocrates. De Febr. Pestilent. cap. v.

CHAP.

## C H A P. IV.

### OF THE PESTILENTIAL ERUPTIONS.

**T**HE characteristic Eruptions of the Plague are Buboes and Carbuncles. A very small proportion of the infected were exempt from the former; for during the whole time the distemper raged at Aleppo, all the sick had Buboes, except such as died suddenly: but about one half only had Carbuncles<sup>1</sup> C H A P.  
IV.

In the years 1742 and 1743, the Buboes often appeared as soon as the patient was taken ill; sometimes not till twelve hours after; and in a few instances not till after two or three days; but in 1744, some perceived the Buboes a day or two before any other symptom of the disease.

The sick in general, had but one Bubo; and the inguinal and axillary glands were oftener affected than the parotids. The inguinal Bubo for the most part

<sup>1</sup> In the late Plague years at Aleppo 1760 &c. the Carbuncles were seldom observed earlier in the season than the months of April and May; but after that period were found commonly, though in a much smaller proportion than what is mentioned in the text. (Treatise of the Plague &c. p. 120.)

was

BOOK VI. was double, that is, two distinct glands swelled in the same groin. The superior, which in shape somewhat resembled a small Cucumber, lay obliquely near the great vessels of the thigh, lower than the Venereal Buboes are usually found, and it was that which commonly came to suppuration; the inferior was round, and in size much smaller. I once met with a case where an axillary Bubo divided in like manner, into two parts, one of which got under the pectoral muscle, the other sunk deeper into the armpit: both grew painful and inflamed, but that in the armpit only suppurated.

It was mentioned before, that the Bubo at first appeared like a small, hard Tumor, painful, but not inflamed externally. These indurated glands were deeply seated; sometimes they were moveable under the skin, at other times less loose, or fixed; but always painful to the touch, unless where the patient was in a state of insensibility.

They often would increase considerably in size in a few hours, with intense pain, then suddenly subside; and these changes would frequently take place several times in the course of twenty-four hours. An exacerbation of the pestilential symptoms immediately upon the decrease of the Bubo, sometimes prompted me to imagine it owing to the retrocession of the Tumor; but this did not happen so constantly as to induce me to think it was so in reality.

The Buboes, so far as I could learn, never advanced regularly

regularly to maturation till such time as a critical sweat C H A P. V. had carried off the Fever. In ten, twelve, or fifteen days } from the first attack, they commonly suppurated; having been all along attended with the usual symptoms of inflammatory Tumors.

But I have known them sometimes, nay frequently, disappear soon after the critical sweat, and discuss completely, without any detriment to the patient. At other times, though grown to a pretty large size, the Tumor, about the height of the disease, would sink, and mortify, without any fatal consequences; for as soon as the crisis was complete, the mortification stopped, and the gangrened parts separating gradually, left a deep ulcer, which healed without difficulty.

I met with no instance of a Bubo, in which a Fever did not either precede, or follow the eruption.

The Carbuncles were commonly protruded the second day of the disease; and, though the muscular and tendinous parts were more especially affected, no part whatever could be said to be exempt from them.

The Carbuncle<sup>2</sup>, at first resembled an angry confluent pock in its inflammatory stage; but was attended with intense, burning pain, and surrounded by a circle

<sup>2</sup> There are certainly varieties of the pestilential Carbuncle; but perhaps these varieties have been unnecessarily multiplied, from the same eruption having been accidentally viewed in the different stages of its progress; for all of them, sooner or later are covered with the black eschar. (Treatise of the Plague, &c. p. 121.)

of

BOOK VI. of a deep scarlet hue, which soon became livid. By a progress very rapid, it then spread circularly, from the size of a silver penny to an inch and a half, two inches, nay even three inches, diameter; and the supervening gangrene often penetrated deep into the substance of the parts affected. In such of the sick as recovered, the gangrene usually ceased spreading on the third day, and in a day or two after, signs of suppuration were perceived at the edge of the black crust, the separation of which advancing gradually, was completed rather in less time than that of the Eschar in issues made by caustic. In cases where the patient died, I was informed (for I saw none of those cases myself) that a quantity of ichorous matter oozed from beneath the eschar, which remained itself hard and shriveled, without any favorable signs of digestion or separation.

A Pustule of another kind was observed in a small number of the sick; and, as all in whom it appeared happened to recover, it was regarded as a favorable symptom. This eruption was not surrounded with any livid or discoloured circle, but was filled with well concocted matter, and drying up after a certain time, the crust fell off, as in the distinct small pox<sup>3</sup>.

The livid, or black discoloration of the skin on various parts of the body, as well as the confluent Petechiæ

<sup>3</sup> I had no opportunity in the last Plague of 1760, &c. of observing the pustule described above. See. (Treatise of the Plague, &c. p. 128.)

tioned before in the general description, are symptoms common in other malignant distempers, and by no means peculiar to the Plague: but in all dubious cases, during a pestilential season, their presence always leaves just room for suspicion. C H A P.  
IV.

The little I have to say on the surgical treatment of the Buboes and Carbuncles, is reserved for the next Chapter.

## C H A P. V.

### OF THE TREATMENT OF THE PLAGUE.

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**I**T would have been tedious, and perhaps little instructive, to have entered into a minute detail of all the phænomena remarked in the Plague, together with the irregular and sudden changes so frequently observed in its progress. I have therefore, attempted only to give a general outline of the disease, which should, however, comprehend the most usual and constant symptoms: and though this description is not sufficient to supply the requisite helps for forming a confident prognostic, it may still furnish some hints that may be useful in practice.

When the various shapes assumed by this fatal distemper are duly considered; its sudden transitions from a state apparently of extreme danger, to one of perfect safety; its precipitate advances to its height; and the danger the physician incurs in visiting the sick; the wonder will cease that we meet in authors, with such various, nay contradictory accounts, both of the disease itself, and the propriety and success of the medical management of it. Of these differences amongst writers on the  
Plague,

Plague, many might in some measure be reconciled, were allowance to be made for the effects of climate, temporary constitutions of the air in the same climate, and even perhaps for some real variation in the disease itself: but the task becomes more difficult to account for the contradictions so frequently met with among those who had practised at the same time, in the same city, and who have treated of the same Plague. C H A P.  
V.

The discordant opinions of medical writers concerning the method of treating the Plague, are innumerable. In regard to bleeding, and other evacuations, they maintain opinions diametrically opposite: some recommending them as indispensably requisite, others decrying them as invariably pernicious; while both parties, with equal confidence make their appeal to experience. But in a disease wherein reason is often perplexed, and experience itself fallacious, it is greatly to be lamented that nature has not been more, and opinion less consulted.

In a country so often visited by the Plague, one might reasonably have expected some vestiges of unbiaſſed observation, or at least some attempts towards a proper method of cure; but so far as I have hitherto been able to discover, no traces of any thing satisfactory are to be met with among the Natives. The Mohammedans, holding the Plague to be a penal curse inflicted by Almighty God on a sinful people, have less faith in the efficacy of medicine in that disease than in any other: and as the chief of those who practise physic are either

A a a 2

Christians

Christians or Jews, not armed with the doctrine of predestination, and consequently apprehensive of contracting the infection, they endeavour to confirm the vulgar notion of the inutility of their art in the Plague, with a prudential view of evading the danger of being forced to visit the sick. Hence the greatest part of the infected are either left to struggle with the distemper, without any assistance from medicine, or are under the necessity of submitting to the direction of the meanest and most ignorant of mankind.

The method most generally prevalent among the Native practitioners, is to bleed all who apply to them, in whatever stage of the disease; and then with a view of promoting sweat, to administer a few grains of Bezoar mixed with the distilled water of Scorzonera. The Bezoar, in the East, still retains the reputation of being an excellent Alexipharmic, and though never given in a dose exceeding three or four grains, wonderful virtues are ascribed to it in the Plague: their reliance on this medicine, is a proof of the unimproved state of their *Materia Medica*.

In regard to evacuations in the Plague, it seemed to me, from the most impartial and attentive observation I was capable of, that very plentiful bleeding in the beginning of the disease was of great service; but was always prejudicial after the first day.

To promote vomiting was also of the utmost consequence at the beginning; and for that purpose, as the  
sick

sick in general had a propensity to vomit, warm water was commonly sufficient; but in cases where a stimulus was required, a small dose of Ipecacuanha, or of Salt of Vitriol, answered for the most part perfectly well. C H A P.  
V.

Violent Cathartics are generally, and with justice, condemned in the Plague; but in cases where the patient was costive and the head much affected, an emollient Clyster, or even a gentle laxative composed of Manna and Cream of Tartar, was not only safe, but often of great service. On the second day of the disease, where the remission of the symptoms was tolerably distinct, I have frequently and successfully given an infusion of Senna with Manna and Cream of Tartar; and it is a fact confirmed to me by repeated experience, that a purgative of this lenient kind given after the critical sweat, was the most effectual means of promoting the suppuration of the Buboës.

The natural crisis of the disease was always by the skin. When a copious sweat could be procured by art, it was likewise of service; but the attempt if made the first day was attended with two material inconveniencies. The first, that the common Diaphoretic medicines given in the usual dose, if they failed in their operation, threw the patient into a flame, and greatly augmented all the symptoms; the second, that though they produced the desired effect, it was necessary to keep up the sweat a much longer time than most of the people of that country could be persuaded to endure, and if the sweat was  
prema-

BOOK VI. prematurely checked by exposure to the air, all the symptoms were either exasperated, or (what was often the case,) a Diarrhœa was induced, which though at first it might seem to relieve, yet generally proved fatal in the end.

The cordial and diaphoretic remedies found most effectual, were the roots of Contrayerva and Valerian; Saffron; or the compound Contrayerva powder of the Edinburgh Dispensatory. These remedies were given to most advantage in small doses repeated every four hours, with diluent drinks acidulated, which not only assisted in promoting a sweat, but were of the utmost consequence in moderating the Fever, that the warm medicines were otherwise apt to increase. Anodynes were occasionally joined, and greatly assisted the operation of the other remedies; but the milder kind, as syrup of Poppies, seemed to agree better with the sick than pure Opium. In cases where a Diarrhœa attended, Venice Treacle, or Diascordium, was joined with the Diaphoretics.

I attempted to try the effects of the Bark; but on account of a clamour raised against that medicine, I found it prudent to desist: being convinced that my youth, and the short time of my residence in the country, were obstacles not to be surmounted by any efforts in my power to make against a popular prejudice. For another reason, no fair trial was made of the Virginian Snake root. Its bitterness was an objection with most of the Natives; and

and it may be remarked in general, that the Physician CHAP.  
V. who would obtain a ready compliance with his directions in that country, must as seldom as possible offend the palates of his patients with nauseous remedies: for whatever may be the consequence, they will often rather choose to incur distant, though great risks, than avoid them by submitting to present inconveniencies.

Nitrous medicines neither had their usual success in allaying heat, nor in general could the sick bear them in the common doses, without a sensible increase of languor and dejection; and there was danger moreover of their bringing on a Diarrhœa.

Upon repeated trials, I found the following the most successful method of treating the sick.

As soon as possible after the patient was taken ill, from ten to twenty ounces of blood, according to the circumstances of the case, were ordered to be drawn from the arm; but seldom more than sixteen ounces were taken away; that quantity greatly exceeding what is usually drawn at once in any disease in that country.

After the bleeding, where the nausea was considerable, the patient was encouraged to drink freely of warm water, which usually being soon returned mixed with bile, the operation was repeated till the stomach appeared to be cleansed. Where the nausea was so inconsiderable that the water of itself was not sufficient to excite vomiting, a small dose of Ipecacuanha, or of salt of vitriol was given to promote it. It indeed appeared from  
expe-

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VI. experience, of such importance that both these evacuations should be made early in the disease, that most of my acquaintance were provided with directions how to proceed, in case of any person being infected in the family.

After the operation of the vomit, a gentle Anodyne was given; and where that did not prove sufficient to quiet the stomach, an ounce of Diacodium, or fifteen drops of Laudanum, was added to Riverius's saline draught.

After the evacuations, small doses of the cordial and Diaphoretic medicines, to which was joined a very small proportion of Antimoniated Nitre, were administered every four hours; and the sick were encouraged to drink freely of a decoction of Scorzonera roots and Barley; or spring water moderately acidulated with Spirit of Vitriol. A mixture of Syrup of Violets and this Spirit was kept ready to be occasionally added to plain water, which being thus rendered more grateful both to the eye and the palate, the sick were induced to drink more willingly. The drinks were always given tepid, when the sick could be prevailed on to take them in that state.

In the Winter months, the sick were removed into a room larger and more airy than that in which they usually slept at that season; and the air of the chamber was warmed or corrected, by a moderate fire. In the Summer, permission was given to keep the doors and  
windows

windows open, except such as were directly opposite to the patient's bed, but even this restriction was opposed by many, who, in the day time, insisted on setting all open, and in the night often lay on the house top. Their coverlets were the same as they had been accustomed to in health.

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A temperate cordial, composed of some of the simple distilled waters, Tinctures of Saffron and Valerian, Confection of Alkermes, and Spirit of Vitriol, was allowed where the sick were faint, or uneasy, and they expressed great satisfaction upon taking it. A mixture of this kind, together with plenty of acidulated drinks, was what I chiefly used for infected children, and with good success.

Under the treatment now described, a sweat often broke out on the second or the beginning of the third day; when the sick were covered up, and the sweat was encouraged as long as they could be persuaded to bear it.

But whether it proceeded from the carelessness of attendants, or their obsequiously giving way to the impatience of the sick, and consequently not keeping up the sweat so long as it ought to have been; or whether it was to be ascribed to the nature of the disease itself, I shall not presume to determine; but it is certain that this first sweat, especially if it happened on the second day, though it greatly relieved the patient, did not entirely remove the Fever. It was therefore requisite to con-

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tinue the same medicines in somewhat larger doses; by which nature was generally enabled to throw off every subsequent exacerbation by a plentiful sweat, till a complete crisis was obtained.

Where the sweat was judged sufficiently copious, and had greatly mitigated the symptoms, notwithstanding some degree of fever still remained, a mild purge was given next morning, during the operation of which the other medicines were not intermitted; and an Anodyne was ordered to be taken early in the evening.

Where an exacerbation of the other symptoms appeared to be the consequence of a sudden sinking of the Buboes, which was sometimes the case on the second or third day, a blister applied just below the Tumor was of service.

Upon the first appearance of Coma, or of debility in the tongue, a blister was applied to the head, and, according to circumstances, in succession to the other parts to which blisters are usually applied. Some of the sick who had been deemed past recovery, having struggled through the disease, owing in all appearance to the use of blisters, they were at length brought into some degree of credit, and the Natives were induced to submit with less reluctance to a remedy, to which at other times they are obstinately averse.

Stimulating Cataplasms, commonly composed of Garlic, Bread, and Vinegar, were likewise applied with advantage to the soles of the feet. But in cases of Coma where

where the patient was costive, whether Blisters or Cataplasms were, or were not applied, emollient laxative Clysters were injected; the dose of the Alexipharmics was increased, and acidulated drinks, in small quantities at a time, were given frequently.

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As to the external treatment of the Eruptions, suppurative Cataplasms were sometimes applied to the Buboes, but as it was with difficulty they were retained on the part, in cases where the patient was capable of walking about, a Diachylon Gum Plaster was generally substituted for the Cataplasm: and if a still stronger stimulus was requisite, a few Cantharides, or a little Euphorbium, were added.

In most cases, the Buboes were left to open of themselves; as well on account of the dread the Natives entertain of the lancet and caustic, as of the want sometimes of proper persons to make use of either; and so far as I had occasion to observe, though they often proved tedious, no other consequences attended their delay in opening, than such as are common to all inflammatory Tumors left to themselves; nor was any thing peculiar in the topical remedies, required for healing them.

Where the Buboes mortified, they were treated in the same manner as the Carbuncles, and though upon separation of the gangrened parts, the Ulcer often remained both wide and deep, yet they healed kindly in a short time.

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The Carbuncles sometimes were scarified, but oftner were not. The dressings which in general agreed best with them, were soft pledgets armed with yellow Basilicon with a small proportion of Oil of Turpentine, or, sometimes, Tincture of Myrrh; over which was laid an emollient Cataplasm. After the mortified crusts cast off, the Ulcer soon healed in the usual manner.

CHAP.

## C H A P. VI.

OF THE METHOD OF SHUTTING UP, PRACTISED BY THE EUROPEANS IN SYRIA, FOR THEIR PRESERVATION IN TIMES OF PESTILENCE.

**N**EXT to the protection of Divine Providence, the means that the Europeans depend upon for their preservation during the time of the Plague, consist either in a retreat from the city, or in shutting up in their Town houses, in such a manner as effectually to prevent all intercourse or communication by which the infection might be received from without. C H A P.  
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In former times, when the trade was carried on regularly in annual ships chartered by the Levant Company, which arrived at Scanderoon, and left that Port at certain fixed seasons, the merchants, without prejudice to their affairs, had it in their power to retire from the city, in the Summer months; and the number of the English Factory being at that time so considerable as to render an encampment in the mountains secure from the

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**VI.** the depredation of their inhabitants the Kurdeens<sup>1</sup>, it was the common practice of the English gentlemen to retire from town, early in the Pestilential season.

The place chosen for refuge was a plain of no great extent, pleasantly situated in the mountains, at a little distance from Bylan. The wild scenes on all hands, were delightfully picturesque; an opening of the steep mountains afforded a prospect of the sea, at the same time giving admission to the Western wind; and a limpid rivulet remarkably cool, while it nourished a constant verdure, served to water the encampment. Bylan furnished the camp with provisions, and by a strict observance of the necessary precautions in receiving them, little or no risk was incurred, even though the distemper happened to be actually in that village.

They lived in their tents; and there being little chance, in their excursions distant from the high road, of falling in with travellers suspected of infection, they were at liberty to ride out without apprehension; to go a shooting; or to pursue other country recreations. The pleasures of this sequestered situation, which at other times, the English used voluntarily to prefer to all others, in the

<sup>1</sup> Kurds, or as the English commonly call them Gourdeens, are a race of hardy, robust people, who inhabit a great part of Amanus, and the neighbouring mountains, and subsist chiefly by plunder; making incursions for that purpose, into the plains, and retreating into their mountains when any force is sent against them. (See vol i. p. 165.)

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fultry months, suffered now however some allay from reflexion on the melancholy occasion of their forced retreat, and their anxious apprehensions for the friends whom they had left behind in the city. C H A P.  
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In the present state of the Levant trade<sup>2</sup>, carried on by a number of small private vessels which come into the Port irregularly and at all seasons, it is highly inconvenient for the merchants to leave the city; besides, the Factory is greatly decreased in number, and the plundering Kurdeens are become more than ever hostile to the Franks. Thus an early retreat, to the mountains is rendered next to impossible; while a retreat to any of the neighbouring villages later in the season, after the Plague has made some progress, not only promises little security, but on many accounts is attended with considerable danger. The Europeans however circumspect in their own conduct, and that of their immediate domestic servants, cannot effectually watch the rest of a numerous retinue, employed in transporting the tents and baggage, who may either have unknowingly contracted the infection, or perhaps have concealed its existing in their own family: whence arises a risk of setting out with the Plague lurking in the Caravan. It moreover, I believe, seldom happens that the distemper rages at Aleppo without likewise affecting most of the surrounding villages; and though the danger of infection on the journey may in

<sup>2</sup> 1752.

some

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some measure be lessened by sleeping under tents, and not entering houses, yet the very village chosen for a refuge, notwithstanding repeated assurances to the contrary, may probably be found labouring under the common calamity: for the Natives universally combine in concealing the distemper, as long as any advantage to themselves can be derived from the deceit.

The shutting up at home is attended with few of the risks or inconveniencies just mentioned, and when properly conducted, it affords such certain security against infection, that persons remain safe in the midst of a city where the Plague rages with the greatest violence.

The advantages of shutting up, are in that country fully confirmed by experience, so that all the Christians and Jews who have it in their power, follow the example of the Franks; and even of the Turks, (who on account of an avowed principle of religion, cannot openly adopt the custom) many of those particularly conversant with Europeans, devise various pretexts for keeping much at home; sometimes they retire to one of their garden-houses, as if merely on a party of pleasure; at other times, where their affairs will permit, they make a commercial excursion to some distant city: a journey to Mecca, under pretence of devotion, is no unusual expedient for avoiding the impending danger.

Though the Europeans, as before remarked, are not so subject to the Epidemic Diseases of that country as the Natives, experience sufficiently confirms their being liable

ble to the Plague; for some of them have generally been infected, when that distemper raged in the place, either before the shutting up, or after the coming out of confinement<sup>3</sup>. It may be proper also to add, that the domestic servants (who are not Natives, and in number exceed the Europeans) are not less liable when exposed, though while properly shut up, they enjoy equal security with their masters.

As long as the number of infected continues considerable, (which is commonly the case in the Winter, and the beginning of Spring,) the Europeans content themselves with observing the following precautions. To have no more intercourse with the Natives, than business indispensably requires; to keep their domestic servants as much as possible within doors; to give no longer admittance to the common Turkish barber; and to secure a laundress on whom they can depend for avoiding improper communication with the Bazars, and who is not employed by the Natives. With those precautions the

<sup>3</sup> Sir James Porter, in his observations on Turkey, (p. 443. and 450.) has hazarded a singular assertion, "that there is not upon record, nor has a single living witness related an instance of an English Factor or servant's dying of the Plague, at any of the Sea Port towns, or in any other part of Syria or Asia Minor, and but one only in Constantinople, in almost a century; and that from the first origin of the charter, not one English seaman had ever died of the Plague."

Others had asserted that Frenchmen in Turkey, are not susceptible of infection. A fact contradicted by experience every Plague year in most parts of the Levant, where the French are established. See (Treatise of the Plague, &c. p. 339.)

BOOK VI. Franks remain at liberty to visit one another, and to pursue their usual recreations abroad in the country.

In this state of affairs, it is usual for the Natives to employ all their art in dissuading the Europeans from entertaining any thoughts of shutting up, either assuring them that all the reports by which they may have been alarmed are absolutely false, or else, (allowing that some of them were true) by affirming roundly that all is now over, and the city, through the mercy of God, perfectly free from suspicion. By this last bold assertion, however inconsistent with truth, and indeed with all rational hope derived from former experience, many are fondly deluded, till one of the Europeans themselves, or one of their immediate dependants, or perhaps some person generally known in the city, happens to be infected. Then it is that dread and consternation prevail in the Frank Quarter, and the most adventurous think it advisable to shut up with all expedition.

But those who act with most prudence, besides attention to the precautions already mentioned, consider the increase of the distemper, which had remained lurking in the Winter, as unavoidable in the Spring, and therefore without regard to contradictory reports and reasonings, make dispositions for shutting up, upon its first visible increase, and lay their account with being confined till July. By this means they escape the trepidation, and disagreeable hurry occasioned by a sudden alarm; for it may be remarked, that after the Plague once begins

gins to spread, its progress is so rapid, that the difference of cautiously shutting up early, and of braving it out to the last is seldom more than a few days. C H A P.  
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As it would be uncomfortable for a single person to be so long confined by himself, it is usual for the Factory to divide into small parties, and to shut up in such houses as are most spacious, or in other respects most convenient for the purpose. It is an advantage that it should be one which has no communication over the Terrace with any other; for though while the distemper is not much advanced, an intercourse between houses regularly shut up is sometimes permitted; yet when the disease rages with more violence, it is reckoned safest not to run the risk of the irregularities of others, and to put a stop to all intercourse of that kind: indeed, it is in vain to expect that irregularities among the servants can be prevented, as long as the Terrace doors stand open, and tempt to a breach of regulations.

So few of the Europeans in that country are accustomed to shave themselves, that it becomes highly expedient to have one among the domestics capable of the office of barber; for though the circumstance at first may seem trivial, the neglect will be found of vexatious consequence in a hot climate.

When the moment of shutting up arrives, the street door is locked, and by way of greater security, the master of the house affixes his seal, and secures the key. From that time nothing is permitted to be received from

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without,

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VI. without, except certain provisions for the table, and letters; and in the reception of these the precautions hereafter enumerated are rigorously observed.

At the same time that the street door is sealed, all windows or passages below stairs, by which the servants might privately carry on illicit communication, are in like manner secured. A small square hole is then cut in the street door, and to that a wooden spout is fixed, for receiving the water which is brought daily in skins by the water-carriers; and this aperture being provided with a sliding door with a lock, is never opened but in the presence of one of the Europeans who attends on purpose: a precaution the more necessary, as the water-carriers are compatriots of the servants, and the most likely to smuggle for their friends within.

A window above stairs is next allotted for the reception of provisions and letters, and for conversing with persons who stand below. The more this window is exposed by its situation to the eyes of the family within, the better it is adapted for preventing the careless irregularities of servants; but it is a desirable circumstance, if it can be effected, that the window should look into the most unfrequented part of the Khane, or the street, in order to avoid a concourse of idle passengers, which the novelty of the sight would naturally draw together, at the times of taking in the provisions.

The apparatus placed at this window, consists of a rope, which with the addition of a few yards of iron chain,

chain, and a hook fixed to the lower end, reaches to within two or three feet of the ground; an iron, or copper pail, which is hung on the hook, and serves for receiving the provisions; a pair of tongs for taking them out of the pail; a bottle of vinegar; and a pail of water. Besides these, a long reed, split at one end, stands ready for the reception of letters, with a box of pounded brimstone for fumigation.

A Purveyor without doors, is retained in constant pay; who is employed also in carrying messages, and collecting the news of the day.

Butchers meat, and all other provisions which admit of it without injury, are dipped in water mixed with a little vinegar, and then hung up for some time before the cook is permitted to handle them. Poultry is treated in the same way having been carefully picked before it was put into the receiving pail. Bread, and other things which might be injured by immersion in vinegar, are exposed for some time to the open air, before they are touched.

In regard to letters and papers, they are first sprinkled with vinegar while yet on the reed, and then smoked well with sulphur. Some instead of sulphur employ a composition commonly used in the Lazaretto at Malta<sup>3</sup>.

<sup>3</sup> Sulphur six pounds, Orpiment, crude Antimony, Lytharge, Cumin seeds, Euphorbium, Black Pepper, Ginger, of each four pounds, Assa foetida, Cinnaber, Sal Armoniac of each three pounds, Arsenic one pound.

To these ingredients, first reduced to powder are added raspings of Pine wood six pounds, and bran fifty pounds.

But

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**VI.** But whatever be used for fumigation, it were better if it was a more general practice, to make use of a smoaking box, so contrived as by confining the fumes, to impregnate the papers more thoroughly than can be done in the open air.

The last preparatory caution generally observed, concerns Cats, which on account of their rambling from house to house, being considered as very dangerous visitors, are proscribed by common consent among the Franks, and when found straying, are immediately shot and thrown into the street with a pair of tongs, to avoid touching them. The Europeans usually confine their favorites to a room, or send them to be taken care of by one of their dependants in the Jideida, till the persecution be over.

Besides the impatience naturally arising from unusual restraint, other circumstances combine to render the first week's confinement extremely unpleasant. There are certain moments when it is not easy to exclude apprehension that one or other of the party may have uncautiously contracted the infection, and that the period in which it may show itself is not yet elapsed; nor are such uneasy reflections discouraged by the hum from Sun rise to Sun set, of the Sheihs chanting in the funeral processions, and the dismal conclamation of the women, especially in the dead of the night. But these last circumstances in time become familiar and less alarming; fears of lurking infection vanish, and the prisoners falling into  
various

various modes of employment or amusement, come by CHAP.  
degrees to suffer little on their own account, more than VI.  
the mere languor of confinement: yet they cannot avoid sympathizing with those who are exposed, or feeling for the death of their acquaintance among the Natives. The want of their usual exercise of riding, they endeavour to supply by an evening's walk upon the house top; and as all the Franks make their appearance on the Terraces about Sun set, they have an opportunity of seeing each other, and of conversing with such as happen to be at no great distance.

As soon as the Europeans, and principal Christian and Jew Natives, enter into confinement, an almost total stagnation of trade immediately follows. Many of the Mohammedan Merchants, as remarked before, keep much at home, and if the distemper rages violently, very few caravans arrive from other towns. But the common markets remain open, and being plentifully supplied, there is never any dearth of provisions; the streets, though not so much crowded as usual, are in some degree frequented; and the Turks in general, visit the sick and attend the funerals, in the same manner as at other times. The Christians and Jews, who are not shut up, seldom visit their sick friends, unless on very urgent occasions: and very few accompany the corpse to the grave, besides the bearers, and one of the Priests, appointed to attend funerals: but there is no want of servants or of relations to undertake the necessary

BOOK VI. } fary offices about the sick, the same as if it were any common distemper<sup>6</sup>.

Upon the first appearance of the Plague declining, the Natives, who feel severely the interruption of trade, resume their attempts to mislead the Franks, by assuring them that the number of sick is far less considerable than common report represents it; and as impatience of confinement disposes to credulity in whatever promises the restoration of liberty, it commonly happens that some of the gentlemen are induced to venture abroad, sooner than prudence justifies. But it should always be remembered, that though the difference between venturing thus rashly, and proceeding with caution, be seldom more than a few days, yet, as before remarked, the real difference in the risk incurred is very considerable; the decrease as well as increase of the distemper being always rapid.

The first step commonly, after unsealing the door, is to ride out an airing, attended by one or two servants only, the rest being left at home, and care taken to prevent improper communication in the absence of the

<sup>6</sup> This was far from being the case in the late Plague in 1760, it often being very difficult to procure mercenary attendants. I met with several instances, even in Turkish houses, where the mistress of the family was not only ill attended, but even abandoned through the timidity of her daughters, and slaves. I apprehend the dread of contagion gains ground among the Mohammedans in all parts of Syria where the Europeans have much commerce. (Treatise of the Plague &c. p. 34.)

open

masters. The view of the open country, after such long confinement, renders these first excursions inexpressibly delightful, though the fields at that season are extremely arid, and little verdure is to be seen except in the gardens. C H A P.  
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For a week or two after these first excursions, the same precautions which were observed before shutting up, are strictly continued, and indeed, with regard to the domestics, are more necessary than ever; no injunctions however strict being able to prevent their wanton abuse of liberty. It should also be considered, that not only persons belonging to infected houses, but even many convalescents from the Plague, help to make up the promiscuous crowd in the narrow Bazars.

Such are the established regulations commonly adopted by the Europeans at Aleppo, and which have the sanction of long experience. Certain additional precautions were observed by myself, and recommended to others, who being obliged to go among the infected, applied to me for advice.

The precautions recommended were,

I. In the general regimen of life, to guard against excesses of all kinds; violent passions of the mind; and immoderate evacuations.

II. In respect to diet, not to live more sparingly than at other times, nor to lessen the usual quantity of wine: perhaps one or two glasses extraordinary might rather be beneficial; and the free use of acid liquors, (such as very weak, four Punch,) was in the Summer, found not only grateful to the palate, but salutary.

III. Never to venture abroad in the morning, fasting.

IV. When in the chamber of the sick; or in passing near a corpse, or any thing suspected of infection; carefully to avoid swallowing the Saliva: and, at the same time to breathe through the double folds of a handkerchief, moistened with plain vinegar, or vinegar impregnated with Rue.

V. To restrain inspiration as much as possible while employed in examining the pulse, or such other circumstances of the sick as require drawing close to the bed; and upon coming out of the chamber, to wash the mouth, face, and hands, with vinegar.

VI. On the return home, after visiting the infected, or passing through the Bazars, to undress, and expose the clothes in the open air<sup>7</sup>; and before dressing in fresh clothes, to wash once more with vinegar.

VII. The only preservative used internally, was a large dose, twice a day, of extract of Bark; drinking after it a draught of wine and water, acidulated with Elixir of Vitriol. For those who prefer the Bark in a liquid form, a strong decoction might answer the purpose equally well.

Though the foregoing precautions, contain nothing but what has been repeatedly mentioned by medical writers, I thought it might not be improper to present

<sup>7</sup> It might perhaps be of service to fumigate the wearing apparel with sulphur: but this was not practised.

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them here in one view. Some of them may in future be of service to the gentlemen of the Factory, when necessary business obliges them to expose themselves, either before, or after shutting up. So far as my observation went, they were attended with success: but it ought at the same time to be remarked, that my experience was not extensive; and that some who were exposed to equal risk with myself and others, escaped without the observance of any preservative means whatever.

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NOTES