

desire: for as soon as being about to sleep, they closed their Eyes, presently starting up again they cryed out that a confused multitude of Fantasms made them mad, so that they found themselves necessitated to abstain from Sleep.

Secondly, when the Spirits being become exorbitant, are called from the circumference of the Brain towards the inward parts in order to Sleep, sometimes they convert their Sallies into the *Genus Nervosum*, and then either rushing in a tumultuous manner into the Nerves that go to the Precordia, or Viscera, they cause disorders in the respective Parts; (hence to such as are so affected, as often as closing their Eyes they invite Sleep, either Tremblings, Leapings, and Constrictions of the Heart, with Failings of the Spirits, and a letted Respiration happen or inflations and Swellings of the Viscera, a Sense of Suffocation, and other Symptoms vulgarly accounted for hysterical) or secondly, the Spirits being called from their Watchings, and converted to the *Genus Nervosum*, sometimes transfer their Sallies into the spinal Marrow, and thence into the Nerves that pass into all the outward Members: wherefore to some, when being a Bed they betake themselves to sleep, presently in the Arms and Leggs Leapings and Contractions of the Tendons, and so great a Restlessness and Tossings of their Members ensue, that the diseased are no more able to sleep, than if they were in a Place of the greatest Torture. Sometime since I was advised with for a Lady of Quality, who in the day time was wont to be afflicted with a *Cardialgia*, and a Vomiting, and in the Night was hindred from Sleep by reason of those spasmodick affects which came upon her as now and then she was upon the point of rest: nor indeed was she able to sleep all Night, unless she took first a pretty good dose of *Laudanum*: Wherefore of this Medicine which at first was allowed her only twice a Week, she took afterward daily for about three Months, receiving no injury thereby, either in the Brain, or about any other function, and when in the mean while by the use of other Remedies, the discrasies of the Blood and Nervous Juice being corrected, the animal Spirits became more benign and mild, she afterward leaving off wholly the *Opium*, was able to sleep indifferently well.

As to the cure of the *Watching-evil* (which we even now describ'd) because it cannot be long endured, therefore those things are chiefly to be given, which give a pretent relief: for this end those things are proper which sooth the Spirits, and gently appease their Disorders, as the vulgarly called *Anodines*, viz. distilled waters, Decoctions, Syrups, and Conserves of Flowers of Nymphaea, Cowslips, Mallows, Violets, Knapweed, the Leaves of Lettice, Purslan, the Willow, also *Emulsions*, or juicy *Expressions*. And if the restless Spirits will not be mitigated by fair means, we must force them to be quiet, by imposing Fetters as it were, and using Severity: their stores ought to be diminish'd, and withall the spaces in which they may freely, and without