

Francis Galton's Sickness Records

Publication/Creation

1875-1892

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Medical (76)
Prescriptions
account of my influenza





W. M. Mackay.

Mr. Jones of this office will
see a great part of that matter
for both in our three days.

Copy sent on 3/5.

John B. Mackay

John B. Mackay

John B. Mackay

Francis Fuller says



John



7x

Sui Iodi ℥i
 Ir Aconit. ℥ss
 Ir Opii ℥ss
 Camphor. ℥ss

Conci

To be painted on the forms

Thomas Davis

Francis Patton by
FRS.



14a granule of
Arsenate of Iron
in after meals
twice or three a
day.

White Vaseline
as st^l appl^t
D

July 21 / 92

f.4

CORRESPONDING HOUSE, CASWELL, MASSEY & CO. 1121, BROADWAY, & 578, FIFTH AVENUE, NEW YORK.

Francis Galton Esq. F.R.S.

BY APPOINTMENT.



TO ROBERTS & CO.
FOREIGN & ENGLISH CHEMISTS.

TO THE PRINCE & PRINCESS OF WALES,

THE LATE EMPEROR OF THE FRENCH & THE IMPERIAL FAMILY,

THE EX-ROYAL FAMILY OF SPAIN,

THE BRITISH, AMERICAN, RUSSIAN, AUSTRIAN & SPANISH EMBASSIES, &c. &c.

LONDON,

PARIS,

76, NEW BOND STREET.

RUE DE LA PAIX 5.

ESTABLISHED 1823.

ROBERTS, WILKINSON & CO. LONDON.

18, SAVILE ROW, W.

Hyd bromure d'Ammonium
 Volume 3ii
 1ml to 5ml Once daily
 when needed
 W.D. Alley



For Invalid's Bed side at night

Food

Beef tea
Toastr & water
Arrow root powder
Milk
Seltzer water
Brandy
Biscuits

Physic

measure
{ Sal volatile }
{ Camphor }

Pantry

Tray & Cloth
Water bottle
Tumbler
wine glass
Spoons table
" tea
Salt
Sugar
(tea things)
tea

&c

Night light
Lucifer
Basin.
Sauce pan



D. Andrew Clark. Jan^y. 1875



F. 76

On going to bed, sponge with tepid water & rub quite dry. Never use cold water extensively - Clothe warmly - woolen underclothing; avoid damp and particularly guard against chill in evening, after a little excitement.

Three meals a day.

Breakfast; - dry toast or bread & butter, with one thing, which should be fresh, such as chicken, game, fish, 2 eggs, - and one cup of weak black tea & water, or tea and milk.

Lunch; - between 1^h & 2^h. Chop or its equivalent of meat with bread and, preferably, only a glass of water; otherwise a table spoonful of some spirit in water.

No afternoon tea

Dinner; - no soup; fish, one meat of any kind, bread potato, greens, and, if no rheumatic pains and no turbid urine, fresh fruit (if I like it) - Pint of Bordeaux, or 2-3 glasses of Manzanilla or a like quantity of white wine (Hungarian wine) or, when I have indigestion or turbid urine, or wandering pains (gouty), two-thirds of a glass of some spirit, (brandy, or whiskey) in water - Avoid soups, sauces, pickles, spices; salted, smoked, dried, bottled or preserved meat or fish; pies, pastry, jam, creams, dried fruit, cheese (unless exceptionally nuts, raw vegetables, avoid Habitual use of effervescing water; port, champagne, madeira. Avoid hearty meal after long fast, and especially avoid hot liquors at meals. No tea or coffee after dinner, unless exceptionally.

When dyspeptic; - shorten supplies of food; substitute

brandy

brandy and water for wine, and take any simple aperient
(not salines) and one teaspoonful of Gregory's powder.
If abundant deposit of uric acid, take a good 'pinch' of
citrate of potash in $\frac{1}{2}$ tumbler of water, the last thing
at night. Otherwise, take no physic

Walk at least half an hour twice a day.

Do the most important head work after breakfast and
not after dinner.



Notes of what was told me by Dr. De'bout of Estices the evening
before I left Contrexéville viz Aug 9/1886

(1) To form as little uric acid as possible, (2) to get rid of what is formed.

I. White meat and plenty of vegetables except those containing oxalic acid
viz avoid Rhubarb Sorrel cress & especially tomatoes & carrots. Fruit that
is just ripe may be eaten freely; all otherwise. Little & light wine, preferably
red. Wholly avoid Champagne

II Get rid of uric acid by (a) intestines, (b) kidneys, (c) skin

(a) saline purge (mineral water) now & then

(b) diuretics not as Chapman may prefer to be.

(c) sponge bath; friction (brush or rough towel)

Spring and autumn are critical times. I should take 15 bottles of Contrexéville water
each October & again each March at the rate of 1 bottle per day if possible. in draught
as here before breakfast on an empty stomach at least 1 hour before breakfast - better
longer. (also in afternoon before dinner?)

My urine was dense at first viz 1.030 (but this was I believe quite exceptional & the result
of a long heating journey & subsequent heavy dinner) There were also oxalate of lime crystals as well
and uric acid. He said I had mentally overworked myself (probably a little).



		Stones	Wt	ounces	Differences	
1887	night				03	03
October 26-27	night a	11	8	13	-14	} 30
	noon a	11	7	13	-14	
	noon b	11	6	15		
	night	11	8	9		
	noon a					
	noon b					
Nov 1-2	night	11	10	10	-	
	noon a 5-20	-	10	-	-10	-28
	" b	-	8	14	-18	
Nov 2-3	night	11	10	1		
	noon b	11	8	10		-23
Nov 3-4	6h/30 ^m a	11	9	12	12	28
	b		9	-	16	
Nov 5-8	noon b	11	3	11		
	noon b	11	2	3		
	noon b	11	-	7		



Date	Height - on getting up bare foot	intermediate	on going to bed bare foot
March 20	5. 9	8 3/4	8 1/4
March 21	5. 9	9. 1/2	11 ^h - 30 min must stand up. v. tired
22	5. 8 3/4		
23	5. 8 3/4		
Began very carefully			
24	5. 8 7/8		5. 8 1/2
25	5. 8 7/8	6. 1/2 7. 1/2 with Gordon 11. 1/2	5. 8 3/8 11. 1/2 after dinner part at home
26	5. 8 3/8	8 3/8	5. 8 1/2
27	5. 8 3/8 very careful	5. 8 3/8	8 1/2
28	5. 8 15/16		
29	5. 8 7/8		
31			5/8 4/8



Date

Height
on setting
up
base foot

in middle
of day

on setting
to bed
base foot

NOTE

March 20

5. 8³/₄

5. 8¹/₄

11^h - 30^m 1/2

21

[Handwritten signature]

Bad Homburg, Obere Promenade 26. 16 July 1887.

Dr. W. Deetz
Physikus u.
Geh. Medicinalrath.



Mr Galton,

Before breakfast:

7 o'clock: 2 glasses of Elisabeth water,
6 ounces each; 15 minutes
of walking between the
glasses and 1 hour after the
last glass.

9 o'clock: Breakfast: Coffee or tea with
milk, white bread.

1 o'clock: Luncheon.

Between 3 and 5 o'clock: 2 glasses of Ludwig

water, 8 ounces each; 15 minutes
of walking between the glasses
and $\frac{1}{2}$ an hour after the last
glass.

6 o'clock: Dinner.

The 2^d week take every other day
the forenoon a mineral bath with
8 ounces of extract of pine, 26 fl.
for 20 minutes. (At the Carhaus or
the Victoria bath.)

Diet:

To be avoided: fat: (eel, salmon, lobster,
butter, cheese, saucers,
mayonaises, cakes,
pastries, puddings,
etc.).
acids: (sals, Pickles, mustard,
etc.).
raw fruit and raw vegetables.
spirits, beer.

allowed for drinking: Plain-, Selters-,
Roshbach-water,
Claret, Moselle.
W. Deeg



97° 98° 99° 100° 101°

Wednesday 9
 noon 12
 pm 3
 pm 6
 barely 99° pm 9

normal

met bath with water + flower

Sense of healthy fatigue, slept w/poshough
 slept very comfortably

Thursday am 9
 noon 12
 3
 4
 6

normal

Met twice later and time for
 partake long passage to make time
 not a bit sleepy - read & dictated letters
 left for 1/2 hour
 dinner + breakfast
 felt a little feverish

Stood nearly a tumble of towards at dinner
 head tired
 bed dreams
 did not feel fresh on waking
 but good appetite at breakfast

97°

Friday

9 am x
 12 *

times very carefully taken.



The interest in this to me, was the severance between the state of hallucinations
& that of ordinary visualisation. They seemed to be ^{in the case of} quite different & unconnected.

My motive ^{writing} in this letter is as I have said merely to prompt others to examine
into the working of their mind when they suffer from their influences - (The large number
of able men who go through the ordeal of the brevity of its course, its remarkable experiences &
experience them & who may afterwards like to compare notes ^{with those who have gone through} ~~the~~ ^{of what they have} ~~the~~ ^{experiences}
~~make it worth while to turn the phenomena~~ ^{to} ~~to account.~~ ^{perhaps somebody who has}
more leisure than I have now, may be induced to collect & discuss ~~these~~ ^{such} experiences.

